



# VIBES

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**“Education is the most powerful weapon which you can use to change the world.”**

**-Nelson Mandela**

## VA Scholarship Winners Announced

The winners of the 2009 Veterans Affairs State of Utah scholarships have been announced. We are pleased to recognize two VUB students who each received a \$500 scholarship: Don Benally and Alicia Mathews.



**Don Benally**

**Don Benally** spent 18 years in the U.S. Army as a combat engineer and was stationed in a variety of places including Alaska, Panama, and Germany, as well as a deployment to Iraq. Don's military career came to an end earlier than planned due to a brain injury. Recovering from this type of injury takes time, and re-

turning to school becomes extremely challenging. Fortunately, Veterans Upward Bound was there to help, and Don took advantage of the services offered. “I was here almost every day,” Don explains; “they really helped me a lot.” School is going well for Don, and he is currently a sophomore pursuing a nursing degree. Don presently lives in Pleasant View with his wife and four children.



**Alicia Mathews**

**Alicia Mathews** worked in security forces as a member of the U.S. Air Force for six years. During the majority of her time in the mili-

tary, Alicia was stationed in Virginia. She was deployed twice to Iraq, once to Saudi Arabia, and once to Columbia. Currently a sophomore nursing student, Alicia says that both going to school and being involved in the VUB program has had a positive effect on her. “I think it's made me a more responsible person, a more sympathetic person, and more grounded,” Alicia states. When not busy with school, Alicia enjoys swimming and participating in swim marathons. She currently lives in South Ogden.

Please join us in congratulating Don and Alicia for their continued success in school and for this latest accomplishment: the winning of the Veterans Affairs State of Utah scholarships.

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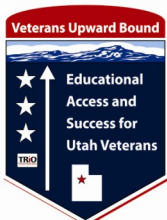
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## Free Workshops Offer Veterans Help in Writing about their Experience

The Weber State University Department of English, Weber County Library, and the Wasatch Range Writing Project are offering free writing workshops for military veterans. The workshops are designed to help

veterans of all eras capture their experiences in writing. Veterans will receive instruction, support, and feedback from university faculty. Workshops will be held at 5 pm on Mondays (excluding holidays) at the

Weber County Library (1950 W 4800 S, Roy). For more information, contact Gary Dohrer (WSU English professor) at 801-626-7318 or [gdohrer@weber.edu](mailto:gdohrer@weber.edu).



# VUB Hosts Another Fun Event

On June 20<sup>th</sup> VUB held their annual picnic. The scheduled venue was the Veterans Grove on the Weber State campus, but due to rain, the event was moved to the Student Union Ballroom. The day kicked off with free VUB shirts and door prize tickets at registration. Participants and staff partook of a Texas BBQ topped off with brownies and ice cream. After the meal Donna Rigby, Director, presented door prizes and awards for attending participants. Some highlights were the “Big

Picture” award presented to Lonnie Martinez, the “Never Say Never” awards, and the presentation of the Golden Grenade Award to

Dennis Howland. Overall, it was a successful event. Please watch this newsletter or your mail for notification of future VUB events.



**One of the highlights of this year’s picnic was the awards ceremony.**

## This Year’s Golden Grenade Winner Announced

**Dennis Howland truly exemplifies what a Golden Grenade winner should be.**

Each year, Veterans Upward Bound presents the Golden Grenade Award to a Utah individual who demonstrates exemplary volunteer service to veterans, making their lives more successful. It is a way of saying thank you to veterans who work tirelessly to benefit other veterans in the state. This year’s award recipient is Dennis Howland.

Dennis is a member of VFW Post 1481 in Ogden and is one of the spark plugs that make the Post one of the best in the state in community service. That Post, as a result of Mr. Howland’s efforts and assistance, has received national recognition from the VFW National Headquarters for its community service.

Dennis has been the driving force behind several great Veteran-related projects, including bringing the

Ogden and the “Wreaths Across America Program” at the Capitol.

Dennis is a go-to individual when it comes to Veteran-related projects and can always be depended on to help a Veteran, his family or support a Veterans Program. Because of his great efforts on behalf of Veterans Mr. Howland was invited to serve as a member of the Northern Utah Veterans Nursing Home Construction Advisory Committee.



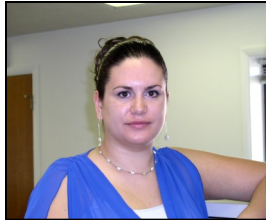
**Dennis Howland was presented with the Golden Grenade Award.**

Vietnam Traveling Wall to Ogden, sponsoring the “Old Glorious” Patriotic Program for several years at the Newgate Mall, revival of a Veterans Day Parade in

Dennis Howland truly exemplifies what a Golden Grenade winner should be and VUB is proud to honor him with the 2009 Golden Grenade Award.



## Meet the Newest VUB Staff Members



**Yulia Goff:**  
English/Writing &  
Computer Literacy tutor

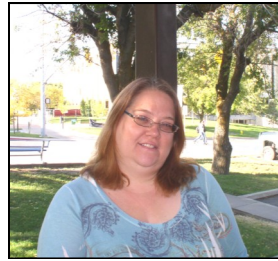
Yulia recently graduated from Weber State University with a Bachelor's degree in English. She is thrilled to bring her passion for writing, combined with years of tutoring experience, to Veterans Upward Bound. Getting to know people is one of the reasons Yulia loves tutoring, and she is eager to meet all VUB students. Remember that you can stop by no matter where you are in the writing process, whether you are almost done, have not yet started, or are somewhere in between. Yulia views education as exciting, satisfying, and challenging, and she is

honored to have an opportunity to accompany VUB students on their academic journey.



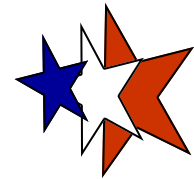
**Sadie Thomas:**  
Math tutor at SLCC

Sadie has a Bachelor's degree in Math and Statistics Education from Utah State and will finish her Master's degree in Instruction and Curriculum Technology this spring. In addition to tutoring, Sadie has taught both junior and senior high school math. She likes tutoring and teaching because she enjoys math. Sadie is anxious to help with your math problems and is looking forward to working with the VUB students at Salt Lake Community College.



**Lori Adler:**  
VUB Office Manager

Originally from Minnesota, Lori moved to Utah 15 months ago for a change of pace and a new adventure. However, after spending a year living and working in Salt Lake City, she decided that a smaller city and a slower pace might be a better fit. Lori really enjoys working in the VUB office and brings with her over 15 years of secretarial experience. Though not a veteran herself, Lori has strong military connections with several veteran and active duty family members. Presently, she has one son in the Army and one in the Coast Guard. Lori is honored to be part of VUB.



### In Memory

We regretfully announce that on September 27, 2009, former VUB Secretary, Suzy Fontrier, passed away. Suzy was diagnosed with lung cancer in March of this year and fought the disease with her typical determination and energy for several months before finally succumbing. We have missed Suzy in the VUB office and extend our sympathy to her husband, Ed Hahn, and other family members and friends.

### Free Tutoring at the WSU Davis Campus

The Davis Learning Center at Weber State University Davis Campus offers free tutoring services in English/writing and math. Veteran's Upward Bound program participants are invited to use these tutoring services.

Tutoring is available by drop-in or appointment. For an appointment, please see Nancy or Leslie (WSU Davis-Rm 221) or call 395-3524 or 395-3539.

#### Fall Semester Drop-In Hours

##### **Math**

Mon: 9am-2pm; 3pm-6pm  
Tues: 9am-noon; 3pm-6pm  
Wed: 9am-2pm; 3pm-6pm  
Thurs: 9am-noon  
Fri: 9am-1pm  
Sat: 10am-2pm

##### **English/Writing**

Mon: 12:30pm-5:30pm  
Tues: 10am-6pm  
Wed: 8am-10am  
Thurs: 9am-3pm



Tutors are located in the Information Commons building (WSU-Davis Campus) on the NE corner of the 2nd floor.

# VUB Fall 2009 Schedule

## WSU—Annex 12

### **Math Tutoring**

Monday & Wednesday — 8 am-4:30 pm  
Tuesday & Thursday — 8 am-12 pm; 3 pm-4:30 pm  
Friday — 8 am-1 pm

### **English & Computer Literacy Tutoring**

Monday & Wednesday — 10 am-12 pm  
Friday — 10 am-2 pm

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## SLCC—Redwood

### **Math Tutoring**

Monday & Wednesday — 1 pm-5 pm (CT 194)  
Tuesday — 2 pm-6 pm (SC 059)  
Thursday — 3 pm-7 pm (SC 059)  
Friday — 10 am-2 pm (SC 059)

### **English & Computer Literacy Tutoring**

Tuesday & Thursday — 1:00-5:00 pm (ATC 202)

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## VUB Enrollment Advisor

### **SLCC-Redwood**

Tuesday & Thursday — 8:30 am-10:30 am (SC 059)

### **SLCC—South Campus**

Thursday — 12:30 pm-2:30 pm (Student Services Room 135)



Veterans Upward Bound  
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