At the helm of every great ship is a wheel to guide the vessel in the right direction, in order to keep the craft on-course, someone must be there to take hold of the wheel at all times. Crew members will take turns, each one playing an important role in making sure the ship is always moving forward. When it is your shift at the wheel, your mighty dedication helps us reach our destination with great success.

So glad you’re part of our crew.

TheUpward Bound grant is up for renewal from the Department for Education. Every four years Upward Bound, a TRiO program, is required to reapply for its grant to keep the program running. Upward Bound Staff members are working hard and will be holding their breath until they find out if they have written well enough to be re-funded for the next four years.

During the WSU diversity conference, former surgeon General Richard H. Carmona, challenged minority students at Weber State University to graduate and serve their cultures. Carmona, who was appointed by President Bush in 2002, urged students to be leaders and help people in need, even if they are not in a minority group. The reason is simple, minorities, including African American, Hispanics, and Native Americans have an enormous need for access to health care. Carmona was one in that situation, he was raised by parents who were substance abusers, and lived in the worst conditions one could even imagine. They ended up homeless, and his grandma took care of him and his siblings until his parents could get their act together. He dropped out of high school at 17, and join the Army where he earned his GED. All of the core values instilled in him as a young soldier helped him succeed yet he didn’t realize it until years later. He is now convinced that all diseases and specifically, obesity, diabetes, drunk driving, substance abuse, and certain cancers could be prevented through behavior changes.

His mission as surgeon general is to prevent disease, but is up to the individuals to change their physical habits and resist bad habits. However education about disease prevention and taking care of low-income residents is up to everyone. “At the end everybody ends up paying for the lack of interest in health issues through their tax dollars. A cultural change has to happen…” Carmona said.

Exercising and eating healthy foods will keep both your body and your mind fit!
"I think a corn maze relates to life because of all the obstacles. We have twists and turns we don’t expect."

As a way to celebrate harvest time, and have the students enjoy a recreational activity, Upward Bound organized a field trip to Black Island Farms. Students were asked to write an essay about their experience which turned out really interesting. Here are a couple of excerpts extracted from their notes along with some pictures that show how fun and educational this activity was.

"I went on a bumpy ride inside of a cow colored train car that got dragged by a little tractor going five miles per hour. The ride seemed like it last for three hours."

"They had lots of crops like banana squash, carrots, onions, cabbages and pumpkins. The three main crop were onions, cabbages and carrots."

"My process of going through the maze was basically going around till I could find the next marker."

"I thought it was kind of fun cause I also touched and fed some of the goats. Maybe when I grow older I can take my kids there to live the same experience I lived."

"I think that the maze can relate to trying to get through college. You are trying to find your way through but there are obstacles in the way."

"This experience was an experience I’ll never forget because it’s an activity where you can have fun as well as learn at the same time."

Attitude Is Everything

♦ While some people labor at their daily “catch.”
♦ Others have such a magnetic attitude they just charm fish into the boat-like you.
♦ Your positive energy magically converts spectators into teammates, and fun into results.

A manifestation of high school “senioritis” - a condition that afflicts too many of our seniors in Utah public schools—is a scamming of the system to guarantee that the last year of compulsory education is spent taking the fewest and easiest courses possible.

SENIORS please do not take this ATTITUDE towards your education! To help with this problematic issue, state education officials are launching the State Scholars Initiative, which is designed to offer a more rigorous slate of classes starting in the ninth grade: a minimum of four years of math and English, three and a half years of social sciences, three years of lab based sciences, and two years studying a foreign language. This mean students could be earning college credits while still in high school. In other words, you can get some college education or trade-school certifications at bargain-basement prices. Upward Bound students find out what is available for you at your schools. If you need help you can call on Upward Bound’s staff; you just have to call the office or get in touch via e-mail.
Community Service

In October, Upward Bound students had the opportunity to assist at the Ogden Arts Festival. The students were really creative at the face painting booth, as well as enthusiastic in any activity they were instructed to do such as selling drinks at the concessions trailer, cleaning the fast food area, or picking up garbage. The Ogden City volunteer squad were very pleased with all the students who helped. Upward Bound wants to thank all of those who took the time to do this good deed.

The Power of Prevention

In November, Utah Council for Crime Prevention was attended by several Upward Bound sophomores. Students attended sessions on drug abuse, the law, queen bees or wannabes, bullying, and computer safety. Students actually met Miss Utah!!!

Spread the Word

Do you know that between the 9th and 12th grades, 20 percent of Utah high schoolers drop out? That’s roughly 8,000 kids per year. Reasons? Drug abuse, poverty, parental neglect, to name a few. Do you know what the future for these students is going to be like? They are destined to work minimum-wage jobs, rely on Medicaid for their health care needs, and other public assistance for food and housing. Some will return to obtain their GED, but others will turn to lives of crime, necessitating more financial costs to society for law enforcement, courts, treatments, jails and prisons. This means that Utah’s economy will be placed at an ever-increasing disadvantage. Government and state coalitions, like religious and business groups, are spreading the word: “STAY IN SCHOOL”. This will make Utah more economically competitive in the years to come. You as “students” have to know that dropping out of school leaves you destined to a life of minimal subsistence, so please “STAY IN SCHOOL!!!”

Your success depends on you! Take control of your life and don’t blame your failures on others. Make your life what you want it to be.
Important Dates

Nov 15 — WSU Early Admissions & Scholarship Day

Nov 18 — Hale Theater “Man of La Mancha”. Meet Dr. Gillespie. Seniors only

Nov 22-24 — Thanksgiving Holiday

Nov 23 — Thanksgiving

Nov 24 — Ogden Symphony Ballet “Nutcracker”. Keystone Club Activity

Dec 2 — Super Saturday Festival of Trees/Jazz Game

Dec 7, 8, 9 — Gift wrapping @ Barnes & Noble (Community Service)

Dec 16 — “Wizard of Oz” Peery Egyptian Theater. Keystone Club Activity

Dec 18 — Jan 1 Ogden City Schools Christmas Break. No Saturday Study Hall.

Dec 20 — Jan 4 Davis Christmas Break. No Saturday Study Hall

Dec 23 & 30 — No Saturday Study Hall

Birthdays

October
Cameron Barboza
Eddie Gallegos
Isai Patino
Ed Poston
Zach Stickney
Devan Wetenkamp

November
Jose Efrain Castillo
Sierra Gutierrez
Peter Lanzarotta
Joseph Limb
Savannah Murphy