



WORDS OF THE MONTH!

December, January,
February

DOVOTION IS DEFINED AS BEING DEDICATED OR COMMITTED TO SOMETHING THAT IS IMPORTANT TO YOU OR SOMETHING THAT YOU DEDICATED YOUR TIME AND EFFORT TO. REMEMBER THAT WHENEVER YOU GIVE YOUR WORD TO DO SOMETHING FOLLOW THROUGH AND COMPLETE YOUR TASKS WITH 110% EFFORT.

**RISE UP! **

ATTITUDE IS DEFINED AS THE STATE OF MENTAL EMOTION ONE IS IN WHEN FACED WITH REALITY AND EVERY DAY CHALLENGES. KEEP A GOOD ATTITUDE WHEN FACING YOU'RE EVERYDAY ROUTINE AS WELL AS OBSTACLES THAT COME YOUR WAY. **RISE UP!**

CONSISTENT IS DEFINED AS CONSTANT, UNCHANGING, CONTINUAL AND STEADFAST ACTIONS. REPETITION IS GOOD WHEN TRYING TO LEARN INFORMATION AND CONSISTENCY IS NEEDED TO STAY ON TOP OF SUCCESS.

RISE UP!

HARD WORK IS APPLYING ALL YOUR EFFORT TO WHATEVER YOU ARE DOING. THERE ARE MANY OBSTACLES THAT WE FACE AS NATIVE AMERICANS IN TODAY'S SOCIETY. WHAT CAN WE DO TO RISE UP OR OVERCOME ALL THAT WE ARE FACED WITH. BE **DEVOTED** TO YOUR RESPONSIBILITIES AND WORK ETHICS. HAVE A GREAT **ATTITUDE** TO YOUR TEACHERS, YOURSELF AND YOUR PEERS. A GREAT ATTITUDE WILL PROVIDE THE OPTIMISM YOU NEED TO BE SUCCESSFUL. **CONSISTENCY** IS MOST IMPORTANT BECAUSE YOU ARE WORKING HARD AT WHAT YOU DO AND THE LITTLEST DISTRACTION OR POOR CHOICE WILL ALTER YOUR VISION TO SUCCESS. WE NEED TO WORK HARD AND BECOME WHAT SOCIETY THINKS WE CAN'T BE. STOP AND LOOK IN THE MIRROR BECAUSE YOU'RE THE ONLY ONE WHO IS HINDERING YOUR SUCCESS AND HAPPINESS! ** COREY**

TRiO

WORK SHOP DEC 5TH, 2009

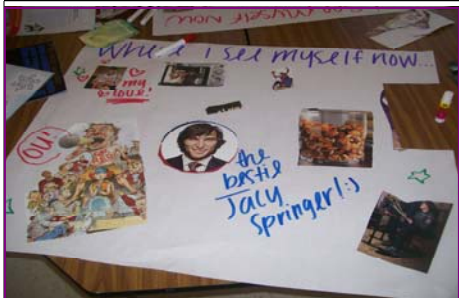


THE DECEMBER WORK SHOP WAS VERY FUN AND INFORMATIVE. OUR UPWARD BOUND STUDENT'S SOCIALIZED AND STARTED NEW BEGINNINGS OF FRIENDSHIPS AND EXPECTATIONS. THE STUDENTS ATE BREAKFAST AND WELCOMED EACH OTHER. THEY ALSO COMPLETED TEAM ACTIVITIES WHILE STRATEGIZING AND WORKING TOGETHER. WE ARE A TEAM HERE AT UPWARD BOUND. I FEEL AS IF THEY ARE FAMILY. WE NEED TO LIFT EACH OTHER UP AND BE POSITIVE.



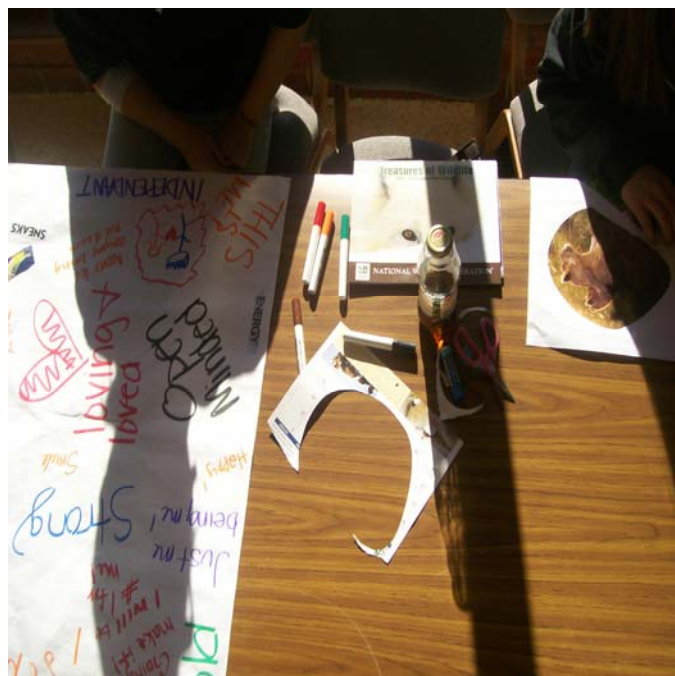
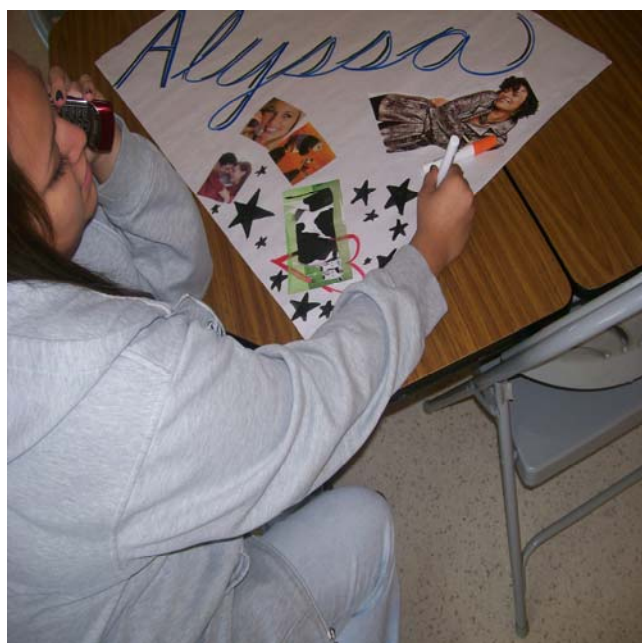
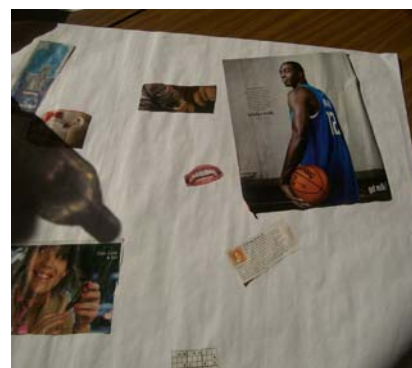
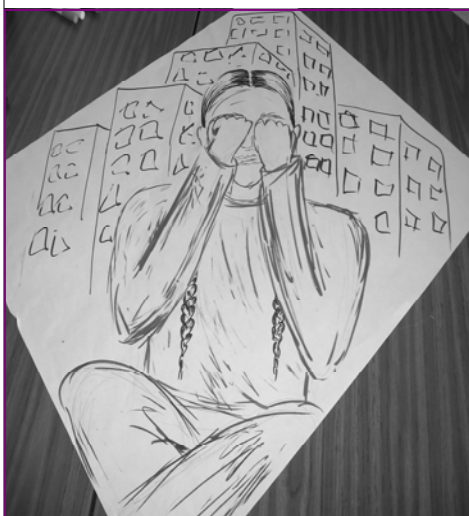
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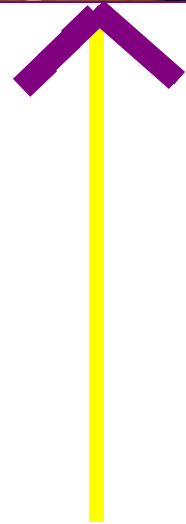
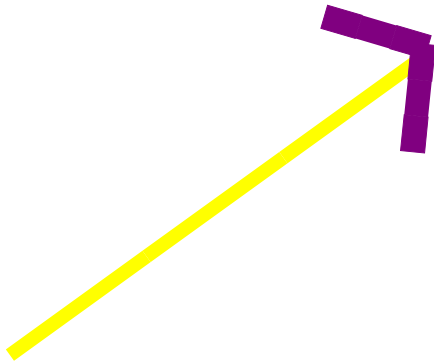
The activities for the workshop consisted of a magazine cut out and paste of how you see yourself now?

How you see yourself ten years from now.

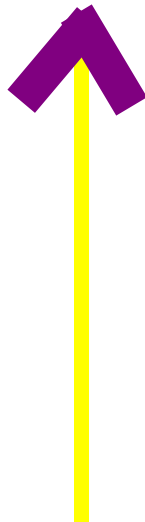




TALLEST
TOWER



**GROUP 3 WON WITH 33 and A
HALF INCHES**

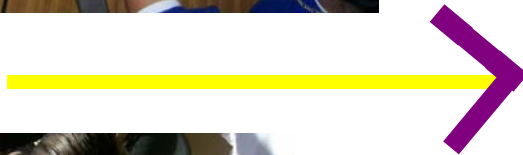




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[Archive for Tuesday, December 15, 2009](#) LHS debate team sweeps tournament

The Lawrence High debate team made history last weekend at the East Kansas District National Forensics League tournament at Shawnee Mission East High School. The team won all three first-place awards. Paul Meissback and Mariah Schwager qualified for the national tournament by winning the qualifying division. This is the third time in the last four years that Lawrence has qualified a debate team for the national tournament. Sami Robbins and Hannah Lusk finished in fourth place, narrowly missing qualifying for the national tournament. Kiely Mosiman and Orion Dollar finished first in the novice division with an undefeated record.



**Megan
Tunget**

Ali Yilman and Jake Von Feldt took fourth in the division and Andrew Stussie and **Megan Tunget** finished 10th. **Megan** just recently placed fourth in her last debate. She is starting her forensics studies in February.

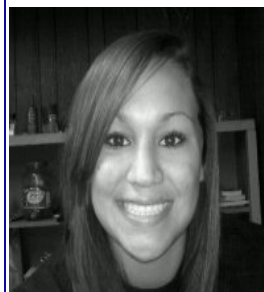
As a squad, Lawrence High School won the sweepstakes trophy by being the school with the most wins in the tournament.

Other team members are Erica Demby, Julia Payton, Molly Olsen-Kelly and Tony Martin.

Lady Panthers vs Mission Valley

February 02, 2010

It was the third win for the Lady Panthers this season. They won 48 to 23.



Kira Vega



Damien Coffey



Damien Coffey is playing basketball at Lawrence High School. Home of the chesty lion. He is playing on the sophomore team for now.

Volunteering at Four Winds Indian Center



Eric Martin and I were volunteers at the Four Winds Indian Center.



ERIC MARTIN

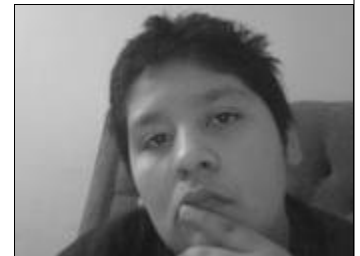
THANK YOU TO ALL THE UPWARD BOUND PARTICIPANTS WHO VOLUNTEERED THEIR TIME AT THE HASKELL OFF CAMPUS CHRISTMAS PARTY! THE COMMUNITY THANKS YOU AS WELL.

ROB PARKER



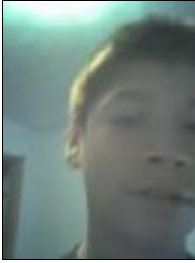
JERRETT MENDEZ

THESE STUDENTS ARE OUR NEWEST MEMBERS TO THE UPWARD BOUND FAMILY! THEY ARE ALL GREAT STUDENTS.



MARIO CANDENA





Curtis Doxtator

Charger Basketball



Darrian Bird



Skyla Wolf was in a Horton High School production.

Rebekka was accepted to KU!
ROCK CHALK BABY!

KNS BASKETBALL

Rebekka Schlichting
Kyle Kent
Chris Pribble
Robbie Savago
Brandon Negonsott
not pictured is **Stephen Cadue** and **Jalen Davis.**



Doris and Marisa are still playing their instruments at concerts and have two coming up this next month.





Jerrid Cadue is wrestling at Free State High School



New Tutors and Schedule!

SUNDAY-2-5

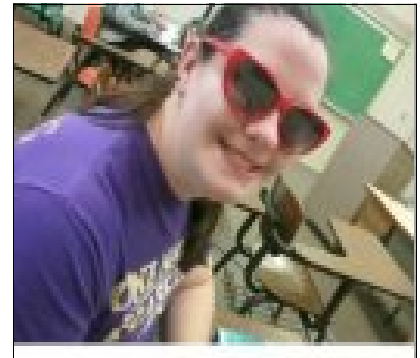
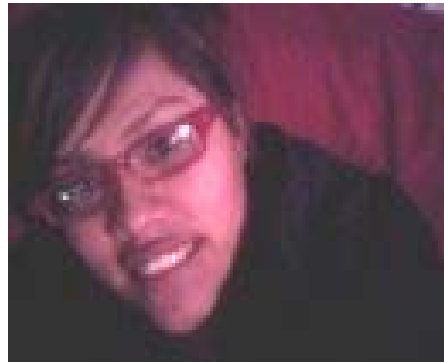
MONDAY4-7

WEDNESDAY4-7

@ STIDHAM UB OFFICE!

NASS TUTORING AT LAWRENCE HIGH SCHOOL IN THE ANNEX BUILDING.

TWT-6-8



BRIANNA LITTLE AND SUSAN SHELDON



Central Basketball

Andreios Alexander and Jacy Springer



F
U
N



JANUARY WORKSHOP!



FOOD!





WE HAD A LOT OF FUN AT THE WORK SHOP GETTING TO KNOW EACHOTHER .

WE HAD TALKING CIRLCES BOTH MEN AND WOMEN. WE NEED TO START COMMUNICATING MORE FREQUENTLY AS A GROUP AND AS NATIVE PEOPLE!





Upward Bound

Upward Bound Director
Carlene Morris
1-785-749-8476
Cell- 1-785 -840-4263
Email: cmorris@haskell.edu

Upward Bound
Academic Advisor
Corey Hudson
1-785-830-2732
Cell-1-785-840-4283
chudson@haskell.edu

Administrative Assistant
Virginia Postoak
1-785-749-8405
vpostoak@haskell.edu
Toll Free:
1-888-935-3130
FAX#1-785-830-2713

www.haskell.edu
click on **TRIO**
Upward Bound



Birthdays for December, January and February.

DECEMBER

Winona Boado 4th

Kira Vega 9th

Jerrid Cadue 15th

Rob Parker 26th

JANUARY

Sondra Begay 5th

Joe Springer III 19th

Alyssa McKinney 26th

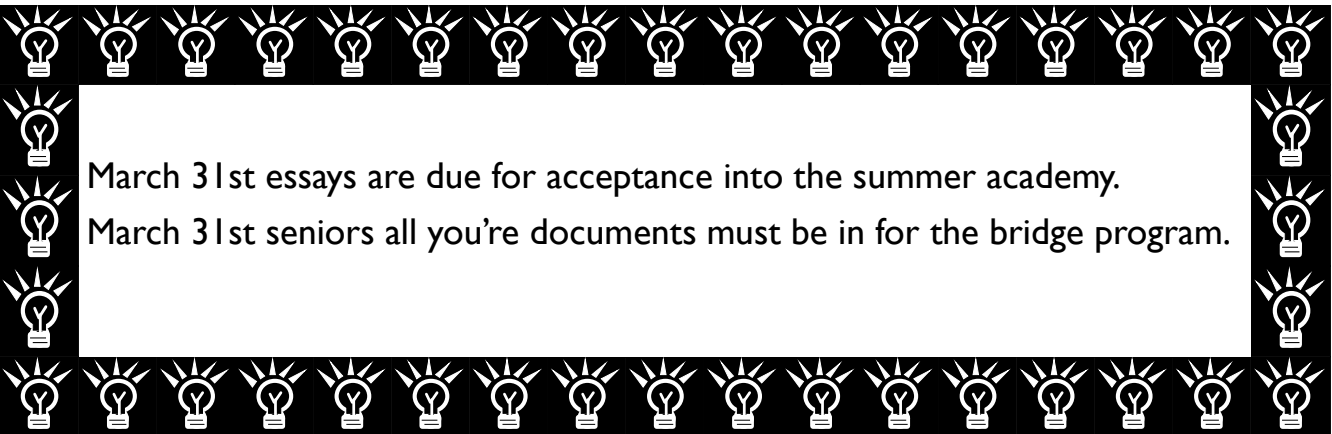
Naomi Lewis 31st

FEBRUARY

Tyler Tapedo 2nd

Ernie Blueback 11th

Kara Shaad 12th



March 31st essays are due for acceptance into the summer academy.
March 31st seniors all your documents must be in for the bridge program.

