

Upward Bound

October 2009 issue

Word of the month: **Strength**

Special points of interest:

- What's happening with the program this month.
- Updates from our schools
- Carlene's Corner, Corey's Concerns and What's up with Virginia.
- Birthdays

Strength is defined as force and the **strength** to move on with mental, physical and emotional toughness. The **strength** is within each of us. We have to utilize our **strengths** to succeed in school and in life. **Strengths** are Indian People! **Strength** is Indian People. We are survivors by **strength**. We survived one of history's worst slaughters of mankind and we will remain **strong** today. Together we can accomplish anything. I know I am strong and I know that I have the ability to use my **strength** to better myself and those

around me. **Believe** was September's word of the month and Believing is the first step on the ladder to success. First you need to believe and understand that you are strong and capable of anything. The **strengths** that you possess are in need, to lead our future as Indian People. You are our future and the answer to our issues for tomorrow. Use your **strengths** for good and to better yourself and those around you. Family is **strength** and we are family, so always remember we are here. Always remember to RISE ABOVE!

WORKSHOP- 10-3-09

This work shop is to introduce ourselves to each other and go over any new items that are up for discussion.

We will be taking a tour of the University of Kansas. We will be walking around campus for about an hour. Please wear some comfortable shoes and don't forget to wear your UPWARD BOUND t-shirt. We will also be going to a Haskell Alumni Volleyball game and a Haskell football game. I hope you enjoy yourselves and remember to carry

yourself with the respect and honor as you are representing our Program. We will have fun as long as we respect ourselves and the people around us. There will be administrators and faculty from the Haskell and KU campus present so please use appropriate language and remember our ancestors. They're the real reason why we are getting these opportunities to look further than where we are and onto where we could be.

**RISE UP FOR OUR
ANCESTORS AND
BECOME WARRIORS
FOR TODAY!
EDUCATION IS OUR
BEST WEAPON.
RISE UP!**

News From Each School

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LHS- CC meet 10-3 Seaman invitational 10 A.M.
10-10 @ SMWEST 10:00 A.M.
10-17 Sunflower Championships Lawrence 9:00 A.M.
10-24 Regional Meet @ To be announced
10-31 State Championships @ Lawrence 10:00 A.N.
FHS- Football @ FSHS Vs. SMNW @7:00
10-9 @ FSHS Vs. Olathe NHS @7:00
10-16 @ FSHS Vs. Leavenworth High @7:00
10-23 @FSHS Vs. LHS @ 7:00
Volleyball-10-5 SOVB @FSHS@ 5:30
10-10 VB sunflower games @ TBA

Horton High School Football- Oct 2nd Valley Falls @ home 7:00
Oct 9th Immaculata @ home 7:00
Oct 29th maur Hill/Mt. SCh @ home 7:00
Horton Volleyball- Oct 3rd VB tournament @ Silver Lake
Oct 11
Horton CC- Oct 1st @ home 4:30
Central- Football
Oct 8th @ WJHS @ 3:45
Oct 15th @CJHS Vs. SJHS @3:45
Oct 22 @CJHS V. SWJHS @ 3:45
Royal Valley Volleyball Oct 3rd VB tourney @ Silver Lake
Oct 6th VB @ Holton 5:00

Oct 10th VB tournament @ Nemaha Valley
Oct 17th- VB tournament @ Abilene
Oct 24 VB Sub-State!
KNS- Football Oct 9th KC Christian @ 7:00 @ KCC
Oct 16th @ Veritas Christian Academy @ Lawrence 7:00
Volleyball-Oct 6th @ home Vs. KSD @ 4:30
Oct 12th @ Jackson Heights 5:00
Oct 15th @ St. Xavier TBA
CC-Oct 1st @ Horton 4:30
Oct 8th @ Sebetha 4:00

News from Lawrence

FHS

Jerrid Cadue is playing football at Free State High School.



Marisa Billie is playing Volleyball at Free State. Billie is playing the flute as well. Doris Watts is playing the flute at Free State also.

Central Junior High

Andreios Is playing football for Central Junior high.

Jacey Springer is running cross country.

LHS

Ernie is Playing Football on the LHS Sophomore Team. Tyler is managing the football team

Damien is treasure at LHS native American Club! \$\$\$\$\$\$

Joe Springer is Running Cross Country and is Secretary for the Native American Club at Lawrence High.



News From Up North KNS, HHS and RVHS

KNS

Brandon , Robert, Stephen , Chris and John are playing Football at KNS! Come watch them play on October 16th at 7:00 Veritas Christian here in Lawrence.

Rebecca , Shelby, Noni and Chancy are playing volleyball.

Kyle Kent is running Cross Country

HHS

Michael and Curtis are playing Horton High school football.

Alyssa, Darrian and Victoria are playing Volleyball.

Leah Murata (TOTS) is running Cross Country.

RVHS

Kira Vega is playing volley ball.



Carlene's Corner



Learn how to with
hold judgment
Learn to Listen
Get in touch with
your inner self
Look at life with joy
Don't every cry over
something that
cannot cry over you.

Cheewa James
Modoc

Hello,

I would like to take a moment to say **Happy Birthday** to everyone that had or will have a birthday in September or October.

Senior's it is time to get started setting up a time to take your ACT test. If you pay for your ACT test, bring me your receipt and the Upward Bound program can reimburse you for that expense.

Here is a time line that you should be following to get ready for college:

- | | |
|---------------------------------------|--|
| * 12th Grade Fall | Complete and mail applications, third college visit period |
| * October/November | Take second SAT and/or ACT |
| * 12 Grade Winter
December/January | Appropriate Time for remaining achievements |
| * January/February | Complete and Mail Financial Aid Forms |
| * 12 Grade Spring | Make Final decisions on College |

Are you ready for college?

Let me know if there is anything that I can do to help you get ready for college. We will have a get together real soon for just the Seniors, so look for it on the calendar.

Carlene Morris

Corey's Concerns

Grade checks?

I hope everyone is getting in the routine of doing homework and studying for tests. I want everyone to be successful in school and to become what they want to become. I am trying my best to supply all of you with tutors and times to receive help. Let me know if I have missed someone.

Amanda Rogers is our only tutor at this point and she can only do so much. We will be able to do more once we get a full crew. Only a few of you in Lawrence are taking advantage of the services that we are providing. I hope everyone is doing great or getting help at home. Please contact Corey if you need tutoring help and I will try my hardest to accommodate your needs. After the nine weeks grade checks, you are required to due tutoring if you have below a 2.0. Please start peer study groups and help each other for tests and home work. Study groups are very helpful when studying for tests or even when completing assignments.

This tutoring Schedule will never change. We will have more hours as soon as our staff gets bigger.

Mon-4-6 at Haskell UB office

Tues-5-7 at Haskell UB office

Wed-4-6 at Haskell UB office

Thurs-1:30-3:30 at KNS

After 5 here at Haskell only if there is a call or e-mail for a need.

Friday- Saturday-Sunday-

Corey will let you know !

We are going to organize tutoring at the Kickapoo Boys and Girls Club as soon as our crew gets bigger.

What's happening with Virginia

Hi Everyone,

I enjoy having Upward Bound participants come by my office for tutoring or just to visit. I spend most of my time away from work going to sporting events to watch my grandkids. Anthony plays football for Lawrence High, Sami plays volleyball for Southwest and Kobe is in the 5th grade at Broken Arrow and plays football for the Hurricanes.

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**UPWARD
BOUND**

**We are on the Web
at
www.haskell.edu
click on TRIO**

October Birthdays

Happy Birthday to the following students:

Tiffany Alva 10-16

Victoria McKinney 10-18

Dustin Hundertfund 10-20

Briana Edmo 10-22

Chris Pribble 10-22

Darrian Bird 10-24

Kyle Kent 10-29

Jonathan Ramirez 10-29

Megan Tunget 10-29



Words of Wisdom

Intelligence goes a lot further than just the classroom. Wisdom is greater than just tests and school. Yes tests and school are very important but we must be wise when we are carrying ourselves as upstanding Natives in our communities. Here are some words of wisdom I enjoy reading as times get tough and I need that extra boost of inspirational wisdom.

Silence does not always mark wisdom.

By associating with wise people you will become wise yourself.

A loving heart is the truest wisdom.

The art of being wise is to know what to overlook.

To achieve great things you have first to believe it. Champions keep playing until they get it right.

You miss 100% of the shots you never take.

Never let the fear of striking out get in your way.

The man who has no imagination has no wings.

It is not the size of a person but the size of their heart that matters.

Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.