



# THE DRUM



The Drum Empowers; The Drum Communicates; The Drum Unites

WINTER QUARTER 2006-2007

WORDS SPEAK TRUTH TO LIFE: INSPIRATIONAL QUOTES TO EMPOWER CHANGE



Ayanna M. Jordan, Program Director

Happy New Year Upward Bound Students! I hope your academic year is off to a positive and productive start and you're focusing on the

ultimate goal—receiving a college education! As you move toward this accomplishment, it's important that the people you are surrounded by, the places you go, the ideas you harbor, and the words you speak truly reflect what your plans are for the future.

Over the years I have collected quotes from diverse people and places; I've found them reading books, articles, and even in odd places like on office doors, car bumpers, and windows! Profound advice and comments from friends and family aren't off limits either. Words of truth, wisdom, and inspiration are EVERYWHERE— if you pay attention.

Here are a few I'd like to share with you; Use them to help motivate and empower change in yourself and others.

Enjoy!

- Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.  
— *Author Unknown*

- The only place where SUCCESS comes before WORK is in the dictionary!  
— *Author Unknown*

- Life is like a reflection; if you don't like your life, wash your mirror.  
— *Queen Afua, Author, Heal Thyself*

- One's work may be finished some day, but one's education never.  
— *Alexander Dumas*

- Great minds discuss ideas, mediocre minds discuss events, small minds discuss personalities.  
— *Eleanor Roosevelt*

## WEBSITES TO CHECK OUT:

- [www.bls.gov/oco/home.htm](http://www.bls.gov/oco/home.htm)  
*The U.S. Department of Labor's guide to demand for various careers.*
- [www.actstudent.org](http://www.actstudent.org): *Your guide to everything ACT.*
- [www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)  
*The Core Rules For Netiquette*

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## COMING SOON!

New things are on the horizon. Keep checking the Upward Bound website, because we will soon have a page just for YOU. The page is being designed just for students in Upward Bound. There will be links to ACT/SAT info,

financial aid options including local area scholarships, colleges and universities, games, calendar of events, student pictures, and MORE! So keep looking and let us know what you think.



Tiffany Laipply,  
UB Interim Assistant Director

## A LESSON IN NETIQUETTE

Tiffany Laipply, Interim Assistant Director

Does the word “netiquette” sound familiar? It should. Netiquette is a set of rules for behaving properly online. Online behavior is something that every tech savvy teen should be aware of. In today’s internet addicted world many people do not realize the effect their online actions can have on other people. Here is a brief summary of some rules that everyone who uses the internet to communicate with others should always abide by.

### **Remember the human:**

Just because all you see in front of you is a computer screen it does not mean that their isn’t a person on the other side feeling the emotion in your words. You can’t use facial expressions, body language and tone to convey your meaning. If you wouldn’t say something to the person’s face, you shouldn’t be saying it online. Many people forget that when you communicate through cyberspace your words are written and stored somewhere you have no control over. They can come back to

haunt you.

### **Use the same standards of behavior online that you follow in real life:**

Since people sometimes forget that there is a human being on the other side of the computer, they think that a lower standard of ethics or personal behavior is acceptable in cyberspace. It is not. Just as it is not ok to bully someone in person, it is not ok to harass or bully someone online, ever.

### **Make yourself look good online:**

You won’t be judged by the color of your skin, eyes, hair, weight, or clothing. You will be judged by the quality of your writing. Spelling and grammar count. Treat everything you write online like you would a homework assignment. Since everything you write online can come back to haunt you, you want to make a good impression on whoever will read it. It could be teachers, employers, parents, or others who you may not want to see some of the inappropriate things teens tend to write online.

**Be Safe:** NEVER give out personal information online. You never know who will get a hold of it. Not everyone in cyberspace minds his or her manners. When you are online there is a chance that you’ll get messages that are demeaning, harassing, or just plain mean. The best thing to do if you encounter messages or people in chat rooms who are acting that way is to ignore them. Some messages may constitute harassment, which is a crime under federal law. If you receive a message that is filthy, indecent, obscene, with intent to abuse, harass, or threaten you, report it to your internet service provider and the National Center for Missing and Exploited Children’s CyberTipline at [www.cybertipline.com](http://www.cybertipline.com). You should also report it to school authorities if the incident takes place at school or involves other students from your school.

For more information on netiquette and safety on the internet go to: [www.safeteens.com](http://www.safeteens.com) or [www.albion.com/netiquette](http://www.albion.com/netiquette)

“ONLINE BEHAVIOR SHOULD BE SOMETHING THAT EVERY TECH SAVVY TEEN SHOULD BE AWARE OF.”



Lisa Watkins,  
UB Graduate  
Assistant

## CULTURAL HISTORY IN YOUR OWN BACKYARD

Lisa Watkins, UB Graduate Assistant

Appalachia. Just the name holds different meanings to all who hear or read it. It is a beautiful region of the U.S. where the culture and people are often misunderstood. We have all heard the negative stereotypes or terms used to describe it. However,

Appalachia is an amazing area with a culturally rich history filled with strength, support, and diversity. There is a sense of pride in this region, and rightfully so. The people of Appalachia are hard working, family oriented, and have at various times, opened their hearts, homes

and communities to those individuals seeking a place where family values and honest living are paramount.

CULTURAL HISTORY IN YOUR OWN BACKYARD, CONT..

Many however, are not aware of the cultural history of this region, so this article will be the first in a two part series looking at the diversity in Appalachia.

The southeast Ohio region is where part of the Underground Railroad existed. During the 1800s many enslaved people escaped to the north through a network of safe houses. People from this area were sympathetic to the plight for freedom and risked their lives in an effort to help enslaved runaways. This was no easy task. Assisting an enslaved person to escape often held the same penalty as horse

theft, such an offense resulted in hanging. Yet, many brave individuals and families from Appalachian communities worked together to ensure freedom for those seeking it.

Since the Ohio River was often seen as the line between freedom and bondage, many enslaved people ended up in Washington County, Ohio. This county had at least 16 places situated on the Underground Railroad, including Belpre, Newport, and Marietta. The oldest remaining home is located in Little Hocking Station and is called the Curtis-Sawyer House. The Bartlett Station, just north of Cutler, was one

of the stops assisting people away from the Ohio River to Chesterhill, a Quaker community. Today Chester hill is home to the Multicultural Genealogical Center, where a wealth of information on not only the Underground Railroad, but other multicultural events and topics relating to this region can be found. (www.mgcenter.org)

Many places in S.E. Ohio contributed to the abolition of slavery. Some of these places offer tours or are open to the public. Southern Ohio is not just a beautiful place to visit, it also holds a rich and diverse history.

For more info on the Underground Railroad check out:  
[Www.henryburke1010.tripod.com/id14.html](http://www.henryburke1010.tripod.com/id14.html)

WHAT'S THIS E-MENTORING PROGRAM ALL ABOUT?

Faith Barnes, UB Alum

With admittance to Ohio University Upward Bound, students gain many opportunities. One of the newest of these opportunities is the T.I.M.E. (Teach, Inspire, Motivate, Empower) e-Mentor Program.

Each interested student will be matched with a mentor, either a college student, or a community professional, preferably from his or her area of interest. The mentors and Upward Bound students will interact primarily through e-mail, although there will be quarterly events supervised by Upward Bound staff. Mentors must complete an online training session on the website to receive a match.

"Since most of our students are first generation college

students, it is possible they do not know anyone who is currently working towards or has a career in a field they are interested in," says Tiffany Laipply, Interim Assistant Director. "This is just another way for them to see the path they need to take to reach their goals."

Pamela Wilson, a junior at Vinton County High School, was one of the first Upward Bound students to get matched with a mentor in November: Carolyn Ervin, Director of Appalachia READS.

"I have been able to make a connection with my mentor. She is really nice, and we have similar interests," Wilson said. "Carolyn and I talk about what is currently going on in our lives."

Ervin, a 2003 OU graduate, said she was a "non-traditional student". Ervin didn't attend college right after high school. "I always felt that if I had had someone to encourage and guide me as a high school student I could have realized my own dream of attending college after graduation," she said. Wilson and Ervin also state that their experience with T.I.M.E. has been very positive so far. Best of all, Wilson said she has already learned from her mentor. "I have learned that I shouldn't doubt myself so much, and that I should always think positively, even during the hardest times. I hope that other Upward Bound students have the opportunity to get a mentor too."



UB Alum, Faith Barnes speaks about her experiences in Upward Bound

"I HAVE BEEN ABLE TO MAKE A CONNECTION WITH MY MENTOR"

## THE UPWARD BOUND EXPERIENCE: FROM A 70'S UB ALUM

**Jane Griffin, UB Alum 71-72**

UB Alum  
1971-1972,  
Jane Griffin

“UPWARD  
BOUND  
PREPARED ME  
FOR  
ADULTHOOD”

I attended Upward Bound at Ohio University in 1971 and 1972, graduating from Meigs High School in May 1973. I was one of nine children (middle child) growing up in rural Middleport, Ohio, with my mother completing the 8th grade and my dad completing high school. My mother grew up during the depression and had to quit school to help earn a living for her family in West Virginia. Even though my mother never completed a formal education, she encouraged her children to stay in school and to further their education. I was selected to participate in Upward Bound based on my high school college prep course selection, my parent's financial status, and lack of advanced education.

Summer of 1971 at OU UB was my first time away from home (with the exception of spending time at my grandparents). I was homesick and felt a little out-of-place, but I stayed busy with all of the classes and extracurricular activities. Before I knew it, the summer was over, and I was home again. My last summer in Upward Bound was even better as I knew what to expect and looked forward to seeing my new-found friends from the previous year.

Upward Bound prepared me for adulthood by exposing me to: art and culture, theatre, and college life. I attended plays, concerts and art exhibits. I learned how to do laundry and get along with roommates. I attended college classes designed for UB high school students. I learned how to do my first computer program

using punched cards. I believe my college entrance exam scores were higher because of my UB classes. The program showed me what life could be like if I continued my education, further enforcing my mom's encouragement to get an education. Bob Moore was the Upward Bound director at the time and he was fully supportive of the students.

During my participation in Upward Bound, I kept asking myself, where is the money going to come from to pay for my college education? Do I ask my mom for help, knowing that my family was struggling to stay afloat, or do I look elsewhere for opportunities to continue my education?

The answer to my question was to join the U. S. Navy and to further my education using the Montgomery GI Bill. I served in the USN for approximately eight years, taking college level classes when time permitted. I completed an Associate in Applied Science (AAS) in Data Processing, a Bachelor of Science (BS) in Information Systems, and a Master of Business Administration (MBA). Upon separating from service, all thanks to the Montgomery GI Bill, my education did not stop there. I worked for 20 years after completion of my MBA and am back in school working on a Master of Science (MS) in Information Assurance. Education continues to be a part of my life. To quote Alvin Toffler: “The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.”

My advice to those students coming aboard Upward Bound is:

1. Get an education; it's never too late; don't be afraid to explore opportunities and ask questions.
2. Stay away from drugs and alcohol.
3. Stay in high school
4. Work hard, study hard, be persistent.
5. Respect and listen to your parents.
6. Ask your counselors and teachers for advice.
7. Talk with your friends, advisors, and parents about your goals.
8. Take advantage of the opportunities provided at summer camps.
9. Talk to your UB counselors.
10. Continue your education throughout your life.
11. Read a variety of books and stay on top of current events.
12. Don't forget to have fun along the way.
13. Work on your education while you are young and have less commitments in life.
14. Hang out with people who are positive and encouraging of you in your pursuit of education.
15. Don't forget to give back to the community; volunteer as you have time.

English Proverb: “Where there's a will, there's a way.” If I can do it you can too. Welcome to Upward Bound!

# JUNIORS & SENIORS: KNOW YOUR DEADLINES!

ACT Test Dates and Registration Deadlines:

Test Date	Registration Deadline	Late Fee Registration
February 10, 2007	January 5, 2007	January 6-19, 2007
*April 14, 2007	March 9, 2007	March 10-23, 2007
June 9, 2007	May 4, 2007	May 5-18, 2007
**October 27, 2007		
December 8, 2007		
February 9, 2008		
April 12, 2008		



**\*The April 14 test date was previously the same day as the April Upward Bound Workshop, the April workshop is now going to be held April 21, to allow for the ACT.**

**\*\*2007- 2008 Registration Deadlines are not yet finalized, please check the ACT student site at [www.actstudent.org](http://www.actstudent.org) for updates on these dates.**

Don't forget! Upward Bound can give you a waiver so that you do not have to pay the registration fee for the ACT. This waiver may only be used one time. This means that if you choose to take the test more than one time you must pay for it. It is recommended that all students take the ACT at least twice before applying to college. You should take it once during the middle to end of your junior year and once at the beginning of your senior year. This way all of your scores are ready to be sent to the colleges or universities of your choice.

“IT IS  
RECOMMENDED  
THAT ALL  
STUDENTS TAKE  
THE ACT TWICE  
BEFORE APPLYING  
TO COLLEGE”

## A REASON TO MISS SCHOOL!

Most of you have experienced the flu at one time or another. Did you know that you may have been responsible for spreading that flu before you even realized you were sick?

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Most healthy adults may be able to infect others beginning one day **before** symptoms develop and up to five days after becoming sick. That means you may be able to pass the flu on to someone before you know you are sick. Children and teenagers are

especially susceptible to the flu virus because of constant exposure to sneezing and coughing people at school who may not even know they are sick yet. There are ways to prevent getting sick.

Getting a flu shot can greatly lower your chance of getting the flu. The best time to get it is from the middle of October to the middle of November because most people get the flu in the winter. If it is at all possible to get a flu shot you should. However, there are some people who might not be able to get the flu shot. Talk to your doctor if you have certain allergies, espe-

cially to eggs; have an illness, such as pneumonia; or have a high fever.

Because complications from the flu such as ear infections, dehydration and worsening of chronic medical conditions can occur, it is very important that everyone take all the precautions they can to avoid getting and spreading this virus. You also don't want to miss too much school!

For more information about the flu prevention go to the Center for Disease Control's website at:

[www.cdc.gov/flu](http://www.cdc.gov/flu)



# HAPPY BIRTHDAY!

## JANUARY

**Alexis Mangels (2)**  
**Chaz Saunders (5)**  
**Victoria Martin (13)**  
**Jamie Franklin (14)**

## FEBRUARY

**Natalie McIntyre (1)**  
**Cassandra Timms (5)**  
**Jennifer Muncy (6)**  
**Anna Pierce (11)**



## March

**Lyndsey Drake (3)**  
**Pamela Wilson (4)**  
**Sylvia Perry (6)**  
**Ashley McMillan (5)**



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