Upward Bound Congratulates Christina Armstrong

On January 18, 2010 Ohio University’s Office of Diversity, Access and Equity awarded Christina the winner of the Dr. Martin Luther King, Jr. essay contest.

Her article entitled, “Dr. Martin Luther King Jr: A different Kind of Essay” explored the values and teachings of Dr. King and how they have impacted Christina’s life in Southeast Ohio.

In her essay, Christina stated, “...growing up in an area where there are only a handful of African Americans can be tough and extremely intimidating.” What has pushed her to persist, Christina stated, was Dr. King’s quote, “The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands in times of challenge and controversy.” Christina, in reflecting on a quote often used in Upward Bound by Ms. Jordan, “if you are comfortable, you’re not growing” asked, “What if Dr. King allowed convenience and the feeling of comfort to dictate his actions?” Armstrong continued, “What makes this man so great and inspirational is not the accomplishments that he achieved or the power of his words but rather his persistence and sincerity for change.”

Congratulations Christina, you continue to make your Upward Bound family proud!

“...growing up in an area where there are only a handful of African Americans can be tough and extremely intimidating.”

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.

~ Dr. Martin Luther King, Jr.
Senior College Admission 2009-2010

The time has come again for us to celebrate our seniors’ acceptance to colleges and universities. Please join us in congratulating them! The college or university that our students have committed to attending are in bold.

Tanisha Dewees is accepted to Ohio University, Kent State University, and Shawnee State University.
Amanda Murphy is accepted to Roosevelt University.
Joe Stotts is accepted to Ohio University, Marietta College, Capital University, and Wilmington College.
Carole Armstrong is accepted to Capital University and The Ohio State University.
Christina Armstrong is accepted to Ohio University, Urbana University, Cedarville College, and Wilmington College.

Dennis Church is accepted to Hocking College, Sinclair Community College, and Shawnee State University.
Kimberly Carrier is accepted to Hocking College, Muskingum University, Rio Grande University, and Tiffin University.
Deidre Hughes is accepted to Rio Grande University, Hocking College, and Marshall Community and Technical College.

Chelsea Breuer is accepted to Ohio University, Rio Grande University, Kentucky Christian University, and Cincinnati Christian University.
Ariel Nitz is accepted to Ohio University, Rio Grande University, Washington State Community College, Hocking College, and Nashville State Community College.

Brady Ratcliffe is accepted to Ohio University, Ohio Dominican University, and Capital University.

John Huston is accepted to Hocking College.
Mallory Simms is accepted to Ohio University, Sinclair Community College, and Hocking College.
Matthew Friend is accepted to Ohio University, The Ohio State University, and University of Cincinnati.
Leanandra Edmonds is accepted to the Bradford School.
Lacey Hines is accepted to Akron University, Washington State Community College, & Shawnee State University.
Leslie Sobers is accepted to Marietta College.

Chelsey Johnston is accepted to Marshall University, Ohio Dominican University, Rio Grande University, and Capital University.

Mariah Hatfield is accepted to Rio Grande University.
Quinna Bell is accepted to Art Institute of Tennessee-Nashville.

A big part of staying healthy is having goals, things to look forward to…doing the work you were put on this earth to do…living in a place where you like to be. We have the ability to influence our own lives more than we know. It’s not just luck.

~Christiane Northup, MD
The BIG FIVE with New Upward Bound Staff

I sat down recently with our two academic advisors, Kati Muhleman and Oumar Ba, as well as our administrative associate, Valerie Roth in an effort to learn a little bit more about them.

Kathryn “Kati” Muhleman

MV: What did you major in during your undergraduate years?
KM: I majored in Psychology. I really enjoyed the psychology program here at OHIO because I was able to pick a lot of classes that were of interest to me instead of having all my classes laid out for me.

MV: If you could have dinner with 5 people (dead or alive) who would you choose?
KM: This is a really tough question! I would love to have dinner with many people but I would probably choose, my grandma who passed away when I was very young; my dad says I remind him of her so I would like to be able to meet her. Beyonce because she is my idol and has the most beautiful voice, Edgar Allen Poe because he is my favorite poet. James Dean because I have read a lot about him and he intrigues me, and of course, was a very handsome man. And last but not least, James Carville because I really like his voice and I feel like I could learn a lot from him.

MV: What do you enjoy most about living in Athens?
KM: I enjoy living in Athens because I love the culture here. The music, food, and people make this town so unique and fun. I also like that even though we have a pretty good size campus, you tend to run into people you know all the time.

Oumar Ba

MV: Where did you grow up?
OB: I grew up in Senegal where I lived my entire life until I came to the United States. I’m originally from the northern part of Senegal, on the banks of the river. I later moved to Dakar, the capital city of Senegal to attend high school and college.

MV: What brought you to Athens?
OB: I am currently completing a Masters degree in Political Science with a specialization in International Relations. My goal is to pursue a doctorate in Political Science and start a career as a professor and researcher.

MV: What is your favorite quote?
OB: My favorite quote is: “The world in which you were born is just one model of reality. Other cultures are not failed attempts at being you; they are unique manifestations of the human spirit.” This quote by the Canadian anthropologist Wade Davis reminds us to be open-minded and fully appreciate the richness of the human experiences and cultures.

Valerie Roth

MV: Where did you grow up?
VR: I grew up in Sugar Grove, OH, a small town in Fairfield County, and graduated from high school with 71 of my closest friends. I went on to Mt. Carmel School of Nursing and during the Vietnam era I was a singer for the USO and traveled throughout most of Asia. For two years I worked at Oak Knoll Naval Hospital near San Francisco, CA caring for soldiers, sailors and marines injured in the war.

MV: What do you enjoy most about living in Athens?
VR: I love this beautiful region of Ohio with its rolling hills and scenic roadways. My husband and I built a house ten years ago high on a ridge where we enjoy our six children and six grandchildren. In my spare time, I love to knit and I sing in a nostalgic rock band called “Remember Then.”

MV: What is your favorite quote?
VR: My favorite quote is, “Nothing great has been, and nothing great can be accomplished without passion” by George Wilhelm Friedrich Hegel.

With realization of one's own potential and self-confidence in one's ability, one can build a better world.

~ Dalai Lama
“A day in the life” of UB Alumnus Scott Justis

Immediately after graduating from Ohio University in 1989, Scott began his career by moving to Orlando to work for The Walt Disney Company’s entertainment division as a video engineer. Over the next ten years as a Disney “Cast Member” (as employees are called) he filled many roles including videographer, set designer, editor, technical director, script writer, graphic designer and broadcast engineer. Since joining LD Systems in 2005, Scott has worn many hats but mainly serves as both Marketing Manager and Business Agent. He still keeps his hand in the creative arena by designing event sets on 3D software, managing LD Systems’ website content and directing shows.

A typical day for Scott consists of updating his company’s website and YouTube channel as that is their major marketing effort; usually, he edits event videos and photographs that he’s taken at an event or show. His clients need attention or they may end up with their competitor so he is always in contact with them in some form (Facebook, phone call, email, or text). He states that he is always thinking about or creating proposals for events and shows. When Scott has a show, he arrives early to make sure the facility is ready. He greets the crew leaders and makes sure everyone is there. Once the crew starts installing the equipment in the venue, Scott is available to handle all the small details of the load-in: ensure power is connected by the facility electricians and get ice water for the crew. Once the equipment and set elements are complete, he meets with the client to rehearse the show. When the rehearsal is complete and the show is ready, Scott sits at the control and wears a headset so he can talk to the crew and direct the show.

Words of wisdom from this successful Upward Bound Alumnus: “I love what I do because I never allowed myself to slip into a job that I didn’t like. The monetary rewards come eventually when you do what you love so intently that you do it better than anyone else.”

UB’s Senior Corner

My Advice 2 You — Stay focused on your dreams

When you decided to join Upward Bound you probably thought it would be a piece of cake, didn’t you? Well I certainly did. But I got a big wake up call. Upward Bound is not meant to be easy or everyone would join. The program exists to help you prepare for college and to teach you what it is like to be an adult. It taught me to be responsible for myself and my school work. By being a part of Upward Bound I have achieved so much in and outside of the classroom. Without the people at Upward Bound I would not have been able to achieve some of my dreams. So, take advantage of what they offer you—from preparing for the ACT to learning how to manage your stress and time—all of the activities will benefit you. The resources that the staff members offer are really helpful, even if you don’t see the benefit right away.

Additionally, when you enter the summer program remember to be yourself and the other students will like you for who you are. The summer is a great time because you will make a lot of memories with students and staff that will last a lifetime. Oh yeah, make sure to bring a flash drive with you to save your work during the summer phase and if possible take more than one. I’m telling you this from personal experience; my second summer I went through three (yes, three) flash drives! I spent a lot of time on one of my papers and then something happened to it and I lost the whole thing. As a result, I had to do one of my final papers twice. I had to spend a lot of my free time retyping everything and it wasn’t very fun. So remember to save your documents twice, one on the flash drive and one in your email because you never know what is going to happen. Last but not least, let this experience challenge you to the fullest because it is worth every minute.

Our Senior Corner contributor for this edition is Chelsey Johnston, a senior at Vinton High School. Chelsey has been in Upward Bound since her sophomore year. She has attended virtually every academic workshop as well as both summer residential phases during her time in UB. Chelsey is planning on majoring in criminal justice with an emphasis in criminology and sports management at Marshall University in the fall.

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.

~Dale Carnegie
Workshop Recap

We were a small but mighty group in October. While our juniors explored the possibility of turning their interests into a college major our seniors learned all about the admissions process. A special thanks to Jake Sintich from OHIO’s undergraduate admissions office for offering some helpful tips to our students.

Students were given the opportunity to role-play real-life college situations and sharpen their ethical decision making skills using The Ethics Game, an interactive online program.

Student were also given the opportunity to step into the “real world.” Students researched college and career options, as well as salaries tied to the careers of their interest, budgeting and costs of living. We discussed the responsibilities and decisions that come with independence and the excitement of adulthood.

We had a good start to the beginning of the 2009-2010 school year and then we got snow. As many of you know, we had to cancel four, yes four, workshops due to snow. So, instead of holding the workshops on campus, we sent all of the important information to each student’s home. In December we sent an ACT practice tests and test tips and in January we sent a lot of information about financial aid including steps on filling out the FAFSA. In February, we sent study and test taking skills to our juniors and information on how to successfully budget during college to our seniors. Of course, we also had to cancel our National TRiO Day celebration later in February, and unfortunately, we just couldn’t reschedule this event. We will, however, present our TRiO Achiever awards in June at our student orientation for UB’s summer residential phase.

Upcoming Workshops
May 15th - Community Service opportunity organized by Ashley Bateman-Lee
June 6th - Summer Residential Phase Orientation

Always bear in mind that your own resolution to succeed is more important than any other.
~ Abraham Lincoln
UB’s Beginning

By: Meghan Volk

I recently had the distinct pleasure of speaking with Dr. Ray Skinner, the founding Director of Ohio University Upward Bound. Dr. Skinner’s hard work and leadership has made it possible for thousands of prospective first generation college students to gain the skills necessary to successfully apply, enroll, and graduate from college.

What were the biggest challenges in the early years?

The biggest challenge was getting a written notice from Washington D.C. announcing we were funded. After we were told on the phone that our Upward Bound proposal had been approved, I identified the students, made arrangements for them to stay in Scott Quad, purchased all the supplies, hired the instructors and invited the students to move into Scott Quad on a Sunday. Early Monday morning my dean called me into his office and asked if I had written confirmation that we were funded. I tried to explain that Congressman Miller wanted to make the announcement. That wasn’t good enough, he dragged me and my department chair “up on the hill” to meet the Provost and other top administrators. The meeting concluded with the Provost telling me, "If you don’t have written confirmation by 5:00 p.m. today, Upward Bound will be canceled and you will send the students home.” We called Washington D.C. and explained our problem and a telegram arrived at 4:45 p.m. stating we were funded for $126,000. Upward Bound was saved by 15 minutes.

What’s one of your favorite memories from your time working with UB?

My favorite memories are when I see or hear from former Upward Bound students who have graduated from college and are leading successful lives. Last week I met a member of the first class—Bruce Kinney—from Nelsonville. I learned that he has been Director of Admissions at Hocking College for 23 years. He talked about other first year students who had attended Ohio University. One was Peggy Blake who earned a PhD in Speech and Hearing Therapy.

SERENDIPITY

For those of you who haven’t had the pleasure of meeting Dr. Skinner, we will introduce you to his favorite word—serendipity. Dictionary.com defines serendipity as “an aptitude for making desirable discoveries by accident.” If you keep your eyes and ears open, you too might start to recognize serendipitous moments in your life.

Is there anything about our Upward Bound’s history or alumni that may surprise some of our students?

They may be surprised to know that Clarence Page, Pulitzer Prize winner and an American journalist, syndicated columnist, and senior member of The Chicago Tribune editorial board, was a college student mentor for the first Upward Bound class at Ohio University.

How do you spend your time these days?

I lead a very full life. I serve as secretary/treasurer of a senior golf league called the Serendipitous Seniors. The unique feature of the league is that you can subtract your age from your score to arrive at your net score. I will be subtracting 84 from my score after April 21. I prepare a newsletter for the Athens Senior Club and co-edit a newsletter for the Athens County Civil War Round Table. I prepare the Annual Report and serve on the Board for the United Seniors of Athens County. My wife, Marilyn and I have traveled to over 50 countries all over the world. We have visited almost all of the states in the United States and we are starting to visit some for a second time this summer when we will spend four weeks exploring the Great Southwest.

Measure wealth not by the things you have, but by the things you have for which you would not take money. ~Author Unknown
How To...

In preparation for our summer program, where there will be an emphasis on social justice and service to others, we thought it might be a good idea to begin to explore this concept in our “How to” section. Courtesy of WikiHow, here are some simple steps to “Pay it Forward.”

Be attentive wherever you are for opportunities to help someone. Perhaps you have an elderly or disabled neighbor who is too proud to ask for help with their yard work or maybe you're in a restaurant and see someone who looks like they could use some kind stranger to pay for their meal. You can change people's attitudes about the world through your unobtrusive acts of kindness.

Do something nice for someone you don't know (or don't know very well). It should be something significant, and not for a person from whom you expect a good deed -- or anything at all, for that matter -- in return.

Spread the word. If the person thanks you and wants to "repay" you (that is, pay it "back"), let them know what you'd really like is for them to pay it "forward"-- you’d like them to do something nice for three people they don’t know, and ask those three people to do something nice for three more people. The idea is to consciously increase the goodness of the world.

Pay it forward. When you notice that somebody has done something nice for you, make a note in your mind to practice three acts of kindness towards other people, as described in Step 2.

(Source: http://www.wikihow.com/Pay-It-Forward)

Hungry for more “how to” fun? Check out this WikiHow about volunteering: http://www.wikihow.com/Volunteer

Upward Bound and Social Media

We’ve been able to find quite a few current students, alumni, and friends of Upward Bound through social media sites but we would love to connect to even more. We are on Facebook, MySpace and Twitter so please “friend” us or follow us. Now you can get connected and stay connected with your UB Family no matter where you are in the world!

You can find us by searching for “OhioUniversity UpwardBound.”

**Please note, the lack of spaces between “Ohio” and “University” as well as “Upward” and “Bound” are intentional.

You can find us by searching for “OU Upward Bound.”

You can find us by searching for “OhioUB.”

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