

THINK ZONE

Road Signs: - Things that make you go DUH!

- State Prison: Do not stop for hitchhikers. (Phoenix, Arizona)
- Do not pass while opposing traffic present (Michigan US 131)
- Warning: Do not hit this sign (Durango, CO)
- At jail entrance: "No Weapons beyond this point." Also written in Braille underneath (Warren Co., IN)
- Caution: Water on road during rain. (Clemson, SC)
- Small Department of Transportation sign amidst wildflowers in the median states, "Wildflowers" Interstate 24 Between Chattanooga and Nashville
- Soccer not allowed. Soccer may only be played in archery range. Lime Kiln Park, Grafton, WI
- Picture menu available for those unable to read. Braille menu available upon request.
- A sign on a telephone pole reads, "No Posting Signs". Unknown Road, Douglasville, GA



Secret vacation hot spot I bet



You know somebody had to check...



As opposed to what?



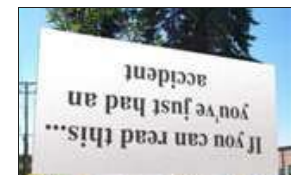
Hey y'all...watch this



Uhh, your other right!



Enough said



WHY?

Riddles

1. They are dark and on the run, without the sun would be none. What are they?

April
2009

Upward Bound



A Message from Dave's Desk:



Spring has sprung, time has changed and now you know that it is time to get serious about our summer component that is right around the corner. Our first official preparation for the summer has already begun with attaining bids for our summer trip to St. Louis, Missouri, Pennsylvania or Washington DC. Now we can begin to focus on the summer staff, academics, electives and clubs. Peer mentors, evening shift and night time staff interviews have taken place and the staff selections will be announced at the April 18th Saturday meeting. At the April 18th Saturday meeting students will be given the opportunity to choose roommates, clubs, and elective classes as well as have their ID made. If you are attending our summer component you must turn in your student information, commitment and medical forms on this date. Also, we will have fun by enjoying basketball, swimming, volleyball and a cookout in Democrat Hollow. Our academic year spring trip will be on May 2-3, 2009 to Chattanooga, TN to enjoy the Mayfield Dairy Farm, Vaudeville Dinner Theatre, aquarium and IMAX theatre. Permission forms will be due on March 28th Saturday meeting and there are no exceptions. I hope to see all of you at the next Saturday meeting which is March 28,

1. They are dark and on the run, without the sun would be none. What are they?
2. I know a word of letters three. Add two and fewer there will be. What is the word?
3. What goes around the world and stays in one corner?



WHY?

Frame Games—Think literally.

MEET ME ^{WAV}

SHORT

ANX IETY

BANKING

CAIN

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Upward Bound
 Upward Bound is a federally funded program through the United States Department of Education and is housed on the campus of Lincoln Memorial University. It aids qualified high school students in generating the skills and motivation necessary to complete high school and to successfully enroll and succeed in post secondary education. The high school students with post secondary potential can be either first generation (neither parent graduated from a four year college) or be financially eligible under federal guidelines.
 Area high schools served include: Campbell County High School, Claiborne High School, Cumberland Gap High School, Hancock County High School, Jellico High School, Middlesboro High School, Union County High School, Grace Christian Academy and Washburn High School

For more information, please visit our website at www.lmunet.edu

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School Spotlight:

Jellico High School – Home of the Blue Devils

Principal: Don Walden Asst. Principal: Raymond Surber

Counselor: Benny Hodges

Advisor: Carrabeth Myatt

Current UB members: Hali Brookman 9th, DJ Coker 11th, Marissa Meade 9th, Kaylee Smith 9th



F41 Guy Says:

- Students attending tutoring are required to bring their textbook. If you do not bring the required materials, you will lose your stipend.
- **NEW STUDENTS:** If you have not turned in a KUDER or completed your intake interview with staff, please do so ASAP!



April Birthdays

Eddie Young	4/5
Clayton Dekam	4/9
Hali Brookman	4/11
Sarah Manning	4/19
Stephen Thompson	4/22
Carrabeth Myatt	4/22
Dominica Thomas	4/24
Randi McAnally	4/25



IMPORTANT DATES TO REMEMBER



Saturday Meeting Dates

April 18
May 2

ACT test dates/deadlines

April 14/February 27

Travel Schedule - April

Carrabeth

Jellico - 14, 21
Cumberland Gap - 15, 22
Washburn - 16, 23

Phil

Union - 14, 21
Hancock - 15, 22
Claiborne - 16, 23

Misty

Campbell - 14, 21
Middlesboro - 15, 22
Claiborne - 16, 23



Current Events: Salmonella Outbreak

Did your school stop serving peanut butter and jelly sandwiches? Did your parents throw away your favorite snack bars? Has Fido been missing a favorite doggie treat? You may have heard that some products containing peanut butter are being **recalled**. When a food is recalled, it is taken off shelves at stores so people can't buy it. If cafeterias have the recalled food, they are not allowed to serve it. If you have a recalled food

item at home, you should not eat it or feed it to your pets.

So why are peanuts taking all the heat? Recently, some peanut products were found to contain the **bacterium** Salmonella Typhimurium. People can get very sick from salmonella. But most people don't have to worry. For starters, the **contaminated** peanut products were all made in one processing plant. That plant produced peanut butter in giant quantities for big cafeterias to use. The brands of peanut butter in smaller jars that you have at home are safe to eat. Peanut products made in the plant were sent to other companies to be used to make many kinds of treats. Those foods, such as peanut butter crackers, snack mixes, cookies, granola bars, and even

Career Crockpot



Forensic Science Technician

Forensic scientists analyze the physical evidence they receive from police, then prepare reports describing the results of their analysis. Those documents, along with forensic scientists' expert testimony, can be important prosecutorial tools for convicting the accused. Collect, identify, classify, and analyze physical evidence related to criminal investigations. Perform tests on weapons or substances, such as fiber, hair, and tissue to determine significance to investigation. They may testify as expert witnesses on evidence or crime laboratory techniques. They may serve as specialists in area of expertise, such as ballistics, fingerprinting, handwriting, or biochemistry.

Beginning forensic scientists usually must have at least a bachelor's degree in forensic science, chemistry, biology, physics, or physical anthropology. Thirty-one colleges and universities offer a bachelor's degree in forensic science; most also offer advanced degrees in specialized areas of forensic science. Whatever the major, required college courses include sciences such as biology, physics, chemistry, and pharmacology; also frequently required is a course in quantitative analysis and statistics. Laboratory experience involving analytical instruments or blood sample analysis is helpful. Computer courses are also recommended, as employers prefer job applicants with computer

Employment	Mean hourly Wage	Mean annual wage
12,310	\$23.14	\$48,130

Mind Tools



Stress: When something is going wrong

of peanut butter in smaller jars that you have at home are safe to eat. Peanut products made in the plant were sent to other companies to be used to make many kinds of treats. Those foods, such as peanut butter crackers, snack mixes, cookies, granola bars, and even dog biscuits, have been recalled.

Tracking the trail

Food poisoning because of salmonella is just one of many illnesses that local health officials report to the government. Then when an **outbreak** occurs, investigators can quickly get to work to find the cause. Once the **culprit** is found and taken off shelves, a food-safety scare will usually slow down. But when sicknesses first start, it takes teams of experts time—and some hunting—to figure out what is to blame.

Samples of suspected food and bacteria from the sick people were compared in a process called DNA “fingerprinting.” Those tests show whether the bacteria in the food and in the people are the same. In the case of the peanut butter, health officials in Minnesota figured out that people got sick from the same kind of salmonella. Then the health department in Connecticut found that same kind of salmonella in a container of peanut butter that hadn’t been opened until it was being tested in the lab. That meant the salmonella was in the container before it left the factory.

In the meantime, inspectors from the U.S. Food and Drug Administration (FDA) were already in the peanut-processing plant. The inspectors said they found that things weren’t as clean as they should be. They even charged, after examining the company’s records, that workers knew there had been signs of salmonella. By the time the FDA report came out at the end of January, the plant had stopped making peanut products and many of the recalled items had already been thrown away.

FUN FACTS

Bacteria that make people sick don’t always come from contaminated foods. That’s what scientists found in a study published in the February 15 issue of *The Journal of Infectious Disease*. They say that keeping kitchens and swimming areas clean seems to be just as important when it comes to keeping people safe from illness-causing bacteria. **Did you know?** Peanuts are not really nuts at all. They are members of the legume family. Other legumes are peas and soybean.

VOCAB WORDS

recalled: taken off store shelves, or returned or destroyed by purchasers

bacterium: a tiny, one-celled organism that can make people sick

contaminated: infected

outbreak: a sudden occurrence

culprit: the source or cause of a problem

Stress: When something is going wrong

When something is already going wrong, [worrying](#) about it reduces our ability to concentrate on the task at hand. This causes the situation to get worse. When we are worried, our mind jumps all over the place and we lose the ability to make good decisions. We can only improve a bad situation if we can focus 100% of our attention on the task, which means not worrying about the outcome. Here are some steps you can take to do this.

Determine the Worst-Case Scenario

Knowing the worst possible outcome will help put things in perspective. Are you going to make your boss disappointed or lose your job? Are you going to get a B- on a project or flunk out of school?

Accept It

Once you have determined the worst-case scenario, you need to mentally accept it. Assume that it is going to happen. If you are resigned to the fact that the worst outcome is going to come true, then you can stop worrying about that possibility. After you accept the situation, you can move on to the next step.

Improve the Worst-Case Scenario

Now that you are free from worrying about the outcome, you can devote your full attention toward improving it. Try to find ways to reduce the negative effects of the outcome. You may not be able to turn a losing situation into a winning situation, but you might be able to make it neutral or at the very least, less bad.



Expand your vocabulary

hidebound \HAHYD-bound\, *adjective*: narrow-minded and stubborn

*They were class-bound, **hidebound** and incapable of expressing their emotions*
-- *Jeremy Paxman, The English*

froward \FROH-werd\, *adjective*: not easily managed; contrary

*The mule is a **froward** animal.*