

October 2009

Upward Bound Newsletter

Saturday Meeting Dates

- September 26
- October 17
- November 14
- December 12
- January 23
- February 27
- March 27
- April 17
- May 8

ACT Test Dates/Deadlines

September 12	August 7
October 24	Sept. 18
December 12	Nov. 6
February 6	Jan. 5
April 10	Mar. 5
June 12	May 7



October Birthdays

Buck Bailey 10/11
Jeffrey Peck 10/16
Ryan Nelson 10/22
Caitlin Yount 10/30



A Message from Dave's Desk



Our first meeting of the year was an opportunity to see those from the summer and to welcome some new faces. Now it is time to get down to business for the rest of the year. There is much to be accomplished but very few Saturdays to achieve our goals. Freshmen, you are beginning a new year at a different school and now is the time to make every minute, class and opportunity count towards making the grade that will ensure you the best education. Sophomores make plans for the future and research the possible colleges and careers that will make your dreams come true. Juniors, prepare to

take the ACT this year and begin to get information now that will allow you to be equipped for the test. Seniors began to apply to colleges and for scholarships that will put your dreams into action. Also, be ready to apply for financial aid at the beginning of the year so you're getting what you need for the beginning of

your collegiate life. As you can see there is much to be done and I want to reassure each of you that the Upward Bound staff is here to help you and guide you through each stage of your high school years.



Career Crockpot



Dietitians and Nutritionists

Nature of work

Dietitians and nutritionists plan food and nutrition programs, supervise meal preparation and oversee the serving of meals. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications. For example, dietitians may teach a patient with high blood pressure how to use less salt when preparing meals or create a diet reduced in fat and sugar for an overweight patient.

Work Environment

Dietitians usually work in clean, well

lighted and well ventilated areas. However, some work in hot congested kitchens. Many are on their feet most of the day. They normally work a 40 hour work week, although some work week ends.

Education

Becoming a dietitian or nutritionist usually requires at least a bachelor's degree in dietetics, food and nutrition, food service system management or a related area.

High school students interested in becoming a dietitian should take courses in biology, chemistry, math, health and communication.

As of 2007, there were 281 bachelor's degree programs and 22 master's degree programs approved by the American Dietetic Association Commission on Accreditation for Dietetics Education.

The median annual wage was \$46,980 in 2006. Salaries also vary by years in practice, education level and geographic region. In addition, employment in this area is expected to grow as fast as the average for all occupations.

Source: *Bureau of Labor*



STUDENT HIGHLIGHT

Dominica Thomas, a senior at Middlesboro High School, attended Governor's School for the Arts which was held at Transylvania University in Lexington, Kentucky. During the three week stay, she and other student artists were immersed in a rigorous schedule of daily seminars, master classes, lectures, hands-on workshops and field trips.

Dominica's disciplinary focus was creative writing. This led her to compile a book comprised of select pieces written during her stay. The program courses concluded with an enjoyable brunch followed by performances or exhibits in architecture, creative writing, dance, drama, instrumental music, musical theatre, news media, visual art, and vocal music.

At the end of each discipline performance an intimate graduation ceremony was conducted complete with graduation certificates. In addition, Dominica later spoke to the Middlesboro Board of Education about her experiences at Governor's School and presented the book she worked so very hard to complete.



FRAME GAMES

REBMAILATE

Eggs

GENIUS

PITCH

A MAN

Riddles for your brain



1. It is the beginning of eternity, the end of time and space, the beginning of the end and the end of every space. What is it?
2. There was a plumber and an electrician waiting in line for admission to a home show. One of them was the father of the others son. How can this be?
3. I have hands that wave at you, but I never say goodbye. It is cool for you to be with me especially when I say "HI" What am I?
4. This is light as a feather but no man can hold it for long. What is it?

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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