

UB/WI Newsletter

December 2008

Happy Holidays!

New Members!

Berea College
TRIO Programs

UB Saturdays for
Spring Semester:

January 31

March 14

April 11-12

May 9

ACT Test Dates:

February 7

April 4

June 13

We have some new faces and names to get to know in the program. Our plan was to introduce them to the joys of Upward Bound with a fabulous overnight weekend trip as their first program activity. I mean who would not love traveling with us right?

As she has been known to do occasionally, Mother Nature came along and ruined our master plan. I hope this will not discourage the new members and they still hang with us through the next semester and into the summer.

I promise—You will NOT be sorry you joined Upward Bound! It's the time of your life and you will learn more about yourself and how to make those college dreams become real.

Our newest members are:

- Mary Bauer
- Lindsey Northern
- Whitlee Stogsdill
- Joni Gibson
- Sara King
- Sarah Lindsey
- Cadillia Garrett
- Kara Waters
- Bobbie Ballou
- Samantha Owens
- Savanna Canada
- Ashley Bishop
- Angel Bishop
- Brittany Strunk
- Teia Sammons
- Kristen Taylor
- Jessica Harris (WI)
- Bryan Heuberger
- David Waldroup



- Jonathan Powell
- Ian Kelly
- Jimmie Ross
- Jacob Aley
- Nicholas Miller
- John Artley

Please make them feel welcome and learn all their names and faces! There will be more new members soon. We want summer of 2009 to be super!

Don't Catch a Cold This Year!

Bad news, germophobes: Common cold viruses are more tenacious than anyone thought--rhinoviruses can live on hard surfaces for at least 18 hours. "You don't have to come in close contact with someone to give them a cold," says study author Owen Hendley, MD. **Washing your hands frequently is still your best line of defense**, but go the extra mile to protect yourself:

Flick switches with the side of your hand or wrist, which makes you less likely to pick up or pass along germs on your hands.

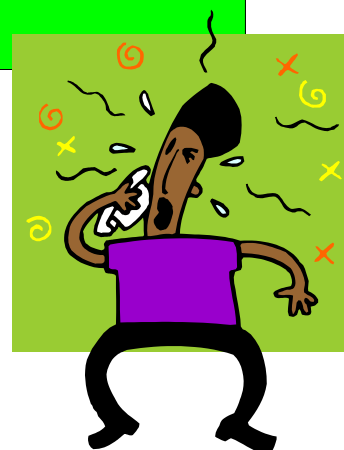
Make all calls on your cell to avoid getting germs from other phones.

Carry your own pen everywhere. Borrowing others' is a prime way to pass germs.

Clean up often. Use a soapy sponge to wipe surfaces you touch frequently.

Sneeze into your elbow if you're caught without a tissue (and teach kids to do the same). It keeps germs off your hands.

Toss all tissues promptly. Making others do it puts them at risk.



Interested in a career in Pharmacy?

What is this job like?

Pharmacists give medicine to people when a doctor says that they need it. They tell people how to use the medicine correctly.

Pharmacists are experts in medicine and its side effects. They sometimes help doctors choose which medicines to give patients. Pharmacists also warn doctors if the doctors have asked their patients to take any medicine that might hurt their patients.

Sometimes, pharmacists mix the medicine themselves. Most often, though, they use medicines that are already made.

Pharmacists most often work in drug stores. These stores are clean and have a lot of light. Many pharmacists must stand while they work. Pharmacists must wear gloves and masks when they work with dangerous chemicals. Some pharmacists work at night or on weekends. This is because sick people may need medicine at any time. Most pharmacists work about 40 hours a week, but some work longer hours.

How do you get ready?

Pharmacists must have a license from the State in which they work. After high school, it usually takes at least 6 years of study, including college and

pharmacy school, to become a pharmacist. The person must also pass a test. People who want to be pharmacists should be good at science and math. They should be good at dealing with people. They should also be able to work carefully, because they often deal with strong medicine.

How much does this job pay?

The middle half of all pharmacists made between \$83,180 and \$108,140 a year in 2006. The lowest-paid 10 percent made less than \$67,860. The highest-paid 10 percent earned more than \$119,480 a year.

How many jobs are there?

There were about 243,000 pharmacists in 2006. Most of them worked in drug stores. Some worked in hospitals and other places.

What about the future?

Employment of pharmacists is expected to grow much faster than the average for all occupations through the year 2016. There will be more elderly people in the future, and they will probably need medicines to deal with the problems of getting older. More pharmacists also will be needed as new medicines are developed.

Very good employment opportunities are expected for pharmacists. It is usually easy for pharmacy graduates to find jobs.

Other areas to consider:

Biological scientists

Chemists

Medical scientists

Pharmacologists

Pharmacy aides

Pharmacy technicians



Higher Ed Website for Your Surfing Pleasure

Here's the website of the month to check out:

www.collegeboard.com/csearch/majors_careers/profiles/

If you want to research different college majors to see what's involved, here is a great place to visit.

You can learn more about major subjects for college as well as check out different careers that will go along or

compliment the areas you may be interested in. It's never too early to start thinking about what you want to do after high school and if you already have an idea—well here's a place to investigate further to fine tune some ideas or choices you may have.

It's an exciting time when all things are possible. The more information you gather now, the better your choices can be in the future.



Attention Seniors!

Hopefully by now you have received several offers of admission and have applied for multiple scholarships. If not (or if you want some more), then check out these links to three big scholarships that are now accepting applications. But you better hurry...the deadlines are approaching quickly.

The upcoming break would be a great time to finalize your apps.

Dell Scholars Program (<http://www.dellscholars.org/public/Criteria.aspx>)

Wal-Mart (<http://walmartstores.com/CommunityGiving/8736.aspx?p=236>)

Robert C. Byrd Scholar's Program (<http://www.ed.gov/programs/iduesbyrd/index.html>)

If you need help with college apps or scholarship stuff, please let us know.



Let it Snow
Let it Snow
Let it Snow!

Bus Schedule for January 31st Reunion

<u>Wayne Co. Bus</u>	<u>Pick-Up</u>	<u>Return</u>
Wal-Mart in Monticello	8:30am ET	5:05pm ET
Jct. 27 & 90 in Burnside	8:50am ET	4:45pm ET
Meece Middle Sch. Somerset	9:15am ET	4:20pm ET
Jct. 80 & 461 (near Shopville)	9:25am ET	4:10pm ET
Mt. Vernon-Wendy's lower lot	9:50am ET	3:45pm ET
<u>McCreary Co. Bus</u>		
McCreary Co. Big M Plaza	8:00am ET	5:20pm ET
Jct. 25W & 90 (Falls Road)	8:30am ET	4:45pm ET
McDonald's in Corbin (exit 25)	8:45am ET	4:30pm ET
Wendy's in London (exit 41)	9:00am ET	4:10pm ET

Madison County Students should be on campus and ready at 10:30am ET. Students will leave Berea College for home at 3:30pm ET.

WI students--contact Ryan for travel info: hessr@berea.edu or 877-987-9273

****Please be patient as these are approximate times. Please plan to be at the stop 10 minutes early. Parents note that buses can not leave students unattended at drop off points. Drivers will have to take students on to the next point if someone does not show within a reasonable amount of time.**

Character is higher than intellect. A great soul will be strong to live as well as strong to think.
Ralph Waldo Emerson



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Our bad weather policy: If school is canceled the Friday before a Reunion due to the weather, we will cancel the Reunion. If some schools are out and some are not, call the office to make sure. If the office is closed, we will leave a message on the office voice mail.

HAPPY HOLIDAYS TO YOU AND YOUR FAMILIES!

www.bereda.edu/trio/



Are AP Classes Risky?

There are so many questions in the minds of parents and students about AP courses! Teachers and counselors say they look good on a transcript--but could those tougher AP courses put your terrific grade point average at risk? Could you be over-extending yourself by signing up for AP courses? What if you get burnout?

Unfortunately, there is no easy answer. If you really have your heart set on getting accepted into a very competitive college,

then it is probably a good idea to push yourself, even if you are putting a perfect GPA at risk. Just know what you're signing up for! You must commit to extra long homework sessions and a little less social time.

Besides, officials at competitive colleges know how to analyze a transcript, and they will recognize students who take on a rigorous schedule. They know that some high schools are very demanding and others are not.

