Upward Bound is committed to providing students with the opportunity to develop the motivation, skills, and their belief in their ability to succeed in high school and a post-secondary program.

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37 South College Avenue
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www.csbsju.edu/upwardbound

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February 14th – Valentine’s Day — What I like to call the national “I Love You” day. Love? Does anyone really know what it means? Well, I asked people of different ages what love means to them.

Principal – “When a robin chases a worm.”
Tiffany (18) – “Love is patient, love is kind, it does not envy, it does not boast, it is not proud, it is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs, love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” Corinthians 13, 4-7
Alex (27) – “Desiring the best for those around you. It hopes the best for everyone.”
Erick (14) – “Caring chronically for someone or something.”
Luke (17) – “When two people really care for each other.”
Miranda (me – 16) – “Love to me means being understanding, caring, and trusting. Being there for the ones you love!”
Stevie (14) – “Love is a bunch of bologna.”
Mahrya (15) – “Constantly thinking and caring about that special someone. Always wanting the best for them, even if that means that ‘the best’ doesn’t involve you. Liking them for who they are and all their annoying little quirks. How nothing else seems to matter when you’re with them and knowing that when they’re apart of your life you’re a better person. That’s love.”

Love had a different meaning to everyone. The word love has a special meaning, so make sure when you say it you mean it because if you just toss that word around without meaning it you could really hurt someone.

by: Miranda Seffinga

Funny ☺ Facts
by: Rick Sievers

- At least 2 people die every year from a vending machine falling on them.
- 93% of the English words in an English dictionary are registered websites.
- The number of possible ways of playing the first 4 moves per slide in a game of chess is 318,979,564,000.
- There are currently more $100 bills in Russia than there are in the United States.
- It is against the law in Chicago to eat in a place that is on fire.
- More than 2,500 left-handed people are killed every year from using right-handed products.
- It is estimated that at any one time .7% of the world’s population is drunk.
- If you attempted to count the stars in the galaxy as the rate of one every second it would take around 3,000 years to count them all.
“To be conscious that you are ignorant is a great step to knowledge.”
- Benjamin Disraeli *Sybil*

“For there is no despair so absolute as that which comes with the first moments of our first great sorrow, when we have not yet known what it is to have suffered and be healed, to have despained and to have recovered hope.”
- George Eliot *Adam Bede*

“To let the brain work without sufficient material is like racing an engine. It racks itself to pieces.
- Sir Arthur Conan Doyle *The Adventure of the Devil’s Foot*

“Never think that you’re not good enough. A man should never think that. People will take you very much at your own reckoning.”
- Anthony Trollope

“An eye for an eye only ends up making the whole world blind.”
- Gandhi

“In our nature, however, there is a provision, alike marvelous and merciful, that the sufferer should never know the intensity of what he endures by its present torture, but chiefly by the pang that rankles after it.”
- Nathaniel Hawthorne *The Scarlet Letter*

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”
- Thornton Wilder

“Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.”
- Winston Churchill

“Next to trying and winning, the best thing is trying and failing.”
- Lucy Maud Montgomery
# Teenage Summary

created by: Sam Ernst

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academic clubs  books    classes    cliques
grades    parties    sports    freedom    honesty    responsible
college    driving    graduation    relationships    Upward Bound    friendships    jobs    school

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How many of you can read this message?

Aoccdrnig to rscheearch, it deosn’t mttarer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rght pclae. The rset can be a taotl mses and you can stil raed it. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. In fcat, teh fstaer you raed teh esaier it is! Amzanig, huh?

Translation:

According to research, it doesn’t matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it. This is because the human mind does not read every letter by itself, but the word as a whole. In fact, the faster you read the easier it is! Amazing huh?

contributed by: Sierra Orth
Find the following hidden words:

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The Beauty of the Rain

They linger near the entrance,
It seemed the line went on for miles,
Tears and sobs were heard throughout,
So many faces without a smile.
And so many Questions filled their minds,
Not one of them understood,
How God could take Michael away,
Someone so young and truly good.
For Michael gave of himself,
To anyone in need,
There wasn’t a day that didn’t go by.
Without Michael performing good deeds.
He visited the local residents home,
Understood the hardships faced by the old,
Respected all the residents,
And listened to the stories they told.
For he knew someday he could be there,
Standing alone in their place,
So Michael cherished their wisdom,
And the smiles he brought to their face.

Two parents stood in anguish,
Fighting hard and trying to grasp,
How a freakish, tragic accident,
Could change their lives in a snap.
And oh how their minds filled with questions,
And they just couldn’t quite understand
How God could take their son away,
Before he grew into a man.
For Michael gave them respect,
He never gave them hard times,
And he even did it in a way that was kind.
For he knew that someday he could be there,
Having a son of his own,
So Michael cherished his parents,
And the comfort they gave him at home.

Classmates circled in silence,
Struggling just to comprehend,
Bewildered by the incident,
That had robbed them of their good friend.
How in the world did it happen,
Why didn’t God intervene?
Why did he have to take Michael,
Who was filled with such hope and dreams?
Who always to them was a true friend,
And to anyone ever in need.
He didn’t judge others by class,
Their color, their race or their creed
For he knew someday he could be there,
Needing someone to turn to,
So Michael valued each person,
Offering friendship so loyal and true.
There were pictures displayed all around,
Allowing everyone present to see,
Times with Michael alive and well,
Times that never again were to be.
There was Michael wearing a baseball cap,
Smiling his notable grin,
Working on his old pickup truck,
Oil streaking his chin.
One of him dressed for his junior prom,
His tie adorned in a bow,
Another of Michael at five years old,
Building a fortress from the remnants of snow.
Pictures from such a short lifetime,
A life that no longer would be
So many days that lay ahead,
Moments Michael would not get to see.
And the scent of bouquets of flowers,
Overpowered the much crowded room,
Offering of sympathy for a life,
Which had ended tragically soon.
And in their grief and their sorrow,
No one knew what they should say,
How to make some kind of sense of,
What had led them there to that day.
And in their grief and sorrow,
No one knew what they should say,
How to make some kind of sense of,
What had led them there to that day?
And from somewhere in the distance,
Music filtered its way through the room,
A CD player was hauntingly playing,
Michael’s most favorite tunes.
How in the world could they bear it,
How would they ever go on?
Why God taken Michael,
How did things go so horribly wrong?

In his hands he held Michael’s Bible,
He was to read from its pages that day,
To try and make sense of what happened,
Why Michael’s life was taken away.
And as all eyes focused upon him,
People sobbed all around from their seats,
The pastor from Michel’s church,
Wonder what words he should speak.
For how could he help bring them comfort,
To put everyone’s mind there at rest,
It seemed assuredly certain,
God was putting his faith to the test.
And there with all eyes upon him,
Hundreds standing and sitting around,
He nervously dropped Michel’s Bible,
A piece of paper fell to the ground.
All eyes watched him retrieve it,
And for a moment, as he stood there,
He silently read the words on that paper,
Holding the writing midair.
And though it seemed impossible,
It appeared God intervened with a plan,
For the words on that paper before him,
Had been written by Michael’s own hand.
And so everyone listened intently,
Michael’s words now filling the air,
And with each word that was spoken,
It seemed Michael himself was right there.
The Beauty of the Rain cont.

“Lord, I’ve so often wonder,
Why people have to know pain,
Why, when they need the sunshine,
Do you often send them the rain?
I’ve tried so hard to perceive it,
Why things happen the why that they do,
That I’ve often felt so hopeless,
Frustrated and furious, too.
But somehow I’ve come to realize,
At last finally can see,
That You have given me my life,
And how I live it is all up to me.
So you can’t be blamed for my sorrow,
You can’t be blamed for pain,
And I need to stop hoping for sunshine,
And instead see the beauty of the rain.
For someday I know I might be there,
Standing happily next to your side,
And I want to be worthy of heaven,
And to leave only good things behind.”

The pastor bowed down his head,
And asked everyone there to please pray,
For each of them to value the lesson,
That Michael had left them that day.
To be able to work through their sorrow,
To pike themselves up off the ground,
And instead of living in sadness,
Choose to spread Michael’s message around.
For God can’t be blamed for our sorrow,
God can’t always be blamed for our pain,
We can’t always hope for sunshine,
We must see the beauty in the rain.
And take pride in the wisdom of knowing,
That now he stands next to God’s side,
For Michael was worthy of heaven,
He left many good things behind.

contributed by: Suzie Flaig

Soaring
by: Emily Gruber

Poetry

At the bell
Up ahead is the fence
Up and over
As if soaring over the ground
Below me is the fence
Behind me is the dust
Above me is the sky
Down on the other side going
Against the clock
In view up ahead the finish line
At last we cross it at the top

Torn
by: Jessica Strutz

Everyone goes to school or to work. Not because they want to, but because they have to. For some people, it’s hard to get up out of bed in the morning. They’re just so torn up inside. They’re torn between their many lives at school, work, and home. You don’t know how hard it is for some people to get up each day, put on a smile, and go to school, work, or even at home and to pretend that there is nothing wrong. They still cry themselves to sleep every night and they pray that things will get better.

I once knew this kid. He was a very talented artist. He kept to himself mostly. He didn’t have many friends. One day when he was home alone he called me. He didn’t sound normal; he was very calm and mono-toned. The last thing he said to me was that I wouldn’t see him at school the next day. He hung up the phone. It did hang up right, so I could still hear what he was doing. I heard a door open and a rustling sound. Something dropped to the floor. “DARN IT!” I hear him say in a voice not like his own, but I knew it was him. I heard “KLICK, KLICK,” then the scariest sound in the world . . . the pump of a double barrel shotgun. “NO DON’T!” I screamed. It was the last thing I ever said to him.

He had taken his life because he was torn inside and he just couldn’t handle it anymore. He has lost the hope that it would get better, but if we can hold on to that hope, that dream . . . WE WILL MAKE IT AND IT WILL GET BETTER!
GETTING TO KNOW THE UB STUDENTS
by: Maggi Leathers

The following responses are from some of the UB students after being asked to respond to a list of 20 questions.

NAME: Chelsea Lieser
GRADE: 9
FAVORITE CLASSES: Band, lunch, & Geography
LEAST FAVORITE CLASSES: PE or English
FAVORITE HOLIDAY: Halloween (two words — free candy)
   Your parents view your report card and seem much less than pleased. How to you react?
   “Remember Mom, killing is illegal in all 50 states . . . I love you.”

NAME: Stevie Witschen-Boelz
GRADE: 9
LEAST FAVORITE CLASSES: Geography
EXTRA-CURRICULAR ACTIVITIES: UB, Speech, & hopefully more
   What advice would you give to someone who is being chased by a rabid dog?
   “Drop the stake you’re carrying!!”

NAME: Amber Morris (Nickname — Shorty)
GRADE: 9
IDEAL FUTURE CAREER: Vet
FAVORITE TV PROGRAM: Road Rules Challenge: The Duel
   What is the most outrageous excuse you’ve heard or used to get out of (or try to anyway) a late assignment?
   “My dog ate it . . . (or better yet) . . . My classmate ate it!”

NAME: Kenzie Wolle
GRADE: 9
FAVORITE SONG: My favorite song changes almost everyday.
FAVORITE HOLIDAY: Halloween — You get to be a kid again!
ACTIVITIES INVOLVED IN: UB, Volleyball, Student Council, Spanish Club, Softball, Chamber Choir, & Youth Service Club

NAME: Alexandra Brinkman
GRADE: 11
FAVORITE CLASS: AP Psychology
FAVORITE STATION & SONG: 89.5 — Winds of Change by Kutless
   What is the most outrageous excuse you’ve heard or used to get out of (or try to anyway) a late assignment?
   “I died!!!!!!”

NAME: Sami Branchaud (no picture)
GRADE: 9
FAVORITE CLASSES: Algebra
LEAST FAVORITE CLASSES: Science & Language Arts
FAVORITE SUMMER ACTIVITY: Bible Camp
   If you were reincarnated as an animal and had a choice of what to be, what animal would you choose and why?
   “A monkey because they’re cute.

To be continued . . .
Attention Seniors!

AFSA (The Free Application for Federal Student Aid) forms are now available from your high school guidance office. You may also apply on-line at www.fafsa.ed.gov. Applying on-line is quicker and more accurate. College financial aid counselors recommend that you apply on-line. You should apply as soon after January 1st as possible. Students and parents may apply for a PIN now (http://www.pin.ed.gov/PINWebApp/pinindex.jsp). This allows you to sign your FAFSA documents electronically, making the process more convenient and efficient for you. A pre-application worksheet, along with other helpful information about the FAFSA, is available on the website. You will need to gather the following information in order to fill out the FAFSA:

- Your Social Security Number (can be found on your Social Security card)
- Your driver’s license (if any)
- Your 2006 W-2 Forms and other records of money earned
- Your (and your spouse’s, if you are married) 2006 Federal Income Tax Return - IRS Form 1040, 1040A, 1040EZ, 1040Telefile, foreign tax return, or tax return for Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, the Marshall Islands, the Federated States of Micronesia
- Your parent’s 2006 Federal Income Tax Return (if you are a dependent student)
- Your 2006 untaxed income records — Social Security, Temporary Assistance to Needy Families, welfare, or veterans benefits records
- Your current bank statements
- Your current business and investment mortgage information, business and farm records, stock, bond, and other investment records
- Your alien registration card (if you are not a U.S. citizen)

AN IMPORTANT MESSAGE TO STUDENTS AND PARENTS
ABOUT PLANNING YOUR HIGH SCHOOL COURSES

The Facts: Meeting minimum high school graduation requirements does not mean you will be ready for either college or workplace education.

Only 22% of the 2004 high school graduates were ready for college level courses in English, Math and Science, based on the performance on the ACT by over 1.2 million students nationally.

Being college-ready means:

Colleges won’t require you to take remedial or developmental courses for which you won’t get college credit. You won’t have to pay for courses which do not count toward graduation, increasing your chances of completing your college studies on-time.

Actions You Need to Take NOW:

- Take four years of English AND maintain a B or better average. Studies show that maintaining a 3.0 or higher average in English courses over four years are more likely to be ready for College Freshman English Composition than those who do not.
- Take at least four years of Math courses, including in your senior year. Studies show that students taking four or more years of Math on average are ready for College Algebra or higher courses. Taking three or less years of Math does not prepare students for college credit-bearing math courses.
- Include Physics in your science course sequence. Students taking Physics score almost 3 points higher on the ACT Science Test than those who don’t.

The Bottom Line:
The choice is yours. When you take challenging courses all four years of high school and do well in those courses, you likely will be ready for a successful postsecondary experience.
MARK YOUR CALENDARS FOR SATURDAY SESSIONS!!!

Saturday Sessions
March 31
April 21 (TRiO Day)
May 5

REMEMBER — Attendance at Saturday Sessions is expected from all UB Members! It is part of your commitment to the program.

SATURDAY BUS PICK-UP TIMES:
Apollo — 8:30 front of school (1:15 return)
Tech — 8:15 door #6 (1:30 return)
Foley — 7:45 front of school (2:00 return)
Willmar — 7:45 front of school (2:00 return)

HAPPY BIRTHDAY!
We hope that your special day is (was) wonderful and you are blessed with an exciting year to come!

Nhu Nguyen — January 1
Cole Striffler — January 4
Maverick Weber — January 16
Lynne Chung — January 21
Erica Hutchinson — January 25
Dylan Gagen — January 30
AnChau Bui — February 1
Nicole Eckblad — February 5
Sami Branchaud — February 13
Hao Lam — February 15
Tony Tran — February 19
Thanh Nguyen — February 27
Suzie Flajg — March 6
Jessica Strutz — March 29
Crystal Wilhelmy — March 29
Chelsea Lieser — March 30
Linsey Matteson — April 30