

UPWARD BOUND

NEWSLETTER

FALL 2019

ADMINISTRATIVE STAFF

DR. ANTHONY QUINN, *Director*,
734.384.4279 aquinn@monroeccc.edu

CHARLES FRIEDLINE,
Academic Skills Coordinator
(AHS, Rm 65), 734.869.7199
cfriedline@airportschools.com

CARLEY STRANYAK,
Academic Skills Coordinator
(JHS office), 734.322.2209
cschwartz@jeffersonschools.org

DANNIELLE LAMBERT,
Academic Skills Coordinator
(MHS, Rm A115), 734.265.3446
lambertd@monroe.k12.mi.us

CHERYL PRENKERT,
Administrative Assistant,
734.384.4106 (MCCC)
cprenkert@monroeccc.edu

TUTORIAL STAFF 2018-2019



MATH: Matt Steele
SCIENCE: Matt Steele
ENGLISH: Laura Steele
*Upward Bound tutorials take place on
Tuesdays, Wednesdays, and Thursdays from
2:30 - 4:30 pm in room A-127*



MATH: Matt Pinter, Nick Husby
SCIENCE: Matt Pinter
ENGLISH: Cy Maughmer, Holly Himick
ALL SUBJECTS: Elijah Jaworski
*Upward bound tutorials take place on
Mondays & Wednesdays from 2:30 - 4:30 pm,
and Tuesdays 3:00 - 4:30 pm in room 15*



Math: Matt Conkle, Jill Philippon
Science: Grant Hesson
English: Bruce Pickens, Jennifer Crosley
*Upward Bound tutorials take place on
Tuesdays, Wednesdays, and Thursdays from
2:30 - 4:30 pm in the school library*



2019 Award & Recognition Reception Congratulations to the 2019 Super Scholars

Aminah Bakr, MHS
Breah Bell, MHS
Emily Davis, AHS
Madison Dennis, JHS
Avery Drake, MHS
Grace Drewior, AHS
Quinten Elek, JHS
Tatum Graham, JHS
Kaitlyn Hemwall, JHS
Kayla Hinson, AHS

Allen Lin, JHS
Cheyene Rutherford, JHS
Erinn Sancho, JHS
Dominic Simons, JHS
Alexis VanDevelde, JHS
Brady Williams, JHS
Brett Williams, JHS
Hali Wisecup, JHS
Kaitlyn Wonsowski, AHS
Katelyn Younglove, AHS



EXCITING UPCOMING EVENT

Nov. 17th, 2019

*Detroit Lions
vs
Dallas Cowboys*



Limited
Tickets
Available

OUR UPWARD BOUND 2019 SUMMER PARTICIPANTS

A VERY PRODUCTIVE AND EXCITING SUMMER



Here is a list of what the students packed into the short 6 weeks of summer enrichment:

- Adrian College Tour
- Algebra
- American Sign Language
- Anatomy / Physiology
- Basic Car Care
- Biology
- Charleston, SC
- Chemistry
- Calculus
- Comm. / Public Speaking



- Kalahari
- Lab Science
- Little Casar's Arena and Careers
- Lyrical Combat
- Mercy College of Ohio Tour
- Mindfulness in Investing in Self Care
- Owens Community College Tour



- College and Career Fair
- Consumers Math
- Drama
- Effects of Marijuana
- English
- Foreign Language
- Geometry
- Henry Ford Museum Visit
- Ice Cream Social
- Image Poetry



- Personal Finance
- Physical Science
- SAT Prep
- Short Story Time
- Surviving High School
- Surviving the Real World
- Team Building
- You Are Worth It™ Juggling
- Zumba



UB Travels to Charleston, SC

All arrived at MCCC, Lot 4, bright and early at 5:30 am on Monday morning. Most were excited and chatty about the adventure we were about to embark on. A few others were still sleepy eyed and already exhausted thinking about the long bus ride ahead. After loading the luggage, snacks, and students onto the buses, we were ready to travel.

Monday was going to be a day of travel. After all, the expected arrival time to the hotel in Charleston was 9:30 pm. It was eerily quiet on the bus for the most part. We welcomed the quiet but as a chaperone of a large group of teenagers, you wonder what they were planning. As it turned out, all were snug in their seats, dreaming of the warm breezes and ocean waves of Charleston (silly chaperones, being paranoid). As we traveled deeper into the south, the students started to notice the change in the scenery. It was pleasing to see how some were excited to be seeing a Palm Tree for the very first time. We arrived at our hotel a little later than expected. Emily (Brightspark Tour Leader) gave the students and chaperones their room assignments and security had arrived for the night watch. Best sound after a long day of travel is hearing all the doors close after room checks.

Everyone was excited to start our day's activities after a good night's sleep. We boarded the bus and started our journey to downtown Charleston. Little did we know that buses need a permit to drive and drop off in the downtown area. The driver on bus # 1 was stopped by the Tourism Police (yes, Charleston has regular police officers and tourism police officers). After the brief run in with the law, a horse drawn carriage ride around Charleston was a welcome activity on Tuesday. While some students went on the tour, other students were able to walk around the City Market and do some shopping.



It was while we were on our Historic Charleston Carriage Tour that we rode past the Old City Jail. One of the most haunted places in Charleston, SC. It has been the subject of investigations on the shows Ghost Hunters and Ghost Adventures. Once the students saw the jail, there was no doubt what they wanted to do. What would be better than scaring the bajeebies out of a group of teenagers?

By the way, both buses and the tour leader received a ticket for over \$1000.00 each, and all received subpoenas to appear in court. Thank goodness, this was the responsibility of the tour company and the bus company.



On to Charleston Southern University. The college tour was as expected, a tour of campus, visit the buildings, and a presentation on the admission process. The students and chaperones were thankful for the small size of the campus since the afternoon brought hot, and humid weather with a threatening sky above. While the students were on the tour, we were trying to work out the details of a Haunted Jail Tour. We decided that if we did this, the only time available would be the free time at Folly Beach that was already built into the itinerary.

The South Carolina Aquarium was a welcome visit. We were able to escape the heat and humidity for the afternoon.



The South Carolina Aquarium has a Sea Turtle Care Center. South Carolina Department of Natural Resources (SCDNR) transports stranded or injured Sea Turtles to the care center. They may be suffering from debilitated turtle syndrome, shock from exposure to cold temperatures, or injury from a boat strike or shark bite. The veterinarians diagnose each turtle and with the help of staff and volunteers provide treatment(s). The Sea Turtles go back to the ocean when they receive clean bills of health and staff are positive that they are able to survive on their own. We were able to view the Sea Turtle Care Center and see the Sea Turtles currently in their care.



After a Burger buffet for dinner at The Washout Restaurant and all the logistics had been ironed out for our jail excursion, we were on our way. Part of our group opted to go shopping and go to the beach. We did not allow the students to go into the water because, after all it was Shark Week.

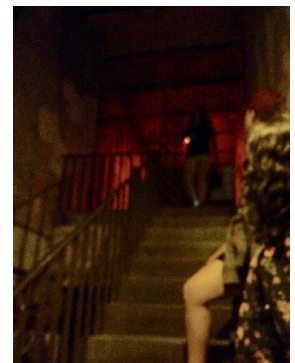
As the rest of us loaded the bus, you could hear the excitement and fear in their voices. Some were wondering if they had made the right decision and were mulling over the sentiments expressed by those going to the beach, “Don’t you be bringing those spirits back with you” and “You don’t know what you’re dealing with”.



Once the bus dropped us off at the designated drop off location, we had to walk to the Old City Jail through the old streets of Charleston. The old City Jail is rich with history dating back to 1802 and housing prisoners until closing its doors in 1939. Prisoners at the Old City Jail include Lavinia Fisher, her husband John, Jacque Alexander Tardy, a pirate, Denmark Vesey, leader of a foiled slave rebellion, and Civil War soldiers. Built to house 130 inmates, the jail sometimes housed 330 or more people. It is said that as many as 10,000 were put to death or died from injury or illness during the jail’s operation.

Results of the Upward Bound 2019 Investigation:

- Ms. Harwood felt someone lightly touch her shoulder – *Debunked, it was her ponytail.*
- Ms. Prenkert took a picture of the stairway (picture below). A face appeared on the right side of the picture – *Debunked, it was light reflecting off Ms. Stranyak’s hair. Where the light is coming from, is still a mystery.*
- Dr. Quinn and many students felt heat on the back of their necks during the tour. Dr. Quinn explained it as feeling like someone had placed a heating pad on his neck. Was it the hot breath of a spirit trying to get their attention or was it hot humid air from a drafty old building?



I will leave it up to you whether you believe or not. Either way we had a wonderful experience, learned some history, and had some fun.

Wednesday morning we arrived at Boone Hall Plantation. One of the oldest working farms, Boone hall has been growing crops for over three centuries. It started with cotton and pecans and now grows strawberries, tomatoes, peaches and more.

Major John Boone came to Charleston in 1681 and established the plantation and home on the banks of the Wampapeone Creek. His son planted the Oak Trees on either side of the long entrance drive in 1743. Driving under those Oaks is a spectacular sight and gives you the sensation of the southern heritage you are about to experience.

Alongside the line of old Oak Trees were some original slave cabins. The cabins were built at this location to show off the owners wealth. These cabins date back to 1790 – 1810. They were built of brick because at the time the plantation made bricks. The slaves who built the cabins would add a geometric design on the side of the cabin, as a mark to tell who built the cabin. These cabins were occupied into the 20th century and were occupied by sharecroppers in the 1940's. Boone Hall provided a delicious Southern lunch of shredded chicken BBQ, red beans and rice, greens, brownies, and THE BEST fresh peaches we have ever had. During lunch we were entertained with a Gullah performance.

The Gullah are African Americans who live in the Low Country region of South Carolina and Georgia and preserve their African cultural heritage. They speak English Creole that contains an influence of a variety of African languages. Gullah people keep their traditions of storytelling, foods, music, folk beliefs, crafts, and farming alive today through practice, teaching, and entertainment. The performance consisted of stories, singing and some history of the people.



Our group was fortunate to see a very special performance of The Fox, the Rabbit and the Tar Baby performed by Mr. Friedline, Ms. Stranyak and Ms. Sander. I wish I could include a video.

Time to go hunt for dolphins. We boarded the pontoon boats and took our seats for the Charleston Eco Tour and Dolphin Cruise. After a brief safety demonstration, we were off for a dolphin watching adventure. It was only minutes before a female dolphin and her calf broke the surface of the water.

Additionally, it was only seconds before they disappeared beneath the surface, never to resurface within our sight. A few of us saw the dolphins and the rest took to scanning the surface of the water for any sign of ocean life. Soon, a student was shouting “I see one, over there” while pointing out over the ocean. Everyone scrambled to see the dolphin. All of us were full of excitement in anticipation of seeing a real live dolphin in the wild. As we got closer to the location, the excitement increased, and then, we saw it, a bird riding the waves. The excitement ended faster than it had begun. The positive – we did see wildlife while cruising the ocean.



I do have to be honest and inform you that we really were not on the ocean. We actually were cruising the estuary. Most of us were surprised that the water looked murky. The guide informed us that it was a good sign that the water was like this. It meant that it was full of nutrients and organisms for sea creatures to eat and survive. She told us the estuary was a little like the nursery of the ocean, a safe haven for the young. Our next stop would be Morris Island. On the Island, the guide talked to us about ecology, erosion, and the environment. We were able to walk about and look for unique seashells, and try to find shark teeth. Some of us dipped our feet into the water and just listened to the relaxing sound of the waves.

The day ended with a dinner on Spirit Line Dinner Cruise with live music.

Our menu consisted of the following:

- TRADITIONAL CHARLESTON SHE-CRAB SOUP**
- SEASONAL HOUSE SALAD
- LOWCOUNTRY SHRIMP AND GRITS
- FRESH CATCH OF THE DAY - SALMON
- SOUTHERN CHICKEN SALTIMBOCCA
- SWEET TEA BRINED PORTERHOUSE CUT PORK CHOP
- WOOD FIRE GRILLED NEW YORK STRIP STEAK
- DESSERT - PECAN PIE

August 1, 2019 – Going home. Amazingly, we all packed up, ate, and were ready to depart at 7:00 am. Everyone was tired from the past few days of activities, so it was again relatively quiet on the bus. According to the itinerary, we would be back in Monroe about 10:00 pm. After a few minor setbacks, because traveling never goes as planned, we arrived at MCCC at 1:30 am. Eighteen and a half hours after departure.

From the Director's Desk:



PARENTS/GUARDIANS: WAYS TO HELP YOUR TEEN SUCCEED IN HIGH SCHOOL

Attend Open Houses

Teens do better in school when parents support their academic efforts. Attending your school's open house is a great way to get to know your teen's teachers and their expectations. Keep in mind that parents or guardians can request a meeting with the teachers, principals, school counselors, or other school staff at any time during the school year.

Visit the School and Its Website

Knowing the physical layout of the school building and grounds can help you connect with your teen when you talk about the school day. It is good to know the location of the main office, school nurse, cafeteria, gym, athletic fields, auditorium, and special classes. On the school website, you can find information about the school calendar, contacting school staff, special events like dances and class trips, testing dates, current grades and missing assignments, sign-up information and schedules for sports, clubs, and other extracurricular activities.

Support Homework Expectations

During the high school years, homework gets more intense and grades become critical for college plans. Students planning to attend college also need to prepare for the SAT. Amid all these changes, many teens are learning how to balance academics with extracurricular activities, social lives, and jobs. An important way to help is to make sure your teen has a quiet, well-lit, distraction-free place to study that is stocked with supplies. Be sure to check in from time to time to make sure that your teen has not gotten distracted.

Send Your Teen to School Ready to Learn

A nutritious breakfast fuels up teens and gets them ready for the day. In general, teens who eat breakfast have more energy and do better in school. Teens also need the right amount of sleep — about 8 1/2 to 9 1/2 hours each night — to be alert and ready to learn all day. Early school start times — on top of schedules packed with classes, homework, extracurricular activities, and friends — mean that it is common for teens not to get enough sleep. Lack of sleep is linked to decreased attentiveness, decreased short-term memory, inconsistent performance, and delayed response time.

Instill Organizational Skills

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills. Parents and guardians can help teens keep assignments and class information together in binders, notebooks, or folders that are organized by subject. Creating a calendar will help teens recognize upcoming deadlines and plan their time accordingly. Don't forget to have your teen include non-academic commitments on the calendar, too.

Offer Help With Studying

When there is a lot to study, help your teen to break down tasks into smaller chunks and stick to the studying calendar schedule so he or she is not studying for multiple tests all in one night. Remind your teen to take notes in class, organize them by subject, and review them at home. You can help your teen review material and study with several techniques, like simple questioning, asking to provide the missing word, and creating practice tests. The more processes the brain uses to handle information — such as writing, reading, speaking, and listening — the more likely the information will be retained. Utilize the Upward Bound Program's tutors and contact coordinators along with the UB Director to ensure your student is receiving assistance in areas that he/she may be struggling.

Get Involved

Volunteering at the high school is a great way to show you're interested in your teen's education. Keep in mind, though, that while some teens like to see their parents at school or school events, others may feel embarrassed by their parents' presence. Follow your teen's cues to determine how much interaction works for both of you, and whether your volunteering should stay behind the scenes. Check the school or school district website to find volunteer opportunities that fit your schedule. Even giving a few hours during the school year can make an impression on your teen.

Take Attendance Seriously

Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it is important that they arrive at school on time every day, because having to catch up with class work, projects, tests, and homework can be stressful and interfere with learning. Teens may have many reasons for not wanting to go to school — bullies, difficult assignments, low grades, social problems, or issues with classmates or teachers. Talk with your teen — in addition to, an administrator or school counselor — to find out more about what is causing any anxiety.

Make Time to Talk About School

Make efforts to talk with your teen every day, so he or she knows that what goes on at school is important to you. When teens know their parents are interested in their academic lives, they will take school seriously as well. Because communication is a two-way street, the way you talk and listen to your teen can influence how well he or she listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Remember to talk with your teen, not at him or her. Be sure to ask open-ended questions that go beyond "yes" or "no" answers. When teens know they can talk openly with their parents, the challenges of high school can be easier to face.

Taken from kidshealth.org

Sincerely, Dr. Anthony Quinn

From the desk of:



Charles Friedline
Academic Skills
Coordinator
Airport High School

Here we go again, Upward Bound students and families! Another school year is off and running. We are planning a great year filled with cool field trips, new activities at the after-school program (including a community service club!), and everyone's favorite—SAT prep!

As we begin the year, let us take a moment to review the unique priorities and challenges of each class:

FRESHMEN: This is your first year at the high school, and I am sure you have been welcomed with open arms by the upperclassmen. No? Well, hang in there. They will warm up to you by the end of the year (Lol!).

Your job this year is to settle in and get used to a new routine and a more challenging workload. You will need to figure out how to 1) get organized and 2) stay organized. Upward Bound will be here to help you. Hopefully, the Summer Program gave you what you need to hit the ground running, but the after-school program will work with you throughout the year to get your high school career off to a great start.

SOPHOMORES: This is your year to build on the success of your freshman year—and then to up your game. It is time to challenge yourself and set higher expectations. Turn those C's into B's and those B's into A's this year. It is also time for you to step up and set an example for the freshmen—and to help them when they need a helping hand. Remember your first year and how great it would have been to have someone else show you the ropes!

JUNIORS: Your top priority this year is to prepare for the SAT, which you will take in the spring. You have your PSAT scores and your Khan Academy accounts, as well as the excellent Upward Bound tutors, so you have everything you need to do well on that test. The rest is up to you. You will also want to research careers and colleges, so you can make an informed decision when you start applying to colleges early next year.

SENIORS: Seniors should be focused on applying to colleges, (they should have them all done by the end of October), filing out the FAFSA (beginning Oct. 1), and applying for scholarships (FREE \$\$\$). Upward Bound and the high school counseling staff are available to help with all of the above. Other top priorities include staying on top of your game and resisting the onset of senioritis. It's too early to start coasting. I'll let you know when the time is right. (Hint: the time is never right! Lol!)

The Upward Bound After-School Program is here to help students with whatever they need to be successful. Attendance is vital—you cannot get help if you don't show up! I am also available during lunch time, academic advisory periods, and after school on Thursdays and Fridays. Please do not hesitate to contact me if you need help with anything.

AHS Reminders:

- To sign up for Remind notices, text @mrfiedli to 734-344-5422
- Check us out on Facebook at "Airport High School Upward Bound"

From the desk of:



Dannielle Lambert
Academic Skills
Coordinator
Monroe High School

The following is important information for seniors:

College Applications and Fee Waivers:

Seniors, if you have not already started applying to colleges/universities, it is NOW time to start. Upward Bound will take care of all application fees. Provide me with the information on where you are applying. Once I have this information, I will submit an application fee waiver to that institution on your behalf.

Monroe High School Transcripts:

Monroe High School electronically sends official transcripts to the colleges and universities that you choose through Parchment. This is a more efficient and secure process to send your credentials. Additionally, Parchment has "College Tools" available where one can do college searches; receive college recommendations, compare colleges, participate in a college discussion forum, and view college rankings based on actual student information. Simply go to Parchment.com to sign up.

Scholarships:

There are thousands of scholarships available out there from all sorts of institutions and organizations. Scholarships are available through your high school, the colleges/universities one is applying to, locally, nationally, and through businesses and corporations. First, begin your scholarship search at the colleges and/or universities that you plan on attending. For example, MCCC has scholarships you can apply to and only use at MCCC.

Monroe County Community College Fall 2019—Scholarship Application Workshop

The following websites are useful starting points:

www.studentaid.ed.gov/types/grants-scholarships/finding-scholarships

www.michigan.gov/ssg

www.collegeboard.org

www.fastweb.com

From the desk of:



Carley Stranyak
Academic Skills
Coordinator
Jefferson High School

Welcome back to the 2019-2020 school year! This year is such an exciting year for the Jefferson's Upward Bound program because we officially have our first group of Upward Bound SENIORS! I have already been busy helping students register to retake their SAT, sending in fee waivers for college applications, and writing letters of recommendation. If you are a senior, make sure you take advantage of ALL the resources Upward Bound has to offer you. This is YOUR year, so make it count!

With the start of the school year, I have also been busy planning our Welcome Back Party! This will take place after school on Thursday, September 26, in the high school cafeteria. All UB students are strongly encouraged to attend, as we will be discussing LOTS of important information about the program (...and there will be gifts!) If you are unable to attend the meeting, you must stop by the UB office so we can review the program's policies and expectations.

Field trip planning for the year is also underway! Right now, we have tickets to attend a Detroit Lions versus Dallas Cowboys game at Ford Field in November. We will be sharing this trip with our UB friends from Monroe and Airport. If you have any field trip suggestions, please feel free to share them with me. I am always open to ideas! Just a reminder, students who did not attend the summer program will be ineligible for field trips until January.

Whether you are entering the 2019-2020 school year as a freshman, sophomore, junior, or senior, remember to SHOW UP, WORK HARD, and BE KIND. Your future is bright, so continue to make decisions that help you reach your goals, and make yourself and those around you proud. Wishing all my Upward Bound students a wonderful and enriching school year!

IF YOU KNOW OF ANY UPWARD BOUND ALUMNI, PLEASE TELL THEM TO UPDATE THEIR CONTACT INFORMATION WITH US.

- Did you know that the U.S. Department of Education requires our staff to contact every student that receives services from Upward Bound on an ANNUAL basis, if not more, for SIX (yes, SIX) years following your high school graduation. Not to mention, we are interested in keeping in contact with our students as we care about their educational success!
- Please remember to call or email any of our staff should ANY of your contact information ever change.
- Have them check out the alumni information located on our web page.

POLICY ON FORMS & UPWARD BOUND FILE INFORMATION.

If a student has not submitted a required form OR if the student has missing information in their Upward Bound File:

1. The student will not be allowed to participate in field trips and/or activities other than After School Tutoring until the required form/information is submitted.
2. The student's stipend check will be withheld until the required form/information is submitted.

Due to securing tickets and transportation for fieldtrips and other activities, it is essential that we know how many students will be participating. For this reason, if the required permission slip has not been submitted by the due date, the student's name will be placed on a waiting list and he/she may not be able to participate in the activity.



**Monroe County
Community College**
1555 S. Raisinville Road
Monroe, MI 48161



Airport High School
11330 Grafton Road
Carleton, MI 48117



Jefferson High School
5707 Williams Rd,
Monroe, MI 48162



Monroe High School
901 Herr Road
Monroe, MI 48161

