

The Pipeline

The UNH Upward Bound Student Newsletter
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All the news that's upward!



Above: TC Ashley and students who participated in the U Maine Farmington trip

December edition

We trust that by now everyone has regained power and phone service after the ravages of the ice storm have passed. Though we still have a long winter ahead of us, there is exciting UB news to share in this edition of *The Pipeline*.

If you have goods 'n' news you'd like to see published in *The Pipeline*, or if you'd like to write a short article about a college visit or a UB activity, please get in touch with MJ at the UB office (800)-270-3848 or 603-862-3859 or mary.jo.sloan@unh.edu.

New Students in Upward Bound!

We are in the midst of our first fall recruitment, seeking out some 16 students to increase our numbers to 91. Why 91? Because that number times \$5,000 approximately equals the Upward Bound grant each year. In other words, the federal government has determined that each of you is important enough to invest serious money each year in your education.

Recruitment is focused on three of our six schools. They are Farmington, Somersworth, and Central. In the next two weeks MJ and I will conduct student interviews and invite a number of applicants into the program.

Once they and their parents/guardians have com-

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TRIO Day *Trip to Maine to Celebrate Educational Opportunity*

This year the state of Maine has its chance to host the annual TRIO Day. This is an opportunity for students and staff from all over New England to celebrate TRIO programs like Upward Bound. We hope that some of you will be interested in attending. Here are some of the details...

When: Thursday, February 26-Friday, February 27, 2009.

Where: Portland, Maine - Holiday Inn (transportation from Durham and Raymond/Manchester if needed)

Activities:

- A college fair
- College tours
- Activities in support of educational opportunity
- Distinguished speakers
- Cultural events
- Entertainment/Dance

Cost: Free to UB participants

TRIO
UPWARD BOUND

If you're interested...

Let us know by January 12.

Since only seven students will be able

to attend this event, first preference will be given to students who provide a short paragraph explaining why you would like to attend this trip. Submit your paragraph by mail to Robinson House, hand it to your UB advisor, bring it with you to the Winter Reunion, or e-mail it to MaryJo.Sloan@unh.edu.

SAT Vocabulary

brought to you by the letter 'B'

beatitude: (n.) **blessedness; state of bliss.** *Growing closer to God each day, the mystic achieved a state of indescribable beatitude.*

beleaguer: (v.) **besiege or attack; harassed.** *The babysitter was surrounded by a crowd of unmanageable brats who relentlessly beleaguered her.*

bicameral: (adj.) **two-chambered, as a legislative body.** *The United States Congress is a bicameral body.*

bode: (v.) **foreshadow; portend.** *The gloomy skies and the sulphurous odors from the mineral springs seemed to bode evil to those who settled in the area.*

UB Celebrates! Join Us at the Winter Reunion

Join in for food, fun and friends at the annual Winter Reunion held at the Durham Community Church's Fellowship Hall, located at 129 Main Street on January 10th from 1:00-3:30 PM. This year, one student and one parent/guardian will receive a door prize. Special gifts of UNH UB flash drives will also be given to students who made significant use of AskOnline from the beginning of this school year to the first week in January 2009.

There will be a financial aid workshop for all interested parents/guardians who attend the reunion from 1:30-3:00 PM. They can join us for refreshments starting at 1:00 then head upstairs to the workshop at 1:30. Covered topics include completing the FAFSA, description of government resources, private sources of aid and a question and answer session.

Be sure to call (800) 270-3848 before you leave for the reunion. If the event is postponed for any reason, there will be a message at this number. Students are reminded to park in valid spaces in the lot behind the church. If you need directions, you can consult the flyer that was mailed or call the 800 number. Just like all Enrichment Activities, if you are unable to attend for a valid reason, you must let us know in advance.

We look forward to seeing you at the Reunion!

Announcements ...

- AskOnline tutoring will end on Thursday, 12/18 in anticipation of the Christmas break and will resume on Sunday, 1/4. See the Askonline schedule for details.
- The planned dates for the 2009 UB Summer program are Sun., June 28 to Sat., August 8, 2009

mitted to the program and its expectations we will introduce them to all of you with a special addendum to the Pipeline that will include a short bio and a picture. Then we will begin seeing them in their schools and we will invite all of you to meet them and welcome them into the program, to share with them your insights about Upward Bound and about what you have learned about yourselves as a result of your participation.

Keep in mind though that it takes time for new participants to feel comfortable with program insiders. It's different in the summer program when necessity throws us together and we make friends quickly. So please do all you can to incorporate them into your UB community at school. Check in with them about their studies, invite them to attend enrichment activities, and so on. UB is a very small community in a very big world. In time you will have more in common with other UB graduates than with almost anyone you will ever meet. Even if you meet someone randomly, if you discover they attended an Upward Bound program you will have hundreds of things to discuss because even though you never met before, you took much the same path through high school.

And let's remind ourselves what that path is about. It's about truly valuing ourselves and others. It's about not taking our abilities and our education for granted. It's about working hard and not wasting our precious time. It's about creating a community around a shared vision of a better world and a better life for all through higher education.

As the holiday season is almost upon us, let's not forget these things. There are so many with so little. Let's be thankful for the blessings we have, UB being one of the greatest, and let's offer prayers and support for those who are struggling.

Peace,

Dan

New Additions!

We've been busy here at Robinson House welcoming new additions for both our Program Coordinator, Laura Pellerin, and for our Program Support Assistant, Lisa Hamcha.

Laura's daughter, Abigail Grace Pellerin, was born on November 11. Lisa's son, Mohamed Sidi Ahmed Hamcha, was born on December 3.

Both Laura and Lisa are at home on maternity leave focusing on their new bundles of joy. Both plan to return to work later this winter.



Birthdays!

Nathalia Ramirez - December 2
Jessica Howard - December 4
Flor D'Liz Gomez - December 11
Selena Su - December 12
Davon Milton - December 28
Kyle Holden - December 28
Vanessa Webster - December 31

Brian Raymond - January 4
Cody Forsberg - January 7
Viraj Patel - January 23
Nick Whitten - January 24

Kristen Ceberek - February 5
Caitlin Solberg - February 9
Pat Bogle - February 24
Collin Fleming - February 26
Kait Foster - February 29

*You can't build a reputation on what you're **going** to do.*
- Henry Ford

Nothing is particularly hard if you divide it into small jobs.
- Henry Ford

Opportunity is missed by most people because it is dressed in overalls and looks like work.
- Thomas Edison

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Winter Driving Tips

The University of New Hampshire Police Department Division of Emergency Management would like to remind everyone that you do not have to live in a wintery climate to encounter icy roads and hazardous roadways. In temperatures at or just above 32-degrees, a thin layer of water can turn to or cover ice, causing extremely dangerous, slippery driving conditions.

1. KNOW YOUR VEHICLE

Not all cars respond the same to icy, slippery roads. For that reason, knowing how to handle your vehicle and how it responds in various weather conditions is important. AAA recommends that motorists practice slow-speed maneuvers on an empty snow or ice covered parking lot. You should also page through your owner's manual, familiarizing yourself with your vehicle's braking system and tire traction.

2. DISTANCE FACTOR

The most important thing to remember when driving on slick roads is that you must travel, steer and brake more slowly than usual. The distance needed to stop on ice is twice as long as that you would need to brake under normal driving circumstances. This means you should keep at least a three car distance from the vehicle directly in front of you.



3. BLACK ICE

Black ice is defined as ice that remains on roadways that are not subjected to direct sunlight. Black ice commonly forms on roads that wind around lakes and rivers, in tunnels, on overpasses and in highly shaded, rural areas. Black ice is almost invisible to the naked eye. Be especially leery when driving your car into shaded areas, and slow your vehicle down during your approach.

4. SOME AREAS ARE EXTRA SLIPPERY

Certain areas of roadways, because of location or lack of direct sunlight, are almost always more hazardous than others. Use extra caution when driving on bridges, overpasses and tunnels.

5. FRONT WHEEL DRIVE

Front wheel drive vehicles handle better than rear wheel drive on slippery roads because the weight of the engine is on the drive wheels, which helps to improve your traction.

6. REAR WHEEL DRIVE

Because there is virtually no weight on the rear wheels of your car, vehicles that operate by using rear wheel drive tend to slide from side to side during turns on icy roads. Cars and light duty truck owners can place bags of sand or kitty litter in the bed of the truck or trunk to help balance the weight, and distribute it equally.

7. KNOW YOUR BRAKES

Your owner's manual will provide information about your braking system. Not all braking systems are the same. Find out which type of brakes your vehicle uses and then, follow the safety steps below.

Anti-lock braking systems (ABS) offer significant advantages on slick roads, if used correctly. To operate ABS effectively, motorists should apply steady pressure to the brake pedal during the entire stop. ABS will automatically pump the brakes, if necessary, to keep the wheels from locking. Never manually pump ABS brakes yourself. Apply only steady pressure continuously until you come to a complete stop.

If you don't have ABS, you should gently apply pumping pressure to your brakes during slippery conditions. Do not apply steady

pressure to your brakes. Standing on your brakes will only cause wheel lock, and may result in your car spinning out of control.

8. HANDLING SKIDS

FRONT WHEEL DRIVE: The biggest problem facing most winter drivers is skidding on slick, icy or snow covered roads. It is possible to steer out of a skid! Once you feel your car begin to skid, slowly remove your foot from the accelerator, until you feel your wheels regain traction control. (Do not attempt to brake!)

As your vehicle's tires grab the road, slowly turn the steering wheel in the direction you want your front wheels to go.

REAR WHEEL DRIVE: When you begin to spin, remove your foot from the gas pedal. Slowly steer in the direction you want the car to go. If you are still skidding out of control, counter-steer until your vehicle is pointing in the right direction. Never apply steady pressure to the brakes.

9. MORE TIPS

- You can improve your **VISIBILITY** by clearing all snow and ice from your vehicle. Be sure to remove ice and snow from hood, roof, trunk, turn signal lights, tail and headlights, windows, mirrors and fenders.

- Use your **LOW BEAMS** when driving in an ice or snow storm. You'll have better visibility.

- Allow for greater **STOPPING DISTANCE** during snow and ice storms. In order to bring your car to a safe stop, you must allow 8-10 seconds between you and the vehicle in front of you.

- Remember that POSTED SPEED LIMITS are only to be followed during ideal weather conditions. Slow down while driving on snow or ice.
- When driving UPHILL on ice, pick a path that will allow the most traction. Monitor vehicles in front of you and steer clear of areas where they spin wheels or slide backward. Unpacked snow will give most vehicles sufficient uphill traction.
- To maintain control on CURVES and TURNS, reduce speed just before the turn. Any sudden acceleration or deceleration during a turn will send you into a skid.
- NEVER brake while driving on ice. If you are approaching a patch of ice, brake during your approach. Applying pressure to your brakes while on ice will only throw you into a skid.
- Maintain your TIRES. Tires that are in proper working condition and are adequately inflated provide better traction.
- Travel GENTLY. Everything you do on icy roads will affect how your vehicle handles the situation. Move slowly. Turn slowly. Brake slowly. Sudden changes can cause your car to spin out of control. *(from the UNH Department of Emergency Preparedness)*

UMF College Trip

by Jessica Howard

Our trip to the University of Maine at Farmington started with some bad weather and a few wrong turns, but we got there in the nick of time. When we did arrive, we were greeted with open arms of those who study, work, and run UMF. The atmosphere made you feel like you belonged there. The size of the campus is relatively small, but comfortable and just the right size for the town. There are about 2,265 undergraduates, and between 2,500 and 10,000 people in the town itself.

UMF has a great academics program with just about everything you are looking for. We as a group got to experience learning about different areas of study that are offered there. One area that was of interest was the Business and Economics field. This was visited by Viraj and Tyler. Tyler and Viraj shared with the rest of that UMF really helps you understand the business world. Jenna and Kaelynn attended the Psychology meeting, but only really learned about the presenter's focus on today's society. One of the final areas of interest was the Natural Science field, visited by Felicia and Jessica. Here they learned that not only do you learn in the classroom, but you have multiple hands on classes outside near and/or around the vast lakes of Maine. So, if you enjoy the great outdoors, small lived in towns, lots of open arms and warm hearts, where you learn more about yourself and your career choice, UMF is the college or you.

Featured Careers:

Registered Nurse

Registered Nurses (RNs) provide patients with direct care and help doctors. They are also health educators, working with individuals and communities to prevent illness and improve health. Responsibilities include tracking vital signs and treatments and assisting doctors hands on. It helps to be flexible and emotionally stable under stressful circumstances.

Government economists expect job growth for RNs to be much faster than the average for all careers through 2016. In fact, registered nursing is predicted to be the career with the largest job growth of all. Job growth in hospitals should be slower than growth in outpatient facilities such as rehabilitation centers and nursing homes.

The U.S. Bureau of Labor Statistics reports that RNs working for hospitals in 2007 earned, on average, \$62,480. Those working in nursing homes earned \$56,410. Nurses working in doctors' offices earned an average of \$61,740.

Radiological Technologist

Radiologic technologists are also known as x-ray techs. Their fast-paced, technically demanding world provides a lot of variety because every patient is different. X-ray techs explain procedures to patients, make images for physicians to interpret, and keep records of patients' treatments. It helps to be a good communicator who is compassionate and patient, and able to retain and carry out critical procedures and information.

Government economists expect job growth for x-ray techs to be faster than the average for all careers through 2016. Those with training in other imaging technologies should be in even greater demand as hospitals seek to cover more tests with fewer employees. The U.S. Bureau of Labor Statistics estimates that radiologic technologists and technicians earned an average yearly salary of \$51,150 in 2007. With additional training, x-ray techs can work as nuclear medicine technologists and earn higher pay.

Source: CollegeBoard.com

*If you want to learn more about these and other careers check out collegeboard.com

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Featured College:

Providence College

www.providence.edu

Providence College is a private four-year college located in Providence, Rhode Island on a 105-acre campus. Providence College (PC) has approximately 3,700 full-time undergraduate students. PC has a smaller college atmosphere but, at the same time, is located in the diverse and exciting city of Providence.

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Providence College has many advantages to offer its students. PC has fifteen academic buildings in which students can study a variety of majors (listed to the right). There are four different athletic/recreational facilities so staying active and healthy is easy to do. PC offers traditional residence halls and dorms or on-campus apartments for a change of pace. So where can you find great food, school apparel and more? The answer is the Slavin Center, which is home to the large dining hall, bookstore, and many other student activities.

Students can find a variety of clubs, club sports, and intramurals to accommodate all of their interests. Providence College also has 19 NCAA Division I sports teams on campus that are supported by fans. There is something for everyone at PC! Go check out more!

If you would like to learn more about Providence College, you can visit their website at www.providence.edu.

Bachelor's Degree Programs at Providence College:

Accountancy
American Studies
Anthropology
Applied Physics
Art History
Asian Studies
Biochemistry
Biology
Black Studies
Business Studies Certificate Program
Chemistry
Classics
Computer Science
Dance
Development of Western Civilizations
Economics
Elementary/Special Education
3+2 Engineering
English
Environmental Studies
Film
Finance
French
Geography
Geology
German
Global Studies
Health Policy and Management
History
Humanities
Italian
Labor-Management Relations Certificate Program
Latin American Studies
Law
Liberal Arts Honors
Linguistics
Management
Marketing
4+1 BS/BA/MBA
Mathematics
Military Science/ROTC
Music
Natural Science
3+4 Optometry
Philosophy
Physics (see Applied Physics)
Political Science
Psychology
Public Administration Certificate Program
Public and Community Service Studies
Secondary Education
Social Science
Social Work
Sociology
Spanish
Systems Science
Studio Art
Theatre
Theology
Women's Studies
Writing

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