

Words of Wisdom

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

"Service to others is the rent you pay for your room here on earth."

Muhammad Ali

"I dwell in possibility..."

Emily Dickinson

"If there is no struggle, there is no progress."

Frederick Douglass

Happy Birthday!

July

- 11 Jarren Horton
- 13 Marisa Vivians
- 24 Brittany Mabry
- 26 Tara Taylor
- 26 Aaron Watley

August

- 2 Kashonna Drain
- 11 Brittiney Goldman
- 13 Terrence Roberts

September

- 10 Esmeralda Munoz
- 17 Amber Utsler
- 27 Trenton Smith

Congratulations to the 2004-2005 Classic Upward Bound Graduates!

*Summer 2005 University of Northern Iowa Bridge Program Participant

**Summer 2005 Wichita State University Bridge Program Participant

Student Name	High School	Postsecondary Institution
Robert Abben*	West	University of Northern Iowa
Corey Alexander **	East	University of Iowa
Marquia Austin-Tennant	West	Kirkwood Community College
Amanda Gary	East	University of Iowa

Aunamesha Henley **	East	Syracuse University
Enjolique Holmes	East	Kaplan University
Rachel Kopf *	East	University of Iowa
Lisa Kuo	Cedar Falls	University of Iowa
Maria Maldonado *	East	University of Northern Iowa
Nickole McConeghey	West	Hawkeye Community College
Marketia Moore-Hill	Northern University	Kirkwood Community College
Randi Pickard *	East	University of Northern Iowa
Janina Polk	East	Hawkeye Community College
Jessica Reed	West	Kirkwood Community College
Allen Speller	East	Kirkwood Community College
Candace Starks	East	Kirkwood Community College
Branayla Tate *	East	University of Northern Iowa
Leundré Williams	East	Grand View College
Elvert "Andy" Wise	West	Hawkeye Community College

Congratulations to the Summer 2005 Classic Upward Bound Graduates!

Michelle Abben	José Becerra	DeCarlos Carey	Tyler Clark
Zachery Clark	Aysha Davis	Kashonna Drain	Kurtis Foley
Taneaia Galloway	Mylita Gary	Brittiney Goldman	Chalonda Hackett
Kiri Holmes	Jarren Horton	Charles King	Brittany Mabry
Kayla Meyer	Azline Nelson	Clarissia Nelson	Elliott Peterson
Darius Phillips	Terrance Roberts	Willie Roberts	Lonnisha Robinson
Ashley Samington	Shequennce Sanders	Gabrielle Shirley	Steven Shumaker
Trenton Smith	Tyrone Smith	Cierra Speller	Dominique Starks
Tara Taylor	Habie Timbo	Charles Tims	Christopher Tims
Amber Utsler	Aaron Watley	William Watson	Tiaira Wright

Congratulations to the Summer 2005 Wichita State University Math/Science Graduates!

Andrea Ford	Kountiss Johnson	Leana Montgomery	Andrew Nielsen
Samantha Pickard	Kei-Che Randle		

Congratulations to the Summer 2005 Salutatorian, Valedictorian, and Student of the Year!

Salutatorian: Azline Nelson

Valedictorian: Habie Timbo

Student of the Year: Kashonna Drain

Thanks to parents, students, staff, the University of Northern Iowa, and the community for another successful summer program!

"I Speak Truth to My People"

By William Watson, University of Northern Iowa Classic Upward Bound Program

Ed. Note: William shared this essay at this summer's graduation banquet. It is being printed here for your consideration.

It is a disgrace to me that we as black people walk around with our heads held down, lost and confounded, in a changing society that offers no man ground.

I mean, why should we be the ones complaining?

We don't even recognize that we have been blessed 'cause we're too busy running around focusing on things that cause stress, which does nothing, but keep up mess. For the words and teachings of Dr. King tells us that we as a people should be proud of our race, but NO. We walk around here greeting one another disrespectfully with words that shouldn't even define a human being, such as the common "nigga"! Why should we or anyone else be using it? And the quantity of its use is not just a little big. People use it freely as if it is some type of epidemic or something, and please not that I'm not the one who wants to catch it! What, actually, does that word mean?

Well, I tried to look it up in the dictionary; it wasn't there. But I came close because I knew something had to be in there – somewhere! I found n-i-g-g-e-r, which means lazy, but it wasn't what I was looking for. I also found this word that is an adjective that clearly defines the attitude that we have towards each other. The word is niggardly, which means anything that is grudging and petty in its giving. Now, the word can mean being stingy in many ways, in which we lack the ability to want to give and not receive, and the courage to give positive comments and not disagree.

I'm only speaking the truth and you know it!

We need to learn our place and know the history of our race in order to make our society a better place. Focus on grace because we're going to need it in order to complete this race. We need to learn the direction to go, and believe me hell is not the place we desire to know. I wonder what it would be like to have Dr. King in our presence today? What would he say to his people who are acting this way?

Oh, I think I know. His speech would probably change and go something like this..."I Thought I Had A Dream!" We need to change our ways and come together, like the slaves singing out praise and spirituals that symbolize God's miracles. We need to be one like in the old days! So...when we see each other walking down the street, let's not give that awful greet because we are the people who have come to defeat. And the defeat is not among us; No fuss, just trust...in God, we must.

I trust in you, my people, to believe in yourselves and know that you have the ability to excel; the ability to excel beyond the bondage of the prison cells, and to excel beyond the violence that is caused by our desire to remain in silence. Please don't allow these words to escape and dissipate into nothingness. Allow it to caress your mind and...Please, please tell someone else. Get it off your chest and put your mind at rest.

In actuality, the truth is...that we need to free ourselves through our etiquette and being well-educated.

To be continued...

Director's Letter: A Show of Support for TRIO

As you are certainly aware, the Classic Upward Bound and Educational Talent Search Programs have been facing elimination due to President Bush's proposed Federal Year 2005 budget. We are happy to report that this threat looks to be less eminent. The following is a statement by Congressman Mike Simpson of Idaho following the reinstatement of Upward Bound and Talent Search funds on Thursday June 23, 2005:

Mr. Speaker: I rise today to pay tribute to an important group of Federal Education Programs known as the TRIO programs. In short, TRIO programs help to support and prepare low income students for post high school education.

TRIO is funded through the Labor, Health and Human Services Appropriations Bill that this body passed earlier today. I was proud to vote for this bill that included full funding for all TRIO programs. Two of the TRIO programs, Upward Bound and Talent Search had been slated for elimination in the Administration's Fiscal Year 2006 budget request. As the co chairman of the Congressional TRIO Caucus and a member of the Appropriations Committee, I worked with my colleagues on that Committee to make sure that these programs were restored to Fiscal Year 2005 funding levels.

I have received countless emails, letters and faxes from constituents in my district and other districts around the country urging me to spare Upward Bound and Talent Search. It is easy to understand why so many were concerned about the potential end of these two valuable TRIO programs that help over 3,500 low income Idaho students prepare for college. Parental income is one of the top predictors of whether or not a child will succeed in college or even go to college in the first place. Upward Bound and Talent Search help students exceed societal expectations and predictions by providing tutoring in college preparatory classes and help in navigating through the sometimes daunting maze of required forms and tests known as the college admission process.

Like so many other members of this House who joined me in the effort to save TRIO, several of whom are TRIO graduates themselves, I fully understand the worth and importance of these programs, and I will do everything I can to ensure that these programs continue to receive funding for many years to come. While the cost of Upward Bound and Talent Search may seem an unnecessary expense to some, I would ask them to consider the long term savings in public assistance generated by graduates of TRIO who go on to earn college degrees and become productive, self sustaining citizens.

Mr. Speaker, on behalf of the over 900,000 students currently enrolled in TRIO programs nationwide, I would like to thank and commend all those involved in the TRIO programs for a job well done. You are truly changing lives and making the impossible a reality for many of our nation's students.

Thank you Mr. Speaker.

Congressman Simpson eloquently described the importance of TRIO programs. Do not allow this victory to stop you from telling your representatives the difference TRIO programs have made in your life or in the lives of people you know. We have won the battle, but not the war as social service programs such as TRIO are always first on the chopping block when funds are tight. The

TRiO Talking Points article in this newsletter contains some information that you may want to share. Thank you for your help in ensuring that Educational Talent Search and Classic Upward Bound will be able to continue helping students in this community and across the country!

TRiO Talking Points

- Congress established TRiO over 30 years ago in order to ensure equal access to educational opportunity regardless of socio-economic status, race, or ethnic background.
- TRiO programs identify students capable of college, prepare them for college, and provide them with support services once they reach campus.
- Over 2,600 TRiO projects are hosted at over 1,200 postsecondary institutions and more than one hundred community agencies who serve over 823,000 low income students from the age of eleven up.
- Since 1965, over 10.5 million Americans (67% from low-income and working families) have benefited from the services of the TRiO pre-college and college programs.
- 37% of TRiO participants are Caucasian, 35% are African American, 19% are Latina/o, 4% are Native American, and 4% are Asian. Sixteen thousand TRiO students have disabilities.
- TRiO is comprised of the following programs for students, which serve individuals from middle school through the PhD:
 - Educational Opportunity Center** – Adults Returning to College
 - Ronald E. McNair Postbaccalaureate Achievement – PhD Students
 - Student Support Services – College Students
 - Educational Talent Search – Ages 11-19
 - Upward Bound – Grades 9-12
 - Upward Bound Math/Science – Grades 10-12
- The University of Northern Iowa has all of the above programs on their campus – and is one of only 47 postsecondary institutions nationwide with at least five TRiO programs on campus.
- The Cedar Valley area has two other programs funded by the U.S. Department of Education - GEAR UP and the Community Technology Center.
- In Waterloo, Cedar Falls, and the surrounding communities, these programs annually spend over ONE MILLION DOLLARS, serving more than 3,500 students from middle school through adult!

Balancing Work and School

Part-time jobs are a necessity for some high school students and for others they encourage more organization and responsibility. However, for some students working too much can be the first step towards dropping out. To avoid this, keep in mind that school is your priority. Without education, you will probably be stuck in the same sort of work at the same level of low pay for most of your life. Your time is valuable, and you must manage it well. However tired you might be after a long day of school and work, you must limit your relaxation time to provide for study time. If your job is impairing your performance in school and you are not working to help support the family, quit. You'll get by in high school without designer clothes and a car much better than you will as an adult without an education. Be assertive; never let an employer force you to take a work schedule that interferes with your studies. If possible, find a job that provides enough free time to get a little studying done. Remember that employment makes time-management skills even more important. If you need assistance managing your time better, please talk to a Classic Upward Bound staff member.