



The Upward Bound staff welcomes students back to the 2019-2020 school year! It's going to be another outstanding year filled with optimism and accomplishments. We have college campus tours lined up, quarterly meetings planned, along with a big change in Academic Advisors.

As many of you know, Tearza Mashburn is off to new and exciting horizons and will no longer be the Alliance Academic Advisor. We do have a familiar face for the Alliance students though, Heather Barry has taken on the responsibility of providing exceptional guidance for the Alliance students. She will continue advising the Chadron students also. Brad Gaston is still the Crawford academic advisor and looks forward to a great year with his UB Rams.

The summer trip to Colorado was a great success (photos on page 3). Along with the raft trip on the Poudre River, mountain biking, and CSU ropes course, there was hiking that explored mountain trails surrounding the CSU Mountain Campus. We also had a forest fire scare! Luckily, that was maintained and did not require evacuation. Overall, it was a relaxing few days with the added benefit of no cell phone service at the mountain campus.

The fall college campus tour is September 19-21 to Denver Colorado. We will tour University of Denver, Metro, and Johnson & Wales. Six students will have this outstanding opportunity to view larger college campuses, as well as attend the Broadway musical – Miss Saigon at Buell Theatre. Please contact your Academic Advisor if you are interested in going.

The next quarterly meeting is scheduled for Saturday, September 14th in the Sandoz Center. There will be a guest speaker discussing social media and Heather organized a financial reality fair focusing on personal finances.

Congrats to the Writing Workshop trip winners: Emily Beye, Lucy Biernacki, Ty Brady, and Kayla Campos. The California trip is scheduled for October 10-13.

Have a great year!

Maggie Smith-Bruehlman
Upward Bound Program Director



The last hurrah with Tearza!

L-R: Stephanie Stroup, Maggie Smith-Bruehlman, Tearza Mashburn, Brad Gaston, Heather Barry



Heather Barry—Chadron H.S.

Welcome back to school! Summer just flew by! Chadron High is back in action with softball, football, cross country, FBLA, FFA, Mock Trial and sooo much more! Students, be sure and check out at least one of these groups/activities! It is a great way to make new friends, gain life experiences, and build your resumes!

Also, students and parents please mark your calendars for the following events:

*Every Monday at noon, Mrs. Watson and Mr. Mack will be going LIVE on Facebook, YouTube and Instagram covering topics ranging from mental health to communicating with teenagers.

*October 26th is the next available ACT Testing date. You must register by September 20th to avoid a late fee!

*September 10th – Juniors and Seniors (students and parents) please plan on attending the EducationQuest Financial Aid presentation at Chadron High at 6 p.m.

*Starting September 23rd – Juniors and Seniors (students and parents) please plan on attending our Transition to College program. The program is designed to enhance parents' ability to support their child's last year in high school and the transition into college. Ask Mrs. Watson or Heather Barry for more info

Academic Advisor Update

Tearza Mashburn—Alliance H.S.

Farwell My Grasshoppers

As my journey as your Academic Advisor comes to a close my heart is filled with many memories and emotions. I have found many blessings working for Upward Bound. The best one I was given was the opportunity to work with so many amazingly strong, kind, and smart young adults. As I've watched each of you grow over the years I am confident that you are making smart choices for your future.

Never listen to any voice that tells you that you are small. They fear the greatness that is inside of you and what you can do for the world if you let it loose. All of your talents, strengths, and personality can be used to make your life better and those around you. Be proud of what is inside of you! Be proud to pave the way! Be proud of your greatness!

You will always be MINE and never far from my heart. When you need someone to listen, I will be there for you. When you need strength, I will build you up. When you need love, I will hug you. When you want to get lost, I will drive you J. Continue working hard and your dreams will come true. I will miss each of you. Bye Grasshoppers. I love you.



Brad Gaston—Crawford

Wow are we busy at Crawford High School!

Crawford Cross Country team has their first meet on Thursday in Scottsbluff. Good luck Ty Brady in your first meet!

Volleyball has their first triangular match against Sioux County and Hemmingford in Harrison. Good luck Alexis Two Bulls!

Football is going strong—we play Edgemont SD on Friday. Good luck Hayes Frahm, London Gillam, Andrew Two Bulls, and Talen Huggett!

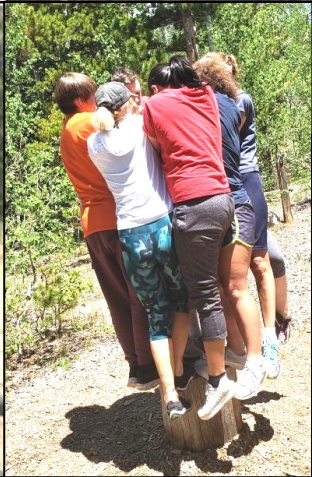
Congratulations to all the new Cheerleaders - job well done.

Tryouts for one act are right around the corner.

FFA is having their open house. Please come out and show your support. Their leadership conference is on September 4th.



Summer Trip 2019 Colorado





- 7/1—Riley Ambrose
- 7/4—Elizabeth Chase
- 7/10—Emily Beye
- 7/16—Jordan Bissonette
- 8/14—Hailey Hallsted
- 8/18—Adric Dodd
- 8/19—Brooke Brady
- 8/28—Alexis Two Bulls
- 8/30—Cloey Murdock
- 9/22—Aisha Corral
- 9/26—Elle Aragon

TIP OF THE HAT



Ty Brady for winning the trip LA - have fun!

London Gillam for a great job on National History Day!

Emily Beye & Lucy Biernacki – won an all-expense paid trip to L.A. this fall, courtesy of their outstanding writing submissions for the UB summer program!

Hailey Hallstead – attained a job as a CNA at the local nursing home!

Can we get a whoop whoop for **Kayla Campos!** Going to Cally for her outstanding writing!

Spartans member, **Chance Crowe**, was on the State runner up Championship team in baseball this summer!

Blythe Boness has successfully transitioned to college life!

CONGRATULATIONS!

September SMART Goal Setting- What are SMART goals?

SMART goals are established using a specific set of criteria that ensures your goals are attainable. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.

When writing a SMART goal, you work through each of those terms to build a goal that shares exactly what needs to be accomplished, when it needs to be accomplished by, and how you'll know when you're successful. Setting goals this way is helpful, because it eliminates generalities and guesswork, sets a clear finish line, and makes it that much easier to track progress and identify missed targets.

Cloey Murdock—September Student of the Month



Cloey is a senior at Chadron High School. She has been in Upward Bound for four years and said that, “It is an amazing program. It gives you good experiences and helps you figure out what you want to do in life”.

Cloey has three cats, one dog, and one younger sister. She is involved with FFA and her favorite class in school is English. In her spare time, Cloey enjoys hanging out with her friend Shannon.

After high school, Cloey is interested in studying psychology and possibly attending UNL.

“It has been fun to watch Cloey grow and mature throughout her four years in Upward Bound. I still remember the shy little eighth grader who first joined Upward Bound. Cloey has blossomed into a beautiful, empowered, young woman with a bright future ahead of her.” – Heather Barry, CHS Academic Advisor