

Vibes

www.weber.edu/vetsupwardbound

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<http://www.facebook.com/pages/Utah-Veterans-Upward-Bound/343081093488>

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**“Go forward
without fear.”**

-Abraham Lincoln



Don Parks, 26-year veteran of the Air Force Reserves, is married with three daughters and eight grandchildren. Don began college this semester after being out of school for 40 years.

Veteran Overcomes Challenges

Imagine spending every day dealing with significant physical and emotional challenges and yet still attempting college. That's exactly what Don Parks is doing. Don has many scars as a result of his service to our country. But he, like many of our veterans, is strong and is working hard to overcome these issues and accomplish the goal of a college degree.

Don was a Master Sergeant in the Air Force Reserves for 26 years. He's been to Baghdad twice and says, while it was hard and scary, he'd "do it again" if asked. Proud of his job and his role in the military, it was difficult to become so limited in his work due to injuries to his knees. At first, he tried office work, but when it got to the point that he could hardly walk, he knew he would need to medically retire.

In addition to surgery and rehabilitation on both his knees, another challenge becoming part of Don's life. He only noticed little things at

first, but those little things soon turned into big problems, and he finally realized he needed help.

Don's diagnosis of Post Traumatic Stress Disorder (PTSD) surprised him since he had been home from the war for quite some time, but he has learned that PTSD can strike anytime after returning home, and some people do not exhibit any symptoms immediately.

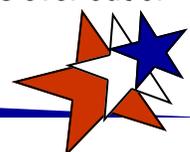
Though Don has many issues in his life, he wanted to be doing something constructive. Feeling he should make use of the GI Bill he earned, he decided to go to school.

Don started in Veterans Upward Bound this summer and worked to improve his computer skills as well as his English. Now, as of Fall semester, Don has overcome his obstacles and is a full-time student at Weber State University-Davis.

Don is truly an inspiration and proof that with determination no goal is ever out of reach.



TRIO
VETERANS UPWARD BOUND



Check Out WSU's Nontrad Center

Imagine for a moment having a place to go on campus where you are allowed to kick back and enjoy a massage before jumping into homework, and sipping on coffee or hot chocolate while waiting for your meal to cook in the microwave which you had stored in the fridge! Yes, this is what is available to nontraditional students and more!

What is a nontraditional student? A nontrad student is any of the following: at least 25 years old, is married or divorced, has children, is a veteran, or disabled. The Nontrad Center is a place where students come to study, fix a meal or snack between classes, get help with campus services and computer navigation, all while enjoying a comfortable, friendly environment. Other services include hourly childcare, peer

advisor assistance, free activities and events which includes families, study lounge, and a kitchen. There are opportunities to join the nationally recognized Pinnacle Honor Society, sign your kids up for the Purple Pals Club, and submit your writings to our Epiphany Literary Journal for cash prizes. Visit: <http://weber.edu/nontrad> for more information.



Stop in Break Pay

Recent changes in GI Bill policy has put a stop to break pay for students. Historically, students received pay from the GI Bill during semester breaks. Now, students using the GI Bill will only be paid for the actual time they are in the classroom. Students who are unsure if this new policy affects them are urged to visit their school VA office.

SVA Offers Internship Support Program

Student Veterans of America (SVA) is proud to announce the Internship Support Program, a new program launched to compliment the SVA Employment Initiative. The Internship Support Program provides student veterans with a monthly stipend to offset the financial burden of an unpaid internship.

Program Overview:

Criteria

Student veterans must demonstrate the following criteria in their application:

1. Commitment to an internship for at least one (1) semester
2. Desire to explore career opportunities in their major or in another field of interest
3. Maintain a high level of academic excellence

Eligibility

In addition to the above criteria, internship applicants must:

1. Be a Post 9/11 student veteran
2. Possess a GPA of 3.3 or above
3. Have at least one (1) semester left prior to graduation

Please visit www.studentveterans.org for the Internship Support Program online application.

Veterans Day Open House



An open house at the Veterans Upward Bound office is planned for Veterans Day, November 11.

Watch for more details soon!!

Bad at Math — or Is It Dyscalculia?

Described as the mathematical equivalent of dyslexia, dyscalculia is a little-known disorder that makes it extremely difficult to learn math. While dyslexics struggle with reading and interpreting words and letters, dyscalculics have a hard time with basic arithmetic and understanding the meaning and concepts of numbers.

Although often a forgotten stepchild to its well-known relative dyslexia, dyscalculia affects the same number of people – an estimated 5 to 7 percent of the population, suggests new research in the May 27 issue of *Science*.

Often first discovered by low scores on math achievement tests, both children and adults who suffer from dyscalculia have trouble grasping the size of a number and its relative value.

Unlike dyslexics, however, they don't reverse the order of numbers when reading them. "Typically, dyscalculics don't have problems with the order of symbols, but anything with numbers could cause anxiety or even panic," says Brian Butterworth, an emeritus professor of cognitive neuroscience at Universi-

ty College London, and lead author of the *Science* review article.

While many people think they're bad at math or don't have a head for numbers, dyscalculics are slower and less accurate at estimating the number of sets of objects and selecting the larger of two numbers, explains Butterworth.

For example, if dyscalculics were shown two playing cards – a 5 and an 8 – and asked to say which card was larger, they would count all the symbols on each card. If asked to count down from 10, they would count up from 1 to 10, then 1 to 9, then 1 to 8, etc.

They might use their fingers to count and do simple addition, far beyond the age when it's normally done. And they are challenged by making change and handling money, and estimating the height of a room (they may say 200 feet). They also have trouble with concepts of time, like approximating how long a car trip will take.

Dyscalculia appears to be inherited, and scientists have begun to identify abnormalities in the brain that make learning math such a grind.

Even so, it's important for those affected to realize that

"having a serious problem learning arithmetic does not mean you are stupid," says Butterworth.

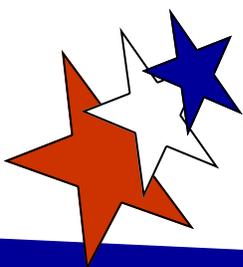
In fact, the disability can affect people with normal intelligence and normal working memory, or be seen in those with other developmental difficulties, such as dyslexia and ADHD. Some adults with severe dyscalculia can even be very good at geometry and using statistical packages, and capable of doing college-level computer programming. So it doesn't affect all mathematical abilities or skills.

But it can be a lifelong liability if it's misdiagnosed, unrecognized by teachers or not properly treated.

The paper calls for greater attention and funding for the problem, and specialized teaching that strengthens the processing of numbers using concrete materials, such as beads and counters, supported by game-like software for learners.

The important thing is to not go on to more advanced concepts until the basics have been mastered, says Butterworth.

Article by Cari Nierenberg; reprinted from The Body Odd-MSNBC (www.bodyodd.msnbc.msn.com)



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Utah Veterans Upward

Take a Little Break in the VUB Lounge



From left to right: Tim Jones, Greg Noriega, and Joe Schlichter

Whether students want to study, relax, or hang out together, our VUB lounge is the perfect place. Located in the basement of Annex 12 (the VUB building) on the WSU campus, the lounge offers comfy chairs for individual or group study or relaxation, a tv with a variety of movies to watch, and a shelf full of all kinds of books. It can be a quiet place to rest between classes or a fun place to shoot the breeze with friends. The lounge is available to all current VUB participants and is open during regular VUB office hours: Monday through Friday, 8 am-4:30 pm.

Campuses Accommodate Student Veterans

Not all student veterans with TBI or PTSD will require adjustments or accommodations to succeed in a college atmosphere, and others may require only a few modifications to the learning environment (Shea, 2010; Smith-Osborne, 2006). Though such determinations are made on a case-by-case basis, many, likely most, veterans and service members with TBI or PTSD qualify as an “individual with a disability” under two federal disability antidiscrimination laws applicable to colleges

and universities: the Americans with Disabilities Act of 1990, as amended, and Section 504 of the Rehabilitation Act of 1973 (Grossman, 2009; Shackelford, 2009). As a civil right, these individuals are entitled to attend a campus with programs and facilities accessible to individuals with disabilities as well as a wide range of academic adjustments and auxiliary aids (accommodations), as long as such accommodations do not fundamentally alter the academic program in question (Grossman, 2009; Shackelford, 2009). The U.S. Department of Education Office for Civil Rights

and the Civil Rights Division of the U.S. Department of Justice enforce these rights.

Institutions, faculty, and staff need to be affirmative and outspoken in making sure that veterans and service members with disabilities are aware of their rights under these two laws and understand the legitimacy of claiming those rights (Madaus, Miller, & Vance, 2009; Shackelford, 2009, Burnett & Segoria, 2009).

If you have one of these problems, please seek help. Most college campuses have an Office for Students with Disabilities that can help.

The preceding information is taken from a document called “Accommodating Student Veterans with Traumatic Brain Injury and Post-traumatic Stress Disorder: Tips for Campus Faculty and Staff,” published by the American Council on Education.

September 2011

SCHEDULE OF EVENTS

September 26
Study Skills Conference
 9am-4pm
 WSU-Annex 12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Holiday- VUB closed	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Study Skills Conference	27	28	29	30	1

October 2011

SCHEDULE OF EVENTS

October 3-November 23
WSU-Math A
 Mon & Wed: 2-3:30 pm
 WSU-Annex 12

October 5-November 23
WSU English Refresher
 Wed: 1-3 pm
 WSU-Annex 12

October 4-November 22
SLCC-English Refresher
 Tues: 1-3 pm
 SLCC-AD 249

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13 Fall Break -SLCC	14 Fall Break -SLCC	15
16	17	18	19	20	21 Fall Break -WSU	22
23	24	25	26	27	28	29
30	31					

November 2011

SCHEDULE OF EVENTS

November 11
VUB Veterans Day
Open House

October 3-November 23
WSU-Math A
Mon & Wed: 2-3:30 pm
WSU-Annex 12

October 5-November 23
WSU English Refresher
Wed: 1-3 pm
WSU-Annex 12

October 4-November 22
SLCC-English Refresher
Tues: 1-3 pm
SLCC-AD 249

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Daylight Savings	7	8	9	10	11 VUB Open House	12
13	14	15	16	17	18	19
20	21	22	23	24 Holiday- VUB Closed	25 Holiday- VUB closed	26
27	28	29	30			

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Finals-WSU	6 Finals- WSU	7 Finals- WSU	8 Finals- WSU	9 Graduation- WSU	10
11	12 Finals- SLCC	13 Finals- SLCC	14 Finals- SLCC	15 Finals- SLCC	16 Graduation- SLCC	17
18	19	20	21	22	23 Holiday- VUB closed	24
25	26 Holiday- VUB closed	27	28	29	30 Holiday- VUB closed	31



Diversity Conference Offers Topics on Disability

This year's conference theme "Unpacking the Knapsack of Invisible (and Not so Invisible) Disability," a direct reflection of National Disability Employment Awareness Month (NDEAM) which is held each October. NDEAM is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. This annual

recognition traces back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month." The committee has decided to

broaden this scope considering the context of higher education as we prepare all of our students for the workforce. Thus, the questions we pose include asking where have we been, where are we going and what do we do next to create a level playing field for everyone. As the number of students using *Services for Students with Disability* continues to grow, we must face head on questions of access, accommodation, engagement, employment and inclusion.

Weber State University's 13th Annual Diversity Conference "Unpacking the Knapsack of Invisible (and Not So Invisible) Disability"

Thursday, October 6th – Opening Session at Davis Campus

Friday, October 7th – Daylong Conference in the Shepherd Union/Ogden Campus

Two specific workshops that may interest veterans include:

Accommodating Student Veterans with Traumatic Brain Injury & Post-traumatic Stress Academic Achievement & Traumatic Brain Injury: A Panel Discussion

For more information, please contact Adrienne Gillespie at 801-626-7243.

Meet SLCC Math Tutor Daniel Kiser



Daniel Kiser will be filling in at Salt Lake Community College during fall semester while Jeanette, our regular math tutor, is on maternity leave. Daniel is a recent BYU grad and has lots of great homework help and math advice to offer. Stop in and say 'Welcome' to Daniel. He will be available during the tutoring hours listed on the back page of this newsletter.

CONGRATULATIONS!



Jeanette Pack, SLCC math tutor, gave birth to a daughter, Macy Faith (6 lbs, 13 oz, 21" long), on Saturday, September 10. Congratulations to Jeanette and her family and welcome Macy!

Important Veteran Resources

VA Suicide Hotline:
800-273-8255

VA Medical Center:
801-582-1255

Utah State Veterans Affairs
Salt Lake City: 801-326-2372

**VA Medical Center and Community Based
Outreach Clinics (CBOC)**

Salt Lake City (Hospital): 801-582-1565
Ogden (CBOC): 801-479-4105
West Valley (CBOC): 801-417-5734;
Orem (CBOC): 801-235-0953

VA Vet Centers
Salt Lake City: 801-584-1294
Provo: 801-377-1117

VA Benefits Line:
800-827-1000

Homeless Veteran Assistance:
National Hotline: 877-424-3838

Ogden Homeless Veterans: 801-392-7662
Salt Lake Homeless Veterans: 801-699-8602

VA Certifying Officials - GI Bill
Weber State University: 801-626-6039
Salt Lake Community College: 801-957-4289
University of Utah: 801-581-6945

VA Voc Rehab
Assisting Disabled Veterans with Education
Ogden: 801-625-5055/5056
Salt Lake City: 801-326-2424

Utah Legal Services
Salt Lake: 801-328-8891
Ogden: 801-394-9431

Legal Aid of Salt Lake:
801-328-8849

VUB Staff

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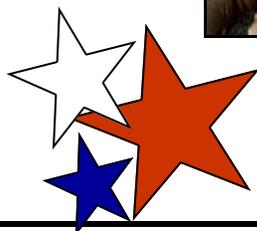
Jeanette Pack, Math Instructor
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Tyler Baranowsky, Student Worker



This Month in Military History

September 1, 1939 - At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

September 2, 1945 - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS *Missouri* in Tokyo Bay.

September 2, 1962 - Soviet Russia agreed to send arms to Cuba, leading to the October Missile Crisis after the shipments were discovered by the U.S.

September 3, 1783 - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

September 7, 1994 - The U.S. Army closed its headquarters in Berlin, ending the American military presence in the once-divided city after nearly half a century.

September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.

September 15, 1916 - Tanks were first used in combat, during the Allied offensive at the Battle of the Somme, in World War I.

September 15, 1944 - The first entry of American troops into Hitler's Germany occurred as elements of the U.S. 7th and 5th Corps reached the southwestern frontier of Germany.

September 17, 1862 - The bloodiest day in U.S. military history occurred as General Robert E. Lee and the Confederate armies were stopped at Antietam in Maryland by General George B. McClellan and numerically superior Union forces. By nightfall 26,000 men were dead, wounded, or missing.

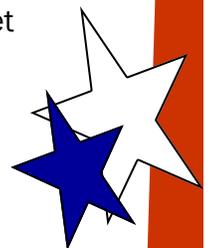
September 18, 1947 - The U.S. Air Force was established as a separate military service.

September 19, 1994 - U.S. troops invaded Haiti, with the stated goal of restoring democracy.

September 22, 1776 - During the American Revolution, Nathan Hale was executed without a trial after he was caught spying on British troops on Long Island, his last words, "I only regret that I have but one life to lose for my country."

September 24, 1980 - War erupted between Iran and Iraq as Iraqi troops crossed the border and encircled Abadan, then set fire to the world's largest oil refinery.

September 29, 1789 - Congress created the United States Army, consisting of 1,000 enlisted men and officers.



Upcoming Courses and Workshops



Math Refresher

~Math A (Math 950)~

Mondays & Wednesdays
2-3:30 pm
October 3-November 23
[WSU: Annex 12](#)

English Refresher

~Grammar & Writing~

Tuesdays 1-2:30 pm
October 4-November 22
[SLCC: AD 249](#)

Wednesdays 1-2:30 pm
October 5-November 23
[WSU: Annex 12](#)

Study Skills **Conference**

Hour-Long Sessions
Different Sessions
Throughout the Day

Monday, September 26
9 am-4 pm
[WSU: Annex 12](#)

VUB Fall 2011 Drop-in Tutoring/Enrollment Advisor Schedule

MATH TUTOR

WSU—Annex 12

Mon, Wed: 8 am - 2:00 pm; 3:30 pm- 4:30 pm
Tues, Thurs: 8 am - 4:30 pm
Fri: By appointment

SLCC-Redwood—CT 194

Mon, Wed: 1pm - 5 pm
Tues, Thurs: 3 pm -7 pm
Fri: 12 pm - 4 pm

ENROLLMENT ADVISOR

WSU-Annex 12

Mon — 8 am - 4:30 pm
Wed — 8 am - 10:30 am
Fri — By appointment

WSU Davis (Room 255)

Wed —1 pm - 3 pm

ENGLISH & COMPUTER LITERACY TUTOR

WSU—Annex 12

Mon, Wed, Fri: 8 am - 3:30 pm

WSU-Davis—Rm 255

Tues, Thurs: 8:30 am - 11:30 am

SLCC-Redwood—AD 249

Tues, Thurs: 1pm - 5 pm



SLCC-Redwood (SC 059)

Tues, Thurs — 8:30 am - 10:30 am

SLCC—South Campus

By appointment only