

# Vibes

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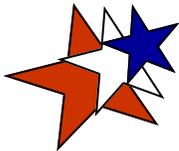
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[vub@weber.edu](mailto:vub@weber.edu) 801-626-7173

**"We will either find a way, or make one."**

*-Hannibal*

## Annual VUB Banquet Is Enjoyed by All



Richard Griffin, Tyler Baranowsky, & Tim Jones

This year's VUB Banquet was a great time for all who attended. Plenty of food along with camaraderie, awards, and prizes created the perfect combination for a fun evening. It was a wonderful time to celebrate the achievements of all VUB participants

Everyone in attendance received a participation certificate, and everybody went home with a

door prize, which included a variety of restaurant gift certificates, tickets to the Hale Centre Family Theatre, and even day passes to Laagoon.

Awards were given to students with extra special accomplishments, as well as a VUB alumni award and the Golden Grenade award. In addition, the annual VUB scholarship winners were also announced at the banquet.



Luis Bartlett

quet. All awards were kept a secret, and it was great to see the look of surprise and

amazement on the winners' faces as they were recognized for their achievements and applauded by fellow participants.

All in all, it was a fabulous night, and we are already looking forward to next year's event.



Kim Wixon, Utah Dept. of Veterans Affairs



# Participant Awards Presented

Several awards and scholarships were presented at this year's VUB banquet. The names of each award winner was kept secret, and it was fun to surprise our winners.



Jim Shepherd & Tim Jones

The two students with the most tutoring hours for the 2010-2011 school year received the "Dedication to Education" award. Tim Jones with 130 hours and Ryan Marshall (not pictured)



Yulia Goff & Lorenzo Tuero

with 94 hours were this year's winners. The "Aspire to Achieve" award, given to one student who had the highest aspirations while overcoming the most to meet those aspirations, was awarded to Lorenzo Tuero. The VUB



Lori Adler & Tyler Baranowsky

Alumni award was presented to Tyler Baranowsky, who finished the VUB program last year and now works part-time in the VUB office while attending Weber State full time.



Kim Wixon, Howard Davis, & Yulia Goff

The VUB scholarships for the 2011-2012 school year were presented to Sandra Pannell (not pictured) and Howard Davis. The \$500 scholarships are funded by the Utah Department of Veteran's Affairs.

## Golden Grenade Award Winner Announced



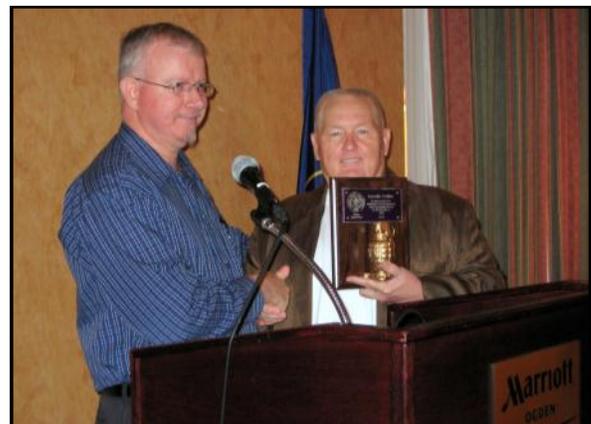
Lonnie Cutler, 2011 Golden Grenade Award

Each year, Veterans Upward Bound awards one community member for outstanding service to

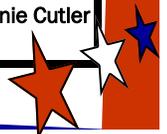
veterans. We salute Lonnie Crane, winner of this year's Golden Grenade award.

Lonnie spends most of his time in support of our veterans, helping them fill out paperwork and working with them on health and welfare benefits. In addition, Lonnie promotes patriotism by presenting flags at Eagle Scout award ceremonies and presenting colors at special high

school and college events. Lonnie is a tribute to all who help our veterans and is a most-deserving recipient of this year's award.



Dan Czech presents Golden Grenade Award to Lonnie Cutler



# Preventing Suicide Among Veterans

By Dan Czech, VUB Enrollment Advisor

**S**uicide among our veteran population here in the United States has become a hot topic. There is a concerted effort to reduce, and hopefully eliminate, suicide among both our active military and veteran communities. There has been an increased cooperation in recent years among the Department of Defense (DOD), and the Veterans Administration (VA). Each of us as veterans needs to look to our right, and to our left, and do our best to help each other when needed.

In March, I was privileged to attend the Annual DOD/VA Suicide Prevention Conference. There were over 1000 participants from all over the country and world. Among those in attendance were military service members, veterans, family members, caregivers, members of academia, researchers, physicians, and clinicians from governmental and non-

governmental agencies.

Each year in the United States, there are over 30,000 deaths by suicide. Of those 20% are military veterans (active military excluded). That means that an average of 18 veterans per day commit suicide in the U.S., and of those, 5 are in VA care when it happens.

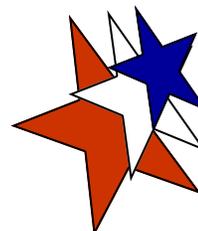
There is a new emphasis by both military and veteran agencies, to reduce suicides. On the VA side, there is a re-branding campaign going on for the suicide prevention hotline. The new name will be the "Veterans Crisis Line". If you or any veterans you know are in crisis, you/they can call this line confidentially, even if you just need someone to talk with. The phone number, 1-800-273-8255 (press-1), has not changed. In addition, the "Its Your Call" campaign will emphasize the use of the Veterans Crisis Line. It will include ads targeted toward veterans. The VA has also instituted Suicide Prevention Coordinators (SPC) at each VA hos-

pital nationwide.

Each of us needs to be aware of what to look for. You can watch for these key suicide warning signs, and provide the Lifeline number to anyone exhibiting them.

- Talking about wanting to hurt or kill oneself
- Trying to get pills, guns, or other ways to harm oneself
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting in a reckless or risky way
- Feeling trapped, like there is no way out
- Saying or feeling there's no reason for living.

Again, we all need to look to our right and left and try to make a difference when it comes to suicide prevention. Just as we worked together in the military, we need to work together as veterans to prevent losing those around us.



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**Utah Veterans Upward**

## Student Chooses School after Military Service

**A**s a member of the Air Force, Carolyn George has seen quite a few places in the world. Working in Supply Systems, she was stationed in South Dakota,



Carolyn George

Okinawa (Japan), and here in Utah. Carolyn was also deployed once to Diego Garcia and twice to Iraq. Born in Del-

aware, the military allowed her to experience different places, which she shared with her mother, who moved right along with her as she was transferred to new locations.

After 12 years of service, however, Carolyn decided it was time for something new. She recently separated from the Air Force so she could use her GI Bill and go to school.

Knowing she might need a little help as she began college, Carolyn found Veterans Upward Bound her very first semester at Weber State. She loves having access to the computers and printer, as well as the tutors. Though Carolyn hasn't required many tutoring services yet, she has sought advice on classes from staff as well as other

VUB participants.

Carolyn states that she thinks VUB is an 'uplifting place,' and her main interaction with the program at this point is just spending time with other like-minded people who give her moral support. "I think my first semester here would have been drastically different without this place," she explains.

A freshman this year, Carolyn is working toward a degree in the healthcare field, considering either nursing or dental hygiene. When she completes school, she hopes to work on base. Though she has a long road of coursework ahead of her, Carolyn knows that the VUB staff and other students are here to help her all along the way.



## Don't Choke! Write Off Test Anxiety

**R**esearchers looked at students who seemed to choke under pressure and didn't perform as well as expected in stress-filled situations, in the study published in the Jan. 14 issue to the journal Science.

They asked a group of 20 college students to do a series of math problems, telling them that the highest scorers on the test would be rewarded with money. To really turn

up the heat, students were also told they would be videotaped during the exam and both teachers and peers would be watching.

One group of students was asked to sit quietly for 10 minutes before the test; the rest spent the time writing down their thoughts and feelings about the upcoming exam. Those who put pen to paper outperformed the others, enjoying a 5 percent boost on their test scores.

"Writing down these nega-

tive thoughts helps students to see them on paper and rethink their negativity. Then those thoughts are less likely to pop in your head during the test and distract you," say Sian Beilock, the study's senior author and an associate professor of psychology at the University of Chicago. "It's almost as if you've emptied your mind so you have the cognitive horsepower to perform at your best."

*Excerpted from The Body Odd-MSNBC  
([www.bodyodd.msnbc.msn.com](http://www.bodyodd.msnbc.msn.com))*

# May 2011

## SCHEDULE OF EVENTS

May 9-June 29  
WSU-English Refresher  
Mon & Wed: 1-2:30 pm

May 9-June 29  
WSU-Math AB  
Mon & Fri: 9-10:30 am

May 17-July 7  
SLCC-English Refresher  
Tues & Thurs: 1-2:30 pm

May 16-July 6  
SLCC-Math A  
Mon & Wed: 1-2:30 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> WSU Summer Semester Begins	3	4	5	6	7
8	9	10	11	12	13	14
15	<b>16</b> SLCC Summer Semester Begins	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# June 2011

## SCHEDULE OF EVENTS

May 9-June 29  
WSU-English Refresher  
Mon & Wed: 1-2:30 pm

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SLCC-Math A  
Mon & Wed: 1-2:30 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	<b>4</b> SLCC 1 <sup>st</sup> Block Ends
5	<b>6</b> SLCC 2 <sup>nd</sup> Block Begins	7	8	9	10	11
12	13	14	15	16	<b>17</b> WSU 1 <sup>st</sup> Block Ends	18
19	<b>20</b> WSU 2 <sup>nd</sup> Block Begins	21	22	23	24	25
26	27	28	29	30		

# July 2011

## SCHEDULE OF EVENTS

May 17-July 7  
SLCC-English Refresher  
Tues & Thurs: 1-2:30 pm

May 16-July 6  
SLCC-Math A  
Mon & Wed:1-2:30 pm

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

# August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	<b>5</b> WSU & SLCC Summer Semester Ends	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	<b>22</b> WSU Fall Semester Begins	23	<b>24</b> SLCC Fall Semester Begins	25	26	27
28	29	30	31			

# A Future in Business Awaits VUB Student

**T**hough Ryan Marshall may not know exactly where he's headed, he knows school is the way to get there.

Originally from the bay area in California, Ryan now calls Utah home after spending four years in the Army as a tank gunner. He was stationed at Ft. Hood, Texas, for his entire service, with the exception of a 15-month deployment to Iraq. Doing more manual labor-type of work in the military, Ryan realized he would prefer life in the corporate world, having an office, and using his brain instead of his hands to get the job done.

Ryan is currently a sophomore at Salt Lake Community College and plans to transfer to Utah State University when he completes his general education Associate's degree. He's not quite sure what his major will be at USU (he's considering Communica-

nity wants to minor in Business.

Returning to school after the military was challenging for Ryan, as it is for most, but he quickly took advantage of the tutoring services at Veterans Upward Bound to help him. Ryan finds the math tutoring at VUB to be "so much better than what the school has to offer," explaining that it is more focused and more one-on-one. "The tutoring here is just outstanding," he adds.

Tutoring isn't the only feature of VUB that Ryan appreciates, however. He feels that the social aspect of meeting and relating to people with similar backgrounds is really helpful and an important part of the program.

Once he completes his bachelor's degree, Ryan hopes to possibly run his own business, probably something service-oriented. But nothing is written in stone at this point for him. He is keep-

ing his studies broad and his options open so he is ready for any opportunity that may present itself.



Ryan Marshall

In his spare time, Ryan has a variety of hobbies to keep him busy. He enjoys reptiles, speed bikes, basketball, and airbrushing. With such varied interests, a broad educational perspective, and help from VUB, Ryan's possibilities for the future are endless.

## Everybody, Somebody, Anybody, and Nobody

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



# 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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**Lori Adler, Office Manager**  
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**Matthew Glover, Student Worker**



**Tyler Baranowsky, Student Worker**



# This Month in Military History

**May 2, 2011** - U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Abbottabad, Pakistan. The raid marked the culmination of a decade-long manhunt for the elusive leader of the al-Qaeda terrorist organization based in the Middle East.

**May 5, 1865** - Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and World War II, and became better known as Memorial Day.

**May 7, 1915** - The British passenger ship *Lusitania* was torpedoed by a German submarine off the coast of Ireland, losing 1,198 of its 1,924 passengers, including 114 Americans. The attack hastened neutral America's entry into World War I.

**May 8, 1942** - During World War II in the Pacific, the Battle of the Coral Sea began in which Japan would suffer its first defeat of the war. The battle, fought off New Guinea, marked the first time in history that two opposing naval forces fought by only using aircraft without the opposing ships ever sighting each other.

**May 11, 1862** - To prevent its capture by Union forces advancing in Virginia, the Confederate Ironclad *Merrimac* was destroyed by the Confederate Navy. In March, the *Merrimac* had fought the Union Ironclad *Monitor* to a draw. Naval warfare was thus changed forever, making wooden ships obsolete.

**May 13, 1846** - At the request of President James K. Polk, Congress declared war on Mexico. The controversial struggle eventually cost the lives of 11,300 U.S. soldiers and resulted in the annexation of lands that became parts of Oklahoma, New Mexico, Arizona, Nevada, California, Utah and Colorado. The war ended in 1848 with the Treaty of Guadalupe Hidalgo.

**May 14, 1942** - During World War II, an Act of Congress allowed women to enlist for noncombat duties in the Women's Auxiliary Army Corps (WAAC), the Women Appointed for Voluntary Emergency Service (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS), the Women's Reserve of the Marine Corp.

**May 19, 1943** - During World War II in Europe, Royal Air Force bombers successfully attacked dams in the German Ruhr Valley using innovative ball-shaped bouncing bombs that skipped along the water and exploded against the dams.

**May 22, 1972** - President Richard Nixon became the first American president to visit Moscow. Four days later, Nixon and Soviet Russia's leader Leonid Brezhnev signed a pact pledging to freeze nuclear arsenals at current levels.

**May 30, 1943** - During World War II in the Pacific, the Aleutian Islands off the coast of Alaska were retaken by the U.S. 7th Infantry Division. The battle began on May 12 when an American force of 11,000 landed on Attu. In three weeks of fighting U.S. casualties numbered 552 killed and 1,140 wounded. Japanese killed numbered 2,352, with only 28 taken prisoner, as 500 chose suicide rather than be captured.

**May 31, 1862** - During the American Civil War, the Battle of Seven Pines occurred as Confederate General Joseph E. Johnston's Army attacked Union General George McClellan's troops in front of Richmond Virginia and nearly defeated them. Johnston was badly wounded. Confederate General Robert E. Lee then assumed command, replacing the wounded Johnston. Lee renamed his force the Army of Northern Virginia.



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## **VUB Summer 2011 Drop-in Tutoring/Enrollment Advisor Schedule**

### **WSU—Annex 12 (May 2—August 5)**

#### ***Math Tutoring***

Monday — 8 am - 9 am; 10:30 am - 4:30 pm  
Tuesday, Wednesday, Thursday — 8 am - 4:30 pm  
Friday — By appointment

#### ***English & Computer Literacy Tutoring***

Monday, Wednesday, & Friday — 8 am - 3:30 pm

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### **WSU-Davis (May 2—August 5)**

#### ***English & Computer Literacy Tutoring (Rm 255)***

Tuesday & Thursday — 8:30 am - 11:30 am

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### **SLCC—Redwood (May 16—August 5)**

#### ***Math Tutoring (CT 194)***

Monday & Wednesday — 1pm - 5 pm  
Tuesday & Thursday — 3 pm - 7 pm  
Friday — 12 pm - 4 pm

#### ***English & Computer Literacy Tutoring (AD 249)***

Tuesday & Thursday — 1pm - 5 pm

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### **VUB Enrollment Advisor (May 2—August 5)**

#### ***WSU-Annex 12***

Monday — 8 am - 4:30 pm  
Wednesday — 8 am - 10:30 am  
Friday — By appointment

#### ***SLCC-Redwood (SC 059)***

Tuesday & Thursday — 8:30 am - 10:30 am

#### ***WSU Davis (Room 255)***

Wednesday — 1 pm - 3 pm

#### ***SLCC—South Campus***

By appointment only (call 801-920-4735)

