Welcome Middle School Students to the Summer Enrichment Program

By Larry Ramos

I would like to take this opportunity to congratulate all of the middle school students who were selected for our Summer Enrichment Program (SEP) held at Wichita State University. Our Middle School Coordinator (Reuben Eckels) and the rest of the staff have been planning this program for several months and they believe that this will be a fun and meaningful experience for all the participants. Below is a list of the students and the schools they attend. CONGRATULATIONS!

Jenesa Anderson, Marshall
Addia DeAllie, Brooks
Eduardo Gomez, Caldwell
Lastania Jones, Brooks
Brittany Pond, Allison
Alissa Sheppard, Brooks
Jacob Burghart, Brooks
Kirsten Flores, Allison
Brittany Ogbodo, Curtis
Bre'honna Bre'hon, Mead
Angelia De Allie, Brooks
Miranda Holtgreve, Allison
Ian McClish, Mayberry
Anthony Robles, Mead
De'Chele Tisdale, Wilbur
Quincy Eckels, Curtis
DeOnia Harrison, Curtis
Dionna Robinson, Brooks
Leann Craig, Brooks
Michael Fry, Brooks
Javier Courney, Wilbur
Mychala Money, Allison
Adrian Sheppard, Brooks
Andrew White, Allison
Erin Fees, Allison
Kyia Reed-Kelley, Coleman
Macala Watley, Maize
Ralston Cranmer, Wilbur
Tiffany George, Allison
Kamarante Jones, Marshall
Derrick Myers, Mead
Alex Sheppard, Brooks
Diego Urzun, Wilbur
Justin Flores, Allison
Kim Kelly, Jr., Coleman
Marcus Wilson, Brooks

I am very pleased to announce that the program has secured a grant from the Summer Food Service Program. In addition to the quality classroom instruction and exciting field trips, nutritious snacks are being provided to the students each day. If any of the parents would like to visit with me about the SEP, please stop by my office (320 Brennan Hall) or call me (WSU-6753). Your comments and feedback will help us to improve the SEP.

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Advice 101 – How To Be A Successful Freshman
by Darryl Neighbor
Adapted from "OFF TO COLLEGE 2002"

- You need to know how to do laundry.
- You need to know how to balance a check book.
- There are many places where you can get a job and make money—you don’t have to be a doctor, lawyer or engineer.
- Classes will sometimes have older students in them—you will be treated like and expected to behave like an adult. Older students do their homework, and they blow the curve.
- It isn’t a rumor—some teachers don’t speak English very well. If you don’t understand the lesson, schedule a meeting with your professor.
- Find out where you work best—library, dorm, student center—and always have something with you to work on—a lab, a paper, reading assignments, etc.
- Everybody will not believe in the same things you do.
- Bring lots of white socks—they match everything.
- You can’t go home every chance you get.
- Know how to find everything in a college library—if you can’t, ASK!
- Live on campus—at least your freshman year.
- Organization is very important.
- If you want to have good grades and a life, you have to work.
- Get enough sleep—it will catch up with you if you don’t.
- ALWAYS GET TO CLASS—otherwise you fail—NO JOKE!
- Tape each syllabus to your closet door. You won’t lose them and you will always be looking at them.
- Many professors don’t give assignments in class—they expect you to follow the syllabus.
- Become familiar with a word processing program—learn e-mail.
- Meet people in college other than those you knew in high school. If so, your options and opportunities will be broadened.
- Don’t room with your best friend—no matter who your roommate is, there will be some problems.
- Talk with professors, advisors, and other students about classes that you think you might want to sign up for—classes are easier to get into than out of.
- Take comfortable shoes.
- The food takes some adjusting to. You can’t order out all the time. It’s expensive—ever hear of the freshman 15?
- Your sleeping patterns will change—sometimes you have to stay up really late to get things done. You are in class fewer hours and work more hours out of class.
- Alcohol is available. It is expensive. It is illegal. You don’t need it. It is high caloric and it makes you fat.
- Be yourself.

MONEY FOR COLLEGE (It's not too late)
by Gael McCully

Are you still wondering how you are going to pay for school next year? Have hope, it is not too late. Some deadlines are past, but there are other sources still available. You have reduced your number of options, but not all.

If you have not submitted your FAFSA form, now is the time. It is your Free Application for Federal Student Aid. You should now have the income tax information for you and your parents. There is still money available from the federal government in the form of grants and loans. You should submit your FAFSA as early in the summer as possible. If you need assistance with the FAFSA, I will be in the office this summer. Give me a call at 978-6756.

Another source of funds is the scholarship searches on the internet. One of the largest is FastWeb. The service is free and they have over one-half million scholarships to search. It is found at www.fastweb.com. You can use the computer lab at our offices any afternoon during the summer. See what you can find, but at this date, pay attention to application deadlines.

Last, but not least, be aware of local private organizations that have small scholarships to offer. These organizations range from small civic organizations and churches to small and large businesses. They may not advertise money is available to help students, but when asked, the results may surprise you. When pursuing this source of help, put your best foot forward and think positively.
SUMMER Safety TIP

Bzzzzzz

Bug bites and bee stings are an irritation of summer. For over 2 million Americans, they're life threatening. At least 50 people die each year from bee stings. For most of us, however, bugs are just an aggravation. Here's how to avoid painful contact:

- Cover all exposed skin with insect repellent. The best are those which list DEET as the active ingredient.
- Don't wear perfume or after shave. Bugs love it!
- Wear neutral colors. Mosquitoes love blue.
- Bees and bugs spend their time in plants and flowers. Kids make an easy target because they are closer to the ground. Make sure kids are well protected.

For Bee stings:
- Remove the stinger by scraping with your fingernail.
- Wash the site with soap and water.
- Apply ice to reduce swelling.
- Keep watch for allergic reactions.
- If there's severe swelling or breathing problems, get medical help immediately.

For most other bites, slight swelling and itching are the result:
- Wash the site with soap and water.
- If the bite is on the fingers or hand, remove rings and bracelets in case of swelling.
- Apply ice or cold compress to reduce swelling.
- Use calamine lotion to reduce itching.
- Vinegar or a baking soda paste also helps reduce itching.
- Try one of the over-the-counter itch relievers.

If itching or swelling are severe, take an antihistamine. (Consult with your doctor first)

(Information found at http://www.homensfamily.com)

SUMMER!!!!
(get the most out of it)

What are the two things you will be doing the most of this summer? How about working and hanging out. How can you get the most out of those two activities? May I make some suggestions?

- It is true the most important aspect of summer work is the monetary gain (money). However, there might be some other benefits from the experience. That job could be a look into your future. Would you like to spend your life in that job, or something related? If so, what do you like about it, and what training or education would you need to pursue it? If you do not like it, why not? What do you not like about it and what related occupations do you think you can eliminate from the experience? Ask your supervisors, and/or the owners, how and why they chose the work they do.

- Think about the skills you can learn or improve on the job. You may learn to operate a machine or a computer. Keeping records or counting change (money) is important in some jobs. Some of the most important skills that can be learned or improved are people skills. How do you relate to your supervisor, your co-workers, or the customer? Be aware of these relationships and try to improve them.

- And how about that leisure time? Read for fun. The internet, novels, magazines! Practice makes perfect, and it is the most valuable tool you will ever use. Don’t forget to exercise (your choice) and eat right. There are great fruits and veggies to sample and enjoy during the summer. Travel! Don’t pass up that trip to see the world and broaden your horizons. And last (but not least), practice relaxing. If you don’t know how, learn. It will add years to your life and life to your years. REALLY!!!

- OK now, have a great summer!
Lovy Clemens is a recent graduate of Northeast Magnet High School. He has been an active member of Educational Talent Search/Project Discovery since his sophomore year. Lovy has achieved a GPA above 3.0 while simultaneously being involved in sports, school and community activities, and serving as a role model to his younger peers. Lovy has decided to continue his education at Wichita State University to pursue a Bachelor's of Science in Computer Science and Engineering. His educational dream does not end there. He plans to earn a master’s in the same disciplines. One of Lovy's many goals includes a commitment to his community by teaching and exposing youth to technology. His enthusiasm for learning and giving to the community is bountiful. Lovy has been awarded numerous scholarships for college including Delta Sigma Theta Sorority, Inc. Scholarship, Wichita State University Admissions Scholarship, Educational Talent Search/Project Discovery Scholarship, as well as his Beatjillian 2002 (1st runner up!!) earnings.

It has been a joy to work with Lovy throughout this year along with the rest of the students at Heights, Northwest, Northeast, and Midtown. Feel free to stop by over the summer at WSU Brennan Hall 304. I will be seeing you in the fall!!! Have a great summer!!!