

**THIS  
WEEK IN  
UB NEWS:**

- We Had a Cookout!
- The Holden Arboretum!
- Student Council Meetings!

## Family Cookout!



**INSIDE  
THIS ISSUE:**

- YMCA, A Chance to Give Back 2
- Holden Arboretum 2
- The Upward Bound Pledge 2
- Shake Senora! Zumba Time! 2
- Quick Tips for College Kids! 3
- Managing Your Stress! 3
- Upcoming Events! 3
- Student Council! 4

## Holden Arboretum



# YMCA, A Chance to Give Back



*By: Rodrick Midgett*

My experience volunteering at the YMCA helping with the kids has been great. The kids' age range is from 5-14 years old. We get an opportunity to play with and meet most of the kids. There are so many children that we don't get a chance to get to know each one personally, but a handful of them we have had the chance to meet and have become close enough to develop nicknames for each other. My

favorite part is helping the kids who probably would not usually interact with each other have fun together by playing games. Usually older kids don't want to be around younger kids, but every week we play a game of tag with kids of all ages and anybody is allowed to join. This game usually takes up most of the time that we spend at the YMCA, but it is greatly enjoyed by the children as well as the other volunteers that

volunteer on Tuesday afternoons. From this experience I have learned that every little bit counts. Even though we are only with the kids for one day a week for 2 hours I feel like the kids are really excited to see us and we have made an impact in their lives just by spending a little bit of time playing with them or just talking to them.

## Upward Bound Pledge

I am Upward Bound.

I take personal responsibility for my actions and my future.

My goal is a college degree.

I am determined to plan, study, save, and sacrifice for my education.

I am part of the fellowship of Upward Bound,

And my goal is a college degree.

## Holden Arboretum

*By: De'Asya Gray*

Holden Arboretum had multiple different attractions from walking 65 feet above ground on a canopy bridge to climbing up a 120 feet tower. The Murch Canopy Walk was a walkway above the ground where you can see all the rodents and trees at tree level. The Emergent Tower was very

scary, multiple people almost had panic attacks, but making it to the top was a good accomplishment. When you got to the top you could see Lake Erie on a clear day. While we were walking up, the higher you got the more shaky it got and it felt as if the tower was going to fall over. There were six different trails



that you could walk, I'm not sure which one(s) we did but it was fun and beautiful. I would go again and also recommend anybody to go.

## Shake Señora! Zumba Time!

*By Thomeigh Britt*

Zumba is the class to have! We start every class with special stretches to stretch the muscles we'll use during the class. We get to freestyle at the end of class and have little dance circles and take turns showing off our moves. We learn dances and routines from our amazing Zumba instructor Shyloe. We listen to different types of Latin

based music to try different things. One reason I like this elective is because it gives me a break from class. It also provides a chance to interact with other UB students outside of our academic classroom setting. In our class we are practicing a special dance for Family Night that we are excited to show to you and your parents!



# Quick Tips for College Kids!

By Airyonna Flanders

- ◇ Studying isn't everything, get involved and join extra-curricular activities!
- ◇ NEVER stop applying to scholarships!
- ◇ Don't get too caught up in your romantic life.
- ◇ If you NEED a loan, take out ONLY what you need.
- ◇ Learn a language!
- ◇ Study Abroad!
- ◇ Get out there and be social!
- ◇ Savor your independence!
- ◇ Meet with your professors.
- ◇ Make time for YOU!

# Managing Your Stress!

By: Denaya Esway

Stress Management is an art elective. The purpose of this is to teach students the basic principles, theories, and relaxation techniques to effectively manage personal stress. Students will gain a

greater understanding of the mind-body relationship, learn to sanguinely approach stress and adopt effective, cognitive techniques, coping skills, and relaxation techniques. The first day, the UB students got to know a little about

each other, such as, what they do when they are stressed, what they do to maintain stress, what causes their stress, etc. They made stress balls, while listening to soothing music, and then meditated. The purpose of that was to tune in with self. The students enjoyed this. On the second day, we learned about time management and the things you can and cannot control. We also finger painted. RA Shyloe mostly talks about the different coping techniques, but we also do activities to take things off our mind, at the end. This a great class for lots of teens and high schoolers, being that so many events and phases are beginning/happening.



# Upcoming Events

## Monday, July 3, 2017

- ◇ Great Lakes Science Center Field Trip
  - ~Bus departs Skou Hall, Wooster @ 8 a.m.
  - ~Bus departs Orrville H.S. @ 8:20 a.m.
  - ~Bus departs Timken Commons @ 9 a.m.

## Tuesday, July 4, 2017

-HAPPY FOURTH OF JULY!



## Wednesday, July 5, 2017

Ohio Light Opera House

- Dress to impress for a night of theater fun!
- Bring Socks for bowling in Lowry!

## Thursday, July 6, 2017

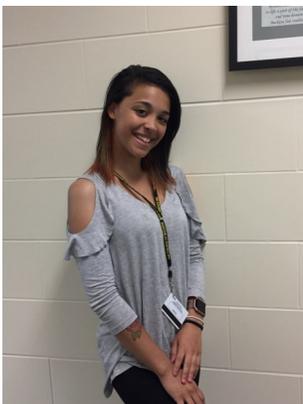
- Alumni Day



# Student Council!



**President:**  
Shalay Collier



**School, Year:** McKinley, '18  
**Aspirations:** ASL Interpreter (Don't know school)  
**3 Facts:** I'm a music student, I am deaf and blind on the right side, I love Mt. Dew.  
**Quotes to Live by:**  
 "Remember, there is no small act of kindness. Every act creates a ripple with no logical end" -Scott Adams

**Vice President:**  
De'Asya Gray



**School, Year:** Orrville, '18  
**Aspirations:** Medical Field, Notre Dame  
**3 Facts:** I play sports, I'm a cosmetologist, I love med facts.  
**Quotes to Live By:**  
 "You can't possibly hit the ball if you are thinking of all the possible ways you can miss" -Unknown

**Parliamentarian:**  
Rodrick Midgett



**School, Year:** McKinley, '18  
**Aspirations:** Education, Kent  
**3 Facts:** I wrestle, I'm an extrovert, I love people  
**Quotes to Live By:**  
 "Love yourself or no one will" -J Cole

**Recorder:**  
Jewel Mosley



**School, Year:** Orrville, '19  
**Aspirations:** Business/ Culinary (Don't know School)  
**3 Facts:** I love singing, I love church, I'm funny  
**Quotes to Live By:**  
 "Try to be a rainbow in someone's rain cloud." -Maya Angelou