

# Concord University UPWARD BOUND



September 2022



Dear Amazing, Intelligent, and Most Worthy Students,

Let me be the first to wish you a productive, happy, and prosperous school year. There are many new and exciting things that will surface in your lives as this academic year progresses. I have a feeling that getting good grades will be at the top of the list for most of you. Getting an "A" in a really hard class doesn't just fall from the sky. You must put forth some effort. Setting short term and long-term goals is one way to make sure that you are on the proper path to success. Here are a few "Welcome back to School rules" that may help-

Begin with a positive mindset and chances are that your grades will reflect it in the end. Teachers typically respond well to students who don't nag or make complaints. Being positive allows your brain to expand around the idea of an excellent final grade. "A", "A", "A".....

Plan ahead and set reasonable goals. Getting an "A" overall means that you most likely have to get multiple "A's" over the course of the semester. Set time aside to study, connect with other ambitious, hardworking classmates, and KNOW your material. Asking questions never hurts either. Take any and all necessary steps to insure the highest possible outcome.

Practice makes Perfect! Learn a skill, practice, learn from your practice, hone it, then repeat. Ask your teacher or instructor to evaluate you during home room or in an after-school session (If available). You might be surprised at how helpful this can be when taking the tough quizzes and tests.

Get proper rest and perfect / (Close to perfect) attendance. You have to be present and aware to get all of the intricacies of the subject matter. Borrowing notes and taking naps just doesn't equal being awake, present, and active.

Finally, Utilize the extra tools that are available to you. Tutor.com, Virtual Job Shadow, youtube.com, and a host of other online sites provide excellent examples and guidance for most if not all of the classes that you take. Don't forget that you Concord University Upward Bound Family can "HOOK" you up with many of these things and more.

We all want to see you succeed! Shucks!!!! You will succeed!!! OMG!!!, you are already successful.... We are grateful to have you in this program and so very appreciative of the amazing things that you do/ Will do! I can hardly wait to see you all as our Saturday sessions begin!

Best wishes and many fruitful journeys,

Mike Craighead

Director of Concord University Upward Bound

Below is the link to apply for UPWARD BOUND  
If you need a hard copy email Geri at gnauck@concord.edu

<https://botform.companisol.com/202225108960852>



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# SEPTEMBER

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September is the **ninth month of the year in the Julian and [Gregorian calendars](#)**, the third of four months to have a length of 30 days, and the fourth of five months to have a length of fewer than 31 days. September in the [Northern Hemisphere](#) and March in the [Southern Hemisphere](#) are seasonal equivalent.

## WHAT IS LABOR DAY?

Beginning in the late 19th century, as the [trade union](#) and [labor movements](#) grew, diverse groups of trade unionists chose a variety of days on which to celebrate labor. In the United States, a September holiday called Labor Day was first proposed in the early 1880s.

Alternative accounts of the event's origin exist. Descendants of two men with similar last names claim their great-grandfather was the true father of the holiday.<sup>[7]</sup>

According to one early history of Labor Day, the event originated in connection with a General Assembly of the [Knights of Labor](#) convened in New York City in September 1882.<sup>[8]</sup> In connection with this clandestine Knights assembly, a public parade of various labor organizations was held on September 5 under the auspices of the [Central Labor Union](#) (CLU) of New York.<sup>[8]</sup> Secretary of the CLU [Matthew Maguire](#) is credited for first proposing that a national Labor Day holiday subsequently be held on the first Monday of each September in the aftermath of this successful public demonstration.<sup>[9][7]</sup>

An alternative theory maintains that the idea of Labor Day was the brainchild of [Peter J. McGuire](#), a vice president of the [American Federation of Labor](#), who, after a visit to [Toronto](#) where he saw parades celebrating labor that May,<sup>[10][11]</sup> had put forward the initial proposal in the spring of 1882.<sup>[4]</sup> According to McGuire, on May 8, 1882, he made a proposition to the fledgling Central Labor Union in New York City that a day be set aside for a "general holiday for the laboring classes".<sup>[12]</sup> According to McGuire he further recommended that the event should begin with a street parade as a public demonstration of organized labor's solidarity and strength, with the march followed by a picnic, to which participating local unions could sell tickets as a fundraiser.<sup>[12]</sup> According to McGuire he suggested the first Monday in September as an ideal date for such a public celebration, owing to optimum weather and the date's place on the calendar, sitting midway between the [Fourth of July](#) and [Thanksgiving](#) public holidays.<sup>[12]</sup>

Labor Day picnics and other public gatherings frequently featured speeches by prominent labor leaders.<sup>[13]</sup>

In 1909, the American Federation of Labor convention designated the Sunday preceding Labor Day as "Labor Sunday", to be dedicated to the spiritual and educational aspects of the labor movement.<sup>[9]</sup> This secondary date failed to gain significant traction in popular culture, although some churches continue to acknowledge it.<sup>[14]</sup> (Wikipedia)



MAXPREPS RANKING FOR FALL 2022 ~ WEST VIRGINIAS HIGH  
SCHOOLS ~ IN OUR PROGRAM

Bluefield Beavers —10th

Summers CO Bobcats —80th

Riverview Raiders—109th

Princeton Tigers—17th

Pikeview Panthers—103rd

Mount View Golden Knights—37th

Montcalm Generals—114th

James Monroe Mavericks—49th

Greenbrier West Cavaliers—55th

Greenbrier East Spartans—25th

## FOOTBALL SEASON IS UPON US...THOUGHT I WOULD SHARE SOME LINGO FOR THOSE THAT LIKE TO WATCH & OR GO TO THE GAMES....JUST SAYIN' I WENT TO EVERY GAME IN HIGH SCHOOL BUT DIDN'T ALWAYS KNOW WHAT WAS GOING ON.

To understand and enjoy American football, get familiar with key terms and what they mean. Until you grasp basic football lingo, listening to announcers call an [NFL football game](#) can be like listening to monkey gibberish. The following list fills you in on the basic American football terms you need to know:

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- **Backfield:** The group of offensive players — the running backs and quarterback — who line up behind the line of scrimmage.
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- **Down:** A period of action that starts when the ball is put into play and ends when the ball is ruled dead (meaning the play is completed). The offense gets four downs to advance the ball 10 yards. If it fails to do so, it must surrender the ball to the opponent, usually by punting on the fourth down.
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- **Drive:** The series of plays when the offense has the football, until it punts or scores and the other team gets possession of the ball.
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- **End zone:** A 10-yard-long area at each end of the field. You score a touchdown when you enter the end zone in control of the football. If you're tackled in your own end zone while in possession of the football, the other team gets a safety.
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- **Extra point:** A kick, worth one point, that's typically attempted after every touchdown (it's also known as the *point after touchdown*, or PAT). The ball is placed on either the 2-yard line (in the NFL) or the 3-yard line (in college and high school) and is generally kicked from inside the 10-yard line after being snapped to the holder. It must sail between the uprights and above the crossbar of the goalpost to be considered good.

- **Fair catch:** When the player returning a punt waves his extended arm from side to side over his head. After signaling for a fair catch, a player can't run with the ball, and those attempting to tackle him can't touch him.
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- **Field goal:** A kick, worth three points, that can be attempted from anywhere on the field but is usually attempted within 40 yards of the goalpost. Like an extra point, a kick must sail above the crossbar and between the uprights of the goalpost to be ruled good.
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- **Fumble:** The act of losing possession of the ball while running with it or being tackled. Members of the offense and defense can recover a fumble. If the defense recovers the fumble, the fumble is called a turnover.
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- **Handoff:** The act of giving the ball to another player. Handoffs usually occur between the quarterback and a running back.
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- **Hash marks:** The lines on the center of the field that signify 1 yard on the field. Before every play, the ball is spotted between the hash marks or on the hash marks, depending on where the ball carrier was tackled on the preceding play.
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- **Huddle:** When the 11 players on the field come together to discuss strategy between plays. On offense, the quarterback relays the plays in the huddle.
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- **Incompletion:** A forward pass that falls to the ground because no receiver could catch it, or a pass that a receiver dropped or caught out of bounds.
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- **Interception:** A pass that's caught by a defensive player, ending the offense's possession of the ball.
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- **Kickoff:** A free kick (meaning the receiving team can't make an attempt to block it) that puts the ball into play. A kickoff is used at the start of the first and third quarters and after every touchdown and successful field goal.
- **Line of scrimmage:** An imaginary line that extends from where the football is placed at the end of a play to both sides of the field. Neither the offense nor the defense can cross the line until the football is put in play again.
- **Offensive line:** The human wall of five men who block for and protect the quarterback and ball carriers. Every line has a center (who snaps the ball), two guards, and two tackles.
- **Punt:** A kick made when a player drops the ball and kicks it while it falls toward his foot. A punt is usually made on a fourth down when the offense must surrender possession of the ball to the defense because it couldn't advance 10 yards.
- **Red zone:** The unofficial area from the 20-yard line to the opponent's goal line. Holding an opponent to a field goal in this area is considered a moral victory for the defense.
- **Return:** The act of receiving a kick or punt and running toward the opponent's goal line with the intent of scoring or gaining significant yardage.
- **Rushing:** To advance the ball by running, not passing. A running back is sometimes called a *rusher*.
- **Sack:** When a defensive player tackles the quarterback behind the line of scrimmage for a loss of yardage.
- **Safety:** A score, worth two points, that the defense earns by tackling an offensive player in possession of the ball in his own end zone.
- **Secondary:** The four defensive players who defend against the pass and line up behind the linebackers and wide on the corners of the field opposite the receivers.
- **Snap:** The action in which the ball is *hiked* (tossed between the legs) by the center to the quarterback, to the holder on a kick attempt, or to the punter. When the snap occurs, the ball is officially in play and action begins.

Here are some websites that you may find helpful. All but one is free to join. They have a lot of helpful information & activities for you.

[Home : Occupational Outlook Handbook: : U.S. Bureau of Labor Statistics \(bls.gov\)](#)

[Basta - Bridging the employment gap for first-gen students. \(projectbasta.com\)](#)

[conover-online-reged-4page.pdf \(conovercompany.com\)](#)

<https://gladeo.org/gladeo-quiz-landing>

We are looking into our "in person" Saturday sessions for 22-23, waiting for the all clear & bus approvals.

Keep our fingers crossed!

The dates we are "hoping" for are as follows:

17, September

22, October,

19, November

17, December

21, January,

18, February

18, March

So tentatively mark your calendars.

We have a lot of exciting activities planned! Once dates & buses are verified we will put out a schedule for everyone.