Bridge Trip 2002: San Antonio

William Q. Hua

Getting splashed by one of the most famous fish in the world. Walking on a river. Stalking cowboys for an autograph. Screaming as you ride with a Poltergeist. Flying through the air with the speed and grace of Superman. Am I describing a dream I had last night? No, it’s Bridge Trip 2002! This year’s bridge trip destination was San Antonio, Texas. We participated in several activities and events that will make our trip one to remember.

It all started on the morning of Monday, July 29, 2002. Students and TCs arrived one by one, google-eyed and still half asleep. After loading our bags, we packed into three vans. After about an hour of driving, you could already hear the infamous road trip line: “Are we there yet?” A food stop, four thousand restroom breaks, a marathon of classic Boyz II Men songs and nine hours later…we were there. We checked into the Marriott Hotel, which was connected to a mall and sat on the beautiful Riverwalk of San Antonio. Later that night we ate at the Marriott restaurant.

We spent the next day at Sea World. There were several great shows, including Shamu, the killer whale, and a ski show performed by a national skiing team. There were even a few good rides and roller coasters. After several hours in the blazing Texas sun, we were ready to call it a day. Back at the hotel you could find us working out in the gym, swimming in the pools, relaxing in the hot tubs, or taking a walk on the Riverwalk.

The first part of Wednesday, July 31, was spent with some modern day cowboys, football style. The Dallas Cowboys were in town for a training camp. Most of the students and T/Cs walked to the Alamodome just to watch the Cowboys practice. After practice ended, we all made several attempts to get the attention of the football players so that we could get autographs. A student even yelled out “Uncle Dat! Aunt LiLi said you would sign my poster!” (Uncle Dat referring to Dat Nguyen, a starter for the Dallas Cowboys). None of our techniques worked. But then Roy Williams threw his Nike glove into the audience, and Wobble (D’Andre Newton) caught it! Nobody wanted to leave without getting at least one thing signed, so we even tried getting the referees’ and the waterboy’s autograph. Even that didn’t work out for us! After the training camp, we went to Fiesta Texas. Since it was the middle of the week, we were able to pick any ride and walk directly to the front of the line. This was good news because that meant we didn’t have to wait in line for hours, and nobody had to jump any fences! Some of the roller coasters that we rode were the Poltergeist and the Superman. That night we stuffed our faces with seafood at Landry’s.

Thursday, August 1, was our last day in San Antonio. We packed our bags and headed to San Marcos for a few hours at the outlet mall. There were hundreds of stores to check out. After we were done at the mall, we began our drive back home. I can’t speak for everybody, but for me personally, the drive back home was the best part of the trip. I’m sure there are several others who agree. We had fun just joking around with each other. I don’t remember laughing so hard and so often within just a few hours.

In the end, I think everyone agreed that the trip was a success and was a lot of fun. It was a reward for all the hard work that was put forth during the summer and throughout the years. For the Bridge students, it was their last trip with Upward Bound as high school students, and signified the beginning of a new phase of their lives. As the summer draws to a close and the hustle and craziness of a new school year approaches, we will all look back to our trip together and realize that maybe this really was a dream. But then again, with Oklahoma State University-Oklahoma City Upward Bound, it’s not just about dreams—it’s about making them come true.
Check Out These Websites

www.si.edu

Encyclopedia Smithsonian features answers to frequently asked questions about the Smithsonian and links to the Smithsonian resources on subjects from art to zoology.

www.historyplace.com

This website offers timelines, a This Month in History page and a Photo and Speech of the Week page.

www.wordcentral.com

Sponsored by Merriam-Webster, this site offers several word reference sources including a rhyming dictionary. You can also build your own dictionaries.

www.english-zon.com

The English Zone includes Quick Reference Guides for grammar and Study Zones that offer you assistance with reading, writing and speaking skills.

www.quickmath.com

This site allows you to solve many algebra problems online. You can graph an inequality and print the results; solve n th degree equations; and work to solve both real and complex solutions.

www.exploremath.com

Created by the University of Virginia, this site was developed to help you manipulate and visualize the solution sets of linear inequalities in slope-intercept form; graph systems of equations of various degrees; and expand your knowledge of reflections with either a linear function or a quadratic function.

Take This One to the Bank!
(reprint from College Bound Magazine, 2002)

A bank is more than just a place to stash your cash. Aside from savings and checking accounts, loan forms and deposits, banks also provide student services in areas like money management, credit improvement and career placement. This is oh-so-important, because based on a survey conducted by the JumpStart Coalition for Personal Financial Literacy, the average 12th grader can correctly answer only about half the questions on taxes, credit and savings. In response, E*TRADE Bank plans to launch a web site in the fall containing an international spy caper cyber-game that teaches the fundamentals of finance. There are other sites already up to help you...

Check KeyBank’s useful site key.com. Click “Personal” and cash in on free budgeting advice, financial calculators, even a free guide to college planning and financing.

NellieMae.com offers fun, interactive online counseling through the Evisor, as well as financial tips specifically geared towards undergraduates.

Sign up for free seminars on financial planning for college at SallieMae.com. While there, be sure to also take advantage of the “Financial Aid 101” portion of the site. It gives explanations of terms like “direct costs” and “indirect costs,” and advises you on ways to keep fees down.

There’s also mapping-your-future.org, a huge site that includes financial planning, job searches and 10 Steps to Financial Fitness.

Check out your bank’s services, because they may offer free brochures and seminars on saving, credit and investing too.

Another site, though not sponsored by a bank is collegesurfing.com. This site can help you in your college search. It profiles over 3000 colleges, provide college videos and campus maps.

Career Spotlight: Optometrist

More than half of the people in the United States wear glasses or contact lenses.

Optometrists examine people’s eyes to diagnose vision problems and eye diseases. Optometrists prescribe eyeglasses and contact lenses, and provide vision therapy and low-vision rehabilitation.

Most optometrists are private general practitioners who also handle the business aspects of running an office. Most full-time optometrists work about 40 hours a week. Many work Saturdays and evenings to suit the needs of patients.

All states and the District of Columbia require that optometrists be licensed. Applicants must have a Doctor of Optometry degree from an accredited optometry school and pass both a written and a clinical state board examination. The Doctor of Optometry degree requires completion of a four-year program at an accredited optometry school preceded by at least three years of preoptometric study at an accredited college or university.

Employment of optometrists is expected to grow as fast as the average for all occupations through 2010. As baby boomers age, they will be more likely to visit optometrists and ophthalmologists because of the onset of vision problems in middle age.

Median annual earnings of salaried optometrists were $82,860 in 2000. Median net income for private practice optometrists ranged from about $115,000 to $120,000 in 2000.


If you’d like more information on this profession, please call the Upward Bound office at 945-8623.
**Cough CPR - How to Survive a Heart Attack if Alone**

Janita Patrick

Below is an e-mail I recently received that caught my attention, because it made sense, but still could be a hoax. I forwarded it to Robert Irby, a EMT professor at OSU-OKC, for review. He verified that the information is indeed accurate. It is called “Cough CPR.”

The Johnson City Medical Center staff actually discovered this and did an in-depth study on it. The two individuals that discovered this then did an article on it...had it published and have even had it incorporated into ACLS and CPR classes. It is very true and does work.

Let’s say it’s 6:15 p.m. and you’re driving home (alone of course), after an unusually hard day on the job. You’re really tired, upset and frustrated. Suddenly you experience a severe pain in your chest that radiates out into your arm and up into your jaw. You are only about five miles from the nearest hospital. Unfortunately, you don’t know if you’ll be able to make it that far. What can you do? You’ve been trained in CPR but the course didn’t cover how to perform it on yourself.

Without help, the person whose heart is not beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

From Health Cares, Rochester General Hospital via Chapter 240’s newsletter “AND THE BEAT GOES ON ....” (reprint from The Mended Hearts, Inc. publication Heart Response)

**Perfect Attendance**

The following students had perfect attendance during the 2002 summer session:

- Jennifer Bouavahn
- Raia Brooks
- Tawau Ellis
- Myeesha Gentry
- Tien Hoang
- Tyler Lai
- D’Andre Newton
- Hoang Nguyen
- Gregory Pogue
- Krystle Steele
- Cortney Steele
- Kedrick Taylor
- DeShaun Thornton
- Tuan Tran
- Sade Wallace

**SEPTEMBER BIRTHDAYS**

- Ashley Ford
- Tawau Ellis
- Raia Brooks
- Alexis Thompson

**IMPORTANT DATES**

First Meeting

September 21
Northeastern State University

NSU is located at the foot of the Ozark Mountains in Tahlequah, Oklahoma. It is a beautiful part of the state located west of the Illinois River.

The four-year university has six colleges including Arts and Letters; Business and Industry; Education; Mathematics, Science and Nursing; Social and Behavioral Sciences and Optometry. To be admitted to NSU you need have a 2.7 GPA and rank in the top 50% of your graduating class or have an ACT composite of 20.

NSU’s College of Optometry is the only one in the state of Oklahoma. After completing the four-year program, a student is awarded the Doctor of Optometry degree. (See page two for optometry career details.)

Students seeking computer science and management information systems degrees may want to pay special attention to NSU. The National Science Foundation awarded the university a $171,874 grant to be used for scholarships for students in these programs. A qualifying student would receive $3,125 per year for two years. These scholarships will be available through the 2003-2004 academic year. (Current juniors and seniors could apply.) All of last year’s NSU computer science majors, who did not continue with graduate studies, were employed directly upon graduation in positions paying in the $30,000 to well over $40,000 range.

Attending NSU will cost on average $4390 a year, based on twelve credit hours of lower level classes each fall and spring semester, a semi-private room and the standard meal plan. The optometry program will cost about $1270 more a year.

NSU offers over 80 different student organizations including six national fraternities, five national sororities and eleven athletic teams.

For more information on NSU, contact the Upward Bound office at 945-8623 or visit their website at www.nsuok.edu.

Halloween Blast

OSU-Oklahoma City’s annual Halloween Blast will be Thursday, October 31, from 6-8 p.m. Janet Goode, former U.B. student/TC and current OSU-OKC Student Government Association president, is inviting you to participate.

Janet is looking for volunteers to decorate and run games during the event. In the past, Upward Bound has had several students volunteer. If you would like to volunteer, please contact the Upward Bound office at 945-8623.

You and your family are also invited to enjoy the FREE festivities even if you don’t volunteer. Children and adults alike can come in costume. Children can listen to a story reader, play games and load up on candy. Popcorn, soft drinks and cotton candy will be provided to all guests.

The Halloween Blast is held in the Student Center on the second floor.

Bridge Students Head for College

Trang Bui
University of Central Oklahoma

James Cooper
Langston University

William Hua
Oklahoma State University

Adriana Martin
Seminole State College

Alexis Thompson
Langston University

Sherika Willis
Brown-Mackie College