ATTENTION SENIORS:

Upward Bound wants to encourage you to get your FAFSA submitted by January 31, 2021 if you have not done so yet. Please send Upward Bound a copy of your FAFSA confirmation sheet when you get it submitted. Remember, all colleges and universities require you to have the FAFSA submitted before they will accept you, and almost all scholarship opportunities require that you have the FAFSA submitted before they will consider you for their scholarship. Also, most vocational and technical schools require that you submit the FAFSA too. The sooner you get the FAFSA submitted the better your chance is of being considered for the free money (grants and scholarships) that are available to you. Upward Bound will be glad to help you get your FAFSA submitted, please let us know if you need some help.

Upward Bound also wants to encourage you to take the ACT and the SAT tests. Even though some colleges and universities are not requiring these tests for acceptance right now, most scholarship opportunities will require that you have taken the ACT and/or SAT. The ACT test is considered to be more factual in nature and the SAT is considered to be more reasoning in nature; some students do better on the ACT, and some students do better on the SAT. We encourage you to take both of them since you can take both for free. Remember, Upward Bound can give you up to two fee waivers to take the ACT and SAT between your junior and senior year.

Upward Bound wants to encourage you to work hard and to stay focused, and up on your college preparation deadlines and requirements. Remember, Upward Bound is here to help you.
January Birthdays

We want to wish all our students with Birthdays in January a very Happy Birthday!

Caroline McMillion
Aliyah Taylor
Hailey Collins
Abbigayle Collins
Tiffany Jones
Amya Padgett
Jenna Atwell
Gabriella Dickerson
Na’Tina Calvo
Maggie Hess
Hunter Rutter

Our own Educational Outreach Counselor—Catrice Robinson

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Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

Martin Luther King Jr.
1. In which city was Martin Luther King Jr. born?
   a. Atlanta
   b. Albany
   c. Austin
   d. Annapolis

2. How old was King when he was assassinated?
   a. 38
   b. 40
   c. 39
   d. 42

3. What year was King assassinated?
   a. 1978
   b. 1968
   c. 1958
   d. 1959

4. In 1964 King won a prestigious award, Which was it?
   a. Pulitzer Prize
   b. Nobel Peace Prize?
   c. The Congressional Medal of Honor?

5. Whose techniques did King usually follow?
   a. Mohandas K Gandhi
   b. Malcolm X
   c. Martin Luther King Sr
   d. Abraham Lincoln

6. King led an important protest against what on April 3, 1968?
   a. slavery
   b. Poverty
   c. discrimination
   d. starvation in India

7. What was the first Civil Rights action King was involved in?
   a. March on Washington
   b. "I Have a Dream” speech
   c. Montgomery Bus Boycott
   d. Leading a march against Washington

8. What inspired King to help the fight for Civil Rights?
   a. The killing of civil rights workers
   b. He needed a cause for his ministry
   c. He saw injustice in segregation
   d. His wife encouraged him

9. Martin Luther King told people
   a. Fight back only if needed
   b. white people would be punished by god
   c. He promoted non-violence
   d. None of the above

TRUE OR FALSE
1. King knew his life would be cut short
2. King used force to get his point across
3. King had siblings
4. King followed his father
5. King wrote all of his own speeches
6. The month King was shot was March
7. King was married
8. Kings protest was not peaceful

ANSWERS1—A, 2—B, 3—B, 4—B, 5—A, 6—B, 7—C, 8—C, 9—D
T/F 1—T, 2—F, 3.—T, 4—T, 5—T, 6—F, 7—T, 8—F
Here are 7 New Year’s resolutions you can actually keep.

1. **Eat more whole foods**
   
   One of the easiest and most sustainable ways to improve overall health is to eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain a plethora of nutrients that your body needs to function at an optimal level.

   Research shows that following a whole-foods-based diet may significantly reduce heart disease risk factors, body weight, and blood sugar levels, as well as decrease your risk of certain diseases, such as type 2 diabetes [1Trusted Source, 2Trusted Source, 3Trusted Source].

   What’s more, adding more whole foods to your diet can be done slowly and consistently. For example, if you’re not used to eating vegetables, start by adding one serving of your favorite veggie to your diet every day.

2. **Sit less and move more**
   
   Whether it’s due to having a sedentary job or simply being inactive, many people sit more than they should. Sitting too much can have negative effects on health. In fact, it may be linked to an increased risk of overall mortality [4Trusted Source].

   Making a resolution to sit less is an easy and attainable resolution that can be tailored to fit your lifestyle.

   For example, if you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

3. **Cut back on sweetened beverages**
   
   Cutting back on sweetened beverages is a smart idea considering that sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults [5Trusted Source, 6Trusted Source, 7Trusted Source, 8Trusted Source, 9Trusted Source].

   Though quitting sweetened beverages cold turkey is always an option, gradually minimizing your intake may help you kick your sugary drink habit for good.

4. **Get more quality sleep**
   
   Sleep is an essential part of overall health, and sleep deprivation can lead to serious consequences. For instance, lack of sleep may increase your risk of weight gain, heart disease, and depression [10Trusted Source, 11Trusted Source, 12Trusted Source].

   There are many reasons why people don’t get enough sleep, so it’s important to focus on your schedule and lifestyle to determine the best ways to improve sleep quantity and quality.

   Decreasing screen time before bed, reducing light pollution in your bedroom, cutting back on caffeine, and getting to bed at a reasonable hour are some simple ways to improve sleep hygiene [13Trusted Source, 14Trusted Source].

5. **Find a physical activity that you enjoy**
   
   Every New Year, people purchase expensive memberships to gyms, workout studios, and online fitness programs in hopes of shedding excess body fat in the year to come. Though most people start strong, the majority don’t make their new routine into a lasting habit.

   Still, you can increase the chances of making your fitness resolutions stick. To get started, choose an activity based on enjoyment and whether it fits into your schedule.

   For example, taking a half-hour walk, jog, or bike ride before work, or swimming at a gym that’s on your way home, are simple and sustainable exercise resolutions.

   Then, set an attainable goal, such as planning to walk a few specific days per week instead of aiming for every day.

   Making a more realistic goal can enhance the chances of making your new routine last, especially if you’re new to working out.

6. **Take more ‘me time’ and practice self-care**
   
   Taking time for yourself is not selfish. In fact, it’s imperative for optimal health and wellbeing. This is especially true for those in caretaker roles, such as parents and healthcare workers [15Trusted Source, 16Trusted Source].

   For people with busy schedules and limited time, making a resolution to engage in self-care may take some planning. However, it’s well worth the time investment.

   Self-care doesn’t have to be elaborate or time consuming. It can simply mean taking a bath every week, attending your favorite weekly yoga class, preparing a healthy meal for yourself, going for a walk in nature, or getting an extra hour of sleep.

7. **Spend more time outside**
   
   Spending more time outdoors can improve health by relieving stress, elevating mood, and even lowering blood pressure [18Trusted Source].

   Making a New Year’s resolution to spend more time outside every day is a sustainable and healthy goal that can benefit most everyone, no matter where you live.

   Taking a walk outside during your lunch break, hiking on weekends, going camping with friends, or simply soaking in the beauty of your backyard or local park are all ways to incorporate nature into your daily routine.