



ACULTY FORUM



DR. JOHN DAVIS

Bounding, Or Upward Bounding?

Every year about this time I make some foolish promise to someone about writing stuff for the paper. Every year I forget how much trouble I had the preceding year. This year is no exception.

The two most important things happening in my small corner of life now are running and bounding. I don't mean the kind of bounding that's like leaping however, I mean Upward Bounding. So first I shall talk about running.

According to the author of the book "Aerobics" running is the best exercise you can do. It tones your muscles, it increases your lung capacity, it strengthens your heart and it cleans all the poisons out of your system. I don't know about all this, but I do agree with the author's final point in his book. He says the best thing about running is, after you have progressed to the point of completing five miles a day or so, when you walk down the street you can look around at all the people you see and feel smug. I've only progressed to the point of two and one-half miles a day and what he says is true! I feel smug. I look at all the people around me as I walk down the street and say to myself, "I can run two and a half miles in twenty-one minutes. Can you?"

Now let's talk about Upward Bounding. This is my seventh

summer with the NCWC Upward Bound program. Only Daisy and Charlie have been here as long. I've seen every group of students come and go, some of them exciting and some not. Overall, I think this year's group of students is the most exciting, most stimulating, most interesting and most interested group we've ever had the pleasure to work with. For several years it seems to have been the fashion among teenagers to be apathetic, uninterested, "cool", unemotional. . . you know what I mean. I didn't like and still don't like this attitude. What I like are people like Nokomis, who walks down the halls singing, like Marvin, who gets so excited in class he sputters (I do too!) or like Beverly, whose mind is always clicking away, like William, who walks around being cheerful and outgoing, like all the others too numerous to name who brighten up my days a little each time we meet.

This will be a short essay on running and bounding, but my last minute articles always are. You'd think I would remember that I never really have enough time to do this sort of thing. No more apologies, go forth and multiply, add, subtract and divide. Actually you'll be going first. If three others had gone before you then you'd be going forth. Get it? Fourth! Ha ha ha ha ha . . .

High School & U. B.

What's The Difference???

One of the Upward Bound students asked the other day just what the difference was in student attitudes toward Upward Bound and toward high school. She felt that Upward Bound was interesting, friendly, fun. High school was drill, uninteresting, and not much fun.

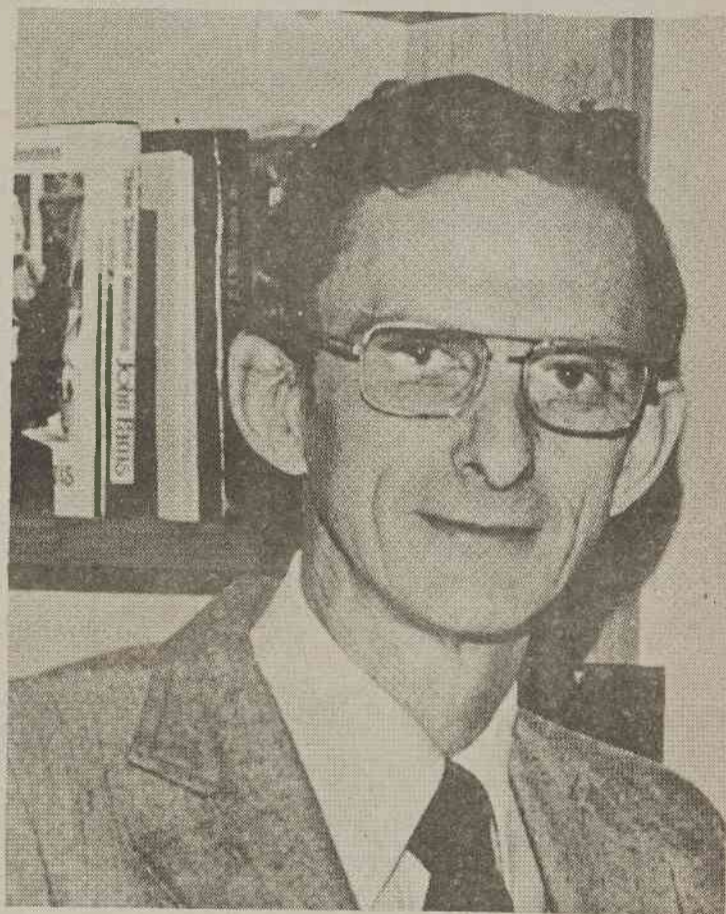
Two things, I believe, account for the difference. In the first place, schools are quite concerned about controlling students. So many students of many different kinds are squeezed into schools. It is different for teachers to take all of these in and work with them without taking measures to control them—to make them sit down and be quiet. Imagine 500 or 1000 or even 1,500 students out of control. In addition, parents and the general community expect a school to be quiet and orderly. In Upward Bound there are not so many students and more individual attention can be spent with each one.

Another important difference, perhaps the most important, has to do with teacher attitudes. Upward Bound teachers do not worry about control. They are largely concerned with knowing students, with liking them, but most of all with just relating as human beings. The most important characteristic students want teachers to have is to be

human—to laugh, to cry, to feel bad, to do all the things other people do. My own children often say about teachers, "If he would only smile" or "She doesn't like anybody." Some-

times being willing to touch a student on the arm is very important.

Hopefully, Upward Bound teachers will continue being—what? Well, just people.



DR. SIM O. WILDE

Upward Bound In Review

(Continued from Page 3) allergic to seafood? Certainly not Tommy!

As our summer progressed, the Nash dorm seemed to be what was happening on campus as far as entertainment. Many nights Shirley Hart and Bernetta Thigpen ran through the lobby singing "Party, Party, PARTY!" And of course, there was a week of people being thrown in the fountain. It took several attempts before Quay Jones was thrown in on her birthday. And an Upward Bound summer wouldn't be complete unless one mentioned that many an evening it was not unusual to see three or four games of spades going. Also, it is probably unnecessary to mention that Marshall Walker added his touch to the program constantly chasing and threatening the girls.

To add even more excitement to the summer, the girls' dorm was attacked a couple of times by 2 young men who were trying to knock their ways into the dorm. Everyone was frightened by the attempted break-ins, but fortunately help was only a quarter-of-a-mile away at the boys' dorm. And Charlie and Vic provided protection those shaky nights.

Though it is an annual affair,

it is still necessary to mention that we had a black out at Wesleyan and most of the girls spent part of the night in the lobby of the girls' dorm and the rest of the night spent in Liz Rick's room. I cannot recall if there were only ten girls or all the U. B. girls in her room. The bridge girls with final exams the next morning had to be taken to Dr. James' house so they could study. What a break!

Our big trip for the summer of 1973 was to Charlotte, N. C. to visit Carowinds. Everyone had a great time riding the rides and seeing the different shows. Though it was terribly hot and the lines were long, Upward Bound took the day with full force and did not stop until late that night. A lot of tired, souvenir-laden people boarded the buses as we made ready to invade Days Lodge where we spent our night in Charlotte. The next morning bright and early, we started on our way home with a stop in Chapel Hill for lunch, shopping, and to see the show at Morehead Planetarium. In Chapel Hill, a man at an African shop was so pleased by the nice people in our program that he gave several of our girls free earrings. That was a compli-

ment that delighted everyone especially the girls with the earrings.

Several dances were held during the summer and needless to say, I thought the best and final dance of the summer was the Tutor Show and Dance. The tutors attempted to do imitations of the students and the hit of the evening was a song written collectively by the tutors to the tune of "Heart and Soul". It made the U. B. top 10 in one night.

I'm sure that the U.B. students became aware that night, if not before, that not only were the tutors intelligent but talented too.

Like all good things, Upward Bound ended Friday, July 20, with a closing banquet and entertainment provided by the students for their parents. The banquet commemorated 13 Bridge students who graduated, as well as the awarding of certificates to students in different areas. The closing part of the program presented the by chorus doing songs from the rock opera, GODSPELL and several other songs. Shirley Hart, Karen Dawes, Clyde Cash, and Kevin McDonald were our soloists that evening.