

Expressions

In All Things, Be Upward Bound!

Getting to Know...Jackie Ekle

Greetings!

What's Inside:	
Getting to Know, Jackie Ekle	1-2
SAC Articles	2-4
Field Tutoring	3
Saturday Sessions & Bus Schedule	5
Reminders...	6
Summer Staff Bio's	7-8
Kudos!!	9
ACT Testing Dates	10
Happy Birthday!	10
UB Contact Info	10

As I sit on my porch sipping my freshly brewed French vanilla coffee, eating my steaming oatmeal with cranberries, and watching the squirrels devour the ever so famous seed I just put out for them. I hear the Maryville church bells in the background letting me know it is 7:30 am on a Tuesday morning. I say to myself "What an amazing morning to be alive."

There are so many things in life to be inspired by and as I stare out into my neighborhood I notice all of the trees beginning to bloom and welcome us to spring time. I notice the birds chirping their favorite tunes and the flowers awakening for another great year to show off their beauty. All is inspiring and I have the urge to grab my camera, slip on my favorite pair of tennis shoes and my oldest, yet favorite, hoodie on and capture the everyday moments that seem even more beautiful on this morning.

As I give into this urge I start to capture precious moments that we usually don't notice when we are rushing to get to school or work. I was able to see a father hugging his little girl as she gets into a van to go to school. As the van drove off the little girl blew her father a kiss. The kiss landed on his heart as he hugged it and put it in his pocket for safe keeping. Sometimes as we go through our everyday motions and routines we begin to lose focus of what really matters, what inspires our passions, and who we really are as an individual. This morning, I was reminded of all three of these items and I want to share who I am as Jackie Ekle.

To start, I will not be able to say everything because that would take days, years! Instead, if you think of questions or you want to know something specific, ask! I want to get to know you as well and that will give us the great opportunity!

My roots start in Southeast Iowa on a farm next to a little town called Farmington. I graduated from a small rural school with cornfields on three sides. It wouldn't be out of the norm to drive around a cow in the parking lot that got out of the neighboring farm or even seeing students driving their tractors or riding their horses to school. My first vehicle was a manual 1992 Ford Ranger. I wish I still had this truck. It got me everywhere I wanted to go.

I am the oldest of three. My mother is a 7th and 8th Grade Science Teacher. She had owned a gardening business for 15 years prior to teaching. My father was our High School's Ag and Shop Teacher, a farmer and did construction and wood working as a hobby. Half of my family is from Chicago and the other half is from around my hometown. You will soon notice I inherited the fast talking Chicago style, but I also inherited appreciation for small town life and the values that come along with it!

Continued P.2

Getting to Know...Jackie Ekle

In 2006, I began my Bearcat life. I always knew I wanted to help students as a supporter, mentor, advocate and educator. This passion grew into my life and career goals. Throughout my undergraduate years at Northwest I was able to strengthen this passion through many job opportunities on campus. In 2010, I earned a Bachelor's in Speech and Organizational Communications. One week after graduating I jumped into the Master of Science in Education Guidance and Counseling program. I am successfully at the end of my first year and I absolutely love it! The program is a lot of work, but I strongly believe it is worth all of the late nights to be able to do what I have a passion for.

In my spare time I try to be outside gardening, golfing, hiking, and taking photos. When I am inside I enjoy craft projects, specifically sewing, paper making, painting and jewelry making. I currently live in Maryville with my fiancé, Travis. We have a spoiled, long-haired cat named Madeline Sue, Maddie, Twinkle-Toes, as well as other names; it just depends on what she has done the minute before. Along with Maddie, we have a community of squirrels outside our house that we have named. Travis and I love to cook and be outside spending time with each other. We are huge board game players and we have created a vast collection of board game classics. We enjoy having friends over for game nights and dinner. Travis is my best-friend and a huge inspiration to me. I am very grateful to have such an amazing individual in my life. I am a person who is grateful for everything that has happened in her life thus far, even if it was disguised when it first occurred. I have learned throughout my experiences that everything happens for a reason, and we must live, learn, and continue to grow from it.

I am so excited to work with Upward Bound and all of the students including you. Please never hesitate to ask for help or if you have questions on any subject matter. I want to be there for you as a supporter. I look forward to getting to know you as an Upward Bound student and as an individual. In closing, once you are done reading this newsletter, walk outside, take a few deep breaths and appreciate what nature has given you. Maybe go for a walk or run in your favorite pair of tennis shoes, or even hit the library for a good book, or the mall to check the newest sales. Enjoy your world and what life has to offer. When home, find a favorite thinking spot. Write down what really matters to you, what inspires your passions, and who you really are as an individual. I look forward to hearing what you have written down and I wish you a wonderful day!

Smiles,
Jackie

SAC Article

"Life & Laughter"
By: Jolene Harbin

I decided since this is my last article of this year, and since my last couple of articles have been serious, this article is going to put a smile in your day. ☺

Why did the stupid racing driver make ten pit stops during the race? *He was asking for directions!*
What are prehistoric monsters called when they sleep? *A dinosnore!*
Why did the child study in the airplane? *He wanted a higher education!*
What has forty feet and sings? *The school choir!*
Why was the apple lonely? *Because the banana split!*
Why did Robin Hood only steal from the rich? *Because the poor have nothing worth taking!*
What kind of car does Mickey Mouse's wife drive? *A minnie van!*

The point of this all is to live life to its fullest, enjoy the little things, and be light-hearted.
Laughter is the best medicine!!!

SAC Article

“The Summer Session”

By: Drake Johnson

If you are a new UB student then you will more than likely be attending the summer session this year. The summer session consists of taking summer classes with teachers that are fun to be around and fun to learn from. When I first came to the summer session I was pretty scared because I didn't know what classes to take or what opportunities there were going to be for me. My advice to the new UB students is to try new classes and talk to other new UB students. I think that if you don't try new classes then you will miss out on all the fun.

Another fun part of the summer session is the nights where the R.A.'s take you out to go mini golfing, shopping at the mall, go bowling, or even just go to sonic to eat ice cream with your friends. Last, but not least, my favorite time in the summer is when we go on our big trip; this year to Chicago. We decided to go to Chicago because we knew there would be tons of things to do while we are there.

The reason I am writing this article is that I want all the new UB students to feel like this is their second home and there are plenty of fun things to do in UB. To end my article, the last thing I would like to tell you about is how the new UB students need to come out of their shell. Coming out of your shell is the most important thing to learn in UB because it lets you walk up to someone and easily start a conversation and get to know them better.

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Wednesday - 3pm	TBA
Maryville	Thursday - 3pm	TBA
Nodaway Holt	Tuesday - 3pm	TBA
Northeast Nodaway	Wednesday - 3:30pm	Tuesday & Thursday - 3:30pm
Rock Port	Tuesday - 3pm	TBA
Stanberry	Tuesday & Thursday - 8am	TBA
Tarkio	Wednesday - 7am	Thursday - 7am
West Nodaway	Monday - 3pm	TBA

SAC Article

“We R Born Fireworks”

By: Korbin Jones

Of course it should come as no surprise that I would eventually write about Lady GaGa again, but I think *Born This Way* could well be the anthem of Upward Bound. We are “on the right track” and we do “love (our) friends.” We are also “beautiful in (our) way” and because of Upward Bound I have realized that I myself was “born this way” and “born a superstar.” We all are. Whether we’re “broke or evergreen. We’re black, white, beige, chola descent, we’re Lebanese, we’re orient” we are all amazing and special people. We were all meant to meet through Upward Bound, at least that’s what I believe. I believe that we each awakened something great in one another, and without Upward Bound that would have been near impossible.

Another song I like to listen to when I’m down is *Firework* by Katy Perry. I’m sure we’ve all felt like “plastic bags drifting through the wind.” Every time I hear that particular set of lyrics I think of how you all are like a massive tree and you reach out and grab me before I fly away (the plastic bag me that is). Soon I became a part of the tree and help reach out to others to save them from drifting away. Of course Phil, Kori, Brenda (and soon Jackie) are the roots that keep us grounded and keep us from blowing over from the wind.

The last song I’m going to write about is by Ke\$ha (keh-dollar sign-ha). If you listen past the handfuls of glitter and auto tune you can hear (sort of) a message about being true to yourself. Honestly, that’s all I can really say about *We R Who We R*. I don’t think we all wear stockings so...I’ll leave you new kids with a note: Welcome to the family!

“Whether life’s disabilities left you outcast, bullied, or teased, rejoice and love yourself today, ‘cause baby you were born this way!” – Lady GaGa

“Baby, you’re a firework! Show ‘em what you’re worth! Make ‘em go ‘ah, ah, ah!’ As you shoot across the sky-ay-ay!” – Katy Perry

“We are who we are!” – Ke\$ha

DON’T HIDE YOURSELF IN REGRET!

SAC Article

Well this is it people!! The last time you will ever have to read one of my SAC articles again. My senior year is quickly ending and summer session is fast approaching. First, I would like to thank Upward Bound for giving me one of the best opportunities I have ever had. Secondly, I would like to thank Phil, Brenda, Kori, and Tori for everything they have done for me and everyone else. To the teachers, thank you for instilling a plethora of knowledge in me in a fun, interesting environment. Most of all thank you to all my peers and other Upward Bound students for being the huge family that others are jealous of.

Ok. That’s done with. NOW!! Get ready for an exciting summer. Come in with a great attitude, ready to have the time of your life. Be ready to experience new things and be with people who all want to have a good time, while learning new, interesting curriculum outside of a boring school classroom. Not to mention I’m also looking forward to the WINDY CITY, which will also my residence for the next four years. I am SO excited for this summer and everything that it entails. See you all soon.

Signing off,
Gentry Woodward

Saturday Sessions

Saturday Session Dates 2010-2011

Upward Bound Saturday Sessions take place from 8:30 am - 12:00 pm on the 3rd floor of the Administration Building on the campus of Northwest Missouri State University.

September 18	College Visit (UNO)
October 16	Regular Session (Visitors Welcome)
November 6	Regular Session (Visitors Welcome) UB Parent Day
November 20	Regular Session (Visitors Welcome)
December 4	Regular Session (New Members Announced)

January 15	Regular Session / New Student & Parent Orientation
February 5	Regular Session
February 26	Regular Session (TRiO Day)
March 12	Regular Session
April 2	Regular Session
April 16 (date change)	Regular Session

Saturday Bus Schedule

School	Pick Up Time	Drop Off Time	Location
King City	7:30 a.m.	1:40 p.m.	High School
Stanberry	7:45 a.m.	1:25 p.m.	High School
Northeast Nodaway	8:05 a.m.	1:05 p.m.	High School
Rock Port	7:30 a.m.	1:50 p.m.	High School
Tarkio	7:45 a.m.	1:35 p.m.	High School
West Nodaway	8:10 a.m.	1:10 p.m.	High School
Arrive NWMSU	8:30 a.m.		Administration Bldg.
Leave NWMSU	**12:15 p.m.		

**** Busses typically stop at McDonald's/Taco Bell after session from 12:15-12:45 p.m.**

Reminders...

These are just a few topics and dates to keep in mind for the spring semester. Make sure you are staying on top of these tasks!

- ★ **Please note the date change for our last Saturday Session. Due to Easter, the April 23rd Saturday Session has been rescheduled for April 16th.**
- ★ As the semester continues, don't forget to be completing the tasks on your grade level checklist. Don't forget that your participation in the summer session is contingent upon completing the items on those checklist's by their set deadlines. Seniors especially need to stay on top of this, as your tasks are complex and will take some time to complete. So save yourself the stress, and don't wait until the last minute! As always, if you have any questions about completing those tasks, ask your field tutor or the central staff for help. **All completed tasks must be submitted to UB by May 2nd.**
- ★ Please let us know ASAP of any dates that you will be absent during the summer session. **Remember that the summer session lasts from June 6th - July 7th, and our summer trip is the following week, July 11th - July 14th.**
- ★ Don't forget that if you are going to be absent for a Saturday Session, you need to submit an absence report to the central staff. Those forms can be found on the Upward Bound website or through your field tutor.

Mark Your Calendars!!

Parent & Student Summer Orientation

Please plan on attending **one** of the following nights:
(A letter with additional info was mailed out)

Tuesday, May 17th @ 6:30-8:00
Thursday, May 19th @ 6:30-8:00

Summer Staff Bio's

Instructors

Stacey Calfee: Mrs. Calfee returns again to UB to teach ACT Prep this summer. She is also teacher at Nodaway-Holt. She loves working with UB and can't wait for the summer to begin. She is always developing new ways to test your mind and prepare you for the ACT.

Ellen Haley: Ms. Ellen Haley returns to UB after taking a summer off last year. She has previously worked for UB as an RA and enrichment instructor. She returns this year as an RA as well as the Spanish instructor. She currently teaches Spanish at Stanberry and at Northwest.

Corbin Krealmeyer: Ms. Corbin Krealmeyer will be joining us as the Math instructor for the summer. She is currently studying at Northwest to earn her teaching certificate in Spanish and is also obtaining a minor in math studies. We are looking forward to working with her this summer.

Gretchen Thornsberry: Dr. Thornsberry is another returning UB instructor, having taught science classes for us over the past several summers and on Saturdays during the school year. We are happy to have Dr. Thornsberry returning for another summer.

Kristin Trostel: Mrs. Kristen Trostel joins us as the Social Sciences instructor for the summer. She has studied at both the University of Nebraska and the University of Oklahoma. She has an abundance of experience in studying and traveling abroad.

Dennis Vinzant: Mr. Vinzant will be teaching English once again this year. He also teaches at Maryville High School. He has worked with UB for a number of years and brings many years of experience as a teacher in the school systems and with UB.

Teaching Assistants & Tutors

Matt DeBlieck (Math): Matt currently works with the Missouri Academy here on campus. He has a Mathematics degree so he will bring a wealth of knowledge to the math classes. In addition, he will also be teaching a Swing Dancing enrichment class this summer.

Ben Ehret (Science): Ben is a Physics Education major here at Northwest. He is currently completing his student teaching at Maryville High School. In addition, Ben was a member of the NW football team and is also a student assistant coach for the team.

Justin Gabbert (English): Justin returns to UB for his 6th summer as a Resident Assistant, Teaching Assistant, and Enrichment Instructor. Justin will graduate with his master's degree at Northwest in May in the Film/Theatre department and we are really excited that he has decided to come back this summer!

Franky Stephenson (Social Science): Franky is a former UB member (2004-2008) and will begin his 2nd summer as a Resident Assistant and Teaching Assistant. Franky is currently a junior at Creighton University in Omaha, NE and is majoring in Political Science and International Business.

Academic Assistants

Ashley Anderson: Mrs. Ashley Anderson is currently teaching in the Maryville school district. She has taught a variety of English classes and is currently studying to earn her Masters degree.

Brandy Brady: Ms. Brandy Brady joins us as an Academic Assistant this summer. She is currently a substitute teacher and she is a UB alumni. She is very excited to be working with UB this summer.

Summer Staff Bio's

Counseling Assistants

Brenda Johnson: Brenda worked as full time staff member for UB from 2007-2010, before moving over to the Student Support Services Program at the end of last year. She is excited and eager to continue to work with the Upward Bound students this summer.

Abigail Winder: Abigail joins us as a Counseling Assistant this summer. She currently holds a Masters degree in Guidance and Counseling from NW. In addition, she has worked with the Talent Development Center on campus by training mentors for students.

Resident Assistants

Joseph Barbosa: Joseph joins us for his first summer working with UB. He is a Social Science Education major at NW. He has experience as both an RA on campus and as a NW Ambassador that conducts tours for prospective students. He is also on the Student Senate at NW.

Danielle Filkins: This will be Danielle's first summer working with UB. She is a Spanish Education major here at NW. She brings a wealth of knowledge as an RA due to her being both an RA and Assistant Complex Director here at NW. She also is earning her minor in Deaf Studies and will be teaching Sign Language as an enrichment class.

Justin Gabbert: See previous page

Ellen Haley: See previous page

Margaret Sebastian: Margaret brings many years of experience to UB in her first summer with the program. She currently works as a Residential Counselor for the Missouri Academy at NW. She is currently studying to earn her Masters in Guidance & Counseling. She will also be teaching an enrichment class that will have students understand the meanings of the different songs and music they listen to.

Franky Stephenson: See previous page

Enrichment Instructors

Matt DeBlieck (Swing Dancing): See previous page

Danielle Filkins (Sign Language): See previous page

Justin Gabbert (It's All In the Cards): See previous page

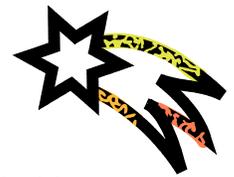
Margaret Sebastian (Behind the Music): See previous page

BK Taylor (Positive Psychology & Fencing): Boyd (BK) Taylor will be teaching both Positive Psychology and Fencing. He was the previous club coach for fencing at NW and conducts Positive Psychology workshops on campus.

Christy Taylor (History Come Alive & Basic Survival): Christy is currently studying to earn a Masters in History. She is a former curator of the Nodaway Valley Historical Museum. She will be teaching both Basic Survival and History Role Playing. She has experience in Civil War re-enactments and is looking forward to working with UB.

Abhijit Vanama (Video Editing): Abhijit will teach a video editing class for UB this summer. He has experience using a variety of software and even won a Best Editor award at an international movie festival.

Students with 3.5 GPA or higher



Northeast Nodaway

Ashley Standiford

Nodaway-Holt

Rachel Long

Ed Runion

Stanberry

Kylie Beggs

Trevor Luke

Paul Poe

Rachel Summa

Jessica Wilmes

Gentry Woodward

Rock Port

Corey Paulo



Congrats to these students who have earned a GPA of 3.5 or higher, and who are currently excused from attending field tutoring.

Great job guys, keep up the good work!

Tarkio

Jolene Harbin

Taylor McCartney

Michelle Sharp

Britnee Wolfe

Laci Wooten

King City

Kaitlyn Vang

Zuri Vang

West Nodaway

Lisa Adams

Shelbey Fox

Korbin Jones

Kylie Laco

Chelsey Sisk

Kudos!!

Congratulations!!

- ★ Ryleah Burke's Family, Career, and Community Leaders of America STAR Event focusing on the Children's Miracle Network has been selected to advance to the National Level. She will be traveling to Anaheim, California in July for the event.
- ★ Shelbey Fox won the 2011 Upward Bound summer t-shirt design contest.
- ★ Jolene Harbin was elected as the new FFA Reporter for Area I.
- ★ Michelle Sharp received a #1 rating for her Solo performance and her Senior Trio performance so she will be competing at the state music competition.
- ★ Michelle Sharp placed 5th out of 51 participants at the Science Olympiad competition held at NWMSU.
- ★ Michelle Sharp was a medalist at the conference Scholar Bowl.
- ★ Michelle Sharp will be presenting a workshop on "Electronic Portfolios" at the state FLBA competition.

If anyone has recently been recognized for any great accomplishments either academically or in their extracurricular activities, please let us know and we'll include them in the newsletter.

UB Reminders & Announcements!!

ACT[®] Test Dates

ACT Test Date 2010 — 2011	Registration Deadline (Late fee after this date)
September 11, 2010	August 6, 2010
October 23, 2010	September 17, 2010
December 11, 2010	November 5, 2010
February 12, 2011	January 7, 2011
April 9, 2011	March 4, 2011
June 11, 2011	May 6, 2011

Always use the UB CODE: 9713

Remember: Each UB participant can utilize 2 ACT fee waivers. Forms are available by contacting the UB office.

Happy Birthday!!!

April

Holly Redden—4
Dylan Rainey—13
Candace Farnsworth—19
Ryleah Burke—26
Dallas Davis—27

Saturday Session Schedule

September 18	College Visit (UNO)
October 16	Reg. Session / Visitors Welcome
November 6	Reg. Session / Visitors Welcome (UB Parent Day)
November 20	Reg. Session / Visitors Welcome
December 4	Regular Session
January 15	Regular Session / New Student & Parent Orientation
February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 16 (date change)	Regular Session

UB Contact Info

Upward Bound

352 Administration Building
800 University Drive
Maryville, Missouri 64468

Office Phone: 660-562-1630

UB Email: upbound@nwmissouri.edu

Phil: pkenkel@nwmissouri.edu

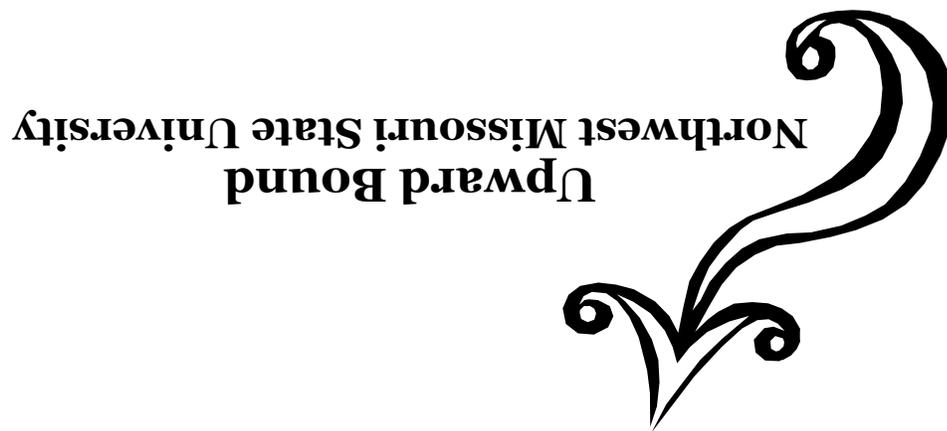
Brenda: brendaj@nwmissouri.edu

Kori: khoff20@nwmissouri.edu

Tori: tori@nwmissouri.edu

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



UPWARD BOUND
800 University Drive
Maryville, MO 64468