



# Expressions

*In All Things, Be Upward Bound!*

## From The Director's Desk

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### "Getting Ready"

What's Inside:	
From the Director's Desk	1-2
SAC Articles	3 & 5
Junior Night	4
Summer Staff Bio's	6-9
Kudos!!	10
Saturday Sessions / Bus Schedule	11
ACT Testing Dates	12
Happy Birthday!	12
UB Contact Info	12

As the midpoint of April approaches, we find ourselves very busy at the UB office preparing for the highlight of our program—the summer component. An enormous amount of planning needs to take place in order for the summer component to go off without a hitch. I would like to take this opportunity to share with you some of the progress we have made.

**Housing**—This summer we will once again be on the move as we descend upon Roberta Hall. In 2008, we resided in South Complex and last year we staked Hudson/Perrin as our home away from home. Due to some construction issues in Hudson/Perrin, we have decided to give Roberta Hall a try. UB last resided in Roberta Hall in 2002, so this will be a new experience for all of us! We will be sharing the building with one other occupant, UBMS (Upward Bound Math/ Science) and will have to split the second floor between the two programs. While not as new as Hudson/Perrin, I believe Roberta Hall will prove to be quite suitable to our needs. Additionally, I have been told that there has only been one sighting of the "Ghost of Roberta" this academic year!

**Staff**—We have identified and hired all of our summer staff and you can find information on each of them elsewhere in this newsletter. Please take a moment to read about each one of their backgrounds.

We have a nice mixture of new and returning staff members. Also, for the first time ever, UB SAC members assisted with the interview process for our summer RA's and their feedback proved invaluable to us! Thanks guys—you did a great job! The success of our entire summer session hinges on the quality of our staff. We feel very good about the prospects of having a great summer!

**Orientation Dates**—In order to get the scoop on what to expect for the summer, we have scheduled two summer parent orientation dates. Mark your calendars for May 18<sup>th</sup> or May 20<sup>th</sup> from 6:30 p.m. to 8:00 p.m. to attend one of these sessions (both students and parents) to be held on the Northwest campus. I will be sending out a more detailed letter in the upcoming weeks inviting you to attend. We should be able to answer all of your questions about the summer program!

*Continued P.2*

## From the Director's Desk Continued...

**Thursday Activities**—SAC has also provided feedback related to our four Thursday large group activities. We have tentatively scheduled outings to MOERA (Climbing Wall, Kayaking, etc.), Graceland College for a UB Academic Bowl, Clarinda to the Lied Recreational Center and to The New Theatre Restaurant in Overland Park, KS to take in the production of “The Buddy Holly Story”. These outings really are enjoyable and allow our staff and participants to really gel as a group!

**Academic/Enrichment Courses**—Kori and the academic/enrichment staff have produced some challenging and interesting courses for the students to take advantage of and enjoy this summer. We will ask all of our teachers to continually challenge all students to be motivated and self-directed learners. It is our desire that the students discover (or reaffirm in many cases) that learning is a enjoyable endeavor and a skill/passion that they will utilize throughout their life.

**Work Study/Job Shadowing**—Brenda has been busy contacting potential employment sites for those UB'ers who turned in a completed work study/job shadowing application. It is her hope to have each student placed in a meaningful and enjoyable work location.

**Wisconsin Trip**—Our hotel has been booked and we are now beginning the active phase of planning for our summer trip to Wisconsin—more specifically, Madison and The Dells. We will be enjoying this trip from July 12-15 and look forward to an educational, cultural, and recreational adventure. This trip is reserved for students who successfully complete the first 5 weeks of the summer program and has proved to be the highlight of the summer for many students.

We are slightly less than two months away from students arriving on campus—June 6<sup>th</sup>! I am really looking forward to the summer session and hope all of you are as well. As always, if you have any suggestions for the summer or have any questions, don't hesitate to contact our office or a SAC member for more information.

And lastly, finish the school year with a flurry!

—Phil

**Mark Your Calendars!!!**

Summer Parent & Student Orientation

May 18 or May 20

6:30—8:00 PM

3rd Floor Administration Bldg. (Northwest Campus)

## SAC Article

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“Next Saturday Session”

By: Eric Jones

At the next Saturday session, it would be wise of you to utilize the chance to ask your roommate what he/she is going to bring this summer and tell him/her what you can bring. There are several things you will need to bring this summer, such as a mini fridge, a microwave, and a TV (with a cable connection). You may also want to bring hangers so you can hang your clothes in the wardrobe that is provided; there are also dresser drawers in the rooms. Make sure to have sheets for your twin size bed, along with a blanket and a pillow. Bring all the normal school supplies with you; pens, pencils, paper, etc. You may want to bring snacks for your room, because the cafeteria food leaves something to be desired. There are washers and dryers located in the resident halls for you to use so you don't have to deal with doing laundry at home. If you choose to wash your clothes in the dorms, you'll probably want to bring laundry soap and fabric softener from home, being that it's much cheaper than buying it from the laundromat. You **cannot** bring candles, toasters, incense, and matches/lighters because of rules set up by the campus. Also, make sure to check the wattage on your mini fridge, there **is** a maximum amount of wattage allowed in the rooms. Talk to your roommate and compare what you each have, then separate the duties of what to bring. You don't want to go out and buy a bunch of new stuff when you don't have to, so plan ahead of time with your roommate.

## SAC Article

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Change

By Taylor McCartney

Life's full of changes. Some changes are good, some are bad; some are happy, some are sad; some are inspirational, others are not. There is no denying however, that ultimately things do change. Unfortunately, the people in your life may not always be there and the opportunities you are given won't always be around for you to take advantage of. It is important to realize that regardless of how much you want things to stay the same and to never change, that sometimes things do change.

I personally am ready for the most exciting change of the year. At Tarkio, we have a tradition where during the big end of the year assembly for the seniors, just before graduation, we do this thing called jumping chairs. Once the awards assembly is over and all the seniors have walked out of the gym, their seats are left empty. Our principal, Mr. Tolen, then asks the juniors to jump chairs to become seniors, sophomores jump to the juniors chairs and so on. This is a big deal for all of the classes, but especially the junior class, because this is the moment that signifies we are officially seniors.

Sometimes change can make you happy, but sometimes it's not necessarily something you want to brag about. Just because it's the end of the school year doesn't mean it's time for you to change your hardworking attitude and let those grades drop that you've worked so hard on all year. Let's keep focused so we can ALL change over from another long school year to an awesome Upward Bound summer session!

**REMINDER...**

**Junior Night: MANDATORY for all UB Juniors & their Parents**



# Upward Bound *presents:* Junior Night 2010

**Wednesday, April 21st from 6:30 - 7:30 p.m.  
3rd Floor Administration Building NWMSU**

**PLEASE R.S.V.P.  
to this event by  
April 14th**

**to:  
660.562.1630  
Or  
brendaj@nwmissouri.edu**

Upward Bound central staff would like to invite all Juniors and their parents to join us for our annual Junior Night event. This event is mandatory as families will gain valuable information covering topics such as:

- The college application process
- Meeting important college deadlines
- Financial Aid and the FAFSA
- Being a Bridge student
- Everything else you will need to know for your senior year of Upward Bound

# SAC Article

## “Live Life”

By: Britnee Wolfe

I know how everyone at this time of year is already counting down the days until summer, when we get to start another amazing UB summer session. Well when it comes to April, I am not thinking about any of that. You see some of you may not know and probably a lot of you do not know that I lost my mom, on April 22, 2004. I was ten years old, finishing up my fourth grade year. So around this time is when it all comes back to me.

My mom’s name was Buffy and she died from an extremely rare blood disease called Thrombotic Thrombocytopenic Purpura (TTP). It was all of a sudden, and only took about two weeks and she was gone. She was an amazing mom and I always came first no matter what. Everything was so hard at first and even still today six years later I have my day’s where I think about my mom so much I can’t help but still hurt. I however have something that some people do not I had a great relationship with my mom. I was the last person that was in the room with my mom before she died. I was at the hospital and I went in her room and talked to her and said “I love you mom, goodbye.” I no sooner left the room and my mom was gone, as I turned and watched all the doctors run to her room.

My point however in all of this is not to talk about my difficult past, but is to tell everyone not to take anything for granted. Live life to its fullest because you never know when there won’t be a tomorrow. I look back and there is so much more I wish I would have talked to my mom about and I wish she would have told me so much more. You shouldn’t ever live life regretting what you did yesterday. People make mistakes, we are human, so learn from your mistakes and move on. Don’t dread about everything and be stuck in the past, because there is nothing you can do about it, once it’s done it’s done. So smile through your day and take time to realize the little things because one day there won’t be a tomorrow for someone you know.

## SAC Article Due Dates

October Newsletter	(due Oct. 1 <sup>st</sup> )	Britnee, Eric, Taylor
November Newsletter	(due Nov. 1 <sup>st</sup> )	Gentry, Jolene, Katie, Ryan
December Newsletter	(due Dec. 1 <sup>st</sup> )	Britnee, Eric, Taylor
January Newsletter	(due Jan. 1 <sup>st</sup> )	Gentry, Jolene, Katie, Ryan
February Newsletter	(due Feb. 1 <sup>st</sup> )	Britnee, Eric, Taylor
March Newsletter	(due March 1 <sup>st</sup> )	Gentry, Jolene, Katie, Ryan
April Newsletter	(due April 1 <sup>st</sup> )	Britnee, Eric, Taylor
May Newsletter	(due May 1 <sup>st</sup> )	Gentry, Jolene, Katie, Ryan

# Summer Staff Bio's

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## Instructors

### **Dennis Vinzant:**

Mr. Vinzant will be teaching English once again this year. He also teaches at Northeast Nodaway. He has worked with UB for a number of years and brings many years of experience as a teacher in the schools and with UB.

### **Dan Ferguson:**

This is Mr. Ferguson's first year in working with UB. He will be teaching science this summer for Dr. Thornsberry who is taking the summer off to visit family. Mr. Ferguson is a science teacher at Nodaway-Holt. He has some exciting new classes I am sure many of you will enjoy.

### **Tim Gallagher:**

Mr. Gallagher will be the instructor for Social Sciences again. He is a teacher in Bedford, IA. He also has many years of experience in working with UB and teaching in the classroom. We are looking forward to working with him again and learning from his UB experience.

### **Joel Osborn:**

Mr. Osborn returns as the math instructor for this summer. He also worked with us last summer. He will miss the last week of the summer due to getting married so offer him congratulations when you see him!

### **Reina Drake:**

Ms. Drake returns to teaching Spanish for UB after missing last summer due to scheduling issues. She is an instructor here at the university. I know that she is excited to be working with UB again!

### **Stacey Calfee:**

Mrs. Calfee returns again to UB to teach ACT Prep. She is a teacher at Nodaway-Holt also. 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.

## Academic Assistants

### **Anthony Donahoo:**

Anthony brings a lot of energy to UB. He is a senior here at Northwest and is majoring in Physical Education. He also works a substitute teacher and football coach at West Nodaway.

### **Wade McConnelee:**

We couldn't be more excited that Wade enjoyed his UB experience enough to come back for another summer! Wade always presents such a positive outlook to all UB students and this will be a useful tool for him as he takes on additional roles this summer. Not only will Wade return as one of our Resident Assistants, but he will also be working as an Academic Assistant as well. Wade spent this last semester in Germany, so I am sure he will have many exciting stories to share with his residents. That and his movie collection is not too bad either!

# Summer Staff Bio's

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## Counseling Assistants

### **Mona Bradley:**

We are so fortunate to bring Mona's experience as a school counselor back to Upward Bound for another summer! Mona really enjoys getting to know the students, and will be working with juniors this summer. She is currently the elementary school Counselor at Eugene Field Elementary school in Maryville.

### **Christi Waggoner:**

Christi is also lending us her experience and enthusiasm for our students and our program again this summer. She is currently working with Student Support Services at Northwest and will be working with the sophomores this summer. We are very lucky to have Christi's experience as a school counselor and as a student specialist at the college level. Christi has always had a way of making our new students comfortable who are spending their first summer with us and everyone will appreciate having her around!

## Teaching Assistants

### **Julie Holmes:**

Julie is also a student here at Northwest. She is a graduate student and has already earned her degree in Elementary Education. She will be the teaching assistant for English and will be working with Mr. Vinzant.

### **Amanda Donahoo:**

Amanda is a senior at Northwest. She is majoring in Elementary Education. She has worked in the West Nodaway school district as part of her college classes. She will be the teaching assistant for science and will be working with Mr. Ferguson.

### **Cassie Gilland:**

Cassie is a Math Education major and is a senior at Northwest also. She works in many school districts, including Northeast Nodaway and Stanberry, as a substitute teacher. She will be working with Mr. Osborn as the math teaching assistant.

# Summer Staff Bio's

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## Enrichment Teachers

### **Ben Schrag:**

Ben is a college graduate with a degree in Elementary Education with a minor in Music. He has worked both in the theatre and as a teacher. He will be teaching 2 classes this summer: Chess and Rock Star.

### **Katie Lee:**

Katie is a senior at Northwest and is majoring in Speech and Theatre Education. She has over 8 years of experience in working with the theatre. She will be offering 2 classes this summer: Acting and Playwriting.

### **Dmitriy Lunev:**

Dmitriy is a junior at Northwest and his major is Business Economics and Financial Management. He enjoys playing sports such as soccer and volleyball. He is also a native of Russia and he will be teaching the Russian class.

### **Angelica Maxwell:**

Angelica is a junior Physical Education major at Northwest. She has also attended Park University in Kansas City and played for the softball team. She will be instructing 2 classes this summer: Wellness and Team Activities.

### **Jamie Hafeli:**

After completing her first summer with UB last year, Jamie wasn't scared away and is back for more! Jamie will be taking on a bigger role this summer with the program as she will be one of our Resident Assistants as well as an Enrichment Instructor.



# Summer Staff Bio's

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## Resident Assistants

### **CJ Clark:**

We are so lucky to have so many veteran UB staff members returning and CJ is no exception! She will be entering her third summer with the program and will be one of our Resident Assistants. CJ is currently a Grad Student at Northwest pursuing her Masters in English. CJ is no stranger to Upward Bound as she is a graduate herself of Graceland University's UB program (2006).

### **Allie Boehm:**

Allie will also begin her third summer as a Resident Assistant with UB. Another UB alumnus (2001-2005), Allie brings a lot of enthusiasm and experience to the group. She plans on graduating with her Bachelor of Science in December of 2010 with a double major in Advertising & Merchandising and Apparel & Furnishings.

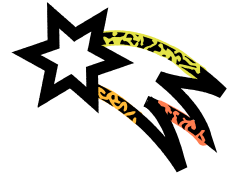
### **Justin Gabbert:**

Justin returns to UB for his 5<sup>th</sup> summer as a Resident Assistant and Enrichment Instructor (Meditation). Justin is currently a Graduate student at Northwest in the Film/Theatre department and we are really excited that he has decided to come back this summer!

### **Franky Stephenson:**

Franky is a former UB member (2004-2008) and will begin his first summer in the role of one of the staff. Franky is currently a sophomore at Creighton University in Omaha, NE and is majoring in Political Science and International Business. He will wear many hats this summer as he will be a teaching assistant for Mr. Gallagher as well as one of our summer RA's. We look forward to having him as a part of our staff.

# Kudos!! — Students with 3.5 GPA or higher



## Northeast Nodaway

Ashley Standiford

## Nodaway-Holt

Ed Runion  
Ron Runion  
Niki Fultz  
Cassie Lance

## Stanberry

Paul Poe  
Gentry Woodward



Congrats to these students who earned a GPA of 3.5 or higher and who no longer have to attend field tutoring. Great job guys!

## Tarkio

Katarina Bennett  
Jolene Harbin  
Taylor McCartney  
Michelle Sharp  
Britnee Wolfe

## West Nodaway

Eric Jones  
Shelbey Fox  
Lisa Adams  
Ryan Henry  
Kristen Dodge

# Kudos!!

Congrats to Michelle Sharp & Katarina Bennett for making it to the state music 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!

We love hearing about all your awesome achievements!



## Saturday Session Dates 2009-2010

*Upward Bound Saturday sessions take place from 8:30 a.m. to 12:00 p.m. on the third floor of the Administration Building at Northwest Missouri State University.*

September 26	NWMSU College Visit	December 5	Regular Session / Visitors Welcome
October 17	Regular Session / Visitors Welcome	January 9	CANCELLED
October 31	Regular Session / Visitors Welcome (UB Parent Day)	January 30	Regular Session
November 14	Regular Session / Visitors Welcome	February 27	Regular Session (TRIO Day)
		March 13	Regular Session
		April 10	Regular Session

### Bus Schedule (October 17—April 24)

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
<b>Arrive NWMSU</b>	<b>8:30 a.m.</b>		Administration Bldg.
<b>Leave NWMSU</b>	<b>**12:15 p.m.</b>		Administration Bldg.

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

### Saturday Class Schedule

8:30 – 8:45	Announcements
8:45 — 9:30	Workshops
9:35 – 10:20	Class
10:25 – 11:10	Tutoring
11:15 – 12:00	Class
12:00	Stipends and Check-Out

Be sure to  
keep this  
schedule  
handy!!

# UB Reminders & Announcements!!

## ACT<sup>®</sup> Test Dates

ACT Test Date 2009 — 2010	Registration Date (Late fee after this date)
September 12, 2009	August 7, 2009
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

**Always use the UB CODE: 9713**

**Remember:** Each UB participant can utilize 2 fee waivers. Forms are available in the UB office.

## Happy Birthday!!!

### January

Corey Paulo—2  
Patricia Boller—3  
Travis Hicks—5  
Trevor Luke—14  
Layla Anderson—20  
Ashley Farnsworth—22  
Britnee Wolfe—24  
Victoria Shanks—25  
Ron Runion—28

### February

Dustin DeRosier—4  
Chelsey Sisk—4  
Taylor McCartney—16

### March

Niki Fultz—1  
Katrina Freemyer—7  
Erica Merriett—25

### April

Dylan Rainey—13  
Maggie O'Connell—14  
Candace Farnsworth—19  
Ryleah Burke—26  
Dallas Davis—27

### May

Aaron Murphy —1  
Mackenzey Brown—7  
Laci Wooten—12  
Bryce Wiederholt—16  
Ed Runion—24  
Trevor Quick —26  
Erica Hovey—31  
Katie Wilmes—31

### June

Ashley Standiford—20  
Gentry Woodward—30

## Saturday Session Schedule

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March 13	Regular Session
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April 24	Regular Session

## UB Contact Info

### **Upward Bound**

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**Phil:** pkenkel@nwmissouri.edu

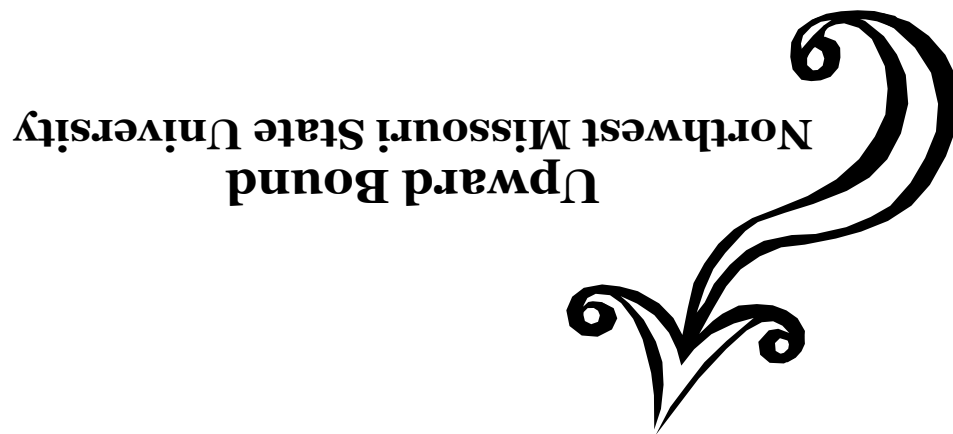
**Brenda:** brendaj@nwmissouri.edu

**Kori:** khoff20@nwmissouri.edu

**Tori:** tori@nwmissouri.edu

## OFFICIAL UB WEB SITE

[www.nwmissouri.edu/dept/upwardbound](http://www.nwmissouri.edu/dept/upwardbound)



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