

# *Expressions*

*In All Things, Be Upward Bound!*

## SAC Articles

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“Different”  
Britnee Wolfe

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When you look in the mirror what do you see? Some may look at their weight; some may look at their face or even their teeth. However, it's not what you are looking at, it's how you see yourself. I mean even if you look at like models they are always picking on themselves, and saying how they need to be taller and have straighter, whiter teeth. We all put ourselves down at one point or another. I think we all need to work on not putting ourselves down as much.

Teens today are under so much pressure to look their best, always wearing the "right" clothes and acting the "right" way. I think that is where we lose ourselves. We don't try to see our own good looks, and other people don't help. I know pretty much everyone reading this has most likely put someone else down at one point (not saying that you meant to). Everyone takes things you say differently though. I mean you could tell someone they are thin, but maybe they are trying to gain weight. You just need to put yourself in their position.

My point in all of this is that there is no "right" way to look. We are all beautiful and shouldn't be judged. Everyone is different and you should love being you. Who cares if you aren't wearing top model clothes? It's the person inside the clothes that matters and as long as you are okay with yourself what else really matters. Friends will come and go and you will see that friends you lose didn't make it into your future for a reason, so don't change just for them. Always be you.



See you next year!

### “Leader”

By: Eric Jones

I bet you're wondering what a leader really is. This has been a real challenge for many to explain. I have finally come up with the definition of a leader - a person who rules or guides or inspires others. I can give you many examples of leader positions that I hold: President of the Student Body, FTA, Math Club and Ham Radio Club, Chairman of Red Ribbon Committee, Treasurer of FCCLA and Science Club, Vice President of FBLA, Sentinel of FFA and an FFA Pal, and next semester I will be a cadet teacher where I will get the chance to lead the 8<sup>th</sup> Graders, a Senior Mentor for the 7<sup>th</sup> Grade, and oh yeah S.A.C in UB, plus many more.

In all the clubs that I play a leadership role in, there is one thing that I have noticed, no one wants to lead but also no one wants to follow. I noticed this when I was rehearsing for National Honor Society induction a few weeks ago. The so called “Leaders” or “Officers”, (who where up on stage) didn't want to tell us how we were supposed to do things. All they wanted to do was boss us around. I also noticed that day, that there are way too many bosses and not enough leaders in this world.

I try to play a major role in all the clubs I'm in because when I was younger I always heard “I don't like this” or “why do we have to do it this way”. Instead of just sitting around, whining about how I don't like things, I decided that I wanted to become a leader and not make people go with questions unanswered or make people do things that aren't up to my standards. Instead of complaining that something isn't correct, fix it. **Become a leader.**

# Happy Holidays!



## SAC Articles

“Just My Thoughts...”

By: Taylor McCartney

So when deciding what I should write for my article, I had to think about all the things I've been doing and what's been going on in my life. I thought about our school musical, *High School Musical*, and how much work we all put into it. I know that it required tons of team work, cooperation, and even a little hygiene talk, but it was definitely worth it. Upward Bound is a lot like a musical when you think about it: we all come together, randomly burst into song, and have a great time. Sometimes we do get a little tired of each other's craziness, but we still tackle hug one another when we meet in the most random places like Wal-Mart.

Recently, I have personally learned a valuable life lesson. If you know me at all, you know that I really don't ask for help and just go with the flow (most of the time). In the last the couple of weeks, I have realized that it's ok to ask for help if you're struggling with a problem. I've also learned that asking for help is sometimes something you just have to do. So take it from me, if you need help with anything, from your homework to personal problems its okay to go to someone and be like, "Hey, I need your help."

On another note, since it's almost Christmas time and I'm sure you are all ready for Christmas break, like I am, don't forget to keep up with your grades and stay focused. Also, consider giving back to your friends, family, and community like they have given to you. Remember to take some time and appreciate what you have. Happy Holidays!

## SAC Article Due Dates

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

# Kudos!! — Students with 3.5 GPA or higher



## Bedford

Patrick Hayes  
Virginia McClarnon

## Northeast Nodaway

Ashley Standiford

## Nodaway-Holt

Ed Runion

## Stanberry

Candace Farnsworth  
Paul Poe  
Dylan Rainey  
Gentry Woodward



Congrats to these students who earned a GPA of 3.5 or higher for the 1st quarter, 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

Chelsey Sisk  
Eric Jones  
Shelbey Fox  
Lisa Adams

# Kudos!! — Jimmy Johnson

Jimmy Johnson was honored this season for his outstanding play on Stanberry's Football Team:

- 1st Team All-District
- 1st Team All-State

# WAY TO GO JIMMY!!



## 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 /
October 17	Regular Session /		Visitors Welcome
	Visitors Welcome	January 9	Regular Session
October 31	Regular Session /	January 30	Regular Session
	Visitors Welcome	February 27	Regular Session
	(UB Parent Day)	March 13	Regular Session
November 14	Regular Session /	April 10	Regular Session
	Visitors Welcome	April 24	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® 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!!!

### July

Mikki Owens—9  
Ryan Henry—21  
Virginia McClarnon—24

### October

Jolene Harbin—5  
Mike Morriss—16  
Danielle Stitt—17  
Patrick Hayes—18

### August

Cody Henry—10  
Shelbey Fox—18  
Rachel Long—18  
Jamie Wilson—19  
Kealey Titus—20

### November

Jimmy Johnson—6  
Tayha Lawson—22

### September

Kylie Laco—4  
Paul Poe—4  
Ashley Laughlin—12  
Michelle Sharp—28  
Cassi Lance—29

### December

Eric Jones—5  
Nick Smith—12  
Kristen Dodge—20  
Lisa Adams—27  
Adrienne Morriss—28

## Saturday Session Schedule

September 26	NWMSU College Visit
October 17	Reg. Session / Visitors Welcome
October 31	Reg. Session / Visitors Welcome (UB Parent Day)
November 14	Reg. Session / Visitors Welcome
December 5	Reg. Session / Visitors Welcome
January 9	Regular Session (Introduction of New Members)
January 30	Regular Session
February 27	Regular Session
March 13	Regular Session
April 10	Regular Session
April 24	Regular Session

## UB Contact Info

### Upward Bound

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## OFFICIAL UB WEB SITE

<http://www.nwmissouri.edu/dept/upwardbound/index.htm>



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