



Expressions

In All Things, Be Upward Bound!

From the Asst. Director's Desk

"Unless you are prepared to give up something valuable you will never be able to truly change at all, because you'll be forever in the control of things you can't give up."

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I found this quote rather fitting as I have had to recently make a tough decision regarding my current position with Upward Bound and TRiO. Recently, a position in SSS at Northwest opened, and I began to think of my own personal career journey and what the future holds for my career in TRiO. I have never hid the fact that I love my job. For the past 4 years I have loved coming to work everyday and I didn't want that to change. However, when a position opened in SSS, I began to realize it would be a great fit and seemingly easy transition for my future career goals.

So, with that being said, I have accepted a position to work with Student Support Services here at Northwest. I will begin officially on Dec. 20th, but here's the good news: I will still also be working with Upward Bound until the end of this summer (yay for you...but especially for me). I will still be at Saturday sessions (except Jan. 15th because I am running a 1/2 marathon in Arizona) and I will still be working closely with ALL seniors and their parents to make sure you are prepared for college (financial aid, scholarships, FAFSA, etc.).

This is REALLY hard for me to do because I LOVE what I do and all of you...I am not leaving UB because I don't like my job - I actually wasn't looking to even switch jobs, but this position opened and I couldn't turn it down. My kiddos are growing too fast and their summers are being taken over by activities I have missed for some time now and this position will allow me to have the best of both worlds. I still get to work with Upward Bound and TRiO, and get to pursue my interest in working with college students.

This summer I will be working with Bridgees (so you will see PLENTY of me) and again, I will still be working throughout the school year to help you with the transition into college. My office will just be in a different spot :) If you are coming to NW, you may be working with me in SSS. Either way, I was so excited to know that when I took the job, I still get to work closely with UB.

I hope you all understand - we always teach you guys to do what you love and pursue it with passion - TRiO is a career that I want for the rest of my life and my experience in UB is something I will cherish forever. Thank you for letting me a part of the UB family – that is something that will never change just because my job does. All of you have taught me so many things and I can't wait see what the future holds – whatever it is, I know it will be great!

–Brenda

SAC Article

"Christmas"

By: Drake Johnson

As you can see this is my first article and I wasn't sure what to write about. I decided to write about how much closer it's getting to Christmas. I love Christmas time because you get to sit around the Christmas tree with your family and open gifts on Christmas day. To me Christmas is a time for giving gifts and spending as much time with your family as you can. If perhaps you don't get to have Christmas with your family, I understand because it has happened to me many times before. My parents are in the military and sometimes are overseas and don't get to come home for the holidays. Even if you can't celebrate Christmas with your family this year, try to make the best of it and be thankful for what you have and everything you get.

P.S. Happy Holidays!

SAC Article

"Greatest Christmas Gift"

By: Korbin Jones

I don't know if anyone has done this before, but I think this applies to all of our UB acceptance letters. To all the new kids reading this, the following could be you:

*Dashing through the snow,
Mother saying, "Go!"
Hurrying to the family feast,
So I ran like a beast.
To the mailbox I went,
Breaking into a sprint.
Down the hatch and out came the note,
Phil, Brenda, and Kori had cast their vote.
It said something I won't soon forget.
ACCEPTED!*

Tell everyone how great it is to get an acceptance letter this month, remind them to go to every Saturday Session and Field Tutoring. For all you new kids wanting to get in, try hard and you may get the greatest Christmas gift ever.

SAC Article

“Stress Management”

By: Jolene Harbin

It's that time of year again for me, when everything seems to get extra busy and stress is building. My plate has definitely been full from FFA, FCCLA, tutoring 3rd graders and getting ready for the ACT (not to mention trying to squeeze in time to see Bryce). I no longer have an empty day on my calendar, but still I manage to keep myself together.

You may be saying, “Jolene, how in the world is that even possible?!” Lend me your ears (well I guess in this case your eyes) and I'll tell you. My first step: slow down and take a deep breath. The more you freak out over it the worse it's going to be, so just calm down and look at it with open eyes. Next, make time for yourself. No matter what, you can allow a little break time for yourself to relax. Whether it's a few minutes for an online shopping spree or a few hours of sleeping in, you have to give yourself a break. Lastly, make sure you're having a good time. Seriously, if you are so stressed about everything, you can't see the joy you are having in it. Realize the fun in what you're doing now and see the potential it can give you for the future.

So yes I still manage to cope and stay sane while I am getting ready for state FFA, trying to study for the ACT, starting my FCCLA event, and going to the movies with Bryce, or as Kori and Phil call him, “my assistant who brags about me.” As I've mentioned before, “Life is a roller coaster ride. Sometimes you just have to throw your hands in the air and scream.”

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Wednesday - 3pm	TBA
Maryville	Wednesday - 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	Tuesday - 7am
West Nodaway	Monday - 3pm	TBA

SAC Article

“College Visits”
By: Gentry Woodward

SENIORS!!! College visits are our best friends. Even if the college you are looking into is not in the state make the investment to at least visit it once. Not only does this allow you to get slightly oriented with the campus, but also gets your name known by admissions counselors, deans of departments, and financial aid representatives. If the college is close enough and your parents can't get away on the day the college is having a visit day, just ask the central staff, they are more than willing to help you out.

I just recently visited Robert Morris University in Chicago, and because I went, I found out how much scholarship aid I will be receiving, if I will be able to be in the performing arts center, and the location of the housing I will be staying in. All these are things that you need to now before you are actually attending the school. When you call to set up a visit, ask to see the department you are going into, coaches or sponsors of the athletics and other teams, and sit down with financial aid and see what you need to do to get the most money possible. Becoming acquainted with your admissions officer will also make things a lot easier. These are the people who can help you set up meetings or get you contact information for the people you would like to meet with.

Do not let the year go by without going on a college visit. These are integral in having a successful college experience next year. If you have questions about how to set one up, contact the Central Staff and they will help you set up a visit. Don't be afraid, before you know it we will be in college for a lot longer than a couple hours on a Saturday. Make the investment in your future, trust me you won't regret it.

SAC Article Due Dates

January Newsletter	(due Jan. 1 st)	Britnee, Bryce, Taylor
February Newsletter	(due Feb. 1 st)	Drake, Gentry, Jolene, Korbin
March Newsletter	(due Mar. 1 st)	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 st)	Drake, Gentry, Jolene, Korbin

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

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

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.**

Introducing...Our newest UB Members!

Name	School	Grade
Nicole Blea	Tarkio	9
LaVona Campbell	Maryville	9
Lexi Chard	Rock Port	9
Megan Culver	Tarkio	9
Madison Driskell	Maryville	9
Shelby Gilliland	Tarkio	9
Tyler Greene	West Nodaway	11
Camillia Heath	Northeast Nodaway	9
Breann Hunt	West Nodaway	10
Cheyann Marrison	West Nodaway	9
Ashlé Moore	Maryville	10
Morgan Porter	Northeast Nodaway	9
Lydia Rauch	Maryville	9
Tina Rebel	Rock Port	9
Holly Redden	Northeast Nodaway	9
Maggie Schmidt	Maryville	9
Joel Scroggie	Northeast Nodaway	9
Samantha Smith	Stanberry	9
Devin Vinzant	Maryville	9
Justine Yount	Maryville	9
Shea Zion	Maryville	9

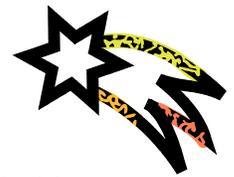
Attention: New Members

The New Student/Parent Orientation will take place during our Saturday session on **January 15th, 2010**. **Students are still required to be there at 8:30 am** for our regular Saturday session schedule.

The **Parent Orientation will begin at 11:00 am** and students will meet up with their parents at this time. We will meet in **Room 307** on the third floor of the Administration Building on the NWMSU campus.

This orientation is extremely important. If you or your parents are unable to attend, please call our office at (660) 562-1630.

Students with 3.5 GPA or higher



Northeast Nodaway

Katrina Freemyer
Ashley Standiford

Nodaway-Holt

Rachel Long
Ed Runion

Stanberry

Kylie Beggs
Trevor Luke
Paul Poe
Rachel Summa
Jessica Wilmes
Gentry Woodward

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

Danielle Stitt
Kaitlyn Vang
Zuri Vang

West Nodaway

Lisa Adams
Kristen Dodge
Shelbey Fox
Korbin Jones
Kylie Laco
Chelsey Sisk



Kudos!!

Congratulations!!

- ★ Jolene Harbin won 1st Place in Area 1, 1st Place in Districts, & finished in the top 4 at the state competition in the Missouri FFA Sheep Public Speaking Contest
- ★ Bryce Wiederholt finished in 4th Place at the Area 1 Missouri FFA Sheep Public Speaking Contest
- ★ Michelle Sharp earned a scholarship to the Milwaukee Institute of Art & Design and she won 1st Place at a Wrestling 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!!!

July

Drake Johnson—6
Morgan Porter—8
Mikki Owens—9
Kylie Beggs—10

October

Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14
Danielle Stitt—17

August

Tina Rebel—7
Cody Henry—10
Shelbey Fox—18
Rachel Long—18

November

Jimmy Johnson—6

December

Nick Smith—12
Kristen Dodge—20
Lisa Adams—27
Cheyann Marrison—28
Adrienne Morriss—28
Rachel Summa—29
Jessica Wilmes—31

September

Kylie Laco—4
Paul Poe—4
LaVona Campbell—5
Kaitlyn Vang—7
Tanner Rickabaugh—12
Michelle Sharp—28
Katarina Bennett—30

Saturday Session Schedule

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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 23	Regular Session

UB Contact Info

Upward Bound

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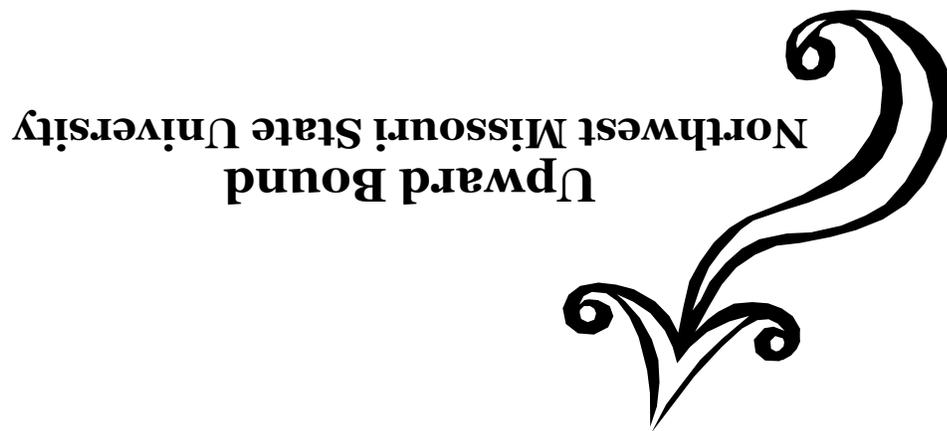
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OFFICIAL UB WEB SITE

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