



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

Wisconsin, Here We Come...

and Summer Planning is In Full Swing

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I have been working with SAC to determine our destination for this summer and all indications are we will be headed north to Wisconsin. SAC was very instrumental in providing me with guidance and feedback as we explored destination possibilities for this upcoming summer. One of the main concerns we were dealing with as we planned the trip was budget issues. I presented SAC with some travel options and all the pricing associated with each option, and Wisconsin seemed to win out in terms of getting ones "bang for their buck." Thanks SAC for helping me!

Now that we have determined the destination, next is all of the planning. I have pledged to SAC to work closely with them when considering activities, events, and other options for our time in Wisconsin. As I type this article, SAC has been providing me with feedback related to lodging options. Once they give me their final recommendations, I will go ahead and reserve our hotel. Many of the veteran UB'ers have grown accustomed to staying at Embassy Suites Hotels; well I want to be the first to make you aware that there will not be any Embassy Suites in our host city of Madison. Rest assured however, we will provide you with very comfortable accommodations and a good lodging experience! If any student is interested in making realistic suggestions for things to do around the Madison area, please do not hesitate to pass those suggestions along to a SAC member.

SAC will also be heavily involved in another activity after our Saturday session on March 13. We have asked SAC members to stay after the conclusion of that Saturday session to help us conduct interviews for summer RA's. This is the first time we have solicited student input in this process and we feel that it will be a valuable experience for both the staff and the SAC students. SAC will be allowed to conduct their own separate interview with each of the candidates. Upon completion of their interviews, we will ask them to make recommendations to us (central staff) and we will combine those with the results of our interviews to determine who will be your summer RA's. I feel very comfortable with allowing SAC to undertake and complete this task—I have a lot of confidence in their ability to exercise good judgment and to treat all applicants fairly.

Continued on p. 2

From the Director's Desk Continued...

SAC and I have also been discussing other issues related to the upcoming summer and the one that has been garnering the most attention is the Upward Bound budget. All of you are aware of the tough economic times we are going through as a nation and suffice it to say, UB has not been isolated from being forced to take a closer look at opportunities to cut spending. I have visited with SAC about different cost savings measures for the upcoming summer, including fundraisers, cookouts, etc. I will continue to pass ideas along to them as we approach summer and it is our hope that UB'ers will notice minimal impacts to the activities we have provided in the past. All UB'ers open mindedness will be greatly appreciated as we "tweak" program services to allow us to meet the bottom line financially.

Finally, it was great to have the chance to meet many of the parents of our new students and waiting list participants at the Parent Orientation on January 30th. Your support and feedback are very integral to the success of our program and if you ever have any questions, please do not hesitate to contact our office!

Here's to a great (and warmer) spring!

— Phil

TRIO Day—February 27th

This year for our annual TRIO Day, Upward Bound will be participating in the national day of community service, by sponsoring a clothing, toy, and can food drive.

We will be collecting items up until our Saturday Session on February 27th; during which we will organize, sort, and donate the items to local area families in need.

We encourage you to ask your family, friends, and even classmates, to clean out those closets, toy chests, and cupboards and help give back to their community!

Included is a flyer with more details.



SAC Articles

“Where Did It Go?”

By: Britnee Wolfe

I can't believe it is already February and first semester is over! I know how hard everyone was working to finish strong and now we are switching to second semester classes and starting over. I had to write a poem book for my English II class. I found myself writing about my freshman, Jr. High and even elementary years. As I was comparing myself then to now and seeing how much I really have changed, that's when it all hit me! Time is moving so FAST!

Someone once told me “Your time is limited, so don't waste it living someone else's life.” If you think about it this, it really describes being in high school. Being in high school, I know how hard it is to fit in and try to be like the popular ones. If you are like me you know how hard it is sometimes to find time to do homework, finish FCCLA STAR event, work on cheers, write SAC newsletter article, and just take time to breathe and take it all in. Then on top of all that, you have to figure out where you stand on the high school totem pole.

Maybe instead of doing all of that, although it is good for you and will help keep you out of trouble, you still need to realize that not everything is up to you. High school is going to go by so fast that you need to make sure you make time for yourself, and not spending all of your time trying to be like someone else. Make time for the more important things, such as making some time for your family and you, read a book just for yourself. Most of all don't put your friends before your family, because friends, though you may just love them at that moment, may not always be there but I guarantee that your family always will be.

SAC Article Due Dates

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

FAFSA Frenzy: MANDATORY for all UB Seniors & their Parents

On **Sunday, February 21st from 2-4 pm**, Northwest's office of Financial Assistance will be hosting **FAFSA Frenzy** on campus in **Colden Hall room 1200**. Staff will be on hand to help you fill out your FAFSA form step by step and help answer any questions you may have about your specific or unique situation.

In the past, these types of events have been optional, but we are now making this session **MANDATORY** for parents of Upward Bound Seniors. It continues to be optional for all other families that are interested.

The reason we are making this mandatory is two-fold: First, we feel this type of information is crucial to receive the most financial aid possible. Even if you feel your family's income will make you ineligible for grant aid, you still have to fill out the FAFSA to qualify for loans and work study. The second reason is that many times we get calls from parents/families/students **AFTER** it is too late to receive funds granted through the FAFSA. The deadline in Missouri is March 1st. You may still submit the FAFSA after that date, but you will most likely not receive all the grant aid you would have if you submit by the March 1st deadline.

This event will take the place of our last Guidance and Grub session which was cancelled in December. Parents can call our office (660-562-1630) if they have any questions about the event. I have included a campus map so you aware of where Colden Hall is located.

If you have gone through the FAFSA process before, than you may contact Brenda and let her know why you need not attend.

Please be sure to have tax forms on hand as well as your **PIN number for both you and your student**. A PIN number is how you sign your FAFSA electronically.

PIN numbers can be applied for ahead of time at: <http://www.pin.ed.gov/PINWebApp/pinindex.jsp>
An Upward Bound staff member will be on hand to direct you and check you in.

Getting to Know...Tori (UB office manager)

Name: Victoria Lynne Priddy
Nickname: Tori
Hometown: Fort Worth, TX
Spouse: Not yet, but I'm getting married in May
Siblings: brother, Brian (31) and sister, Jessica (27)
Pets: Tyson, a boxer/terrier mix
Vehicle: Honda Accord
Favorite color: red
College: Nicholls State University
(Thibodaux, Louisiana)
College major: Accounting
Favorite foods: sushi & mexican
Favorite activities: watching/playing sports, traveling,
spending time with my family, friends, & fiancé

Favorite sport: soccer
Broken bones: Quite a few actually, soccer can be a rough sport
Favorite movies: Old School, 25th Hour, Knocked Up...the list goes on
Favorite TV shows: The Office, Law & Order SVU, Family Guy
What's in your CD player right now? Kings of Leon
Favorite holiday: St. Patrick's Day
Biggest fear: circus clowns (there's something creepy about how they are always smiling)
Favorite flower: pink roses
Last movie you saw: The Hangover

SAC Articles

“Upward Bound vs. Hogwarts”

By: Taylor McCartney

I know what you're thinking, “Come on Taylor, Hogwarts? REALLY?!?!” But seriously guys, this time of year can be real depressing for a lot of people. So when you think outside the box and use that creativity you know you have, you might just be able to make another person's day. So when I was trying to figure out what to write my article about, I wanted to talk about something different. You should probably brace yourselves because this could get interesting. Please don't be offended.

Now the Headmaster of Hogwarts happens to be Albus Dumbledore. I personally think Dumbledore is pretty cool, other than the whole getting killed thing. When you think about it Phil is kind of like Dumbledore. He's fun to be around, funny, and when he stands up to give a speech at any meal we all know it's time to be quiet. The main difference between the two is, no offense Phil, Dumbledore actually has hair! Now Professor McGonagall is the Headmistress.

I personally think she's awesome. I mean who else do you know can change into a cat? Brenda is sort of like Professor McGonagall. She's funny, sweet, and we all totally respect her. The main difference is (other than Brenda is not a witch) Brenda doesn't ride a broomstick, she runs instead. Last but not least, would be dear old Hagrid. Now you've got to love Hagrid. He's such a caring guy and is always willing to share his life stories with you. Kori is a little like Hagrid. He's hilarious and is always willing to give us advice on ANYTHING!

I hope that made you smile. Remember to take a second and try to make somebody else smile. It really will make you feel good about yourself. Don't forget to stay focused on all of your classes and keep those grades up!

SAC Articles

“Roommates for the Summer”

By: Eric Jones

BAM!!!!!!!!!! The summer is fast approaching and its time to choose a roommate. For most, this isn't a big deal; you have already chosen a friend from last year to room with. For some, this will be a crucial decision. If you don't choose the correct roommate your entire summer could be ruined. I know what your thinking, “How could that ruin my entire summer?” I'm here to tell you, if you don't choose carefully, you could end up with a roommate who is completely opposite of you. Imagine this, you walk into your room and your roommate is stinking up the room (burning Romen noodles) and blaring loud music. At that moment you will know you have made the wrong choice. Instead of waiting until it's too late, then begging Phil to give you a new roommate (which most likely he won't do), start now, don't choose the wrong roommate. Make sure that the person you choose has the same interests as you in music, cleanliness, and most of all a passion for learning. So choose soon before all the good roommates are taken...I know I have.

Kudos!! — Students with 3.5 GPA or higher



Bedford

Virginia McClarnon

Northeast Nodaway

Ashley Standiford

Nodaway-Holt

Ed Runion

Niki Fultz

Stanberry

Candace Farnsworth

Paul Poe

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

Kylie LacoX

Maryville

Kealey Titus

Job Shadow & Work Study

Reminder: All Job Shadow and Work Study applications are due by March 1st.

Applications can be found on the UB website, under the Forms section.

www.nwmissouri.edu/dept/upwardbound



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
Arrive NWMSU	8:30 a.m.		Administration Bldg.
Leave NWMSU	**12:15 p.m.		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



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!!!

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
Ryleah Burke—26
Dallas Davis—27

May

Mackenzzy Brown—7
Laci Wooten—12
Bryce Wiederholt—16
Ed Runion—24
Erica Hovey—31
Katie Wilmes—31

June

Ashley Standiford—20
Gentry Woodward—30

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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

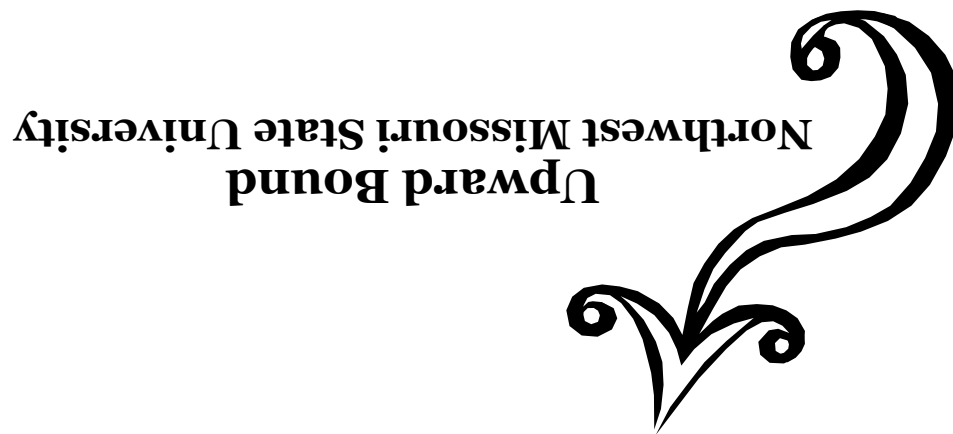
Brenda: brendaj@nwmissouri.edu

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