

Expressions

In All Things, Be Upward Bound!

New Year's Resolution

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It's never too late to start over. That's a common theme this time of year, as millions of people around the world begin planning their New Year's resolutions. As cliché as it may sound, there is a lot of truth to this statement. For me personally, I couldn't wait for 2011 to be over. Just a few short months after his diagnosis last February, I lost my father in August to cancer. Many months of anger, confusion, and grieving followed. It seemed like after an emotional whirlwind of a year, 2012 would be the fresh start I needed to begin moving forward with my life.

As January 1st drew closer, I began contemplating what my New Year's resolution would be. My dad's death got me thinking; since no one knows what tomorrow might bring, am I doing something important with my life today. Although at times our lives may feel a bit overwhelming and difficult, in the big picture, they only make up a tiny portion of the timeline of human existence. Looking back, when it's all said and done, how will I be remembered? What will my stamp on life be? Every day the decisions and choices we make affect how our lives will play out moving forward. Influence and advice from others are only guidebooks on how to live; in the end, YOU have the final say on what you achieve.

My resolution this year is to make sure I am living each day with purpose and meaning. I challenge you all to make your own New Year's resolution, as I have, and to stick with it. We can all sit around pondering ways to better ourselves, but the choice to actually do so starts with us. To achieve our goals in life, we must create and follow a plan of action that will most likely to help us succeed. The challenge of staying focused and dedicated on the path towards our dreams lies solely with us. Ultimately, it doesn't matter what has transpired in the past, because it's never too late to start over and change our future.

-Tori

SAC Article

“Always Say, Thank You”

By: Britnee Wolfe

As the holidays come to an end and we have all spent time with our families and unwrapped gifts big and small, I think we forget a lot of what the holidays are really about. It's about bringing people together and being thankful for what we have. I know I personally lost sight of that this year. As I look back on these past weeks I realize that this could be my last Christmas home. Instead of enjoying all the time with my family I was too wrapped up in gifts and not seeing my friends, I didn't see what was right in front of me.

Always say thank you. It doesn't matter if it's the holidays and you get a new iPhone or if a teacher stays after school to help you when you're having trouble. We take so many little things for granted and as I approach my last semester of high school I realize I could have said thank you a little more and shown my appreciation in different ways than what I have. We often take our families granted; at least I know I have. They have helped raise you and given you the best they could. Our annoying little brothers and sisters, or cousins in my case, may drive us crazy, but I know in a year when I am sitting in college I'll be missing them begging me to paint their nails and watch Disney movies. Just take a step back for a minute and thank those teachers, relatives, and all the people who have influenced your life. You might just be surprised how much they really enjoy hearing it.

SAC Article

“Proofreading—important or not?”

By: Trevor Luke

YES! Proofreading IS very important! It is important for many different reasons; it could be the difference between the grade you want and a grade you don't want, it could get you that job that you want to get (Employers look for correct spelling and grammar usage), and probably one of the most important aspects of proofreading is that it can save you from looking stupid! I have an experience of this “looking stupid,” and it was actually in my November SAC article. When I read through it when it was published, I noticed a few spots that were incorrect and wrong words used. When I first read through it I was VERY embarrassed; then I thought, “No wait, I can use this in an article to get a point across.” That point is that, **PROOFREADING IS IMPORTANT!!** Adding to this subject, I always get my writing proofread by someone, whether it be by a teacher, friend, or parent, it is proofread. That does not always insure that it is one-hundred percent correct, though! You should also proofread your work after you correct the original copy, just to make sure! This is something that I didn't do in my November article; it has been this time though!!

SAC Article

“Balancing”
By: Camillia Heath

First I'd like to welcome all the new members!! Secondly I would like to discuss what I've come to realize this second semester. I have come to realize that you don't want to get overwhelmed in sports and clubs. I am currently in FFA, FBLA, Sigma Society, Softball, dance, SAC, and I'm the cheerleading manager. It gets really crazy trying to balance all the practices and meetings. I have a problem with taking on too much all at once and signing up for everything, then having trouble making it to every practice or meeting because a family issue comes up or practices start to overlap. It also gets rather hard to fit in school work and family time. I have found out that I get my over planning issues from my mother, so I went to her for advice. She gave me a calendar and told me to write down every plan or practice that I have in it. Then she told me to make sure I carry it with me when I go places so if I want to sign up for something I can make sure I have the time to do it. This way I won't get too much on my plate because it can be really easy to get overwhelmed. If you get overwhelmed then you will end up letting your team down and your grades can suffer from over planning as well.

I know how hard it can be to get caught up in what your friends are doing, but make sure you get your priorities right because you can lose a lot otherwise. School should be the main thing on your mind instead of friends. Extracurricular activities should come next if you can learn to balance them. I think you should have fun at school, but make sure you learn as well and don't goof off.

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Thursday—3pm	TBD
Maryville	Thursday—3:10pm	Wednesday—3:10pm
Nodaway Holt	TBD	TBD
Northeast Nodaway	Wednesday—3:30pm	Tuesday—3:30pm
Rock Port	Tuesday—3pm	Wednesday—3pm
Stanberry	Tuesday—7:30am & Thurs—3pm	TBD
Tarkio	Wednesday—7am	Thursday—7am
West Nodaway	Tuesday—3:05pm	Tues & Wed—7:30am

Word Search

Harry Potter

Circle people, places, and things from the Harry Potter series in this puzzle.



- | | |
|--------------------|--------------------|
| APPARATE | HAGRID |
| AVADA KEDAVRA | HARRY |
| CRABBE | HEDWIG |
| CRUCIO | HERMIONE |
| DEATH EATER | HOGWARTS |
| DIAGON ALLEY | HUFFLEPUFF |
| DOBBY | IMPERIO |
| DRACO | KNOCKTURN ALLEY |
| DUMBLEDORE | LOCKHART |
| DURSLEY | LUPIN |
| FLUFFY | MAD EYE |
| FRED | MALFOY |
| GEORGE | MARAUDERS MAP |
| GINNY | MINERVA MCGONAGALL |
| GODRIC S HOLLOW | MOANING MYRTLE |
| GOYEL | NEVILLE |
| GRYFFINDER | OLLIVANDER |
| PERCY | |
| PETER PETTIGREW | |
| PETRIFICUS TOTALUS | |
| PLATFORM NINE | |
| QUIRRELL | |
| RAVENCLAW | |
| RIDDIKULUS | |
| RON | |
| SCABBERS | |
| SIRIUS BLACK | |
| SLYTHERIN | |
| SNAPE | |
| SNEAKOSCOPE | |
| TOM RIDDLE | |
| VIKTOR KRUM | |
| VOLDEMORT | |

Welcome Our Newest UB Members

Margaret Bears—Maryville

Elizabeth Bennett—Tarkio

Haley Conn—Tarkio

Kayen DeMarr—Maryville

Megan Ebrecht—Maryville

Jared Grimes—Tarkio

Brandon Heath—Northeast Nodaway

Christian Martinez—Rock Port

Paige Moore—Tarkio

Andrea Muller—Tarkio

Taylor Paulo—Rock Port

Jonathan Peters—West Nodaway

Cheyenne Polsgrove—King City

Taylor Porter—King City

Hayden Rainey—Stanberry

Lucas Raymond—Stanberry

Brianna Riley—Northeast Nodaway

Markee Steiner—West Nodaway

Dallas Sternberg—King City

Kimberly Sternberg—King City

Paige Wooten—Tarkio

Sabrina Wright—Tarkio

Samantha Wright—Tarkio

Amanda Xiong—King City

Kevin Xiong—King City

Lily Xiong—King City

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 17	College Visit (Park Univ.)
October 8	Regular Session (Visitors Welcome)
October 29	Regular Session (Visitors Welcome) UB Parent Day
November 12	Regular Session (Visitors Welcome)
December 3	Regular Session (Visitors Welcome)

January 14	Regular Session (New Student & Parent Orientation)
February 4	Regular Session
February 25	Regular Session (TRiO Day)
March 10	Regular Session
March 31	Regular Session
April 28	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...

Seniors:

- FAFSA Frenzy is Sunday, February 12th from 2-4pm in Colden Hall, Room 1200 . Bring a parent/guardian and your 2011 tax returns (or 2010 if you do not have your 2011 returns ready) to get free help in completing the FAFSA!
- The deadline to apply to 2 different colleges was Dec. 1st. One of these schools should have been Northwest, since you need to apply there for your Bridge summer anyway. If you have not turned in copies of your 2 applications to colleges yet, then you need to contact Kori immediately.
- Please turn in a wallet sized copy of your senior picture when they become available. We will use them for our "Where Are They Now" Senior bulletin board in the office.

Juniors & Seniors:

- If you have not taken the ACT and have not signed up to take it, please contact Jackie immediately to do so. Remember that UB can provide 2 fee waivers for the ACT test.

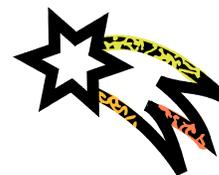
Everyone:

- If you are interested in taking a college visit, please contact Jackie ASAP so we can get it setup.
- Make sure you are checking in with your field tutor if you have a 3.5 GPA or an excused absence from field tutoring. Failure to do this will result in an unexcused absence counted against you.
- Saturday, November 12th was the deadline to turn in your signed Participation Agreements. If you haven't turned them in yet, you need to do so immediately. You will lose \$5 from your stipend at every Saturday Session until we receive this from you!
- We are getting to that time of the year when weather could be an issue for our Saturday Sessions. In case of inclement weather, please check the UB website for any cancellations. We will also inform your counselor's, field tutors, & post updates on Facebook.

SAC Article Due Dates

February Newsletter	(due Feb. 1 st)	Tanner, Jolene, Ethan, Corey
March Newsletter	(due Mar. 1 st)	Britnee, Trevor, Cami
April Newsletter	(due Apr. 1 st)	Tanner, Jolene, Ethan, Corey

Students with 3.5 GPA or higher



Maryville

Nick Collins
Madison Driskell
Lydia Rauch
Devin Vinzant

Northeast Nodaway

Dallas Davis
Bryce Wiederholt

Stanberry

Trevor Luke
Nick Smith
Rachel Summa
Jessica Wilmes

Congrats to these students who earned a GPA of 3.5 or higher for the 2nd quarter, and who are excused from attending field tutoring for the 3rd quarter.

Great job, keep up the good work!

Tarkio

Nicole Blea
Shelby Gilliland
Jolene Harbin
Britnee Wolfe
Laci Wooten

King City

Kaitlyn Vang
Zuri Vang

West Nodaway

Kristen Dodge
Tyler Greene
Korbin Jones
Chelsey Sisk



Kudos!!

Congratulations!!

- ★ Nick Smith earned All-State Team honors in football as both a Defensive End & Offensive Lineman.
- ★ Britnee Wolfe is the Tarkio Wrestling Homecoming Queen for 2012. Laci Wooten is the Junior Attendant; Shelby Gilliland, Sophomore Attendant; and Haley Conn, Freshman Attendant.
- ★ Chelsey Sisk visited residents at a local Maryville nursing home as part of community service with the National Honor Society.

If anyone has recently been recognized for any 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 2011-2012	Registration Deadline (Late fee after this date)
September 10, 2011	August 12, 2011
October 22, 2011	September 16, 2011
December 10, 2011	November 4, 2011
February 11, 2012	January 13, 2012
April 14, 2012	March 9, 2012
June 9, 2012	May 4, 2012

Always use the UB Code: 9713

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

UB Contact Info

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Kori: khoff20@nwmissouri.edu
Tori: tori@nwmissouri.edu

Happy Birthday!!!

January

Corey Paulo—2
Margaret Bears—4
Philip Merriett—8
Trevor Luke—14
Ashley Farnsworth—22
Britnee Wolfe—24
Shelby Gilliland—28
Hayden Rainey—29

February

Chelsey Sisk—4
Dallas Sternberg—5
Nicole Blea—13
Nick Collins—18
Joel Scroggie—25
Tyler Greene—26
Ethan Calfee—26
Samantha Smith—29

March

Maggie Schmidt—3
Katrina Freemyer—7
Paige Moore—10
Ashle Moore—14
Cheyenne Polsgrove—15
Shea Zion—19
Ellice Mitchell—25
Brandon Heath—27

April

Holly Redden—4
Kevin Xiong—11
Taylor Porter—22
Brianna Riley—26
Dallas Davis—27

May

Madison Driskell—11
Laci Wooten—12
Bryce Wiederholt—16
Lydia Rauch—17
Lily Xiong—17
Jared Grimes—19
Trevor Quick—26
Devin Vinzant—29

June

Andrea Muller—6
Amanda Xiong—9
Markee Steiner—17
Cami Heath—19
Samantha Wright—22

July

Drake Johnson—6
Morgan Porter—8
Mikki Owens—9
Kylie Beggs—10
Sabrina Wright—12
Elizabeth Bennett—30

August

Cody Henry—10
Paige Wooten—13
Kayen DeMarr—23

September

Kaitlyn Vang—7
Tanner Rickabaugh—12

October

Lucas Raymond—2
Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14

November

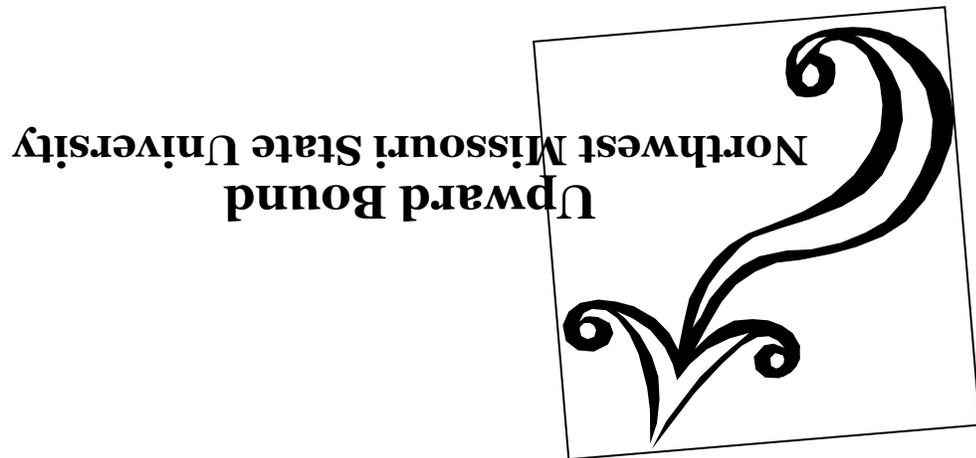
Megan Ebrecht—5
Kimberly Sternberg—6
Haley Conn—28
Taylor Paulo—28

December

Jonathan Peters—3
Christian Martinez—8
Nick Smith—12
Kristen Dodge—20
Rachel Summa—29
Jessica Wilmes—31

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



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