



Expressions

In All Things, Be Upward Bound!

At The Risk Of Sounding Like Your Father...

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I am a pretty easy going fella—nothing ruffles my feathers very often. Very seldom do I get riled up or upset about events in my life. I think my behavior is a by-product of my upbringing. My parents never over-reacted—they were very even tempered people. If a problem or a stressful situation presented itself they typically solved it by working harder or letting it roll off their back. Our parents can be one of the strongest role models for behavior that we ever encounter in our life—and I feel I was fortunate to pick up many of their positive traits—chief among them—that good old even-keeled personality, willingness to work hard and a general sense of respect for others.

Now, if I were to ask you to list the few things that do drive me to the brink sometime, I would hope you would be able to figure out what they were. It's pretty easy, actually—those things are the opposite behaviors that I feel that I have. Let's examine what those might be and how they might impact my viewpoint as the summer session approaches.

First—I am not afraid to work hard; never have been, probably never will be. If you gave me the choice on a Sunday afternoon whether to relax on the couch or to go work outside, it would be a no-brainer—I would be outside working in a heartbeat. It does not even have to be a glamorous job—it could be raking leaves, painting a building or cleaning the gutters—I'm down for any of those things. I learned the value of an honest day's work while growing up and that is still engrained in me today. So, it would make sense that I have very little tolerance for lazy people. I have never understood why people can be unproductive. Sure, everybody needs that "do nothing day", but the people who extend that day into weeks or even months do not leave a good impression with me. UB students—the message should be clear—if you plan on coming to the summer session only for all of the fun and none of the learning and self-improvement—then you and I will have some serious issues

this summer. Be ready to be productive and to participate fully. If I see you being habitually lazy, we will be having a heart to heart—in a heartbeat. I have heard some reports of some of you actually being very lazy at school—not turning in simple assignments, etc. IF you folks are fortunate enough to right the ship and are able to come to the summer session, let me forewarn you, I will be watching you very closely—after all that is my job—to get you prepared to succeed in your educational pursuits after high school. If you think you can be lazy and succeed in college, well, you are not fooling anybody but yourself.

Let's address that even keeled personality next. People who know me, pretty much know what to expect on a day to day basis in terms of my behavior. If issues arise, I usually react very predictably. I may be somewhat of a boring person (someone actually called me that just recently—the nerve!), but at least I am consistently boring. I sometimes have a difficult time dealing with people who are all over the place when it comes to their behavior.

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At The Risk Of Sounding Like Your Father...

I understand that life can throw you a curve ball once in a while that merits a change in your personality—but, really, for the most part everybody has the capability to behave consistently from one day to the next. If you do have issues that are getting you down, please be aware that there are plenty of people available during the summer to help you through them. It is important that you take inventory of how you behave on a day to day basis and evaluate how your behavior is positioning you for the future—remember, most employers like people who don't behave in extremes. Strive for consistent behavior this summer—more importantly, POSITIVE consistent behavior. I know all of you can do it if you work at it. Think about it—what would you guys think if my behavior was inconsistent during the summer session? I know you wouldn't like it very much if I was pleasant one day and a bear the next.

My parents demanded that I show respect at all times—not only for others, but to myself as well. As you returners know—the apple has not fallen far from the tree in my case. I have a very difficult time with people who do not respect others, themselves and their surroundings. Call me old fashioned (hey, I have earned that title—I am not too far from turning 50 you know) if you want—but respect is the cornerstone of what we do at UB in the summer. I believe in this ideal so strongly, that I do not have an issue with sending students home who are unable to demonstrate a healthy dose of respect. If you hear me saying the word “respect” during the summer, then it's a good indicator that something is probably wrong—I usually don't bring it up unless it is not being demonstrated.

There you go—you have the key ingredients for a successful summer experience: hard work, even personality, and respect. For that matter, you should learn to apply all these qualities experiences in life. If you are willing to exercise these three traits during the upcoming summer, then you and I will share a lot of laughs. And we all want to laugh a lot this summer, don't we?

—Phil

SAC Article

“Perseverance”

By: Ethan Calfee

I would like to write about perseverance. A couple of things happened to me this Friday and this weekend that really put this subject into relief. The first instance was my 9 atomic scientist timeline that was due the day I was gone. I had no idea what to do, but I figured it out and got it done just in time for the second thing to happen. Over the last 2 months I've been trying to make a working replica of something from a videogame ('cause I'm just that much of a nerd). Well this thing involves lots of tiny mechanics that aren't hard to get/make if you have the right materials. Needless to say I didn't have these materials or the tools to make them, so I did it a different way. My version of this replica isn't the best but after countless setbacks and lots of hours I worked at this, I'm proud of it. If I had given up at the beginning I wouldn't have felt the satisfaction I feel now that it's done and perfected. So if everyone perseveres through difficult tasks the payoff is much better than the time working on it, whether it's something nerdy or school related. Perseverance is important to a successful future and something that never goes away.

SAC Article

“True Strength”
By: Britnee Wolfe

“Anyone can give up; it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength” —Unknown

I have started my last SAC article with my favorite quote. This really is so very true. A lot has happened in my life recently and it wasn't until a few days ago I realized how really strong I was as a person. As I went to the recent Saturday session I looked at all of the new UB people this year and saw a little bit of myself in most of them. I was a quiet and shy girl who didn't go outside of her friends circle at all. I start changing until I was put in the position that I had to change. I had to make new friends and leave my close circle of a few friends. I am glad today that I did, because I have made some really close friends through Upward Bound and none of them even go to my school.

As I approached this article I had it in my mind it had to be great. This is my 3rd year as a SAC member and its bitter sweet knowing this will be the article I will be asked to write. Senior year isn't really what it's made up to be. We all act like we are strong but my count down at school says I only have 45 days left of high school and that my friends isn't totally a happy thought. It is sad to know that my friends I have been with since kindergarten will not be there for my first day of school in this next fall. Graduation is just around the corner and I know I will have to say some very sad goodbyes to not only my friends from Tarkio, but also some great friends, advisors, and teachers from Upward Bound. I would love to wish everyone in UB a great summer and I wish you all the best of luck in your futures. Life really does go by crazy fast and I hope I have made at least a little difference in such a big and amazing program. I hope you all take every opportunity Upward Bound offers you and dream as big as you can!

Good Luck to all,
-Britnee

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

SAC Article

“Responsibility”
By: Trevor Luke

I was sitting here, reading having a wonderful time, happy, because I had no homework to do tonight, and I could just put my full attention into reading. Well, guess how that worked out--it didn't. I remembered that even though I didn't have any homework to do, there are still things I can do. So I debated, should I do the responsible thing and work on things like my SAC article or my Work Study application or even finish up my paper for the college visit I am taking March 12th, or should I not be responsible and just keep reading? Obviously, as much as I didn't want to, I decided to do the responsible thing and stop reading.

According to Dictionary.com, responsibility is “a particular burden of obligation upon one who is responsible”. I think everyone has responsibility, but does everyone always use it? No. Should they? Probably. Why don't they? Are they just being lazy, or do they think that they can get their tasks finished at another time? Well, I know that if I would have kept reading, then I would have forgotten to do my article and would have received an e-mail from Jackie saying, “I have not received a SAC article from you. They are due by tomorrow”. Now, could I have gotten that article finished? Sure I could have! But would it be of the same quality? Definitely not. The moral is, be responsible for yourself and don't expect other people to cover for you. And do your work at an appropriate time, in which you can do it to the best of your ability! Don't wait until last minute and just hand something in that has no effort put into it.

Finally, a quick reminder, there are only three Saturday sessions left, and summer is quickly approaching (THANKFULLY)!! That means that the summer session will be here sooner than we know it, so I hope that everyone is getting prepared for that! I can't wait to see everyone that is attending!

Welcome our newest UB'ers!!

Name	School	Grade
Anna Bagoly	Maryville	9
Mitchell Fanning	Stanberry	9
Dominic Mattock	Maryville	9
Kabrina McClellan	West Nodaway	10
Mariah Patterson	Maryville	9

Summer Opt-Out

After some review of the program, we have noticed that a high percentage of the students that withdrew from Upward Bound did so because of the required attendance in the summer component of the program. We realize that some students have opportunities that they may not be able to participate in because they are required to attend the summer component. Additionally, we realize that in these economic times it may be necessary for students to work a full-time job in the summer. Due to this, we are implementing the following change in our summer component attendance policy beginning this coming summer:

- Students may choose to opt out of their 2nd or 3rd summer.
- You cannot opt out of both years, just one.
- You are not required to opt out of either year. It is just an option for those that choose to do so.
- If you choose to opt out, you will not be able to participate in any part of the summer, including the trip.
- You **cannot** opt out of your 1st summer or last summer (bridge year).
- If you are going to choose to opt out, you must notify the UB staff no later than **April 1st**.
- Students who choose to opt out still must meet all of the attendance/participation requirements during the academic year to maintain good standing in the program.

Please remember that you are not required to opt-out of any summer and that this is purely voluntary.

Summer Absences

If you know that you will be absent during any portion of the summer session, **June 3rd—July 12th**, please let the central staff know ASAP.

We are beginning to plan our summer activities and classes, and it's important that we get an accurate head count of students.

MARK YOUR CALENDARS

Parent & Student Summer Orientation

Please plan on attending **one** of the following nights:
(Additional info will be sent out soon.)

Tuesday, May 15th @ 6:30

Thursday, May 17th @ 6:30

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 (TRiO Day)
February 25	Regular Session
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:

- 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:

- Job Shadow & Work Study applications are due by **Friday, March 16th**. No late applications will be accepted.
- 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 continue to lose \$5 from your stipend at every Saturday Session until we receive this from you!
- Make sure you are completing the tasks assigned to you on your UB checklist. All of these tasks must be completed by **Saturday, April 28th** in order to attend the summer session.
- T-shirt designs for the summer are due **March 31st**. Please remember that we need these to be on a computer file if at all possible (.jpeg). If they are designed on a website or are free hand then there is no guarantee we can make the t-shirt or make it exactly like the drawing.
\$50 cash prize for the winning designer!!
- Summer roommate selection has begun, and needs to be completed by **March 31st**. Remember that both student's need to be present to complete the request form. Roommates must be of the same gender and from a different school. If you do not complete the roommate request form by the deadline, Kori will assign a roommate for you.

SAC Article Due Dates

April Newsletter	(due April 1 st)	Tanner, Jolene, Ethan, Corey
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Students with 3.5 GPA or higher



Maryville

Nick Collins
Madison Driskell
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 3rd quarter, and who are excused from attending field tutoring for the 3rd quarter.

Great job, keep up the good work!

Tarkio

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 qualified for the state wrestling competition.
- ★ Jared Grimes placed 2nd in Computer Concepts at the FBLA regional competition which qualifies him for the state competition.
- ★ Anna Bagoly finished 4th in *Duet Acting*, and 4th in *Storytelling* at the Midland Empire Conference. Her scores helped the MHS forensic squad finish in 2nd place overall.
- ★ Mariah Patterson finished 4th in *Duet Acting* and 5th in *Dramatic Interpretation* at the Midland Empire Conference. Her scores helped the MHS forensic squad finish in 2nd place overall.
- ★ Mikki Owens was elected the Courtwarming Queen at West Nodaway.
- ★ Lydia Rauch will have a poem published in the book, *Stars In Our Hearts*.

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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800 University Drive
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Office Phone: (660) 562-1630

Phil: pkenkel@nwmissouri.edu
Jackie: jackiec@nwmissouri.edu
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
Cheyenne Polsgrove—15
Shea Zion—19
Ellice Mitchell—25
Brandon Heath—27

April

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

May

Madison Driskell—11
Laci Wooten—12
Bryce Wiederholt—16
Lily Xiong—17
Lydia Rauch—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
Mariah Patterson—8
Morgan Porter—8
Mikki Owens—9
Kylie Beggs—10
Sabrina Wright—12
Elizabeth Bennett—30
Mitchell Fanning—30

August

Cody Henry—10
Paige Wooten—13

September

Kaitlyn Vang—7
Tanner Rickabaugh—12

October

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

November

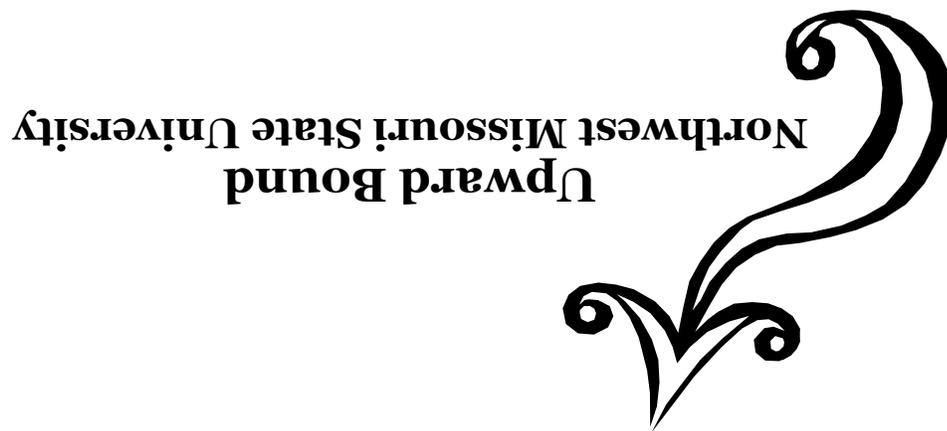
Megan Ebrecht—5
Kimberly Sternberg—6
Haley Conn—28
Taylor Paulo—28
Kabrina McClellan—29

December

Jonathan Peters—3
Christian Martinez—8
Nick Smith—12
Dominic Mattock—18
Kristen Dodge—20
Rachel Summa—29
Jessica Wilmes—31

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



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