



# Expressions

*In All Things, Be Upward Bound!*

## From The Director's Desk

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### Your Excellence...

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I have to admit it.....I really enjoyed watching the recent Winter Olympic Games. My family wasn't too thrilled to watch them with me, so I often found myself alone---watching in fascination as athlete after athlete put on display their amazing talent and drive to succeed. By nature I am a competitive person, and as a result, enjoyed the competitive aspect of the Olympics. However, at the end of the day, the thing that really captured my attention was the drive and desire each of these athletes demonstrated during their quest to be the very best.

Story after story of sacrifice and dedication were shared with the television audience throughout the course of the games. There were also stories about athletes who had overcome seemingly insurmountable odds to be able to even compete at the Olympic Games. This pursuit of excellence really resonated with me and I became intrigued with learning as much as possible about each athlete's story. What I found came as no surprise to me---that their excellence required unwavering sacrifice and commitment and a deeply ingrained belief in their **ability and their potential**.

I imagine one of the main reasons I enjoy watching the Olympics is because the athletes involved in the games truly inspire me. This year proved to be no exception. During the first week of the Olympics I decided that I needed to do something to develop a plan of excellence for myself. So I took it upon myself to take inventory of the many aspects of my life and to target opportunities for improvement. It did not take me long to compile a pretty lengthy list! As I looked at my list, I realized that the likelihood I could tackle everything on my list right away was pretty slim. I just didn't think I had the **ability** to address each of the improvement areas right away---but I also felt that if I had a plan, then I had the **potential** to eventually make all of the changes over time.

My first step was to select and focus on two of the improvement areas. I chose fitness and weight loss and decided to develop a plan for excellence so I could achieve those two goals. Having been inspired by the Olympians, I vowed to commit myself completely to those two aspects and to do everything in my power to achieve success.

*Continued P. 2*

## From the Director's Desk Continued...

I tried to copy the level of focus they had demonstrated during their training and transfer it to my plan for excellence. I wrote down goals for myself---daily, weekly and monthly goals and made sure to share those goals with family members so they could help hold me accountable. In the beginning it was very difficult to change some of my behavior---but as the days turned into weeks and now the weeks into a month, I have discovered that the changes have now turned into habits! I have achieved and even exceeded all of the goals I had set and feel good about myself as a result. I am now ready to move on to the next goal on my list. I was careful in the beginning to try and focus on only a few goals to avoid being too overwhelmed. I know that in the past I had tried to make too many changes at once and my plan for “excellence” quickly turned into a “stress relief” plan. I took a cue from the Olympians who, in essence, develop four year plans. They realize that excellence does not happen overnight---there has to be a lot of patience, planning and perseverance to achieve it. I feel now that I have the **ability** to continue on with my new habits related to weight loss and fitness and am ready to explore my **potential** to add excellence into other areas of my life. By no stretch of the imagination do I think that I remotely have the drive, dedication and desire of an Olympic caliber athlete, but I do think that I took the opportunity to learn a little bit about them while watching them compete and I feel that they have motivated me through example to be a better person.

It will not be surprising to you that one of the themes I would like to emphasize this summer is “excellence” and what it means to each of you as individuals. Many of you already have plans for excellence in place in many aspects of your life. If you do, then I am going to call upon you to help me spread the word to others who may need some guidance and encouragement. The UB summer staff will be asked to challenge each of you to look for personal areas in which you can improve---and don't fool yourself---we all have them. Once we discover and maybe more importantly, accept these areas for improvement, we then are going to ask that you develop a plan(s) for excellence. Your plan(s) for excellence will take into account your **ability**, but more importantly, your **potential!** We know that each of you has the **potential** to succeed and it is our obligation to you to help you along that path. It may not be an easy journey for some of you---and let me tell you that I sometimes struggled this past month with my plan. However, on the days when I did not do so well following my goals, I reminded myself that even if I did not achieve “excellence” that day, I did still felt like I achieved “goodness” which is still a step in the right direction!

Your excellence.....will make an appearance this summer and I can't wait to see it!

— Phil



# SAC Article

## “Friends”

By: Katie Wilmes

I remember my first day of Upward Bound, I only knew a couple of out-of-town people and my sister. I was so nervous, and it's intimidating to be somewhere new and to not know anyone. All the juniors at the time kept telling me to wait until the summer then I would start making a lot of new friends, but I still wasn't sure about all that.

As it turns out, everyone was right! Even though I only had a few friends during the Saturday sessions, by the end of the summer I got pretty close to everyone. I came in to Upward Bound really shy and came out that summer very outgoing. I found out that Upward Bound is a whole different experience when you make some friends.

Knowing that we're all going to end up close anyway, I encourage all the UB returners to try to get to know all the new UB'ers. Think about how it was for you to be new and not know anyone. And to all new Upward Bound members' congratulations, and be prepared to have a busy and fun summer. Also, don't be afraid to get to know everybody. I promise no one bites. We have four Saturday sessions left until summer; let's make some new friends everybody!

## 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    |



# Upward Bound *presents:* Junior Night 2010

**Wednesday, April 21st from 6:30 - 7:30 p.m.  
3rd Floor Administration Building NWMSU**

**PLEASE R.S.V.P.**  
to this event by  
**April 14th**

to:  
660.562.1630  
Or  
[brendaj@nwmissouri.edu](mailto:brendaj@nwmissouri.edu)

Upward Bound central staff would like to invite all Juniors and their parents to join us for our annual Junior Night event. This event is mandatory as families will gain valuable information covering topics such as:

- The college application process
- Meeting important college deadlines
- Financial Aid and the FAFSA
- Being a Bridge student
- Everything else you will need to

## SAC Article

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“Roommates”

By: Ryan Henry

Now is the time to pick your roommate. It can be hard to figure out who you want to be your roommate for this summer already. You have not had much time to meet your fellow UB'ers. It can be a scary thing to decide.

It is not such a bad thing to get placed with somebody instead of deciding. Being placed with a random person can be an enlightening experience. It is a wonderful chance to get to know somebody that you may have otherwise not even talked to. It can also be a bad thing because you may not have anything in common with your roommate and you may not get along.

Your roommate's first impression can make or break a friendship. If you think that the world revolves around you, then you will probably have trouble. So if you are not sure what your roommate will be like, go into it with an open mind and don't judge.

## SAC Article

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“Life Is Like a Box of Chocolates”

By: Jolene Harbin

I am here to tell you how to dance in the rain. No, not literally (sorry), metaphorically speaking. I have noticed lately a lot of my friends have been through some tough times. I too have been through some tough times, but try and maintain a positive outlook on life. When things bring you down, try to not to let them and try to fight through it. My mom and dad have always told me no matter how dark or how bad things can get, they will get better. Remember, life is like a battery, for every negative there is a positive. And like my uncle Rob says, “Life is like a roller coaster ride, sometimes you just have to throw your hands in the air and scream.”

“Lieutenant Dan you got magic legs!”

--*Forrest Gump*

# 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 Laco

## Maryville

Kealey Titus

# Kudos!!

Congrats to Katrina Freemyer!  
2nd Place Finish at the Science Olympiad

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!

We love hearing about all your awesome achievements!



## 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 /<br>Visitors Welcome |
| October 17   | Regular Session /<br>Visitors Welcome                    | January 9   | CANCELLED                             |
| October 31   | Regular Session /<br>Visitors Welcome<br>(UB Parent Day) | January 30  | Regular Session                       |
| November 14  | Regular Session /<br>Visitors Welcome                    | February 27 | Regular Session<br>(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          |
|                     |                     |               |                      |
| <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<sup>®</sup> Test Dates

| ACT Test Date<br>2009 — 2010 | Registration Date<br>(Late fee after this<br>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

Aaron Murphy —1  
Mackenzey Brown—7  
Laci Wooten—12  
Bryce Wiederholt—16  
Ed Runion—24  
Trevor Quick —26  
Erica Hovey—31  
Katie Wilmes—31

### June

Ashley Standiford—20  
Gentry Woodward—30

## Saturday Session Schedule

|              |                                                 |
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| April 10     | Regular Session                                 |
| April 24     | Regular Session                                 |

## UB Contact Info

### **Upward Bound**

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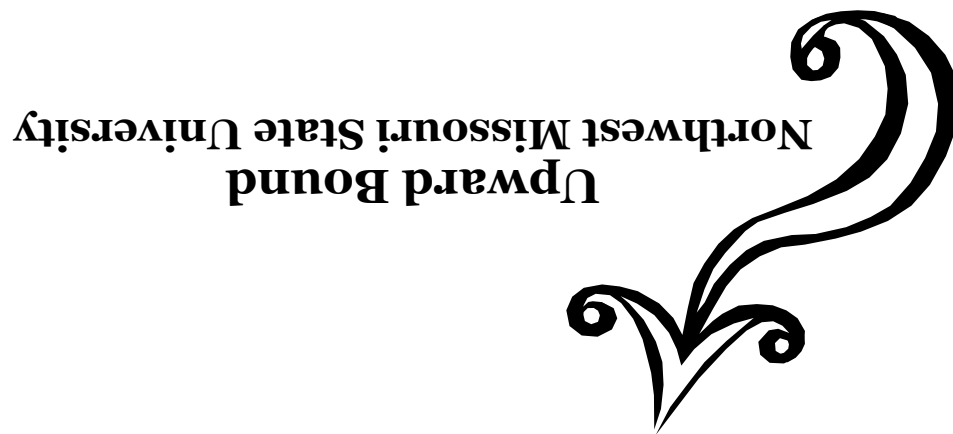
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## OFFICIAL UB WEB SITE

[www.nwmissouri.edu/dept/upwardbound](http://www.nwmissouri.edu/dept/upwardbound)





**UPWARD BOUND**  
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**Maryville, MO 64468**