



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

“Word Games.....”

What's Inside:	
From the Director's Desk	1-2
SAC Articles	3 & 5
“Don't Sweat the Small Stuff”	4
Kudos!!	6
SAC Articles	6
Saturday Sessions / Bus Schedule	7
ACT Testing Dates	8
Happy Birthday!	8
UB Contact Info	8

When I was a senior in high school one of my favorite classes was “Creative Writing” taught by a teacher I really respected, Mrs. Claussen. I remember many things about this class, but the one thing I remember most was an activity she used known simply as “Word Games.” It was very simple, really---the assignment was to pick one word---any word that came to mind---and then to write a paper prompted by that word. We had about forty-five minutes to complete this assignment and the main part of our grade was determined primarily by our ability to let our mind wander and to transpose our thoughts into the written word. The paper could be in the form of a story, poem, narrative, interview, etc.; as long as it was spontaneous and followed the basic rules of grammar.

I was recently going through some of my old high school belongings and found my folder from that class. I sat down in the back of our closet, opened the folder and began a trip back in time. As I read some of the papers I had written I felt a sense of liberation. The papers revealed a lot of emotions and some pretty deep thought (well as deep as you can get for a seventeen year old!) Much of what I am required to write today does not allow much in terms of “freedom of expression.” Writing

grants, performance reports and evaluations does not exactly allow the creative juices to get flowing!

I wanted to share with you one of my pieces---from twenty-nine years ago. The word I chose that day was “lonely” and I remember what prompted me to choose that word. My youngest brother (out of ten children) had started kindergarten just weeks prior to this assignment. I remember vividly the first day of school---as we left to leave for school, my mother started crying. It was very rare to see my mother cry---but it hit me that the reason she was crying was because she was sending her last child off to school after having at least one child at home for the previous twenty-one years. I knew her tears were tears of loneliness.

Continued P. 2

From the Director's Desk Continued...

Lonely

It was the first school day of the year,
And never had mother and son felt so near.
This feeling would temporarily end though,
Let your child go mama, let your child go.

His breakfast had been eaten and his bookbag was in hand,
And boy did he look ever so grand!
His deep blue eyes were sparkling and cheeks aglow,
Let your child go mama, let your child go.

She made a final inspection for any sign of dirt,
And dutifully corrected his untucked shirt.
"Listen to your teacher and sit in the front row."
Let your child go mama, let your child go.

A kiss on the cheek accompanied him out the door,
His wanting eyes revealed he yearned for something more.
Their eyes met for what seemed like an hour or so,
Let your child go mama, let your child go.

She traced his steps down the drive and around the bend,
Her hold on him had come to a temporary end.
And as he vanished, the tears continued to flow,
"I've let my child go; yes I've let my child go."

As I finished reading this poem I remembered just how much fun writing can actually be. While proper grammar and spelling are still the benchmarks of effective writing, I still think it is a worthwhile exercise for all of us to be able to just pull out a pen and paper and take the time to "just write." Write without worrying about the restrictions of what is right or wrong---just start writing. If you do this you may just end up starting to like and appreciate the freedom that writing can provide you---and as with any skill, the more you practice, the better you will become!

The ability to express your thoughts via the written word is a valuable skill to possess---especially when it comes to being successful across a broad range of disciplines in the collegiate environment. I have no doubt that Mrs. Claussen's class provided me with a forum to practice and refine my ability to express my thoughts in a non-threatening environment and ultimately, prepared me for many of the challenges that I faced in college. Through her "Word Game" activity I learned that writing could be fun and that it was acceptable to take pride in one's ability to write. The neat thing about this activity is that anyone can replicate it at anytime.

So, when you find that you are bored, take a few minutes to think of a word and just start writing---what's the danger in trying?

-Phil

“Fireflies”

By: Jolene Harbin

Here I am sitting at my computer, listening to music, trying to think of a topic to write about for our November newsletter. Of course, I am distracted listening to the song “Fireflies” by Owl City. This is when I realized that this song makes no sense and is telling me absolutely nothing.

I know you are probably all thinking, ‘Okay Jolene. Where are you going with this?’ Honestly, I don’t even know. However, in this song the very first line is, “You would not believe your eyes if ten million fireflies lit up the world as I fell asleep” and it goes on about these fireflies and lightening bugs and teaching him how to dance. This is where my pointless rambling means something.

We are all fireflies. We light up the world with what we can do. Although we are all different, we have an impact on someone and “teach them how to dance.” We all have someone we look up to and rely on and have them help us to do things. Everyone at Upward Bound is a “firefly” to another UBer. All of us look up to Phil, Brenda, & Kori and our RAs and all who are non-bridgees look up to the bridges cause they know they will get to that same exciting point in the UB journey. So as visitors and future UBers mingle with us, be a firefly to them and help set a good example for them to look up to and be more anxious for that exhilarating yet nerve racking first day.

“Procrastination”

By: Ryan Henry

“I can wait 5 more minutes to start that paper...I will be alright to put that off ‘til tomorrow...That research paper is not due ‘til Monday, I can work on it over the weekend.” If this sounds like you then you have a problem.

Don’t worry, it is not just you and it is curable. I know it is very easy just to say, “I can do this later” and then just forget about it. I personally have done this many times. It usually does not turn out as well as you think it will. I learned that if I just do things a little bit ahead of time and check it over a couple times, it turns out that I receive a better grade. I thought I could put things off until this year. Now that I am taking 3 college classes, I learned the hard way that this does not work. So, I guess what I am getting at is this, just do your work in advance and it will all work out for the best.

“Don’t Sweat the Small Stuff”

Many of you probably already know that I am getting married in December (I never knew how much planning was involved!). My fiancée has 3 dogs and now I am “adopting” them as my own as well. My favorite is Hunter and he is a yellow lab. Hunter is a very unusual dog. Although he is big and strong, he is the biggest baby and is afraid of everything. He literally shakes constantly, even when just sitting on the floor. About the only time I see him when he is not shaking is when he is sleeping. He is a happy and fun-loving dog but I think he is just nervous and anxious all the time. This doesn’t really affect him in any way except that he is only 5 years old yet he has gray and white hair all over him. I can’t help but think it has a lot to do with him being nervous all the time. We even had friends come and visit us and they all mentioned how old he is beginning to look even though he is only 5! All the anxiousness and worry has begun to have its affect on poor, old Hunter. I tell you this so you can learn from Hunter.

Many of you probably feel stressed out constantly and are worried about many different things. I would like for you to take a step back and look at the big picture so you don’t get stressed out to the point where you begin to prematurely age like Hunter (or even worse yet, constantly walk around shaking like he does)! I am not going to tell you that the issues you are facing are not important. For many of you they may be very important. What I can do is give you some of my perspective and what I have heard from other people that have been in your situation before. Most people my age and older will tell you that high school is about the least stressful times of their lives. When you look back years from now many of you will not even remember much of the issues that are causing you stress now. Trust me, it only gets harder from here on out. One of my friends is the assistant basketball coach for Northwest. He writes a blog about the happenings of the basketball team. A couple of weeks ago some former players came and practiced against the current team and then gave them some advice. Now, I am sure I won’t get this quote completely accurate but remember this is coming from 26-29 year olds to college students and I think it applies to you as well in the next 4-7 years. One player said that no test or relationship problem you face now compares to dealing with bills and raising kids. That kind of puts things in perspective, don’t you think?

Remember, as you get older you will face serious problems and life will become more stressful. Your time in high school should be one of the most enjoyable times of your lives. Don’t sweat the small stuff now or you could end up missing out on some of the greatest experiences you will ever have!

-Kori

SAC Articles

“Pitching In”

By: Katie Wilmes

The economy is affecting the lives of everyone, including the Upward Bound Program. As was mentioned in the last newsletter, it's going to bring some downfalls to our activities. Last year the money was very tight; and each year it's getting worse. At the last Saturday session, the SAC members had a meeting to discuss this. At the meeting, we brainstormed ideas to overcome this so Upward Bound can continue to give us the sweet opportunities that we are used to. One idea we came up with was to maybe do some fundraising. It will be extra work, but in the end it will benefit all of us and could create even more opportunities for us. We did talk about some fundraisers we could do, but we would also like some more ideas. So, everyone put their thinking caps on and take a few minutes to think about what we could do to help out. If anyone has any ideas, you can leave me a message on Facebook (I assume everyone has Facebook?) and I can give the idea's to Phil. We can all look at this not so good situation and make it into a good one. This could create more bonding time for all of us, and it will also allow all of us to give back to the program. Since this program gives so much to us, we should all be able to do this little thing to help out. I'm sure you all will come up with some good ideas, and I look forward to hearing about them. Thank You!

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

Kudos!! — Students with 3.5 GPA or higher



Northeast Nodaway

Ashley Standiford

Nodaway-Holt

Ed Runion

Stanberry

Candace Farnsworth

Paul Poe

Dylan Rainey

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



SAC Articles

“Hawaii vs. UB”

By: Gentry Woodward

As most of you know, I recently got the opportunity to take a trip to Hawaii to be part of a national honor choir. While there, I met new friends, tried new food, and became part of one big family. In Hawaiian tradition anyone on the island is “ohana” or family. The whole time I was on the island our bus driver called us “cousin”, our directors “aunts and uncles”, and the older chaperones “grandmas and grandpas”. Just imagine having a family that big.

Being part of Upward Bound is almost the same as being on a Hawaiian Island in the sense that we are one big family. I spend more time with some of my UB friends, than I do members of my own family. The feeling I get when I am with my UB family is amazing. We fight sometimes, have drama with each other, don't talk to each other for certain amounts of time, but in the end we all come together to make each of our own and everyone else's lives Upward Bound. Thank you everyone for accepting me into your *ohana*.



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 /
October 17	Regular Session /		Visitors Welcome
	Visitors Welcome	January 9	Regular Session
October 31	Regular Session /	January 30	Regular Session
	Visitors Welcome	February 27	Regular Session
	(UB Parent Day)	March 13	Regular Session
November 14	Regular Session /	April 10	Regular Session
	Visitors Welcome	April 24	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

Be sure to
keep this
schedule
handy!!

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!!!

July

Mikki Owens—9
Ryan Henry—21
Virginia McClarnon—24

October

Jolene Harbin—5
Mike Morriss—16
Danielle Stitt—17
Patrick Hayes—18

August

Cody Henry—10
Shelbey Fox—18
Rachel Long—18
Jamie Wilson—19
Kealey Titus—20

November

Jimmy Johnson—6
Tayha Lawson—22

September

Kylie Laco—4
Paul Poe—4
Ashley Laughlin—12
Michelle Sharp—28
Cassi Lance—29

December

Eric Jones—5
Nick Smith—12
Kristen Dodge—20
Lisa Adams—27
Adrienne Morriss—28

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October 31	Reg. Session / Visitors Welcome (UB Parent Day)
November 14	Reg. Session / Visitors Welcome
December 5	Reg. Session / Visitors Welcome
January 9	Regular Session (Introduction of New Members)
January 30	Regular Session
February 27	Regular Session
March 13	Regular Session
April 10	Regular Session
April 24	Regular Session

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

<http://www.nwmissouri.edu/dept/upwardbound/index.htm>



**Upward Bound
Northwest Missouri State University**

**UPWARD BOUND
800 University Drive
Maryville, MO 64468**