

Expressions

In All Things, Be Upward Bound!

From the Director's Desk

"Giving Thanks"

What's Inside:		
From the Director's Desk	1-2	<p>As Thanksgiving draws near, I always like to take a few moments to reflect upon the things in my life that I am truly thankful for. Usually my list does not change much from year to year, but it always important to me to still go through the process as a reminder of how fortunate I am to have these things in my life. This year I thought I would share part of my list with you.</p> <p>I am thankful for.....</p> <p>Our creator.</p> <p>My wife, Cindy, who has put up with me for 20+ years and has continued to accept me in spite of all my quirks....she truly is an amazing lady.</p> <p>My kids who, for the most part, have accepted all of our parenting advice.</p> <p>My parents...who took the time to mold me into the person I am today.</p> <p>My siblings, all nine of them. Although we didn't always agree with one another while growing up, we never let that influence our relationships and we all get along great to this very day.</p> <p>Having the opportunity to complete a college education. It has opened many doors for me and for my family.</p> <p>My health....which up to this point in my life has been pretty darn good. (Fingers are crossed)</p>
SAC Articles	2-4	
Field Tutoring	3	
SAC Article Due Dates	4	
Saturday Sessions & Bus Schedule	5	
Guidance & Grub	6	
Kudos!!	7	
ACT Testing Dates	8	
Happy Birthday!	8	
UB Contact Info	8	

Mother Nature.....the great fall weather we have experienced this year is a reminder of the many wondrous and beautiful things we are blessed to have surround us.

Our dog, Carter. I like the little dude, but what makes me the happiest about him is that he really makes my wife's life complete.

Our big overstuffed chair in the living room. I usually spend a few hours in that thing each Sunday and certainly look forward to it each week!

My co-workers. Heck, I spend almost 1/3 of my life surrounded by them---so it is nice to have some great folks to work with.

My students---through them I get the energy I need to continue to come to work each day. Their outlook to the future is refreshing!

Continued P. 2

From the Director's Desk...

The rights I have as an American citizen.

Rural America....I loved growing up in this region and I can't think of anywhere I would rather be or raise a family.

My golfing buddies. They allow me to continue to golf with them, although they spend most of their time looking for my wayward shots!

NWMSU---it provided me with a college education and also a career. Go Bearcats!

Ice Cream.

I could go on and on. There are many things that I could include that I tend to take for granted each and every day. During the upcoming holiday season I encourage each of you to take a few moments and think about the things in your life you are truly thankful for, and if your list includes a person or group of people, stop and tell them "thanks" or give them a big hug. With that in mind, I think I will settle in this evening in my big overstuffed chair with my wife and a bowl of ice cream. With ice cream in tow, it won't be long before we are joined by our dog, Carter----

Happy Thanksgiving!

--Phil

SAC Article

"Sports Injuries"

By: Bryce Wiederholt

Sports related injuries are some of the toughest things an athlete can face. This will bring the athlete to a screeching halt in all areas of the sport. If it happens during a game and athlete's team loses then, they will play the "what if" game. Or if it happens during practice before a big game, then it is the "what if" game. So it is all about how you handle an injury that determines if it is going to affect you and your team.

The "what-if" game is when you ask yourself, "If I didn't get hurt, would the outcome have been different?" So when you get hurt during that big game and lose don't ask yourself that. Instead, ask yourself what you can do to make you and your team better. Or during practice try to watch your team and give them advice so they can get better. Try to help your team so they don't have to depend upon you.

A sports injury will truly show what type of character you have. What you should do is keep your head up and keep pushing forward. While you are out you can help your teammates by giving advice and cheering them on. As soon as you can practice again, practice harder and longer to get yourself caught back up. Then take this hard work ethic to your studies and the rest of your life, so you will achieve all your goals and succeed in all areas.

SAC Article

“Stress”

By: Taylor McCartney

Are you totally overwhelmed? Stressed to the max? I know that I am for sure. Between school, scholarships, and work it seems like I have NO free time. Many of you are also experiencing a similar problem. So the question is, “What can we do to make things better for ourselves? How can we be involved, but not overly involved and overwhelmed?” I wish I had the answer, but I definitely do not.

All you can do in times of stress is step back and take a deep breath. Next you should prioritize. Put the things that matter the most to you first, even if it means cutting back on extra-curricular activities. Your sanity should come first!

I know like many other Seniors, (cough, cough Gentry) I’m ready to put on the cap and gown and get my diploma already. However, I still need the next three quarters to be even more prepared for graduation and entering college life. To the underclassmen, hang in there, because before you know it you’ll be the ones picking out graduation invitations and deciding which tassel suits you best! Have a great November everyone!!!

Field Tutoring Schedule

School	Regular Tutoring	Supplemental Tutoring
King City	Wednesday - 3pm	TBA
Maryville	Wednesday - 3pm	TBA
Nodaway Holt	Tuesday - 3pm	TBA
Northeast Nodaway	Wednesday - 3:30pm	Tuesday & Thursday - 3:30pm
Rock Port	Tuesday - 3pm	TBA
Stanberry	Tuesday & Thursday - 8am	TBA
Tarkio	Wednesday - 7am	Tuesday - 7am
West Nodaway	Monday - 3pm	TBA

SAC Article

“Thank You” By: Britnee Wolfe

As I sat down to write this, I had no idea what to say to the Upward Bound students and staff. I am going to reminisce for a moment and think back to my freshmen year. There were good times, like when Gretchen presented me with the “Einstein” award and meeting all of the members and automatically feeling welcome and at home. The bad times, like losing all of the Bridgees that I was close to. I was also voted into SAC for the first time, and I remember feeling loved and respected, and that I could finally make a difference in someone’s life. Participating in SAC is also where I discovered the career path I want to follow.

Looking back at my sophomore year, I remember meeting all of the new members and falling in love with every single one of them; they are such a special class and will forever hold a spot in my heart. I also remember dealing with home sickness every summer, and having to learn to do different things which I thought was just the end of the world! I thought I was going to die having to be outside picking up branches with all the bugs!! I faced my fear of heights on the rock wall, and waved to Phil at the top feeling unstoppable. I told every single person how UB has changed me in my SAC speech, and I cried when Michelle told me how proud she was of me and how much I have grown as a person.

Again, I am faced with the challenge of what to tell everyone. I could give you advice, or I could speak from my heart and just say, “Thank you.” Most of the lessons I have learned in life were because of all of you and the challenges we faced together. I was put outside of my comfort zone and forced to do stuff I was not used to doing before, and that brought me out of my shell. For all of that, thank you. It made me the person I am today. I would never have come this far if it wasn't for all of you. None of you look at me as anyone else but the person I really am. Every single one of you has helped change me into who I am today. Thank you!

SAC Article Due Dates

December Newsletter	(due Dec. 1 st)	Drake, Gentry, Jolene, Korbin
January Newsletter	(due Jan. 1 st)	Britnee, Bryce, Taylor
February Newsletter	(due Feb. 1 st)	Drake, Gentry, Jolene, Korbin
March Newsletter	(due Mar. 1 st)	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 st)	Drake, Gentry, Jolene, Korbin

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 18	College Visit (UNO)
October 16	Regular Session (Visitors Welcome)
November 6	Regular Session (Visitors Welcome) UB Parent Day
November 20	Regular Session (Visitors Welcome)
December 4	Regular Session

January 15	Regular Session
February 5	Regular Session
February 26	Regular Session (TRiO Day)
March 12	Regular Session
April 2	Regular Session
April 23	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.**

Guidance & Grub Session: December 8, 2010

I am pleased to announce that we will once again be hosting our Guidance and Grub session this fall for **all parents of Junior and Senior Upward Bound students**.

The first session of the year will be on **Wednesday, Dec. 8th from 6:30—7:30 pm** on the 3rd floor of the Administration Building on the campus of Northwest. We have a large group of Seniors this year, and it is imperative that we make sure everyone is ready for the transition from High School to College.

During this session we will cover the FAFSA and scholarships. I have spent a large portion of the summer creating a new scholarship list for our students to apply for. Each year, however, I still have many students coming to me in April needing more money to go to school. By April, it is too late!

Even if you've gone through the college process before with another child, we would LOVE for you to come and share your experience and suggestions. **BRING YOUR STUDENTS WITH YOU!!** It's critical that they take an active part in the financial aid process as they will be the one's handling the bills once they graduate!

There will be a representative from the Office of Financial Aid and Scholarships from Northwest Missouri State University on hand to answer any questions as well as discuss any individual special circumstances you and your family may have.

We hope to have each student represented, so mark your calendars now!! We will be mailing out reminders later this month. **Please RSVP by Friday, December 3rd.**

In the meantime, start a discussion with your student as to what your expectations are in terms of paying for college. Many families wait until its too late, leaving unwanted pressure on both students and their families. More information and college planning resources can be found on the Upward Bound Website under "College Planning Resources".

Attention: Seniors

We are putting together a Senior's bulletin board in our Upward Bound office to showcase our outgoing seniors and their future plans and ambitions.

When they are available, please turn in to us a copy of your senior picture so that we can start building our bulletin board. These photos can either be submitted as an electronic copy or a print, whichever is easier for you.

Thanks for your help!

Students with 3.5 GPA or higher



Northeast Nodaway

Katrina Freemyer
Ashley Standiford

Nodaway-Holt

Rachel Long
Ed Runion

Stanberry

Kylie Beggs
Trevor Luke
Paul Poe
Rachel Summa
Jessica Wilmes
Gentry Woodward

Rock Port

Ryleah Burke



Congrats to these students who earned a GPA of 3.5 or higher for the 1st quarter, and who are excused from attending field tutoring for the 2nd quarter.

Great job guys, keep up the good work!

Tarkio

Katarina Bennett
Jolene Harbin
Taylor McCartney
Michelle Sharp
Britnee Wolfe
Laci Wooten

King City

Danielle Stitt
Kaitlyn Vang
Zuri Vang

West Nodaway

Lisa Adams
Kristen Dodge
Shelbey Fox
Korbin Jones
Kylie Laco
Chelsey Sisk

Kudos!!

Congratulations!!

- ★ Jolene Harbin competed at the National FFA Convention in Indianapolis
- ★ Taylor McCartney won the DAR Good Citizen Award & was accepted to Park University
- ★ Michelle Sharp was accepted to the Milwaukee Art Institute & competed at the State Cross Country Meet
- ★ Erica Merriett & Shelbey Fox were accepted to Missouri Western University
- ★ Kylie Laco was accepted to the University of Iowa, UMKC, & University of Missouri
- ★ Gentry Woodward was accepted to Robert Morris University (Chicago) & University of Missouri
- ★ Lisa Adams, Kylie Laco, Taylor McCartney, Paul Poe, Dylan Rainey, Ashley Standiford, Danielle Stitt, & Gentry Woodward were all accepted to Northwest Missouri State University

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.

UB Reminders & Announcements!!

ACT[®] Test Dates

ACT Test Date 2010 — 2011	Registration Deadline (Late fee after this date)
September 11, 2010	August 6, 2010
October 23, 2010	September 17, 2010
December 11, 2010	November 5, 2010
February 12, 2011	January 7, 2011
April 9, 2011	March 4, 2011
June 11, 2011	May 6, 2011

Always use the UB CODE: 9713

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

Happy Birthday!!!

July

Drake Johnson—6
Mikki Owens—9
Kylie Beggs—10

August

Cody Henry—10
Shelbey Fox—18
Rachel Long—18

September

Kylie Laco—4
Paul Poe—4
Kaitlyn Vang—7
Tanner Rickabaugh—12
JD Wilcox—18
Michelle Sharp—28
Katarina Bennett—30

October

Jolene Harbin—5
Korbin Jones—10
Zuri Vang—14
Danielle Stitt—17

November

Jimmy Johnson—6

December

Nick Smith—12
Kristen Dodge—20
Lisa Adams—27
Adrienne Morriss—28
Rachel Summa—29
Jessica Wilmes—31

Saturday Session Schedule

September 18	College Visit (UNO)
October 16	Reg. Session / Visitors Welcome
November 6	Reg. Session / Visitors Welcome (UB Parent Day)
November 20	Reg. Session / Visitors Welcome
December 4	Reg. Session / New members announced
January 15	Regular Session
February 5	Regular Session
February 26	Regular Session (TRIO Day)
March 12	Regular Session
April 2	Regular Session
April 23	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

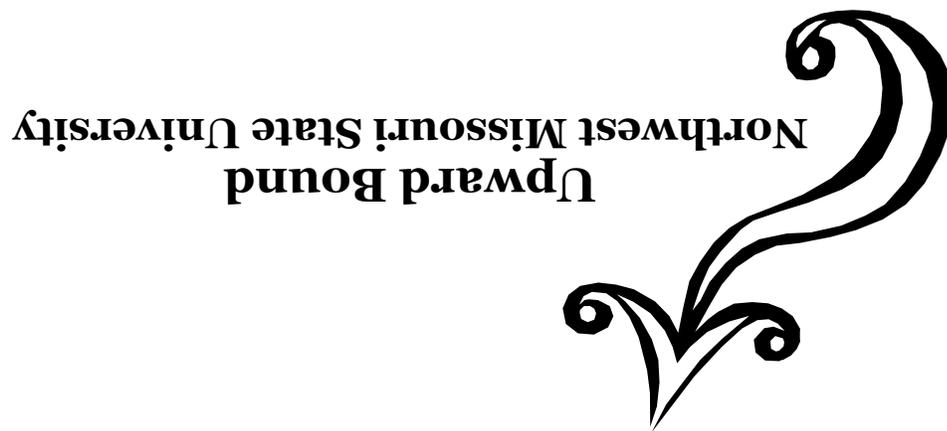
Brenda: brendaj@nwmissouri.edu

Kori: khoff20@nwmissouri.edu

Tori: tori@nwmissouri.edu

OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



UPWARD BOUND
800 University Drive
Maryville, MO 64468