



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

"Tightening the Belt"

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No, I am not on a diet---even though shedding a few pounds wouldn't necessarily be a bad thing for me. Rather, the title of this article has more to do with discussing a few approaches we need to consider in terms of the Upward Bound budget for the current year. The year ahead will prove to be a challenge in terms of our program's financial situation.

Unless you have been living under a rock, all of you are probably aware of the shaky ground our country has been standing on financially. All across the nation money has become tight, while costs and expenses have continued to rise. These variables have not only impacted individuals, they have impacted federal programs as well. Upward Bound has not been sheltered from the fallout of the recession that has taken place over the past year.

Over the past two years, Upward Bound programs have been asked to do more while not experiencing any increases in their funding levels. In turn, we have been forced to stretch our monies and to seek cost cutting (I prefer to call them "creative") strategies to make ends meet. During the past two years, we quietly incorporated a few changes to remain financially viable, but this year presents a whole new set of challenges that will force us to reexamine how and where we will spend our money.

You will undoubtedly become aware of these changes as they occur, but I wanted to highlight a few of the things we will be doing to allow us to meet the bottom line. While I don't view these changes as "program altering" they may cause you to think about how, as a group, we can alter our behavior to make these financial challenges as pain free as possible.

We already took one step a few weeks ago, when we stayed local for our college visit. We were able to save quite a bit of money on travel expenses and food. Compared to last year when we went to Kirksville, this year's trip saved us almost \$750. This amount of money may not seem like a lot to you, but the old saying "every little bit counts" will certainly apply to us this year.

(Continued P. 2)

From the Director's Desk Continued...

As most of you are aware, the vast majority of our spending occurs during the summer session. This is the time of year when we can really make subtle changes to allow us to meet our financial objectives. For instance, one thing that you will see is us hosting more cookouts. For those of you who were present when we did "Wok Night" I hope you can appreciate the fact that on that night we saved over \$300 by cooking out on our own versus eating at the Union. Simple math tells me that if we cook out twice a week for five weeks, we will have saved \$3,000 to put toward other activities.

Travel is one of our programs largest expenses, and we are currently exploring ways to save money in this area. One of the ways we will accomplish this is by reducing the mileage reimbursement we currently pay to those who drive private vehicles to and from campus---and you can read a related article on this topic elsewhere in the newsletter.

While there are many more ideas in the back of our minds, we welcome any ideas that you may have to help Upward Bound meet the upcoming financial challenges. If you have an idea, please share it with a staff member or one of your SAC members. All ideas will be considered. One thing I have learned through the years is that if you have a legitimate cause you are working towards; it provides the opportunity for a group to pull and work together to meet the needs of the particular cause. I fully expect this to be the case for the Upward Bound students and staff this year---I feel that we will all pull together and make the upcoming year one to remember!

- Phil

"Reaching Out"

When was your first day here at Upward Bound? What was it like? What do you remember about it? Whether your first trip to Upward Bound was as a visitor or as a new member, you most likely remember it well. You may have been one of the outgoing types who could talk to anyone but most of you were probably quiet and unsure of what was going to happen. With that in mind, at our next couple of Saturday sessions there will be future UB members in attendance who will be here for the first time. There will also be others here who may not become members of UB. The point is that most of these students will have some anxiety and fears that many of you experienced on your first day.

What are we going to be doing today? Who are all these people? How do I fit in? These are all questions you may have asked yourself or that our visitors will be asking themselves. I challenge you to step up and make these visitors and future UB students feel as welcome as possible. Reach out to them and include them in your discussions and see what they are like. This is our UB family and we are all in our comfort zone when we are here. These students will feel like the outsiders but it is up to us to make them feel included. If you see someone new that you don't know then strike up a conversation or just include them in your discussion with other UB students so they can feel as though they are part of the group. They will be the new people and sometimes it is hard to feel like a part of the group until one of you includes them. That is my challenge to you: Reach out to our visitors so they will feel as though they are part of the group and show them what being a part of UB is all about!

- Kori

“What an Experience”

By: Britnee Wolfe

No words could describe my first summer at Upward Bound. I had so many ups and downs, twists and turns. However looking back, all of my struggles made me such a better person. I now understand that no one is perfect and you shouldn't try to be. Throughout this summer I realized that everyone is interested in so many different things yet we all have one thing in common Upward Bound. It is amazing how everyone can be so different and yet we all for the most part get along and grow close to each other.

One the hardest struggles I was faced with this summer happened on the first day and throughout the whole first week, I got home sick. Now personally I had never gotten home sick before, I had been gone from home for weeks before and nothing ever fazed me. It was just really hard to see my family leave me that move in day knowing that no matter what I was there for the rest of the week and it would be like that for a month. However, everyone really helped each other and from then the weeks just flew by.

In the end I learned a lot about life over the summer. Such as everything might not go your way but everything happens for a reason and everything usually turns out for the best. Also, never judge a book by its cover. There are some amazing people in this world if you would only give them a chance they could really teach you something not only about life but about yourself. Overall, if you hold your head high, keep smiling, and be yourself you will be surprised with all of the good things that can happen.



“Drinking and Driving Doesn’t Mix”

By: Eric Jones

BAM, this is Eric Jones your Senior SAC representative. I have decided to talk to you all about a more serious topic in this newsletter. First off, I would like to say thank you to all that came to the docudrama at the Hanger, to see me be hit by a drunk driver. For some of you who have been living under a rock all their lives, you may not know what the docudrama is. The docudrama is a reenactment of a drunk car crash to teach teens not to drink and drive. Now I’m pretty sure most of you have heard of many car crashes that have had drinking and driving involved in them. In the following I’m going to tell you some facts and some reasons that teens drink and drive.

Here are some little known neat facts about drunk driving. Every 22 minutes someone dies in an alcohol-related motor vehicle accident. Do you want another one? On any given weekend evening, one in 10 drivers on America’s roads has been drinking. Want one more? According to the latest statistics, the prospect of you or someone in your family being involved in an alcohol-related motor vehicle accident is more than just very likely ...it’s almost certain. In fact, in a family of five, the chance that someone in the family will find themselves in an alcohol-related motor vehicle crash in their lifetime is an astounding 200 percent. Imagine a 200 percent chance that you or someone in your family will either cause, or be an innocent victim to, a drunken driving accident. Horrible isn’t it. And perhaps, most horrible of all a high number of those deaths and accidents come in the 15 to 24 age group. A lot of young people are, in fact, dying before they get old ...dying tragic, meaningless deaths.

Almost no one pressures someone to drink and drive. “It just...happens.” A person who is driving gets “pulled in” by the overwhelming pressure to drink. Or, in some cases, the driver doesn’t consider the consequences of his or her drinking and then getting behind the wheel because “there’s no way it would happen to me”. For some drivers, Peer Pressure causes them to mistakenly belittle the effect alcohol has on their driving. Either way, the results are all too often, lethal. So my question to you is this, **WHY DRINK OR DRINK AND DRIVE?**

SAC Articles

“Teamwork”

By: Taylor McCartney

This year my FCCLA chapter got a team together and participated in Relay for Life. Relay for Life is an all night event that happens to be for our whole county. All of the different communities come together to work towards a common goal. It doesn't matter what school you go to or where you live, but how much we all can come together as a team to fight cancer and to remember the people who lost the battle.

Thinking about Relay for Life has reminded me a lot of Upward Bound. We all come together when we are given the opportunity. We have a lot of fun, but we get the job done. We learn to truly appreciate all of our friendships and what we have, because it all could be gone in a second.

Take the time to tell your friends that you really do care about them and how much you appreciate them. Remember to always be yourself and to never stop striving to be a better person. Let's all step up and become a part of something that makes you stronger and gets you more involved in your school and community.

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

Mileage Reimbursement Update

Gas prices have fallen over 70% from their record highs of a year ago; however, Upward Bound's mileage reimbursement rate has not fallen accordingly. The purpose of our mileage reimbursement policy is to allow students to be able to get to and from campus without incurring any expenses. When gas prices were at their highest, our rate of 45 cents a mile was still adequate to offset the expenses of driving a personal car to and from campus. Now that gas prices have fallen, it is time to adjust our program's mileage rate. Effective October 1st, Upward Bound will reimburse for mileage at the rate of 33 cents a mile. This represents a 27% decrease from the existing rate--- which is still far lower than what gas prices have dropped. We realize that other costs such as insurance, etc. have not dropped; therefore, we chose to lower the rate only moderately in comparison to fuel prices. If gas prices rise again significantly, we will adjust our mileage reimbursement rate accordingly.

As always, students are reminded to ride the bus on Saturdays. Since we provide and pay for a bus on those days, we will not reimburse those individuals who live along the bus route and who choose to drive. Additionally, if you do not live along a bus route, we encourage you to carpool. When summer arrives and you are making more frequent trips to and from campus, we really encourage carpooling. All too often last year, we would have 4 or 5 vehicles coming from the same town---a little carpooling will go a long way in helping us cut costs. We do realize that many of you do make an effort to carpool and for that we would like to give you a big THANK YOU!

REMINDER: Guidance & Grub Session, October 21st

Please remind your parent(s)/guardian(s) that our first **Guidance & Grub** session for 2009 will be on **Wednesday, October 21st from 6:30 – 7:30 pm**. The session will take place on the **3rd floor** of the **Administration Building** on the campus of Northwest.

The topic for this session will be how to get the most out of your scholarship searches and college applications. We will have plenty of useful information for your parents to learn about where they can find some extra money to help pay for college, and what scams to stay away from! I guarantee everyone will walk away with some worthwhile information they can use right away!

If you and your parents plan on attending, **please RSVP** to brendaj@nwmissouri.edu or call the Upward Bound office at 660.562.1630 so we can plan on having enough food.

Thanks – and see you October 21st.



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



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

James 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

Saturday Session Schedule

September 26	NWMSU College Visit
October 17	Reg. Session / Visitors Welcome
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

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OFFICIAL UB WEB SITE

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



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