



# Expressions

*In All Things, Be Upward Bound!*

## From The Director's Desk

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### "Perspective"

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My life changed on a mild August day about three weeks ago---it changed for the better as our daughter, Hailey, moved out of our home and into Hudson Hall on the Northwest campus. You may be saying to yourself---"Wow that was a mean thing for Phil to say about his daughter....." but I beg to differ---you see, to me it all about perspective.

Hailey is the older of our two children. As first time parents, we often did not know if the parenting decisions we were making were the right ones for our daughter's future. We felt very early on the most powerful action we could take as parents was to model the behavior we wanted our children to display. We knew that we would make plenty of mistakes as parents (and we did make some real blunders!) but as long as we practiced what we preached then we couldn't mess up her future too much.

All parents view their children in a different light than other observers. After all, parents have earned that right to be a little biased! My wife and I are no different than most other parents---we want what is best for our children and are willing to make the necessary sacrifices to make our children's future as bright as it can possibly be. But call me "old school" if you want, for if I make a sacrifice as a parent for my children, I am going to expect some sacrifices from my children in return. I am a believer in the notion "you can only help others if they are willing to help themselves." The main sacrifice that we asked from both of our kids is to be accountable for their schoolwork, be good citizens and to treat themselves and others with respect. (Sound familiar UB students ☺) My kids (for the most part) have been able to demonstrate these characteristics---so that has made the sacrifices my wife and I have made a lot easier to accept.

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

So, as Hailey packed and prepared herself for college---a smile came across my face---I was happy to be seeing her leave the nest. She had upheld her end of the deal while she lived under our roof and the next step of her life had become a reality. Wasn't that the goal---for her to head on to college and ready herself for the next phase of her life? So, from my perspective, I was glad to be seeing her leave---it was her time to set out and begin exploring new horizons---and the best part is that I felt like I had a little something to do with it! I don't know if kids realize how powerful and fulfilling it is for parents to see their children succeed---but you need to know that your successes are in a small way our successes too!

(Disclaimer: I did shed a tear or two during the moving process and I reserve the right to assign a happiness or sadness value to any and all of these tears. Thank you.)

—Phil

## SAC Article

"Life Without Power"  
By: Taylor McCartney

As I'm sitting in my room with no power and my battery charged laptop, I realized I still needed to type my SAC article. So I began to think, goodness I'm spoiled. I'm whining because I'm sweating without air conditioning and bored with nothing to do in the dark. You know some people don't even have electrical power Taylor. Then I thought a little more and was like well everyone does have a certain form of power. I mean everyone can do anything they want if they just set their mind to it, that's power. According to the Merriam-Webster Dictionary the definition of power is the ability to act or produce an effect. Guys, every one of us can create power. Maybe we aren't super heroes and have our own superpowers but each and every one of us does have a power. I know that sounds a little on the cheesy side, but when you really think about it, you know it's true.

You all have the power to change not just someone's day, but their entire life. My challenge to you this next month is to really show your "power" to everyone around you. Prove to everyone how strong and powerful you truly are. Don't let people bring you down. Show the power you've gained throughout your life experiences, like Upward Bound for example. You can also show your personal power through simply putting a smile on someone's face. So what are you waiting on? I know I'm waiting for the lights to come back on....but you shouldn't be waiting on anything because you have all of your power right inside you!

## Meet Mr. Matt Ambrose...

Our new Social Science instructor is Mr. Matt Ambrose. Mr. Ambrose is currently a teacher in Bedford, IA. He currently teaches math and is also a coach for the school district. He originally studied History while at Buena Vista College and received his degree in that field. Upon entering the teaching profession, his school district requested he become certified in mathematics and he was able to achieve this certification. Even though he teaches math, Mr. Ambrose mentioned this as a great opportunity for him to teach a subject that he finds fascinating, as shown by his undergraduate degree. Mr. Ambrose comes to us highly recommended from Mr. Gallagher, whom he is replacing. We are looking forward to him working with the Upward Bound program this year and in the future.

—Kori

## 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

# 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
<b>Arrive NWMSU</b>	8:30 a.m.		Administration Bldg.
<b>Leave NWMSU</b>	**12:15 p.m.		

**\*\* Busses typically stop at McDonald's/Taco Bell after session from 12:15-12:45 p.m.**

# SAC Article

“Push Past It”  
By: Britnee Wolfe

As most of you could probably see it's hard for me to sometimes get up in front people and give speeches. I however, have given many in the last few years of Upward Bound. Every time giving them it gets a little easier. Maybe even next time Jimmy won't have to play volleyball with me for a half hour, and I won't walk away almost falling from shaking so bad.

My point is that we all are afraid of something. It's taking something that is important to you such as SAC for me, and pushing past your fear to accomplish something greater. I love being on SAC, and being able to help people. If I wouldn't have pushed past one of my biggest fears I wouldn't be writing this right now. Looking at the bigger picture I want to help people for a living and this is helping me do it, so getting over my fear is helping my future.

Having a fear is a weakness, so look at yourself and ask, "What can I do to overcome my fears?" Push past your limits, and challenge yourself because how far would you really get if you stayed in the exact same place for the rest of your life. Take risks, but think responsibly there are always consequences' sometimes good sometimes not. Think outside of the box and challenge yourself every day. Work to overcome something for a greater goal.

## SAC Article Due Dates

September Newsletter	(due Sept. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
October Newsletter	(due Oct. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
November Newsletter	(due Nov. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
December Newsletter	(due Dec. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
January Newsletter	(due Jan. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
February Newsletter	(due Feb. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin
March Newsletter	(due Mar. 1 <sup>st</sup> )	Britnee, Bryce, Taylor
April Newsletter	(due Apr. 1 <sup>st</sup> )	Drake, Gentry, Jolene, Korbin

# Kudos!! — Upward Bound Award Winners

## ACT Prep

ACT Most Preppy—Jimmy Johnson

ACT Most Preppy—Rachel Summa

## Spanish

Super Taco—Kylie Beggs

Super Enchilada—Layla Anderson

## English

Outstanding English Student—Korbin Jones

Rising Star—Laci Wooten

## Math

Outstanding Math Student—Chelsey Sisk

Lifetime Learner—Corey Paulo

## Science

Science Inquiry Award—Drake Johnson

Science Inquiry Award—Shelbey Fox

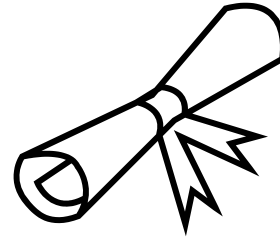
## Social Science

Lifelong Learner—Paul Poe

Lifelong Learner—Katie Wilmes

## Overall Academic Award

Michelle Sharp



# Kudos!!

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 of your awesome achievements!

# 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 fee waivers. Forms are available in the UB office.

## Happy Birthday!!!

### July

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

### August

Cody Henry—10  
Kayla Swink—13  
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

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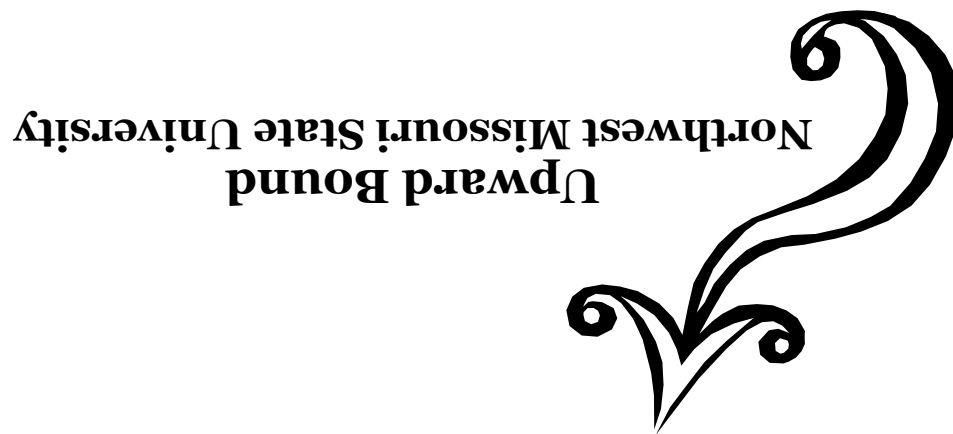
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## OFFICIAL UB WEB SITE

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



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