



NORTHFIELD
MOUNT HERMON
UPWARD BOUND
PROGRAM

The UB Scholar's Digest

11/09

UB MISSION

Our mission is to provide the skills and motivation for low-income and first generation youth to be successful in high school and to be able to enter and succeed in college.

THIS FALL....

Director's notes	1
Staff Spotlight	2
UB in the Community	2
Where are UB seniors applying?	2
Class Notes from UB Alumni	3-5
Former UB Staff and Friends	5-6
Parent's Corner	6
Path to Acceptance: Holy Cross College Trip	6
Senior Spotlight	7
Summer Academy Highlights	8
UB Student Corner	9
Special Announcement	10

Director's notes...



Greetings!

Having just passed my tenth year mark with UB, I feel grateful every day to have the opportunity to work with our amazing students. Thank you to all the dedicated staff, faculty and friends who brought our program to such a good place. Looking forward, we will continue to find ways to deepen and fine tune the important work of expanding educational opportunity.

Our **year round office** has finally joined the rest of the school on the Gill campus. Our **new office** is in Room 14 and 16 of the upper modular building near the farm. Please stop by!

We had a fantastic **Summer Academy** with nearly 70 students and 20 staff in residence.

Highlights include a trip to the Boston Science Museum, a Village Harmony concert in the brand new state of the art Raymond Arts Center, and our **15th annual Diversity Conference** which focused on how class and race intersect.

We are very proud of our **27 2009 graduates**. Most are settling nicely into their first year of college. What a journey it has been!

We welcome **Anna Rigali**, a Holyoke High and Fordham University graduate, in her role as our **new Holyoke Academic Advisor**. She comes with a teaching and guidance background, fluency in Spanish and a deep commitment to her community.

We also welcome **Breyana Roman** who is starting a year

of service with us through the **AmeriCorps** program. She brings many skills from her experiences with the Urban Education program and Westfield State College as well as a connection to our Springfield and Holyoke communities.

Our seniors joined us for two **Senior Days** on Oct 12th and Nov 11th. They made great progress on their college applications with the help of all our staff and many volunteers.

We are **currently recruiting new students**. Please check our website for more information. www.nmhschool.org/upwardbound

Stay in touch!

Gisele



UB in the Community



Recently Upward Bound Holyoke Advisor Anna Rigali attended the Harvest Festival with Holyoke High School UB students, Deshanay Gonzalez and Nick Beaulieu. This event was sponsored by Holyoke based organization, **Nuestras Raíces**. The festival was an opportunity for Upward Bound

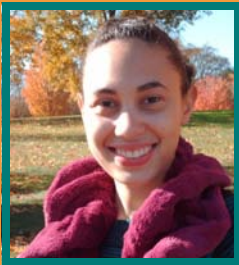
to provide information to the Holyoke community about our programs as a part of the Education Fair. Anna, with the help of her Holyoke UB scholars attracted some prospective students with the hope that they will consider applying for Upward Bound. This event was also a chance for UB students,

Deshanay and Nick to be involved in community events and become advocates for Upward Bound. Anna says, "It is important for students because Upward Bound exists for them and hopefully they will take ownership of (continued on page 2)

New faces at Upward Bound: Staff Spotlight



Anna Rigali



Breyana Roman

Anna Rigali

Hometown: Holyoke, MA
Position: Holyoke Advisor

Why was UB the right choice for you? “I chose to work with Upward Bound because the position combines skills from of my experiences and where I am headed in the future. In the past I was a teacher and have worked for non-profit organizations, and currently I am working towards my degree in guidance counseling. The position allows me to use the things that I have already

learned and the things I am still learning.”

What has been your favorite part of the position? “I love the Upward Bound staff, I feel that they are really supportive. I also love the students because they are fun and dedicated.”

What do you hope to accomplish with your students this year? “I hope to keep the students inspired and motivated by the program so that they all will excel in school and in life.”

Breyana Roman

Hometown: Springfield, MA
Position: AmeriCorps Member

Why was UB the right placement for you? “I was very interested in working with Upward Bound because the mission and work of this program was reflective of a program that I was enrolled in for the last 4 years at Westfield State College. I wanted the opportunity work with a diverse population of youth and to help them succeed and reach their academic goals.”

definitely have to say getting to know the students from Franklin and Hampden Counties. I like to see how each advisor works with the students and how each one meet their student’s needs differently, but effectively. So far it has been a wonderful learning experience for me.”

What do you hope to accomplish with your students this year? “I just hope that I can become a valuable resource for the students. I want to see all of the students have a successful year and I want to see all of our UB seniors graduate and begin their college career.”

What has been your favorite part of the position? “I would

Where are UB seniors applying?

Bard College
Beloit College
Bentley College
Brandeis University
Bridgewater State College
Brown University
Clark University
Colby College
College of the Holy Cross
Connecticut College
DePauw University
Fairfield University
Fitchburg State College
Framingham State College
Franklin and Marshall College
Greenfield Community College
Guilford College
Holyoke Community College
Ithaca College
Massachusetts College of Liberal Arts
Middlebury College
Roger Williams University
Rollins College
Sacred Heart University
Springfield Technical Community College
St. Anselm College
St. Paul’s College
Trinity College
UMASS Amherst
UMASS Dartmouth
UMASS Lowell
Union College
Westfield State College
Worcester Polytechnic Institute
Worcester State College

UB in the Community continued from page 1

the program and of their own experiences in it. Deshanay and Nick also had the chance to seek out volunteer opportunities within the Holyoke community. Upward Bound students are required to do a minimum of 52 hours of community service per year.

Nuestras Raíces is a grassroots organization that promotes economic, human and community development in Holyoke, Massachusetts through projects relating to food, agriculture, and the environment. (<http://www.nuestras-raices.org/>)



Class Notes from UB Alumni



July 2009 Alumni Day
Alex Morse, 2007, Holyoke High School, Brown University
Alex's participation in Upward Bound prepared him for the college process and helped him with advocacy for financial aid and scholarships. He found the adjustment to a new community to be challenging when he went to college. His advice for current students is to take advantage of the program.

Casey Dion, 2009, Holyoke High School, Holyoke Community College
Casey is majoring in Liberal Arts at HCC. He is currently working as a lifeguard and he says that Upward Bound helped him to complete college applications that otherwise would never have been done. His advice for current students is to take the program seriously.

Daiana Rua, 2008, Central High School, College of the Holy Cross
Daiana is a rising sophomore majoring in Psychology and Latin American studies at Holy Cross. Upward Bound provided Daiana with a good understanding of what college would be like. The most rewarding part of her college experience has been growing up and maturing even more.

Crystal Baksh, 1995, Dean Tech, Springfield College, Associates degree
Crystal is studying Elementary Education and Human Services. She is currently working as a Teacher Director. She says that UB gave her an appreciation of education and teaching. Her advice to current UB students is, it's not easy, but it's also not impossible.

Sean Crowell, 2008, Turners Falls High School, Greenfield Community College

Sean is majoring in Business Administration and plans to receive a degree in Athletic Coaching or Sports Management. Upward Bound helped him prepare for the college process. His advice to students is, although times might be tough with UB, stick with it because it is worth it in the end.

Dezee Olivo, 2008, Sci-Tech, Massachusetts College of Liberal Arts
Dezee is a sophomore at the Massachusetts College of Liberal Arts. She is majoring in Business Administration and Political Science. Upward Bound helped Dezee by teaching her how to navigate through college. Some advice for current students is that college is not as easy as it looks, make sure it's something you want to do, and put your heart and soul into it.

Evelina Federuyuk, 2009, Greenfield High school, Smith College
Evelina is a Freshmen at Smith and is pre-med planning to major in biology or neuroscience. She says that Upward Bound helped her greatly by giving her advice on the college process and support throughout the school year. Her advice to students is to stay dedicated to the program, work hard, and it will pay off later.

Jennifer Espino, 2008, Holyoke High School, Holyoke Community College
Jennifer is starting her second year of college and is majoring in childhood education. She says that Upward Bound prepared her for college. Her advice to current students is to study before play.

Theodore Dunbar, 2009, Turners Falls High School, Fitchburg State College
Upward Bound prepared him for college by helping him with the application process and applying for every scholarship possible. His advice for UB students is to keep pushing and always strive for success.

Mike Tombs, 2006, Turners Falls High School, Beloit College
Mike is doing great, he is an RA this year and is doing an internship organizing swine flu prep at the college.

He was very excited, he got to talk to the CDC!

Krystal Vargas, 2008, Holyoke High School, American International College

Krystal is a sophomore at AIC studying Criminal Justice and Political Science. UB has taught her about persistence and has made her very prepared. The most rewarding thing about college is being young and educated. Her advice to current students is to save up money for books.

David Mattoon, 2002, Central High School, Western New England College, Bachelors degree
David has completed a Bachelor's Degree in General Management and plans to go to graduate school in four years at Western New England College. He currently owns an at-home business and is working as a waiter. He has been married for three years and has two children. He said that without Upward Bound, it would not have been possible to go to school.

Edison Rua, 2005, Sci-Tech, Bentley University 2009, Bachelors Degree
Edison graduated from Bentley University in 2009 with a degree in Finance/Accounting and Global Perspectives and is planning on going to graduate school in a few years. He says Upward Bound did help prepare him for college. His advice for students is to get a 4.0GPA and to do community service and give back

Danielle Brown, 2001, Turners Falls High School, Bridge Water State College, Bachelors, Northeastern University, Professional Degree

I'm working in Boston and I love it! I've been mulling some career changes, since non-profits are having a rough time right now. This summer I finished a program in Meeting & Event Management at Northeastern University. I combined my love for event planning with my love for writing and have been working part-time for The Examiner, an online community of

Alyssa Garcia, 2009, Holyoke High School, Simmons College

"I'm settled in at Simmons College. I like all of my classes, the school is wonderful, and I'm getting along well with my roommates. I hope to hear from UB soon. [My] advice to the students is to get all paperwork done early."

experts in various fields. I'm the Boston Party Planning Examiner (<http://tinyurl.com/BostonPartyPlanner>), so I write about events in and around Boston as well as how to throw home parties and special events. I think and talk about UB often. I'm still grateful for all the program did for me, and I remember my fellow classmates (and my students!) fondly.



Class Notes from UB Alumni



Melissa Bernardo, Holyoke High, 2005, Rollins Collins, 2009

I'm still down in Florida! I graduated with an Honors Bachelor's degree in psychology with a minor in international business from Rollins College this past May. I'm well into my first semester of the five semester-long Master's program in Applied Behavior Analysis at Florida Institute of Technology's Orlando campus. It's an intense course-load, and I'm busy working as a therapist technician providing in-home ABA services for children with developmental disabilities, as well as still waiting tables at The Cheesecake Factory, so life is a whirlwind of wonderful craziness right now. I hope all is well with everyone and wish all current seniors the best of luck!

Amy Bernardo, Holyoke High, 2007

Last year I interned at Radgowski Correctional Facility in Uncasville, Connecticut. I shadowed two correctional counselors in the facility for ten weeks. After a few days of shadowing I was able to work directly with the inmates. It was a great experience and advantage for me because I have decided to pursue correctional counseling as a career. I am currently in the beginning of my Junior year at Mitchell College. I did not think college would fly by this fast!

I was inducted into the Sigma Alpha Pi National Society of Leadership and Success which is a leadership organization that spans many of the accredited secondary schools in the United States.

Upward Bound has made an impact on my life as a student and as a person. I hope other UB Alumni feel the same way and I really hope the current students in Upward Bound realize how privileged they are to have such a program to help them exceed their expectations and strive for the future!

Antonio Girona, 2001, Sci-Tech, Bridgewater State

I'm still in Springfield, even though for a time I was about to move out to Boston. I had quite a few jobs available to me but I was not ready to go, even though in hindsight I should have. This summer was great. I traveled more this summer than the past two summers combined! I went to New York City, Atlantic City, Connecticut, and Boston. I found out the driving in NYC is actually safer than driving here in Springfield as long as you get used to the honking and rushing. Next summer I'll probably be traveling to the Dominican Republic and the Florida Keys to get away.

from this area for a little while. **Rafael Marquez, 2001, Sci-Tech, Bridgewater State,** is getting married in October of next year and I'm his best man! I am so happy for him, and honored to be his best man

Mariah Garcia, 2009, Holyoke High School, Westfield State College

I am at Westfield State. My experience is definitely not what I expected it to be and I am considering transferring next year. But for now I am trying to make light of the situation by getting involved. I am running for Hall Council Treasurer. I will let you know how that goes.



Class Notes from UB Alumni



Lindsey Willson, Turners Falls, 2009, Brandeis University

Brandeis is going really well socially and academically. As soon as you get to college you realize that it's an amazing experience and I couldn't have done this without Upward Bound. I applied to get into the TRiO program here, which I got in to! My classes are going alright, two of them are mostly upperclassmen, so I'm trying to find my voice in class. By the way, there is SO much reading to be done. That's the one thing that no one told me! I've learned that hard work pays off more than you think it will and to be thankful for everything that you have because not everyone has this kind of opportunity.

Teressa Williams, Springfield, 1998, Westfield State, 2009

I graduated from Westfield State with a BA in Sociology and a minor in Multicultural and Ethnic Studies. I currently work at Robert F. Kennedy Children's Action Corps. in South Hadley, MA. I am currently pursuing my master's degree online. I will be receiving a Masters of Science in Nonprofit Management and Leadership in March 2011. I plan on one day opening my own nonprofit or being a director.

Leida Cartagena, Holyoke High, 1997 Mount Holyoke College 2001, BA, Boston College, 2004, MSW

I have survived my first year working for NEFWC in Holyoke running three federal grants. I continue to direct the AmeriCorps VISTA program and our Holyoke School Based Mentoring Program. This year I took a trip to London and Paris with my sister and it was just what I needed to ignite the travel bug in me. Now all I can think about is where I'd like to go next.

I can't believe how fast time goes by. If you can believe it I've been thinking about going for my Ph.D. One day I'll be Dr. Cartagena. Aside from my job I continue to teach as an adjunct professor at Elms College in the Social Work Department. I try to stay active in my community serving on the boards of Solutions CDC, Nuestras Raices and I was appointed to the Holyoke Redevelopment Authority. I really wouldn't be where I am today if it were not for UB.

Sachia Mailloux-Garcia, Holyoke High, 1992, Bates College

I returned to work after being on maternity leave with Lukas who is now 15 1/2 months. Time flew by!!! I'm currently working as the 9th and 10th grade Assistant Principal at The Springfield Renaissance School. It is a very exciting year for Renaissance as we prepare to graduate our first senior class!!! I continue to share my wonderful experiences as an Upward Bound graduate and employee. Best of luck.

Angela Pomales, Holyoke High, 2007, Westfield State College

I am a sophomore at Westfield State College. I took a year off, had some fun now I'm back in school. I am majoring in Social Work and I love it. Classes are great and the professors are amazing.

Jessica Jackson Turners Falls, 2005, Holy Cross 2009

Greetings from the big apple! I'm fulfilling my dream of modeling right now which is surreal! I have a contract and go to castings and I've even gotten my first paid modeling job. I'm looking into applying for Masters programs for child psych. probably for fall 2010. Hopefully I get in a magazine soon :)

Katelyn Otto, 2006, Turners Falls High School, Elms College

I currently have an internship for the fall working at the Greenfield district court as a probation officer there is a three year wait and they wanted ME! In May I will be going to Greece to study for 12 days about stress management and applying it to my life and to my clients!!! All is coming to an end and is looking great for my senior year.

Amy Partelow, Holyoke High, 2002, Elms College, BA, Springfield College, Masters Degree.

I earned my BA in Psychology at Elms College. In my junior year of college I studied in England. After graduating I was diagnosed with an chronic illness called Myasthenia Gravis (MG). I had to withdraw from graduate school because I spent most of 2006 in the hospital and in rehab learning how to walk again. Unfortunately I was in a wheelchair until December 2007 when new treatments and medication began to work. I started graduate school in Fall of 2007 and even with hospitalizations I am graduating with a 3.6 GPA. I have a wonderful internship which looks like it will turn

into a job soon. I have started a local support group for MG. I am the chair of the MRC Western Massachusetts Regional Consumer Council. As of May 16, 2009 I will have my Masters degree. I hope to go back to school to obtain my Doctorate in Psychological Testing and Assessments. UB gave me the encouragement to go to college. Without UB I am not sure I would have succeeded in the way I have. My advice for current students is to keep trying no matter what.

Krysten Langone (Funari), 1999, Greenfield High School, UMass Amherst, WNEC.

We have been doing really well. Joseph Jr. will be three in January and we just had a baby girl in August. Her name is Stefania Maria and she is just precious. I am still with Western New England College as the Assistant Director of Student Disability Services.

Former UB Staff and Friends

Ellie Molyneux (TC and teacher Summers 2007 and 2008) misses UB! After graduating from Middlebury and finishing her 2nd summer at UB, Ellie moved to Greenwich CT to teach 1st grade. The area wasn't for her, so she has recently taken a new teaching job in Lakeville, CT. She is now teaching 5th grade science and social studies at the Indian Mountain School and really loves it! She is still taking her students to the farm, coaching soccer, and teaching hip-hop. Ellie still thinks that UB is the best program in the world. She enjoys hearing of all that her past students are accomplishing, and encourages them to keep it up! She is especially proud of her TC's who have already made it to college, and wishes the best of luck to those who are in their college application years.

Samantha Packe, 2008 tutor counselor Hey UB! I hope everyone is doing well - I miss you! I am at Middlebury for my last semester, joined by UB graduate Tanya Olaru! It is so exciting to see an Upward Bound face around campus. I wish everyone the best of luck, whether you are getting ready for college or already there. Have a great year!

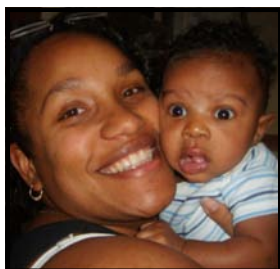
Former UB Staff and Friends



Ami Jackson, former Springfield UB Advisor

I am still working as a Criminal Defense Investigator for the Committee for Public Counsel Services Youth Advocacy Department, my role supports attorneys who provide effective legal advocacy for children in need. I have met wonderful people and youth here that often make me miss UB. I recently had a son in June and he is doing great; before you know it he'll be off to college!

Ami pictured with son.



Gordon Burnett, 2009 UB Tutor Counselor, 2008 NMH grad, Springfield, Holy Cross

I just wanted to thank everyone, especially the students, for making my first summer working for UB a great experience! All the kids in chemistry did a great job getting me ready for this fall as I am helping out in 6th and 8th grade math and science classes. My semester has gotten off to a rocky start, but I am working to turn that around. I hope to see them all again at some point!

Tom Chen, former UB Tutor Counselor

This is my second year teaching 8th grade humanities at Paul Cuffee School in Providence, RI. I love my students and I look forward to going to work everyday. We are currently working on "This I Believe" essays and we will be starting the Holocaust unit soon.

Kathryn Bridge, former UB French Teacher

I am still working for the study abroad organization in Amherst, The Center for Cross-Cultural Study. I began there just over a year ago. I travel around the US to college campuses to recruit students for our programs in Spain and Argentina. Glad to hear all is well with UB!

Jay Guilford, UB Dean of Students

Jay is back in New York where he is writing and teaching. His short story has been published in *The North American Review*, the nation's oldest literary magazine. His novel, *The Pencil Test*, is now available at all online bookstores.

Magaly Santana, Holyoke High '98, Westfield State College, Bachelor of Art, former UB tutor counselor

For the past two months or so, I have been working as the Secretary of the Superinten-

dent of West Springfield Public Schools, and I love it! My summer was exciting! My boyfriend, Joshua Raymond, proposed to me as the sun was setting on the beach. I was ecstatic. I miss you all and wish you only the best. Remember my quote: Never be content with average for average is the same distance to the top as it is to the bottom.



The Holyoke Parent Advisory Council hosted their first fundraiser for this academic year on November 11, 2009 at Templo Ebenezer Church. Parents and students helped to prepare and sell dinners. Friends and family of Upward Bound made the event a success by coming out to show their support. All proceeds will go towards Upward Bound and the UB Scholarship fund. Congratulations Holyoke for a great start!



UB PARENT CORNER

Path towards Acceptance



Upward Bound students recently took a trip to the **College of the Holy Cross**. During the visit each student took one more step on the path towards acceptance when they were all interviewed by an admissions counselor. While shaky nerves seemed to be affecting them before the interviews, when they emerged they were relaxed and confident. One UB student, *Inna Ferderyuk* (Greenfield High School) said, "I thought the Holy Cross interview would be hard, long and nerve-racking, but after I stepped into the room and heard what questions [they were] asking and how friendly [they were] towards me, my perspective of the interview changed completely." Other students had similar thoughts. *Julian Jiminian* (Renaissance School) notes, "Holy Cross is definitely a school that looks after its students. I am excited to see if I get in!" Another UB student, *Jennifer Lee* (Renaissance School) said, "It was great, not only did I tell them about myself, but they told me so much about them, it was so worth it!"



Senior Spotlight: Highlighting outstanding UB seniors



Ruth E. Lopez

Hometown: Springfield, MA

Applying to: Framingham State College, Westfield State College, St. Anselm College, Bridgewater State College, UMASS Dartmouth, Holyoke Community College, MCLA

The Springfield Renaissance School

What has been the most challenging part of applying for college? “I had a lot of personal obstacles to overcome and it was very difficult and emotional, but I was able to overcome them.”

How has UB helped you along in the process? “As a student UB helped me get organized. They helped a lot with the application process for college. I didn’t know anything about the process, UB took me through the applications step by step.”

When looking towards your college career, what are you most excited for? “I’m looking forward to being in the classes and doing college work and getting the knowledge I need to move on and achieve my dreams. I want to become a fashion designer and I want to be an international business owner.”

Any pearls of wisdom for future seniors? “I wish I did better in my junior year so juniors keep your grades up and stay with the program because it helped me a lot.”



Mariah Bouchard

Hometown: Holyoke, MA

Applying to: College of the Holy Cross, Westfield State College, Clark University, Bentley College, Union College, Fairfield University, Bridgewater State College.

Holyoke High School

What has been the most challenging part of applying for college? “Writing my personal essays have been the most challenging because you want to be creative but still have a lot of information about yourself.”

How has UB helped you along in the process? “They teach us how to fill out the application. They actually help us while we’re filling it out. They help us gather information about colleges. Basically, UB helps us with every aspect.”

When looking towards your college career, what are you most excited for? “Meeting new people, starting my classes, and really starting to become an adult and learning more about myself.”

Any pearls of wisdom for future seniors? “Don’t procrastinate and listen to your advisor! Don’t blow off enrichment or senior time!”



UB 2009 Summer Academy Highlights





UPWARD BOUND

Northfield Mount Hermon School

NMH Upward Bound Program

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[www.nmhschool.org/](http://www.nmhschool.org/upwardbound)

upwardbound

THE UPWARD BOUND PROGRAM at NMH is a federally funded (Department of Education) initiative designed to provide low-income students with the skills and motivation needed to succeed in college. The students are usually the first in their family to go to college. UB scholars receive tutoring, advising, enrichment, a rigorous six week summer program and intensive assistance with the college and financial aid application process.



Upward Bound Staff

From left: to right:

Gayle Sullivan

Patricia Corrigan

Sharon Gralnick,

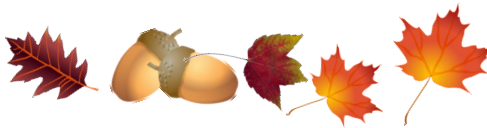
Anna Rigali

Breyana Roman

Gisele Litalien

At Upward Bound we are all Scholars!

UB Student Corner



“Heavenly Cat”
Mariann Ortiz



“Orange Burst”
Ellanje Ferguson



“Love’s Footprints”
Khallill Dancy

During the 2009 Summer Academy, Upward Bound students participated in a Photography Elective Course where they were able to exercise their creativity. Finding inspiration all around the Northfield Mount Hermon campus, these UB scholars captured several beautiful scenes.

“Open a Book”
Vianca Ramos



“Innocence”
Mariah Bouchard



“Vaca”
Diana Rodriguez



“Fur ball of Joy”
Stephanie Rivera



This issue of UB Scholar's Digest was created and formatted by Breyana Roman



Mark your calendars!

SUNDAY, JANUARY 31, 2009



**UPWARD BOUND FAMILY
SKATING PARTY**

INTERSKATE 91

2042 Boston Road, Wilbraham

UB students, families, friends and alumni

3:30-5:30 p.m.

\$6 ADMISSION \$4 SKATE RENTAL

Buy tickets from a UB Scholar or call our office

413-498-3416

If you can't come, please support the program by
sponsoring one or more new students!

Sponsored by Springfield Parent Advisory Council

Send checks to NMH Upward Bound
One Lamplighter Way, Mount Hermon, MA, 01354

**DON'T MISS THIS FUN
EVENT!**

