Happy End of Winter!

We are happy to welcome 40 new freshmen and sophomores and their families. They are a very promising group of young people and we look forward to getting to know them. Our seniors have nearly completed all their financial aid applications and eagerly await college and financial aid decisions. Our annual Career Day took place on President’s Day. Students heard from professionals in a wide variety of fields. We all enjoyed some outdoor fun, basketball, volleyball, movies, board games and dancing. Juniors went on two college trips and they are gearing up for their first round on SATS. As a program we are preparing for the next application cycle as we write our proposal to compete with programs across the country for the next five years of funding. The competition is always intense and the federal dollars for UB have not increased in a very long time. In fact it is likely that over 200 programs could lose their funding in the next round of competitions. We will take a close look at how we can best support students in their goals to succeed in high school and college. We are confident but never complacent.

Alumni, please continue to send us your amazing success stories as they inspire us to continue this important work.

Gisele Litalien
Director’s Notes...

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College and Career Exploration

Upward Bound students jumped-started a busy week in February! First, they were able to glimpse the lives of several professionals in various fields at the UB annual Career Day. This year’s event featured professionals in areas such as green building, criminal justice, psychology, allied health, engineering, and video game programming.

Students were excited by the enthusiasm that the presenters had for their respective fields. At the end of our career day portion students were able to share with other students, staff and presenters what they learned from attending these career workshops. After career day Continued on Page 6

Several of the Upward Bound staff returned from a Professional Development trip to San Juan with some valuable insights and information about TRIO practices. We were fortunate to be able to attend an excellent conference in such a stunning location! The TRIO HOPE (Hispanic Organizations Program Enhancement) Conference gave us occasion to glean practical and helpful strategies and ideas for improving our program. Over a three day period, UB was able to attend a series of TRIO workshops with content including student assessment, retention and new ways of using technology. In addition, we also had the opportunity to better understand what TRIO and its various programs are all about. Besides attending helpful workshops, the Upward Bound staff was also able to network with other professionals in various TRIO fields including several from Upward Bound Programs across the United States and Puerto Rico, Talent Search, Student Support Services, and Educational Opportunity Centers. Each participant worked in a group to develop a comprehensive plan to address a very specific issue facing their programs.

UB Director, Gisele Litalien saw the conference as a unique and exciting training opportunity. “We learned new things from our colleagues about resiliency, retention strategies and the many ways TRIO programs can use social media. The group project gave us a hands on experience of planning something we can implement in
We have already begun using Facebook to reach our alumni and to post events. We hope to use blogs and Twitter both in the classroom and as a way to be visible to our communities, alumni, and supporters. This is just the tip of the iceberg I suspect! We also reconnected with a program in Rio Piedras that visited us several years ago during our Diversity Conference. We learned so much about Puerto Rico and enjoyed being in a truly bilingual setting!”

Anna Rigali, UB Holyoke Advisor also had some great things to say about the experience, “The conference in Puerto Rico increased and enriched my understanding of TRIO programs as a whole. Speaking with people from all over the country that work for Upward Bound gave me great ideas to better serve my students.”

This trip was also a chance to see some of Puerto Rico’s beautiful sites. After a long day of workshops we had a bit of free time and were able to participate in an excursion to the bioluminescent bay in Fajardo. We rode kayaks out onto the bay under a very bright moon. While a full moon is not an ideal condition when trying to spot the amazing glow of the bioluminescence, our tour guides were well equipped with tarps to shield the shine of the moon. The glowing in the bay, made possible by the millions of organisms that when disturbed emit a green glow, was a wonderful display.

AmeriCorps Member Breyana Roman notes, “Being able to go to Puerto Rico with the Upward Bound staff was an amazing experience, not only did I get a chance to meet with TRIO staff from across the US, I also got the chance to experience some really thoughtful workshops and take in the amazing biodiversity that Puerto Rico offers. I can’t wait to go back!”

UB Parent Corner

Congratulations to the Franklin County and Springfield Parent Advisory Councils for successful fundraisers! Franklin County Parents hosted a screening of “Alvin & the Chipmunks: The Squeakquel” at the Greenfield Garden Cinema. Friends and family of Upward Bound gathered for fun and laughs and to support the Upward Bound Scholarship Fund!!

The Springfield Parent Advisory Council can also celebrate a good turnout for the Family Day at their recent Interskate 91 Fundraiser. Many UB students came with family and friends to skate and they had a great time at this event. There was no shortage of laughs at this Fundraiser as UB staff and students skated to popular music and participated in lots of fun and games! Great job UB parents!
Class Notes from UB Alumni

Heather Hume, Holyoke HS 1999, Northeastern University
I am attending Northeastern for my Master's in Urban and Regional Policy.

Darya Samokhina, Greenfield HS, 2007, Pennsylvania College of Science and Technology
Happy New Year!!! I'm studying at Pennsylvania College of Science and Technology. This is my second year and I'm still trying to get into the Dental Hygiene BS program. It's hectic and a very competitive program, but I'm not giving up just yet! How are things going for one of my scholarships. My contact information will be changing beginning Friday.

Joea Ramos, Central HS 2009, Westfield State College
I owe the program so much and hope to give back in the near future. Jalaiza and I are doing great and are working hard for a better future. You guys (ladies) are great!

Brittany Mazor, Turners Falls HS 2008, Westfield State College
I am a Biology major at Westfield State. We started a dance team, and Third World Organization committee for fundraising. We have a fashion show coming up.

Nelson Barbosa, Greenfield HS 2009, Worcester State College
Worcester is great. Perfect fit for me. It amazes me how there is no one else from Western Mass over here. It's all Central and Eastern Mass. Great school though!

Angela Pomaless, Holyoke HS 2007
Everything is going great for me. I am currently doing the Disney College Program Internship in Orlando, FL. I work at the ABC Commissary in Hollywood Studios. It's very cool, I like it. I live in a beautiful apartment complex which I love. I am taking an online class and a volunteer class as well. I am very excited to go back home in May though. I am also planning to take some summer classes so I can have all my credits for when I go back to school in September.

Jerald Rosemond, Central 2001, Temple University BA
I am still in Philly and working for a produce company as their Marketing Coordinator. Prior to this, I was working for Comcast but was laid off along with many others, so that was a difficult time, but all is well. I am looking to move to DC in a few years. I really appreciate being informed every now and then on Facebook about the events and most importantly Alumni Day. I would love to attend!

My advice would be to make the most out your time in UB. Enjoy the laughs and friends you'll make and always feed your mind with knowledge. Don't rush to be an adult and to find a career in a field in which you enjoy going to work every day.

Amy Bernardo, Holyoke HS 2007, Mitchell College
I am a junior at Mitchell College and cannot believe how fast my education has passed! I am excited to graduate with a Bachelor's Degree nest year, but scared to leave my friends that have grown to be my family at Mitchell.

I am currently doing an internship at Corrigan Correctional Facility, a maximum security center for heinous crimes and pretrial detainees, in Uncasville, Connecticut. I will be ‘getting my feet wet' with all different aspects of the facility, including medical services, addiction services, intake, and gang unit.

My fellow Junior Class Officers and I are coming together again to sell T-Shirts for each class to raise money for our senior class trip (T-Shirts $19.95). I am also volunteering at the Connecticut Humane Society to earn hours for one of my scholarships.

A little piece of advice for the current UB Scholars, your college experience will only be what you make of it, so take advantage of everything, no matter the price, its ALWAYS worth it!

Hi guys! I'll be celebrating my 3rd wedding anniversary the summer of '10 and we just threw my son his first birthday party! Life is good. I'm always anticipating what God has in store for us and truly love being a wife and mom. Hard to believe that it's almost been 9 years since high school graduation. Life moves quickly! My advice to college bound students is to get in there and complete your degree while you're young! As for me, I'll finish eventually!
Tom Chen, former TC
I’m in my second year of teaching at the Paul Cuffee Charter School in Providence. I am teaching 8th grade humanities. We are finishing the Holocaust unit and will be learning about the Japanese internment next. I am on the committee to choose the principal for the new Paul Cuffee High School. I will be one of the facilitators for a conference on teaching civil rights in schools. I also founded the Brown University MAT/UTEP Alumni Group, please visit www.teachbrown.com. I also want to let you know about my classroom website www.tschen.com. I have some pictures of Upward Bound on there. Happy New Year!

Shirley Duong, former TC
I am a 1st/2nd grade teacher at a small, independent school in the San Francisco Bay Area. It is my first year as a teacher, and it—teaching—is one of the hardest things I’ve ever done.

Ruth Hackford Peer, former UB Assistant Director
I am in the process of applying for law school - I’ve gotten 13 acceptances so far and hope to go wherever Kim gets a job (since she finishes her PHD in May.) All is well - boys are growing up and getting big.

Omowunmi Isaacs-Sodeye, former Dorm Head and Teacher
Well, I am now in Arizona. I have been a stay at home mum for the last year and a half. I am Homeschooling my 3 and half year old part time. However, I am looking to go back to school in the fall for a PhD in Curriculum and Instruction with a focus on Engineering Education.

Brenda Pedraza, Holyoke High, 1998, former Holyoke advisor
I am in my last semester of law school and will be taking boards next February. I’m still working at same job in Hadley doing research work. I’m looking forward to being done and getting my law degree!

Greetings to Upward Bound from former AmeriCorps Member

Drew Hammill
I was sitting in class today chatting with students about the predicted “blizzard” we are about to receive (2 inches), and I could not help but think of my friends in Western Massachusetts. I think it was around this time that I made my infamous “bring the snow on” remark. I hope that the new AmeriCorps member is smarter than me and decides to wear gloves when shoveling off vans.

I did find a teaching position as a US History and Psychology teacher at a school in Charlotte. It is difficult but I am starting to really enjoy it. The students are very challenging, and there is a lot of pressure for high test scores in a low performing school. I do love a challenge though and I think I am doing a pretty good job, but we will see when the final exam comes around. I have been using my Upward Bound expertise assisting students with scholarships and SAT prep in after school sessions; this has scored me a lot of points with the administration.

Melissa and I are living in Charlotte with our two cats. I am glad that I did not give Jim, my cat, to Gayle to be eaten by coyotes, wolves, and bears or whatever it is she has in her backyard…joking!

Finally, I wanted to let you all know that I miss living in the Greenfield area very much but mostly I miss the people that I was privileged enough to meet and work with for the year I spent there. I wish the new AmeriCorps member and advisor the best of luck and continued success to Gayle, Sharon, Patricia, and Gisele.

Enjoy the pictures of Drew and his new nephew Hunter Joe.
How does it feel to be finished with college applications?: It is a HUGE relief. I was finished with all of my applications back in November, when all of my friends were just barely figuring the whole college application process out so it felt really nice to have it all done and out of the way.

How did UB help you with the process?: I don’t know what I would have done without UB. I mean, all of my friends kept asking me questions about filling out applications and financial aid stuff and I could help them because UB helped me.

When looking towards your college career, what are you most excited for?: I’m excited to learn all about the major I have chosen, Marine Biology, but I’m also excited for the college experience. I can’t wait to live on campus, join clubs, and meet new people. It’ll be a whole new experience.

Any pearls of wisdom for future UB seniors?: Honestly, do what your advisor tells you. I know sometimes it may seem hard and you may have that feeling of “I don’t care,” but seriously, they know what they’re talking about. If you let them guide you, the whole college prep process will be so easy and your friends will envy you when you tell them that you’re all done and they haven’t even started. Good Luck!
The Youth Legislative Forum, hosted by YouthServe AmeriCorps of Franklin County, was held on January 29, 2010. Franklin County youth had the opportunity to speak to local and state legislators about the issues important to them in a roundtable discussion. Among those in attendance was UB student Sarah Crowell (Turners Falls High School). We asked her what her experience at the forum was like (UB: Upward Bound, SC: Sarah Crowell).

UB: What did you like best about attending the Legislative Forum?

SC: Being able to talk to our legislators and getting our word out and having a voice was important.

UB: What was it like to speak to your legislators?

SC: It was quite interesting and I really liked it. When I first stepped in there and saw all the legislators I was kind of intimidated, but once I started talking to them they were really nice.

UB: Do you feel that your thoughts and ideas were taken seriously?

SC: Definitely, just the feedback we got from them was great, I definitely feel my voice got across and was heard.

UB: Would you attend the Legislative Forum again and would you recommend attending the Legislative Forum to others?

SC: I definitely will do it again and definitely want to spread the word to others because it is a good experience.

College and Career Exploration

Cont from page 1

and lunch, the fun time began. Some of our scholars decided to relax and take in a movie, while some decided to be a bit more adventurous and went ice skating on Shadow Lake. Some students felt like dancing and had the chance to learn some salsa moves and then some students just wanted to hang out, catch up, and play games.

In addition to career exploration, UB juniors got the chance to kick off their college exploration over February vacation. Taking trips to Framingham State College, Worcester State College, and Bridgewater State College, students were given a chance to tour the campus and meet current students. UB students were impressed with the college setting and life and realized how much independence and responsibility would come with the experience.

We were all impressed by Framingham’s beautiful campus, Worcester’s amazing AID program and equally amazing AID students, and Bridgewater’s remarkable sense of community. We also learned a lot about academic programs and co-curricular activities at each institution. These college and career experiences have hopefully planted the seed for a bright future in our students. We at Upward Bound will continue to offer valuable experiences like these and continue to prepare our students for the next step in their education.

UB students participate in Franklin County Legislative Forum

UB students visit Worcester State, Framingham State and Bridgewater State Colleges

UB students learn and have fun at Career Day

Dr. Sanford Jeames explains allied health careers
New students gear up for Upward Bound

In January newly recruited Upward Bound students were welcomed and introduced to the Upward Bound Program at New Student Orientation. They and their families had the chance to learn the ins and outs of the program including program requirements and the high expectations of the program. They must be willing to dedicate extensive time and effort to the program and demonstrate excellent attendance and participation in our afterschool services and events. They committed to abide by our No Diss policy which requires respectful behavior towards all staff, students, the program and themselves. They also learned that they must meet high academic standards to reap the benefits that UB offers.

In addition to learning the ways of Upward Bound new students were given the opportunity to meet and get to know each other through a series of fun exercises and icebreakers, while parents and family learned about Upward Bound’s Parent Advisory Council.

Students and families were then introduced to the Northfield Mount Hermon campus. After enjoying a delicious lunch at Alumni Hall, new students and parents were taken on a tour of the campus lead by our UB Ambassadors (current UB Scholars). Students had the chance to see where they would be living and learning in the summer. By the end of the day new students seemed excited about embarking on the UB journey!

UB Student Corner: Scholarships

Scholars! Why should you apply for scholarships? Because it’s FREE money!! Applying for scholarships should be one of your top priorities when it comes to preparing for college. Scholarship money is great because you never have to pay it back, whereas when you take out loans, you do. It’s important to set aside some quality time dedicated to applying for scholarships. It is normal to feel burnt out after filling out all of those college applications, but please trust me, it is so worth it! Some applications don’t even take too long! The Community Foundation of Western Massachusetts has a great scholarship program and when you apply once online you’re actually applying to over 100 scholarships. There are a lot of great scholarship sites out there, but you have to be willing to do a little research. Nowadays you can find scholarships for being left-handed, being tall, being bilingual, or if you can make a cool prom ensemble out of duct tape, the possibilities are limitless!

http://communityfoundation.org/
http://www.fastweb.com/
http://www.collegeandfinance.com/32-weird-scholarships-almost-anyone-can-get/

START RESEARCHING!

TRIO Programs in Crisis, how you can help!

Friends, parents, alumni, we are passing on this letter and a link to an online petition that was started by another TRIO Program Director. Dear colleagues,

There is a crisis in funding for TRIO this next fiscal year with the possibility of 200 Upward Bound programs being cut. That would mean a loss of services to 12,000 students. 12,000 students who will fall through the cracks and potentially lose sight of a college education. We are each passionate about our programs, the students we serve and the difference our programs make. We need to use that passion to fight these cuts and establish the discretionary funds needed to continue the 967 Upward Bound programs and support to the recent SSS competition and mandates established for Talent Search programs.

As a means to this end, I have created a petition on change.org, requesting the U.S. House and Senate and President Obama secure funding for TRiO programs. It is my hope that over 9,000 TRiO staff, students, parents, supporters, organizations, etc. will log on and sign the petition. We know from experience many voices are better heard than a single voice.

Below is the link. If you would like to sign the petition go to the website, add your story to the letter, sign and send. It’s that simple. No registration, just a few boxes to fill in and one button to submit. Think of the impact we can have if programs around the country let their voices be heard.

http://education.change.org/actions/viewask_your_elected_officials_to_invest_in_our_future__support_to_keep_trio_programs_alive

Please help spread the word and let others know about the petition. I thank-you for your time and am encouraged that we have a chance to stop this crisis.

Jennifer Crotteau
TRIO Upward Bound Director
Mesabi Range Community & Technical College
SAVE THE DATE
THURSDAY-APRIL 29th

Barnes and Noble Fundraiser
To benefit the UB scholarship fund
Thursday April 29th
5:30-8:30pm
Holyoke Barnes and Noble Store
Online sales count too!

A percentage of total sales will go to UB to help our seniors with college costs.
You MUST have one of our vouchers or the ID number 10167781
OR mention you are there to support NMH Upward Bound.

Sales of books, music, and cafe items count.
Gift cards, hardware, software, and some other items do not.

For online purchases or if you shop at other Barnes and Noble stores enter our ID number 10167781
The online fundraising will happen for five days
April 29th until May 3rd

Spread the word! It’s right before Mother’s Day, a great time to shop!
Write or call if you have questions or if you can help!
Anna Rigali -Holyoke UB Academic Advisor
413-498-3416 (office)
413-387-8568 (cell)