Greetings!
I had the privilege of introducing Lindsey Wilson ‘09 at the Massachusetts Educational Opportunity Award Luncheon on October 18th. She was one of five recipients of a scholarship. Lindsey is thriving at Brandeis University where she is a junior studying psychology and women and gender studies.

Lindsey’s story and presence made a powerful impression on the professionals who were there to celebrate TRIO students who accomplish so much in spite of daunting obstacles.

Almost every week I hear inspiring news from alumni who are pursuing their college and career dreams and who can trace their success back to their time at UB. We are particularly excited to welcome Adriana Lara ‘07 as our AmeriCorps member this year. Her long history with UB as a student, summer office manager and TC make her a fantastic addition to our team.

We are also extremely excited to hear that Alex Morse ‘07 is the new mayor of Holyoke and Josh Garcia’04 was elected to the school board. I am fired up as we head into the most challenging grant competition ever. We hope to secure the next five years of funding to continue serving our current students while hopefully adding more students.

Keep letting your elected officials know how UB and TRIO programs change lives so they will fight to preserve and increase these programs.

Upward Bound Alumni Making a Difference

The recent election in Holyoke placed two UB alumni in important leadership roles in their community. Josh Garcia ’04 has been elected into the Ward 1 School Board. He won 71% of the vote. Garcia graduated from Holyoke High in 2004 and went on to study psychology at Westfield State University, from which he graduated in 2008. He is currently pursuing a Masters in Public Administration at Westfield. Alex Morse ’07 won the mayor’s seat with 53% of the vote. Morse graduated from Holyoke High in 2007 and Brown University last spring. With a focus on education, economic development, public safety, and creating Holyoke pride,

Alex is determined to make Holyoke the best place it can be. Morse, 22, takes office in January. He told CBS news “I think of my age as an incredible asset, in that I haven’t been around for 20 (or) 30 years. I’m not beholden to special interests. I haven’t been around long enough to owe anybody a political favor” Good luck to both of you!
Jenny Gross

Hometown - Northampton, MA but I lived in Jackson Hole Wyoming for 20 years!

Current town - Wendell, MA.

Position: Office Manager

What did you do before UB? I worked at a residential school for at-risk youth. My job title was Quality Assurance Coordinator and that is the job that helped me realize I like working with young people and seeing them prosper in their lives.

What is your favorite part about UB? I love being part of the process that helps local students get into college and move upward on their life's path.

If you could travel anywhere in the world where would you go? I always thought it was Tahiti but recently I realized it is probably the Scandinavian countries. I'd love to see Norway and Sweden.

Favorite TV show right now? I love TV more than most people. Comedies, dramas, dramedies, I love it all. How I Met Your Mother is always at the top of my favorites list. It is hilarious and has a lot of heart.

Adriana Lara

Hometown: Greenfield, MA

Current Town: Shelburne Falls, MA

Position: AmeriCorps Member

What keeps bringing you back to UB? I have been a UB scholar, office manager, and a tutor counselor. It seems the natural progression for me was to be the AmeriCorps member. UB has given me a place to call home. I have always felt welcome and supported by UB staff and students. This is what keeps me coming back.

What is your favorite part about UB? The dedicated staff and students. Everyone is always working hard to reach their goals.

If you could travel anywhere in the world where would you go? I’ve been fortunate enough to go to the Netherlands, England, Morocco, and Croatia. I think I would go to Scotland to try and find the Loch Ness Monster.

Favorite TV show right now? The Office! It makes me laugh out loud which is my favorite thing to do.
Oh, the Places You’ll Go!

Seniors are applying to:

- Alfred University
- American International College
- American University
- Anna Maria College
- Assumption College
- Bard College
- Bates College
- Bay Path College
- Bennington College
- Bentley University
- Boston College
- Boston University
- Bowdoin College
- Brandeis University
- Brandeis University
- Bridgewater State College
- Champlain College
- Chapman University
- Clark University
- Colby College
- Colgate University
- College of the Holy Cross
- Colorado College
- Connecticut College
- Denison University
- Dowling College
- Drexel University
- Duke University
- Elms College
- Emerson College
- Emmanuel College
- Fairfield University
- Fitchburg State College
- Fordham
- Framingham State College
- Franklin and Marshall College
- George Washington University
- Greenfield Community College
- Hamilton College
- Hampshire College
- Harvard University
- Holyoke Community College
- Lesley University
- Massachusetts College of Liberal Arts
- Massachusetts Institute of Technology
- Middlebury College
- Mount Holyoke College
- Muhlenberg College
- New England College
- Northeastern University
- Oberlin College
- Oral Roberts University
- Providence College
- Rochester Institute of Technology
- Roger Williams University
- Saint Anselm College
- Salem State College
- Sarah Lawrence College
- Skidmore College
- Smith College
- Springfield College
- Springfield Technical Community College
- Stonehill College
- Temple University
- UMASS Amherst
- UMASS Dartmouth
- UMASS Lowell
- Union College
- University of New England
- University of Vermont
- Wesleyan University
- Westfield State University
- Wheaton College
- Worcester State College
- Yale University

Senior Spotlight: Highlighting Outstanding UB Seniors

Radame Jusino

What colleges are you applying to?
- Fitchburg State, UMass Dartmouth, Framingham State, Westfield State, Springfield College, and more.

What has been the most exciting part about the college process?
The most exciting part is looking up the colleges that I want to apply to and seeing what kind of colleges there are available for me.

Holyoke High School

What has been the most difficult part?
Filling out the Common Application.

What about college are you most looking forward to?
Meeting new people and moving on to a new environment with different things.

Advice for the rising seniors next year?
Focus on your school work and don’t slack off.

Favorite UB snack over the years?
No preference.
Alicia Hathaway

What colleges are you applying to?

What has been the most exciting part about the college process?
The most exciting part about the college process is going to visit all of the schools to see how big they are, what the dorms look like, how the food is, what there is to do, and all that stuff.

What has been the most difficult part?
The most difficult part so far is just filling out all the applications. I started filling out online applications but they started to aggravate me so now I’m doing all paper ones.

What about college are you most looking forward to?
The part of college that I am most looking forward to is living on campus and meeting a ton of new people. I am really nervous for this part as well but I think that it is going to be a really great experience for me.

Advice for the rising seniors next year?
My advice for rising seniors is to not slack off with your classes junior and senior years. Stick with them even if you don’t want to do the work to push through it. You don’t want your GPA to drop because you got lazy.

Favorite UB snack over the years?
My favorite UB snack has to be the fruit stick things we used to get. We don’t really get them anymore but we definitely should!

Noemi Collazo

What colleges are you applying to?
Smith College, UMass Amherst, Skidmore College, Franklin & Marshall College, Union College, Connecticut College, Fitchburg State, Hampshire College, Clark University, and Denison University.

What has been the most exciting part about the college process?
Actually being able to go to the campus and get a taste of what that college environment is like.

What has been the most difficult part?
Writing all the supplement work.

What about college are you most looking forward to?
The college life; the social events, the classes I’m going to take, and the great people I may meet along the way.

Advice for the rising seniors next year?
When picking out colleges really find a concrete reason why you’d like to go there and DON’T PROCRASTINATE! (It will always come to get you!)

Springfield High School of Science and Technology

Favorite UB snack over the years?
Pirate’s Booty.
What is your favorite part about NMH so far? My favorite part of NMH at this point would be the people. The students, faculty and teachers are very welcoming and make my stay here worth it. The connections I’m making with the members of the NMH community are ones that makes my experience here something to remember.

What activities are you involved in? I am currently involved in concert choir and Circle of Sisters. Soon I will also be involved in taking my first ballet course. I’m working on getting more involved with all that NMH has to offer.

What has been difficult in this transition? The transition to NMH has been very smooth and I am pleased with my decision to attend. The hardest thing to cope with in my transition here is balancing my time on the weekends. The weekend is the best time to make bonds with peers here at school but it is also my time to go home to my family. Sometimes it becomes difficult to balance friends and family.

Have you been able to use any of the skills/advice from UB at NMH? Yes! UB has helped me greatly in my transition to NMH. I was accustomed to the campus thanks to the time spent here during the summer. I was familiar with the study hall routine, curfews, dorm life and study skills that come in handy all the time. I rarely get to any commitment late because I follow the rule “early is on time, on time is late and late is unacceptable”. This has helped me tremendously because I learned how to manage my time accordingly.

Anything else you want to add? Overall I am beyond grateful for this amazing opportunity that I was given to attend here. This school is great and has so much to offer it’s overwhelming at times. I would definitely recommend others to apply and hopefully have the chance to attend here in the future.

Katherine Casado-Berg was accepted to NMH for the Fall of 2011 as an incoming junior. Read what she has to say about her transition and how UB has helped her along the way.

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Student Spotlight: Herter Recipient

UB scholar, Nidhi Malik, received the Christian A. Herter Scholarship last spring. The scholarship is awarded to students who demonstrate academic promise and plan on receiving a post-secondary education. Started in 1972, this scholarship was created to help students whose socio-economic backgrounds and environmental conditions may inhibit their ability to attain their educational goals.

After being nominated and going through a rigorous interview process only twenty-five students in Massachusetts each year are selected to receive this award, which can fund up to 50% of a student’s calculated financial need at the college of their choice. Students selected have academic promise and have also overcome major adversity in their lives.

Nidhi and her mother were invited to an Award Ceremony at the State House in Boston. She was given a tour by State Representative Stan Rosenberg.

This scholarship has been very helpful for affording school for former UB alumni. Adriana Lara, Lindsey Wilson, Tiffany Jenkins, and many other alumni have received the Herter Scholarship in the past. We hope to see many more students share in this great opportunity in the future.

Congratulations Nidhi!
Did the Food Justice Theme Make an Impact?

Our program focused its social justice theme on food justice this year. Students learned where their food comes from, what is in it, and the effect it can have on our bodies and the environment. They read books, watched movies, attended a conference, started a blog, and some were even able to grow their own food in the UB garden. Once the summer was over, the program theme ended, but we are excited to see how students have continued educating themselves and the ways they have made changes in their lives as a result of their experiences.

See what students had to say about their experiences and what they learned:

“I learned the way people are deprived and the struggles some must endure to survive.”

“Our food is at stake. We need to clean up the way we grow food.”

“I went to the workshops for the social justice conference, read The Omnivores Dilemma and discussed it, I was a leader at the Hunger Banquet, I was the designer for the "UB Eating What" blog, and I watched Supersize Me with UB on Sunday nights”

“Learning more about Food Justice got me thinking more about the fact that we as humans can sometimes be very selfish by wanting everything for ourselves. That got me thinking about how our food is really divided up into the different social classes.”

“EVERYTHING is made of CORN! most food companies are corrupt, we really have to start taking notice on how and what we eat.”

“I didn’t really think there was such a big process that had to take place for the food on our plates.”

“I helped plant, weed, and harvest plants. It was amazing!”

“I’m thinking of abolishing meat from my diet more than I already have and I don’t eat so unhealthy anymore.”

“I learned that we should really learn about what we eat and that by getting our food locally there are many benefits such as more money that goes to local farmers and healthier food.”

“I did not eat meat during the summer and will not in the future. Also, in college I want to pursue this in conjunction with environmental studies.”

“It made me realize that the world of food needs a revolution.”

“I became a vegetarian”

“I have been trying to eat more organic food or foods with less hormones.”

“In my science class we were talking about how animals were being treated in the world and I talked about how animals were being modified to be all the same way and form.”

67.9% of UB students surveyed said that the Food Justice theme inspired them to change something they do in their life.
I'm in the middle of my third year clerkships in medical school. The hospital hours are brutal and sleep has become a precious rarity. I'll be applying for residency in the next 8 months. I'm looking to find a program that would allow me to pursue my passion for international medicine and more specifically health care development and advocacy in the developing world. I'm continuing with my work in Haiti with less frequent visits and serving more as a public health liaison and consultant with several non-profits who have adopted my model of training young adults to become community health workers in the rural parts of Haiti. UB will always hold a place in my heart. Please let me know if I can ever be of any help in any way.

Gordon Burnett, NMH 2008, Holy Cross, TC '09-'11
I've entered my senior year at Holy Cross and I'm finishing up my classes in chemistry and education. I want to thank all of my students from this summer for giving me a great teaching experience as the things I learned this summer are helping me transition into my role of a student teacher. And I want to say thank you to the unnamed students who told their advisers that my class helped them. It helped give me the kick I need for my first time teaching a class in a public school solo!

Juan Avendano, Holyoke High 2001, UMass Amherst 2005
I worked for Merck Pharmaceuticals from 2005-2011 as a process engineer. This fall, I started to pursue an MBA at the New York University Stern School of Business. I plan to specialize in Financial Instruments & Markets and Strategy. I am pursuing an MBA to transition into a career in asset management. I now live in New York City. I got engaged last December and will be getting married next summer.

Caitlin Anable, Holyoke High 2011, Bay Path College
I am attending Bay Path College. I am in a five year Masters program for occupational therapy. I am involved in Tactical and Swim Club. My advice to students is to apply to as many scholarships as you can. I would also like to add, once you get into college, be prepared to study more than in high school.

Jeannie Narvaez, Holyoke High 2005, UMass Amherst 2010
Things are good! I can't complain. My daughter is now in kindergarten and I am considering going back to school next year for my Master's Degree.

Jiomarys Alers, Sci-Tech 2003
I am now 26 yrs old. I am living in Bridgeport, CT. I will have been happily married for about three yrs on Dec 13th. No kids, just a mixed Chihuahua. I am currently a social worker/parent educator at Family & Children's Agency in Norwalk, CT. I am a professional makeup artist & skin consultant and you can view and "like" my beauty page on FB at Inner Reflections.

Justin Medina, Holyoke High 2009, Bridgewater State College
Justin is a junior at Bridgewater State University and he is focusing on social work.

Chris Medina, Holyoke High 2006, Westfield State University 2011
Chris recently graduated from college and is doing a year of AmeriCorps Vista in a partnership with Providence Ministries and Holyoke Community College.

Amy Bernardo, Holyoke High 2007, Mitchell College 2011
I recently graduated from Mitchell College Magna Cum Laude with a BA in Criminal Justice with a concentration in Programs and Treatment. I am now employed at Center for Human Development in Hartford, CT as a community support specialist. I work with the Residential Support Program which provides assistance to clients with diagnosed mental health disabilities but live on their own in the community. I assist these clients with advocacy, adult daily living skills, and transportation, just to name a few. I participate in WRAP or Wellness Recovery Action Planning groups which empower people to create a plan that will lead them towards recovery from a job, an illness, work, and most of all, life. I am also involved in Pathways, a program which focuses more on the paths we create throughout our recovery. I really enjoy my job and the duties it entails, my co-workers, and most of all the clients. They really make the job great!

Joshua Garcia, Holyoke, 2004 Westfield State University, 2008
Joshua was recently elected to the Holyoke school board.

I'm currently working at Yale's School of Medicine. I'm doing research in the Cardiology department. I've been working here for just over two years and beginning to look towards my next steps. I found out my cousin Ellanje Ferguson is actually attending your program! I would love to be kept up on what is happening in regards to the program’s continuation and the proposed cuts.
Ami Jackson, Former Springfield Advisor

I actually have decided to become a student again, and almost forgot how great it was learning again. I hope to receive a MPA as soon as possible. I am still a defense investigator, but I have been transferred closer to home. I am no longer staring down The PIKE for 10 hours a week. My little son has finally received his first haircut, I miss his hair already. My schedule has been crazy and I miss you guys so much. I wish I could have visited this summer. I hope to see you guys soon.

Adam Kosakowski, TC/Assistant Dorm Head ’08-'11

What's exciting lately in my life is that I have finally found a way to serve students similar to UB students during the school year full time! I am an AmeriCorp member, much like Rachel last year except I serve in a different location than her- I am serving at Amherst High School. There I am running a special study hall called the Academic Achievement Center. There during the school day I tutor students and help them understand their homework, study, and think about college in their future.

Summer Moukalled, TC 2010

I am in my last year at UMass Amherst woohoo!! I graduate in May with two degrees: A Bachelor of Science in Kinesiology and a Bachelor of Art in Civic Engagement and Youth Development. I am currently working as the head lab assistant in the pediatric physical activity lab. We're in the process of implementing a study that is testing to see if structured physical activity in preschool classrooms will increase the amount of energy expenditure in preschoolers. Next year, I am taking a little time off to save up enough money for a year's worth of traveling to South America and Lebanon. Then hopefully off to medical school after that.

Adam Roberts (Summer Staff '06-'11, Americorps Member '07-'08) is happy to announce that he is the new director of the South Hadley Youth Commission! He is excited to be back more permanently in the UB neck of the woods (just over the river from Holyoke! in South Hadley Falls), and hopes to show up at tutoring sometimes. If you have ideas for youth-led initiatives or actions, hit him up at adam.c.roberts@gmail.com.

Haley MacKeen, TC 2011

Unfortunately my life has become significantly less exciting since we finished up this summer! For August I just traveled around Nova Scotia and now I'm currently a senior at Middlebury College in VT. I'm still majoring in Biochemistry and minoring in Sociology. I'm also working with a freshman class for the fall as a first year mentor and writing tutor. I love meeting and working with the new freshmen but it definitely makes me miss the UB students!
THE UPWARD BOUND PROGRAM (UB) at Northfield Mount School (NMH) is a federally funded initiative designed to provide low-income students with the skills and motivation needed to succeed in high school and college. UB Scholars come from public high schools in Western Massachusetts and they are usually the first in their family to strive to go to college. Our Scholars receive tutoring, advising, enrichment, a rigorous, six-week summer program and intensive assistance with the college and financial aid application process throughout their high school years. In addition to Department of Education funding ($334,788), UB also receives funding from the Community Foundation of Western Massachusetts, the Edwin Webster Foundation and generous in-kind support from NMH which has hosted the program for nearly 45 years.