

## Senior SAT's

A few of you are still taking the SAT next weekend. Remember, if you are registered to take the SAT you need to be there early, be prepared, and ready to kill the SAT! Here is a last minute checklist of reminders of what to bring with you on SAT day! Put these things out the night before, all in one place to avoid a morning rush. Make sure that you know where you are going and where the test will be given... it sounds silly, but we have had students get lost before—don't let this be you. We know that David Richardson is ready to go....

- 1) *Your admissions ticket with photo...*
- 2) *Photo ID*
- 3) *Three #2 pencils, eraser, and sharpener*
- 4) *Calculator (with new batteries)*
- 5) *Watch or clock (that doesn't beep)*
- 6) *Picture of Bill Goldsworthy....*



**Get a Good Night's Sleep,  
Eat a Good Breakfast,  
Dress Comfortably  
and Arrive Early!**



**WARM THE CHILDREN**  
Providing New Winter Clothing For Needy Children

## Warm the Children 2020

Due to Covid-19 Upward Bound students could not help out with Warm the Children but the UB Office at Johnson and Lyndon have been volunteering! Currently we have served almost 100 families from Orleans County and Island

Pond and the event has gone very well. Each year we gather for this community service opportunity and give out warm winter clothes to the neediest school children in our area. Last year, with the support of the Barton Chronicle, we gave out nearly \$12,000 worth of merchandise to 152 children! This year we expect an even larger participation!

Thanks to the Barton Chronicle, the program has a considerable amount of money again this year and selected families will receive a voucher that they can bring to the Pick 'n' Shovel in Newport and shop on their own. While it's unfortunate that we can't have students volunteer for this awesome community event, the safety of our students always has to come first and we are very excited and grateful to still be able to serve our community. And you are still being represented by Upward Bound!



**2021 Summer Program  
June 13<sup>th</sup>—July 18<sup>th</sup>**

# **2020-2021 Upward Bound Calendar**

<b>November</b>	<b>7<sup>th</sup></b>	<b>Seniors Take SAT</b>	
<b>December</b>	<b>1<sup>st</sup></b>	Begin Discover Scholarship Essays	
	<b>4<sup>th</sup> – 6<sup>th</sup></b>	Burklyn Arts	
	<b>5<sup>th</sup></b>	Seniors Take SAT 1 or II (if needed)	
	<b>12<sup>th</sup></b>	Seniors Take ACT – if appropriate	
	<b>13<sup>th</sup></b>	<b>1:00-5:00 Upward Bound Christmas Party</b>	<b>Location TBA</b>
<b>January</b>	<b>17<sup>th</sup></b>	<b>1:00 – 3:00 Upward Bound Recruiting Meeting</b>	<b>Theater</b>
	<b>26<sup>th</sup></b>	Juniors Take the PSAT's at their Schools (if not done in October)	
<b>February</b>	<b>16<sup>th</sup> – 18<sup>th</sup></b>	TRIO Day in Portland, Maine (Eligible Juniors)	
<b>March</b>	<b>6<sup>th</sup></b>	Green Mountain Scholars Bowl at Plattsburgh	
	<b>22<sup>nd</sup> – 24<sup>th</sup></b>	National Policy Seminar in Washington DC	<b>Tentative</b>
<b>April</b>	<b>5<sup>th</sup></b>	<b>5:30 – 8:00 UB Meeting and College Fair</b>	<b>ASAC 100 and</b>
<b>Gym</b>	<b>6<sup>th</sup> – 9<sup>th</sup></b>	NEOA Conference and Board Meeting	Portsmouth, NH
	<b>25<sup>th</sup></b>	<b>1:00 - 6:00 Junior SAT Review</b>	<b>ASAC 216</b>
<b>May</b>	<b>2<sup>nd</sup></b>	<b>1:00 – 3:00 Mother's Day Give Away and Meeting</b>	<b>Bole</b>
<b>&amp; Theater</b>	<b>8<sup>th</sup></b>	Juniors Take SAT I	
	<b>30<sup>th</sup></b>	<b>1:00 – 3:00 Final Upward Bound Meeting</b>	<b>Theater</b>
<b>June</b>	<b>5<sup>th</sup></b>		<b>Juniors Take SAT II</b>
(if appropriate)			

## **2021 Summer Program** **June 13<sup>th</sup> – July 18<sup>th</sup>**

### **Upward Bound** **November** **Birthdays:**

Haile Boutin	11/02/03
David Moody	11/05/02
Chelsea Ott	11/07/04
Lizzy Duranleau	11/11/04
Gemma Stowell	11/30/04



“A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special.”

**- Nelson Mandela**



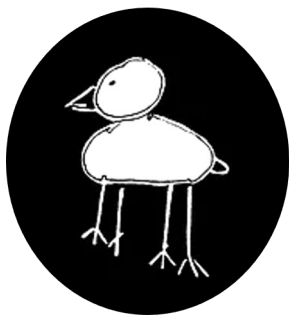
## Free Holiday Food Boxes From UB!

Interested in picking up a Thanksgiving food basket? Let us know! Each box will contain a 10 pound turkey, carrots, potatoes, apples, stuffing, dinner rolls, butter, cranberry sauce, pumpkin pie, apple pie, and whipped cream! We will be sending out an e-mail or survey shortly with additional information and requesting that families RSVP and confirm a pick up time and drop off location. We may travel to a few central locations close to each of our schools or plan a day for families to come to campus to pick up boxes. Pick ups will be extremely safe following all Covid restrictions and an Upward Bound staff member will be there to put the box directly in the trunk of your car - no need for you to even get out! ***Contact us if you are interested!***

## FREE NACAC College Fairs Nov. 8



NACAC has graciously offered three FREE virtual college fairs this fall hosting more than 600 colleges from across the US. The final session will take place on Nov. 8<sup>th</sup> and you should really consider taking advantage of this incredible opportunity! Admissions Counselors will be online and available to chat with you about the schools, location, programs, on campus activities, admission process etc., and answer any questions that you may have. You can log in on the day of the fair and drop into sessions of your choice, or you can schedule one on one meetings with college representatives ahead of time. Register at [virtualcollegefairs.org](https://virtualcollegefairs.org).



## *Burklyn Arts Holiday Market - TBD*

In past years, November has meant it was time to prepare for the Burklyn Arts Holiday Market! Unfortunately, due to the COVID-19 pandemic, we are unsure as to whether this event will occur as usual. We will keep you updated as we get closer to December! If the event does occur, the Holiday Market is tentatively scheduled to run December 4<sup>th</sup>—6<sup>th</sup>. If you have any further questions or concerns about this event, do not hesitate to reach out to us!

## *TRIO Day in Portland, Maine* February 16<sup>th</sup>—18<sup>th</sup>

The annual TRIO day event is currently scheduled to occur in February 2021 in Portland, Maine. However, due to the COVID-19 Pandemic, we are not sure as to whether this event will occur in a modified capacity or at all. Keep the date on your calendars, but pay attention to future newsletters and other communications—we will update you with any changes! In the case that the event does occur in some format, we will spend time with 700 of our best friends—friends from all over New England who are first in their families and moderate income students—TRIO students. Although this is primarily a Junior event, I am sure that we could sneak a few sophomores along for the day! Let me know if you are interested!



# Career Spotlight

## Animal Sciences

According to the University of Reading, “Animal Science encompasses the scientific disciplines underpinning the management of farm, companion and captive animals, including: physiology, biochemistry, nutrition, growth, lactation, reproduction, health, behavior, and welfare.”

If you love animals and are passionate about working with or caring for them, then this may be a path for you to consider. Not only do animal scientists play a pivotal role in keeping our domestic furry friends healthy, they are also incredibly important in ensuring a secure future for food sources and the health of our eco-system at large.

## Possible Jobs

**With a bachelor's degree:**

Animal Welfare Specialist  
Animal Care Specialist  
Laboratory Animal Technician  
Veterinary Technician  
Zoo Animal Specialist  
Farm Management

**With additional post-graduate training:**

Animal Dentist  
Agribusiness Manager  
Research Scientist  
Veterinarian  
Vocational Agriculture Teacher

## Where can I study Animal Sciences?

**Schools in New England:**

The University of Vermont

The University of New Hampshire

The University of Massachusetts—Amherst

The University of Maine—Orono

The University of Connecticut

Vermont Technical College



## Considering Animal Sciences as a career?

**You will need to be proficient in:** biology, especially cell biology, biochemistry, physiology, nutritional sciences, genetics, microbiology, environmental sciences, and much more.

## *Sophomores*

### *Upward Bound UVM Sophomore Summit*

This year's Sophomore Summit will run differently from previous years—it will be completely virtual! Please join us **November 18<sup>th</sup>, 3:30-4:30 PM**, from the comfort of your own home! This event will provide you with valuable information about the college application and acceptance, process and much more!

We have e-mailed you this information and will be sending out a Microsoft Teams link as soon as it is available. In the meantime please reach out with any questions or concerns. We expect every Sophomore to attend this meeting but if something comes up please let us know.



### **5 Ways to Prepare for College in Your Free Time!**

As we get further into the school year, you may discover that you have a bit of free time on your hands. Never fear—we know how you can use that time to have fun, be productive, and prepare for college!

- 1. Read a Book!** Reading regularly will help you prepare for college because it makes you a stronger reader. This will help you to score higher on the SATs, expand your vocabulary (which will make you a stronger writer), improve your memory, strengthen your critical and analytical thinking skills, and much more.
- 2. Get Active** - If you have a lot of down time on your hands, find ways to get or stay active. It doesn't matter what it is you do, so long as it gets you moving! Getting or staying active will ensure that you are fit and ready to participate on athletic teams at your High School (which looks great on a college resume) or on campus when you get to college!
- 3. Get Organized** - If your life is feeling a bit cluttered or disorganized at the moment, it may be time to take stock and reorganize! Set up a filing system for all important school and college documents and resources, get a planner and start using it to keep track of important deadlines and appointments, and clean your room while you're at it! Staying organized is a key part of being successful, both in college and in life!
- 4. Research and Visit Schools** - Because of the pandemic, many colleges have added virtual campus tours to their websites. This makes visiting a campus so much easier! Take some time to research colleges with programs that interest you. Really dig in, learn about the programs they have on offer (majors and minors), figure out what they have for athletic teams and clubs, read student testimonials to get a feel of the campuses atmosphere. Oh, and don't forget to check out their Tuition and Fees page. When you think you may be interested in a school, take a virtual tour! Its free, its safe, and its fun!
- 5. Focus on your Mental Health** - Life has been a bit more challenging lately, so it is incredibly important that we make sure to focus on our mental wellbeing on a daily basis. If you have some spare time, do a few things that will help boost your mental health. You can meditate, go for a walk, spend time with a loved one or friend (safely, of course), play with a pet, write in a journal, or anything else that relaxes your body and improves your mental wellness. Being mentally well make you better able to deal with stress, be more flexible, better able to learn new skills, build your confidence and self-esteem, and so much more. All of these things will help make you a more successful and well-rounded college student.



## Juniors

### *Juniors - Stay Focused and Work Hard*

As we talked about this summer, the most important thing that you can do to prepare for college is work hard academically! The better your classes are and the better your grades are, the better financial aid you will get. We want all of our students to get the best financial aid possible and your academic record is the only thing that you can change. Your parents' income is what it is and all of our students get some need based grant money. **But we also want you to get Merit money: scholarships based on what you have accomplished, most often your grades!** This money is what will allow you to attend the colleges that you want!

Although college is expensive, there are many programs and schools that will make college affordable for ALL OF YOU. This may mean a state college, our University, or even a community college experience. It is up to you and your family. Here is the list for all of our juniors:

1. **Take the most rigorous classes that you can do well in!**
2. **Keep your overall GPA above a 3.0**
3. **Follow the Academic Competitiveness Grant Guidelines**
4. **Prepare for and take the PSAT and the SAT**
5. **Start thinking realistically about what type of college you want to attend**
6. **Think broadly about career options; who you are, what you enjoy, and what you're good at!**

#### **Coming Soon: Discover Essays**

As a part of the UB junior year requirements, we expect all of our juniors to complete the Discover Essays. We have found that this is a great way to identify and begin to work on college and scholarship essays as we near your senior year! We want all of our juniors to start working on this over the Christmas break! We know it is a very valuable piece of writing to get you ready for your senior year. The essays are based on activities that we have been talking about throughout the Upward Bound program and have offered opportunities in each area. We are expecting that you select 3 out the 5 topics listed blow, each essay should be between 300 - 500 words each. Your 3 essays should involve meaningful experiences for you, which could be through school, your town, or your family.

- **Special Talent:** you have to determine what you are good at and passionate about... and then brag a little
- **Community Service:** your summer volunteer work sites, Warm the Children, Burklyn Arts etc.
- **Obstacles Overcome:** being the first in your family to go to college, or the size of your town or high school
- **Leadership:** such as National Honor Society, the New England Student Leadership Conference, or at school
- **Unique:** Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story. (*Common App*)

If you have questions as you begin to work on these, please call us. We will talk with all of our juniors about this in more detail during school visits this month!

#### **PSAT's in October!**

Hopefully you were all satisfied with your performance on the PSAT's you took in October or will take in January! For October testers you will receive your scores in December. **Please send us a PDF copy of the entire score report.** Some of you will take the PSAT in January instead and your scores should be available in March. We will review the PSAT with you and then pass his information onto our SAT Gurus so that they can incorporate it into the SAT prep you will be taking next spring and summer.

Remember, although we know your score is what is most important to you (and it should be), knowing which problems gave you the most difficulty is also important. Don't just look at your scores and forget about what the test can tell you. We want you to understand how you can improve. And as Kristen, Steve, Lauren and Alyssa will tell you...**READ, READ, READ**...as well as take the right classes to prepare yourself for the SAT in May!

You should also know that by taking the PSAT as a junior you will be invited to work on the College Board's **My College Quick Start**. There is also an AP potential worksheet that will tell you about your ability to do well in AP Courses! Take a look!

## *Senior November Checklist!*

Seniors, we know that you are all very busy right now but you will get even busier as the year progresses. You must make November your priority month for your college applications, begin scholarships and the finish the SAT. Most of you are on track, but now is the time to make sure you are where you want to be. A few reminders:

**Complete the FAFSA Financial Aid Application:** Most of you have already done this and I'm sure it feels great to have that monkey off your back! For the rest of you: you are officially behind the 8 ball. From here on out every day you wait to do the FAFSA is money down the drain! Please make sure to schedule a time with Rick or Ryan to complete the FAFSA if you haven't already!

**Complete PROFILE Financial Aid Application:** A few of you still have to finish the PROFILE Financial Aid application. As you know, only students that are applying to private schools will need to do this. And you know who you are—get it done today! Call us if you need guidance.

**Complete the Common Application:** At this point, we have uploaded almost everyone's recommendations. Although we are done, you still need to make sure your teachers and guidance staff have their part done. **If your school is using Naviance, please make sure you check in with the Guidance Office and link your Common Application with Naviance if you haven't already. We can also help you with this.** It will take your teachers and guidance office some time to complete their parts so please remind them gently. Remember, we went over this during the summer with you!

**December 1<sup>st</sup> Deadline:** Remember that your Upward Bound deadline is December 1<sup>st</sup>. That means all of your applications should be sent to your colleges by Monday, December 1<sup>st</sup> or before then. That will give your school, teachers and administrators time to do their part before the Christmas break. Once December slides by, we will turn out attention to Financial Aid and Scholarships!



### *Where Are Your SAT Scores Being Sent?*

Let's make sure that you have sent all of your SAT scores to the right schools! You will have access to your score report 13 days after your test date or 15 days if you took the essay portion! Many of our seniors have changed their colleges recently and your schools will not see your great SAT scores unless you tell the College Board to send them. But we had issues last year when the College Board changed how they made these scores available to colleges.

You will have the opportunity to send your scores where you want later in the month, but it becomes more difficult as time stretches into January. All Upward Bound students receive free score reports to send to the colleges that you choose. And remember that we recommended to you where to send them last May, but you need to look closely at where you want these scores to go and make sure that it matches your current college list! Check if you have questions!

## Even More Scholarships to be Thinking About!

Please remember that the closer your address is to the scholarship you apply for the better your chances of receiving this!

**Elks Club National:****Application deadline is November 15<sup>th</sup>, 2020**

The Elks National Foundation will award 500 four-year scholarships to the highest-rated applicants in the 2021 competition. The 2021 Most Valuable Student scholarship contest is open to any high school senior who is a US Citizen. Applicants will be judged on scholarship, leadership, and financial need.

**Prudential Scholarship:****Application Deadline is November 10<sup>th</sup>, 2020**

The Prudential Spirit of Community Awards program is the United States' largest youth recognition program based exclusively on volunteer community service. The program was created in 1995 by Prudential in partnership with the National Association of Secondary School Principals (NASSP) to honor middle level and high school students for outstanding service to others at the local, state, and national level.

**The Hagan Scholarship:****Application Deadline is December 1<sup>st</sup>, 2020**

The Hagan Scholarship is a nationwide need-based merit scholarship for high achieving, self-motivated students. The scholarship provides up to \$6,000 each semester, for up to eight consecutive semesters, to help recipients graduate college debt free. Recipients must graduate from a public high school located in a county having fewer than 50,000 residents and enroll at a four-year not-for-profit college or university the first semester following high school graduation.

**VEOP/Upward Bound Scholarship:****Application Deadline is March 2<sup>nd</sup>, 2020**

This is the one we told you that you would win if you submitted an entry. The awards will be \$100-\$1000 this year. The grand prize will be a \$600 scholarship check, 2<sup>nd</sup> place is \$300 and every Lyndon Upward Bound senior who submits the essay will get at least \$100! And we do want this emailed to us BEFORE the February DEADLINE! The topic is simple: "How has your program helped you (or is helping you) achieve your educational goals?"

**Just ask Haley Ott about her \$750 VEOP Scholarship!**

**The Coolidge Scholarship:****Application deadline is January 20<sup>th</sup>, 2021**

The Coolidge Scholarship is a full-ride, four-year, merit scholarship that may be used by recipients for undergraduate study at any accredited college or university in the United States. Any high school junior who plans to enroll in college in the fall of 2022 and is an American citizen or legal permanent resident is eligible to apply (current high school seniors are not eligible to apply). Coolidge Scholars are selected based primarily on academic excellence. Secondary criteria include: an interest in public policy, an appreciation for the values

**Comcast Scholarship:** The Comcast Leaders and Achievers Scholarship Program recognizes students who exemplify skills and abilities throughout their high school careers and who serve as models for their fellow students. This scholarship can be found here: <https://apply.scholarsapply.org/leadersandachievers/information.php>. The deadline is **December 6<sup>th</sup>, 2019 at 5:00pm!** Applicants to the Comcast Leaders and Achievers Scholarship Program must:

- Have a demonstrated commitment to community service, outstanding qualities in character, integrity and leadership
- Be enrolled as a high school senior
- Reside in a community served by Comcast and/or participating NBCUniversal or Telemundo markets  
**check to make sure you are in a town served by Comcast**  
<https://www.xfinity.com/locations/vermont>
- Plan to enroll in full-time undergraduate study at an accredited two- or four-year college, university or vocational-technical college in the United States for the entire 2020 – 2021 academic year
- Have a minimum GPA of 3.0 on a 4.0 scale (or its equivalent)
- ***Demonstrate financial need—and that is all of you!***



## Seniors ~

## The Dell Scholars Program is Looking for You!

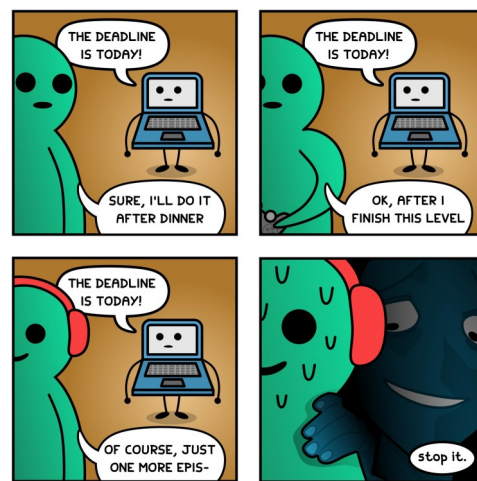
The Dell Scholars Program really is looking for you! They have identified Upward Bound students from across the Nation and they want you to apply! **Drew Varney, Alec Boulanger, Chelsea Tillinghast, Noah Wilson, Brittney Smith, and Andi Elie** were all named semi-finalists in the last few years. **Brandon Garfield** won a few years ago and **Haley Ott** won last year! This scholarship should be a priority for you this year—it's \$20,000 plus technological support throughout college (a laptop, printer, etc.)! There is also a mentoring component. The requirements are that you were in Upward Bound for the last 2 years and have at least a 2.4 GPA—even **Ryan Dr. Fauci** could do that! Our students also have to show need as determined by your college financial aid letter and you have to be entering an accredited college program. Here is how they describe the students they are looking for:

“Our GPA requirement is Grit, Potential and Ambition

- \* Grit by overcoming personal challenges in your life related to your family, school or community
- \* Potential by participating in college readiness programs and seeking out academic rigor
- \* Ambition by dreaming of obtaining a college degree”

The application opened **October 1st**, and the **deadline for submission is December 1<sup>st</sup>**. Go to [dellscholars.org](https://www.dellscholars.org) for more information. You must apply online! Let's add more Lyndon Upward Bound students to the list of winners! **And as a reminder—there is one way to make sure you do not win: don't apply!**

<https://www.dellscholars.org/scholarship/>



## The 2021/2022 VSAC Scholarship Book *February 4<sup>th</sup> Deadline for Upward Bound*

The **VSAC 2021/2022 Scholarship book** is now available at all of your high schools and online at [VSAC.org](https://www.vvac.org). It is important that you work ahead of the game on this very important scholarship resource. The goal of every one of our seniors should be to start working on these now and have all of them completed before the end of January. The Scholarship Book has some other minor changes for this year and has information on more than 150 scholarships available to Vermont residents this year. We want our students to start working on this ASAP and get ahead of all of the other students who will be using the scholarships in this book to help fund their education. You can also look on their website at [www.vvac.org](https://www.vvac.org). We also have physical copies in the office - let us know if you would like one!

***Although the Scholarship deadline is February 11<sup>th</sup> all Upward Bound students should have everything submitted by the 4<sup>th</sup>! And then you need to call VSAC to make sure they have everything they need. Each year students find out that something was not submitted after the deadline passes and they are not considered for ANY VSAC scholarships!***

## Colleges Our Seniors Will Apply To!



These are the colleges that our seniors will apply to. At this point, students are still defining what schools will be the best match for them. The **Bold-face** Colleges are the ones that we know require the PROFILE Financial Aid form that we talked about this summer. Many of these same schools may require the SAT II... and no, St. Michael's does not require the PROFILE.

**Kaori Moulton:** Thomas, Keene, UVM, Plymouth, UMF, NVU, Franklin Pierce, USM

**David Richardson:** **Bentley**, UVM, St. Mike's, NVU-L, **Wheaton**, Thomas, Plymouth, USM

**Devin Daisey:** USM, Norwich, UNH, NHTI, NVU-L, VTC, NMCC

**Ozora Rice:** Thomas, Keene, UVM, UMF, NVU-J Castleton, SUNY Platts, Plymouth

**Evan Thorn:** Champlain, NVU, UVM, Wentworth, USM, CMCC

**Marcy Flint:** USM, Suffolk, U Mass. Lowell, U Mass. Dartmouth, U Mass. Amherst, SUNY Buffalo, UNH, **WPI**

**Blake Betz:** Keene, NVU-L, SUNY Purchase, Temple, Mercy

**Patrick Stowell:** VTC, Paul Smith, Keene, Lincoln Tech, Norwich, NVU, UVM

**Miranda Degreenia:** USM, Castleton, UMF, UVM, NVU

**Emma Powers:** Husson, U Maine Farmington, USM, NVU-L, St Mikes, *Plymouth (accepted! WAHOOO!!)*, Castleton

**Natalie Martin:** MCPHS, SMCC, Bunker Hill CC, Quinnipiac, Rutgers, CCV, RIT

**David Moody:** Clarkson, **RPI**, **Cornell**, **Tufts**, Franklin W Olin, UVM

**Kai Aviles:** UVM, **Skidmore**, UMF, Plymouth, Suny Plattsburg

**Caroline Lowry:** VTC, NHTI, U Maine Augusta, Regis, Central Oregon CC



## LYNDON UB STUDENT SPOTLIGHT



David Richardson is an Upward Bound student from Danville, VT, who is hard at work preparing for college and his future. David is a senior at Danville High School and has been a participant in the Lyndon Upward Bound program for the last four years. David sought out Upward Bound to prepare for college academically, socially, and culturally, and has taken advantage of every opportunity that has been presented to him. What separates David from the rest is his intrinsic passion for helping people and his goals revolve around effecting positive change in society. He truly understands the important role that a post-secondary education will play in allowing him to achieve his goals and grow professionally.

David has taken every possible opportunity to develop his leadership skills: participating in the Sophomore Summit Leadership day at the University of Vermont and the Annual Green Mountain Scholar's Bowl in Plattsburgh, New York, where he helped his team take home a third-place trophy against other Upward Bound scholars. David was also selected as one of two students to represent Lyndon Upward Bound at the Vermont TRIO Day event held in Montpelier, VT, where he was able to meet local congressmen and representatives to discuss what it means to be a TRIO student, ask important questions about TRIO, and other statewide issues. David excelled in this environment and loved the opportunity to talk with local legislatures about policy affecting the state, and have open dialogues about what is being done to combat some of Vermont's biggest issues. David was also selected to attend the 2019 RYLA Challenge Leadership conference in June of 2019.

Being a part of the Upward Bound program has really helped David come out of his shell socially and it was here that he was able to explore possible career paths and colleges. He hopes to study either Political Science or Business and Finance after he graduates from High School and hopes to attend his dream school, Bentley University, next fall, but has worked incredibly hard to create many great options for himself. With Upward Bound, David was also able to gain valuable community service hours which helped him realize his place in the community and discover a passion for helping others. At his High School, David was inducted into the National Honor Society during his sophomore year and has been an active member of the school's Student Leaders for Voice and Change (SLVC) group for the last three years. Being a member of SLVC has allowed David to participate in conferences and has given him the opportunity to act as a leader and advocate for others. David has also served a year as vice president of his class, and president of the Interact club. He is currently running to be class president.

David is a great example of the opportunities that can arise from hard work and dedication and there is no doubt that his preparation, dedication, passion, and overall positive attitude has prepared him for success in college and beyond. It has been a pleasure watching David mature into a strong leader and passionate young scholar and we are so proud of the work he has done to prepare for his future!



## Upward Bound Activities:

**Field Hockey:** Chelsea, Joy **Cross Country:** Desiree, Lauren **Band:** Lauren, Blake, Devin  
**Dance:** Chelsea, Kayanna, Aggie, Elly, Felicity **Piano:** Marcy, Leashien Natalie W., Megan  
**Chorus:** Elly, Madi, Aggie **Theater:** Madi, Gemma **Math Club:** Lauren  
**Student Government/ Council:** Madi, David R., Gemma, Kayanna, Maple, Kaori  
**FBLA:** Carver, Raymond **YAC:** Gemma **Swim:** Nya, Hannah, Abby **Football:** Eli  
**Cheering:** Aggie (co-captain), Miranda, Kayanna, Maple, Courtney **Cooking:** Raymond  
**Working:** Miranda, Madi, David R., Blake, Emma, Marcy, Natalie M., Nya **Newspaper:** Raymond  
**NHS:** Miranda, Emma, Elly, Lauren, Madi, Maple **Driver's Ed:** Raymond, Chelsea, Gemma, Eli, Kayanna, Maple



## October Student News

*Emma Powers is the first senior to get accepted into college...twice! Congrats on your Plymouth State and NVU acceptance letters Emma!... Megan Gifford is embracing the fall spirit, she wore a Velma costume to our meeting and has begun knitting for friends!...Raymond Lemrise has taken on a leadership role with his school newspaper and is running for class president!...Colby LaFleur is working hard to land a win in the playoffs for his Varsity Soccer Team...Chelsea Ott has filled her spare time with Dance, Field Hockey, and moving houses!...Evan Thorn is considering travelling or studying abroad when he gets to college!...Gemma Stowell was elected Class President!...Aggie LaFleur is sharpening her leadership skills as the co-captain of her cheer team and making great grades...Joy Rugles and her Field Hockey team are heading into the semi-finals!...Felicity Perreault is working hard and mastering her studying skills... Eli Hooker is excelling both on the football field and in the classroom, making great grades this semester!...Miranda Degreenia is making great grades and running for Class Treasurer!... Desiree Mendez has used this semester to perfect her time management skills!... David Richardson is writing a political book under the alias "Bernie Sanders." ... and he recently got his license!... Kaori Moulton is the Secretary for both her class and her school's chapter of NHS!... Lizzy Duranleau is finishing up Drivers Ed. soon... Courtney Lewis joined the Cheer Team for the first time this year and loved it!... Maple Bottinelli was elected to be her class representative... Elly Bliss is going to be a peer counselor!... Madison Wilson and Lauren Girouard competed in a Lip Sync Battle together... Natalie Daigle has chosen to take all virtual classes this semester and says it has made things a little easier... Rumor has it Alex Pitt dressed up as Rick for Halloween... Carver Parson is having a good semester at Lake Region... Niomi Wilkins is working hard at Lake Region... Jordyn Roberts has officially graduated with her GED... Ryan Moulton is MIA... Caroline Lowry has been fighting with the Common App and recently celebrated her 18th birthday... Bethany Goodwin is having a good virtual semester and is thinking of becoming a traveling nurse... Natalie Webster was seen throwing candy at passersby in Lyndonville... Adalia Griffith was one of her victims... Ben Perreault is having a good first Trimester at Rivendell... Marcy Flint is staying busy with a demonstration of light project for his school focused on Laser safety!... Devin Daisey is busy preparing for college... Blake Betz has a really cozy study set up and music studio!... Natalie Martin has been busy applying to colleges and working at the local jiffy mart... Will Carter is MIA... Nya Jewell is working really hard this semester and is looking for ways to learn better virtually... Kayanna Burns is applying for the National Security Language Initiative for Youth .... Patrick Stowell says that he is procrastinating too much but is having a good semester overall... Joey Sepulveda-Muniz is working hard and having a great semester... Abby Harrington is working to figure out all this online learning...Ask David Moody about the cool nerf gun he received in the mail... Rick did NOT tell him to walk around the dorm hitting people with Nerf bullets...*

### Honor Roll

Will Carter  
 Lizzy Duranleau  
 Maple Bottinelli  
 Courtney Lewis  
 Desiree Mendez  
 Patrick Stowell  
 Ryan Moulton  
 Carver Parson

### High Honor Roll

Lauren Girouard  
 Nya Jewell  
 Elizabeth Bliss  
 Kayanna Burns  
 Madison Wilson  
 Miranda DeGreenia  
 Emma Powers  
 David Richardson  
 Colby LaFleur  
 Raymond Lemrise  
 Caroline Lowry

### CONTACT US:

**Upward Bound Office** (802) 626-5000  
 626-6481  
**Our Toll Free Number** (800) 254-500  
**Fax Number:** (802) 626-4803  
  
**Rick Williams - home** (802)-626-3814  
 Email - richard.williams@northernvermont.edu  
  
**Ryan Fauci - cell** (802) 431-5956  
 Email - ryan.fauci@northernvermont.edu  
**Kelsea Goodrow - cell** (603) 913-9334  
 E-mail - ksg04070@nvu.vsc.edu  
**Web:** <https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound>  
**Mailing Address:**  
 Upward Bound  
 Northern Vermont University-Lyndon  
 1001 College Rd.  
 Lyndonville, VT 05851