

NVU-Lyndon

# Upward Bound

January 2019 Student Newsletter

# TRIO

UPWARD BOUND

**BUILDING EXPECTATIONS, CHANGING REALITIES**



## *Happy New Year UB! Recommit to Your Educational Goals*



Congratulations on completing another year of preparation towards your post secondary goals. Over the last year, most of our Upward Bound students have worked very hard to get

the most out of their education. Think about it—you all spent the summer preparing for college, collectively we volunteered more than 2,600 hours this year, and our students are getting the money they need for college by following our advice. We are very proud of your accomplishments, the excellent decisions that you are making, and the commitment you've made to your future.

To those students who are still striving to be better, now is a great time to add education to your New Year resolutions. Recommit yourselves to not just do well in your classes, but to thrive in your classes. Be the best student that you can be. Make sure that you complete all assignments to the best of your ability, become an active member (a leader) of your college prep classes, and start building a relationship with your school counselor. Please continue to do your part and commit to do a little more each week!



## *Burklyn Arts Holiday Market 2018*

Once again this year we were proud to have **15** Upward Bound students from **5** different high schools come

together to volunteer at the Burklyn Arts Holiday Market. Our students volunteered more than 75 hours helping set up the Crafters' booths on Friday Night and take them down on Sunday, preparing food and washing dishes, and delivering meals all weekend long. The Burklyn Arts Council is a private, not-for-profit organization bringing the arts to the schools and communities of Lyndon, Sutton, East Haven, Sheffield, Wheelock, Burke and Newark.

As you know, we are committed to supporting community activities and area non-profits. Students have been volunteering at the Burklyn Arts Craft Fairs for over 22 years. We know that your participation is really appreciated by the folks at Burklyn Arts, and once again this year we had many crafters and other people express what a great job you all did—how polite, hard working, and friendly you all were.

## *Our December Meeting!*

I am always thrilled to have our Holiday Meeting and Give Away and was really happy with all of the NVU-Lyndon Upward Bound students who attended—it may have been our best attended get-together ever! It was also nice to be reminded about everyone's commitment and involvement in our program. It always reminds us how impressive you all are!

I am also so happy to have so much help from former students and parents who always seem to be here when we need them! In particular were alums Lindsey Carpenter, Danielle Hume and Dan Cliché! They made the day much easier and it is always nice to catch up! In addition, former long time Upward Bound Director Bob McCabe and my wife Angie Ryan....without their help my attic would still be full!

Very few Upward Bound programs have a give away that is this big! It is another thing that makes our program a little bit different than all of the other pre college programs out there!



**2019 Summer Program  
June 16<sup>th</sup>—July 22nd**

# 2019 Upward Bound Calendar

<b>February</b>	<b>20th – 22nd</b>	TRIO Day in New Hampshire	(Eligible Juniors)
<b>March</b>	<b>2<sup>nd</sup></b>	Green Mountain Scholars Bowl at Adirondack Community College	
<b>April</b>	<b>8<sup>th</sup></b>	<b>5:30 – 8:00</b>	<b>UB Meeting and College Fair</b> ASAC 100 and Gym
	<b>21<sup>st</sup></b>	TRIO Day at the Vermont State House	
	<b>28<sup>th</sup></b>	<b>1:00 - 6:00</b>	<b>Junior SAT Review</b> ASAC 216
	<b>30<sup>th</sup></b>	STEM Summit in Plattsburgh	
<b>May</b>	<b>4<sup>th</sup></b>	Juniors Take SAT I	
	<b>5<sup>th</sup></b>	<b>1:00 – 3:00</b>	<b>Mother’s Day Give Away and Meeting</b> Bole & Theater
<b>June</b>	<b>1st</b>	<b>1:00 – 3:00</b>	<b>Final Upward Bound Meeting</b> Theater
		Juniors Take SAT II (if appropriate)	

*2018 Summer Program June 17<sup>th</sup>—July 23<sup>rd</sup>*

## *Upward Bound Wants You! It’s Recruiting Time Again...*

We have started recruiting in all of our schools and will be talking to any students who are interested in Upward Bound over the next few months. At each school, we have or will do presentations and we ask you for your input and we also ask that you talk to your friends about Upward Bound at Northern Vermont University-Lyndon. As we have been telling you in the past few months, we will be looking for about 20 new students this year to replace our senior class and to meet the mandate from the US Department of Education to increase our student number. This most likely will mean that we expect to have 4-6 non-residential students again this year! If your classmates are interested in Upward Bound, please tell them to get an application from your school’s guidance office and turn it in as soon as they can. We will not have a January Recruitment meeting this year—we hope to move it to February or March and the April meeting will be an open meeting for all students who are interested in joining our program.—please bring your college bound friends!

Please keep in mind the goals for Upward Bound: our students have to be the first in their family to attend a four year college and/or from modest income families. If you know anyone who is interested, have them call us here at the UB office. We are looking forward to all of the smiling new faces as we prepare for this upcoming summer.

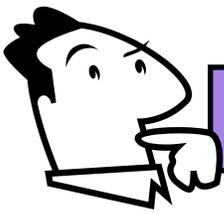
Additionally, we are always happy to send applications directly to students at their homes. If a student or parent calls us, we usually put an application in the mail that day! As you all know, the Upward Bound application is on our website at <http://lyndonstate.edu/academics/upward-bound/>



## **January 27<sup>th</sup> Recruiting Meeting Will be Rescheduled!**

Our January Recruiting meeting will be rescheduled until after we complete our in school recruiting meetings! At this time we will be looking for a few students to present and talk about their experiences with Upward Bound and what the program has done for you. We need volunteers to talk about the SAT, summer seminars, academic support, college tours, community service and the friendships that you build! Let me know if you are interested!

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## *Sophomores - Some Things To Think About:*

**Early bird gets the worm, early sophomore gets the jumpstart on college.** Yes, it's never too early to begin college preparation—and the earlier you start the less you have to worry. Many students believe they don't have to start their college search process until late junior or early senior year, but that's simply not the case. If you start as a sophomore (or better yet, as a freshman!) you'll have a ton more time to do your research, write your essays, fill out applications, and come up with a college-ready high school class schedule. So what can sophomores do to get ready? Quite a lot, actually.



**A strong high-school curriculum**—Nothing is more important!

Review your course schedule plans for next year with Upward Bound While you do not need to declare a major in order to apply to college, if you are showing natural curiosities in an academic area, see what advanced courses, electives, online learning or community resources can feed this interest. Choosing courses that will be appropriate for the type of college you want to attend (e.g., arts courses if you want to go to an arts college, lots of math and science for engineering or math/science college programs, English courses if you want to be a writer). You want to show the colleges that you can succeed in the field in which you are interested.

**Take a wide variety of classes** in addition to the ones you plan to focus on in college--literature, history, foreign language, math, science, and arts. You want to demonstrate that you have an ability in a wide range of subjects, and you might also find an interest in something that you did not realize you had.

**Selecting the highest level of each class that you can do well at!** You should take AP or honors courses, whichever your school offers. But you should take the highest level in which you will do well. It is better to get an A in an honors course than a B- in an AP class.

**Get Ready for the SAT and PSAT in a smart way!** Remember that you all took a PSAT this summer and now is the time to correct your mistakes. Review your results and as you wait for our SAT GURUS this summer use the free online Khan Academy to improve your scores!

**Start researching colleges.** Books such as "[Fiske Guide To Colleges](#)" and "[The Princeton Review's The Best 366 Colleges](#)" provide a helpful overview of many brand-name schools, but the vast majority of colleges and universities aren't covered. You can also explore colleges at [Cappex Petersons](#) and [Zinch](#), which serve as repositories for information about schools and act as free collegiate matchmaking services.

**Visit schools.** The summer between sophomore and junior year can be a convenient time to begin checking out colleges and universities. The visits may help motivate students by showing them what all their hard work can lead to.

**Don't forget extracurricular activities.** Colleges care what a student does outside the classroom, but it is secondary to their academic profile. It's not the number of activities they are involved in, but their quality. Students should devote your time to activities that they care about and resist any temptation to get involved in activities strictly to impress admission officers.

**Read, read, and read some more.** Being a strong reader makes it easier to perform well in college. Reading may also lead to [higher scores on the SAT](#). Meanwhile, reading comprehension is not something students can cram for in the weeks leading up to the test.

# Juniors

## *Juniors: TRIO Day in New Hampshire* February 20<sup>th</sup>– 22<sup>nd</sup>

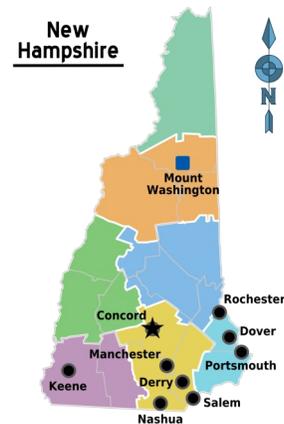
We are always very excited to attend the Annual TRIO Day Conference and this year is no exception. We will bring a small group of juniors and maybe sophomores to this event and it is an excellent opportunity for you to visit several great colleges in New Hampshire and socialize with 700 of the best and brightest juniors from all over New England. We will be staying at the **Radisson Hotel in Nashua** and our students will visit colleges, hear inspiring speakers, participate in college workshops, compete in a Scholar's Bowl Competition, and show off their dance moves at an enormance dance.

This is one of those events that we love to be a part of, not only because of the leadership experience it will give you and being able to put it on your resume for college applications, but it will also broaden your perspective of the world around you. The NEK is our home and a great place to go to school, but taking a step outside of your comfort zone could open your eyes to new possibilities you hadn't thought of previously. We will mail you and your families more details about this event in February!

We will travel on Wednesday Feb 20<sup>th</sup> after school and return on Friday, February 22<sup>nd</sup> around 3:00 PM! This promises to be a great trip! Students who should plan on attending are: **Trinity LaHaye, Danielle Hallam, Mickayla Smith, Astra Sleeper, Natalie Martin, Haley Ott and Seviah Pitt.** And we will have room for about 3 other students if you are interested—please let me know ASAP!

### Colleges we may be touring:

Brandeis University  
Colby Sawyer College  
Clark University  
Dartmouth College  
Fitchburg State University  
Franklin Pierce and Rivier University  
Holy Cross  
Keene State College  
New England College  
Plymouth State University  
St Anselm College and UNH Manchester  
Salem State University  
Southern New Hampshire University and NHTI  
The University of New Hampshire



NATIONAL  
**TRIO** Day

## *Green Mountain Scholars Bowl* March 2<sup>nd</sup> at SUNY Adirondack

Just about 14 years ago, Tony Blueter and Rick were sitting around thinking about how great our students were and wishing that there was a Scholars Bowl competition for Upward Bound students. At that point we realized that the best way to highlight our students was to begin the Green Mountain Scholars Bowl! On March 2<sup>nd</sup> the NVU-Lyndon Upward Bound program will be competing in the 13<sup>th</sup> Annual Green Mountain Scholars Bowl Competition. Our students will also have the chance to tour SUNY—Adirondack and maybe even meet the President. We will be competing against other Upward Bound programs with scholarship money up for grabs as a prize! This will be a full day event with food, the tour and the trivia style Scholars Bowl competition. Not only could our program earn some valuable scholarship dollars, but you could also brag to colleges about your first place finish in this WORLD FAMOUS Competition! We intend to bring at least 5-8 of our best juniors (and maybe a few sophomores or seniors) to this year's Scholars Bowl. Think about being a part of the NVU-Lyndon UB Winning Team. Let us know if you are interested in this academic opportunity.



## Juniors

### *UB Discover Scholarship Essays Due at the UB Office by January 11<sup>th</sup>*

One last reminder, we do expect every one of our juniors to do the Discover Scholarship Essays this year. As you know, this scholarship has been discontinued, but we still think it is incredibly valuable for juniors to write essays on the topics we have outlined. You will be able to use these essays as a starting point when you enter your senior year summer at Upward Bound and begin to write your college admission essay. We would like you to write **3 out of the 5 short essays**, which should be 500 words or less each. Remember, the word limit is there as a guide to help you write carefully and concisely. These do not need to be novels: just write from the heart and don't forget to proof-read for grammar or spelling errors. Take this opportunity to reflect on your experiences and how they are preparing you for college. Please email us these essays so that we can keep an electronic copy for you for the summer. Here again are your topics:



- Leadership:** Explore the ways you are a leader or are becoming a leader in your school and community.
  - Community Service:** Write about a service activity that you have done and what it means to you.
  - Obstacles Overcome:** Write about something that has challenged you, and how you overcame it.
  - Special Talent:** you have to determine what you are good at and passionate about... and then brag a little.
  - Unique:** Share your unique background and/or story that makes you different than other applicants!
- As always, call us if you have questions about how to complete this important UB assignment!*

### *Junior Essay and Matrix—Your Reapplication to Upward Bound Due at the UB Office by February 1<sup>st</sup>*

In this essay we want *you* to tell us what you are thinking about in terms of college! Your assignment is to write a short essay (no more than 2 pages) outlining your educational plans. We want you to explore majors you are thinking about, what colleges have those majors and the type of college you hope to attend. Think about size, cost, location and most importantly, where you would fit in and tell us how Upward Bound can help you achieve your educational goals moving forward. We strongly recommend that you have a few safety schools (colleges you will be admitted to and can afford), a few that you are likely to get into and maybe a dream school or two. Make sure that you also **submit your college matrix with it**...this will be the foundation for your essay.



Spend some time with this and really think about what your educational goals are! We will also look at this assignment to determine your commitment to Upward Bound and going to college, so do your very best work. We want you to be prepared for your senior year and beyond!

### **Web Sites for Juniors!**

As you prepare for your junior essay, here are some websites that could be very helpful. The first website is the Bureau of Labor Statistics Occupation Outlook Handbook. It is a great site that allows you to look at hundreds of listings for all different types of jobs, the training you would need, and earning potential and working conditions. It will give you more information about different careers in the same field and you will be able to find jobs that you never knew existed! Try it out at <http://www.bls.gov/oco/>



This college search engine will allow you to look at and define colleges by state, size, majors, as well as GPA. It will give you a list of web addresses for each college that matches your criteria. There are others out there (College Board has a good one too), but this one has been used by our students for a while. Give it a try at <http://cnsearch.collegenet.com/cgi-bin/CN/index>

And, please remember the website we used this summer in our Junior College Quest class. The ACT Student Website has College and Career Planning modules as well as an excellent one on Financial aid! These are great resources for your Upward Bound assignments! You will remember it when you go to...  
[www.actstudent.org](http://www.actstudent.org)

# Seniors Scholarships and Grants



## All About Scholarships—Read These Pages Carefully

We already outlined all of the scholarships from the new VSAC scholarship book for you. Now it is your turn to apply for every scholarship you can! Any free money you receive can help you turn a financially reach school into a target school. This guide is available in your guidance office at school and we have given copies to all of you. We have identified scholarships that you are most likely are eligible for, but it is your responsibility to look through the book and do the same. In addition, now is the time to start asking around your guidance office for local scholarships. Every scholarship you receive means that much less loan debt! I guarantee that you will receive more money from local scholarships in your town, school, community organizations and VSAC than any internet source!

Remember, although Fastweb and web based scholarship searches are fine **the closer the scholarship is to your home, the better your chances of winning that money!** Obviously, Upward Bound is the first place to start (see this newsletter!), but also ask your guidance counselor about local awards. And remember, as you are accepted by colleges, you can review their list of merit scholarships on their financial aid websites or on **Meritaid.com**.

## Vermont Student Scholarships

We are very lucky in Vermont to have the VSAC Scholarship book, which offers a collection of scholarships that you may be eligible for. There have been some changes in recent years however, and we want to make you aware of them. As a part of applying for any of the scholarships in the book you will have to first complete the **Unified Scholarship Application** in addition to the FAFSA. Most of you have completed the VSAC Unified Scholarship Application online—if not do it now! You can find it on the VSAC website at [www.vvac.org/scholarships](http://www.vvac.org/scholarships). Here are a list of the other documents that you will likely need to submit.



- ◆ **Recommendation Letters:** Most scholarships require one or two of these documents.
- ◆ **Essays:** A General Essay is required for all scholarships this year— follow the guidelines in the book
- ◆ **Official Transcript:** A transcript is official if it has a school seal, original signature, or both.
- ◆ **SAT Scores :** This needs to be a copy of the official score report if required.
- ◆ **Any Other Required Documents:** Check to see if you need a resume, portfolio, or anything else!

VSAC wants these items submitted through their website and you and your school will have to upload the required documents. But this may take more time this year and you will have to work very closely with your school! Submitting everything electronically will ensure your application is processed quicker and more accurately. We suggest making time to touch base with your guidance counselor about this process **ASAP**.

## And One More Reminder...

Do not forget all the other scholarships that we have been telling you about! Stay organized in this process...and do not miss deadlines. Each year we are *shocked* when some Upward Bound students do not do the guaranteed Upward Bound scholarship! Remember we want all of your **VSAC Scholarships sent out in early February** and we want every Upward Bound student to call VSAC to confirm that they have everything they need from you. Each year some unfortunate student finds out after the deadline that they somehow missed part of the application. We are here to help you along the way, but it is *your* responsibility to complete these applications, and triple check that you have done it correctly! I promise it will all be worth it when those scholarship checks start being sent out—hopefully to *your* house!

“You can resign yourself to being average, or you can dare to dream.”  
—Sandra Day O'Connor

# Seniors Scholarships and Grants

**The Dell Scholarship:** **December 1<sup>st</sup>** The Dell Scholars program, an initiative of the Michael & Susan Dell Foundation, recognizes students who have overcome significant obstacles to pursue their educations. In turn, these scholars serve as positive role models and change the trajectories for their families, friends and their communities. This scholarship is \$20,000 for students who are in a college preparatory program – Upward Bound! Looking for students with Grit, Potential and Ambition— *Noah Wilson* has been named a semi-finalist and is waiting to hear back!



**VSAC Scholarships:** **February 22<sup>nd</sup>** VSAC Scholarships, like grants are forms of "gift aid," meaning there is no obligation (under most circumstances) to repay the funds. While grants are generally awarded according to financial need, scholarships are typically based on factors unique to each scholarship. These may include residency, degree program or major, academic achievement, extracurricular activities, and in some cases, financial need. Scholarships, unlike grants, are competitive, meaning that eligible applicants compete for a limited number of awards. We have worked hard to generate a list of scholarships specific to you! Use this as a guide when applying. All applications postmarked by This should be every Upward Bound students goal! [www.VSAC.org](http://www.VSAC.org)

**VT EPSCoR:** **April 1<sup>st</sup>** The VT EPSCoR Center for Workforce Development and Diversity (CWDD) works to cultivate and prepare a diverse science, technology, engineering and math (STEM) workforce in Vermont by inspiring students to enter STEM careers. As part of their work they will award \$5,000 scholarships to Native American (including Abenaki) and **First Generation** college students who enter STEM majors at a Vermont college or university. Scholarships are awarded on the basis of academic standing, letters of recommendation, and an essay detailing career goals. This is the one I emailed you about in December.....take some time if you are eligible! Just ask TC *Daniel Cliché* about this one! <http://epscor.w3.uvm.edu/2/node/134>



**Stephen Phillips Memorial Scholarship:** **April 5<sup>th</sup>** Early Deadline **May 1<sup>st</sup>** Regular Deadline  
The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to students with financial need who display academic achievement, a commitment to serving others (in school, in the community or at home), a strong work ethic, and leadership qualities. All Upward Bound seniors with a 3.00 or higher GPA, great writing ability and be enrolled in a demanding course of study—Upward Bound Academic Rigor requirement should apply for this very important Scholarship! <http://phillips-scholarship.org/>



**The Upward Bound/ VEOP Scholarship:** **February 15<sup>th</sup>** This is the *only* guaranteed scholarship you will see and every Upward Bound senior should have this in my office by the deadline...We talked about this during the summer program. The essay prompt is:

*“How has the NVU-Lyndon Upward Bound program helped me or is helping me meet my educational goals!”*

**The Fortier Scholarship:** **February 22<sup>nd</sup>** This is another Scholarship that only NVU-Lyndon UB students are eligible for! It does require a 2.89 GPA –Really! Bryan and Justin are looking forward to reading all 15 NVU-Lyndon Upward Bound scholarship applications! All NVU-Lyndon UB seniors will have a great chance to get \$500.00 of the Fortier's money. You must address each topic below in an essay (limit yourself to a total of 1-2 pages, your answers should be thoughtful and concise).

*“Explain the impact community service has had on you and how it has benefited those you have helped. What next? Now that you are graduating and headed for college, what community service do you plan on involving yourself with in the future?”*

***Colleges Our Seniors Have Applied To—  
Boldface is where they have been Accepted!***

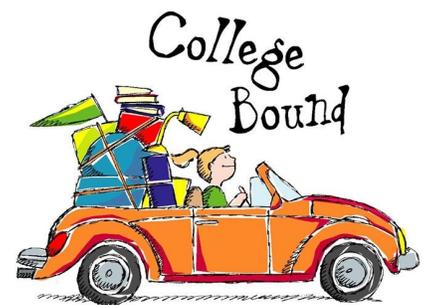


<b>Abigail Bliss:</b>	University of Maine Orono, Northern Vermont University - Lyndon, UMass Amherst, Simmons College, University of Vermont, Boston College, Colorado State University, Northeastern.
<b>Alea Brasseur:</b>	<b>Husson University</b> , University of Vermont, Norwich University, UNE, Castleton University, <b>Northern Vermont University</b>
<b>Addison Broome:</b>	<b>Unity College</b> , University of Maine Orono, Sterling College, University of Vermont, Paul Smiths College, Colby College.
<b>Katelyn Brown:</b>	Northeastern, <b>Husson University</b> , <b>Central CT State University</b> , <b>Keene St, University of New Hampshire</b> , University of Rhode Island, Boston College, <b>University of New England</b> , University of Southern Maine
<b>Charles Chandler:</b>	Plymouth State, Keene St, Southern Maine, Plymouth State University.
<b>Shawna Columbia:</b>	Northern Vermont University – Lyndon, <b>Husson University</b> , <b>The University of Maine</b> , St Michael’s College, and <b>the University of New England</b>
<b>Makayla Dailey:</b>	<b>NVU-Johnson</b> , Keene St, Plymouth State, St. Michael’s, University of Vermont.
<b>Curtis Gingue:</b>	Champlain College, Bloomfield, Iona, Johnson & Whales, Norwich, UVM, UNH, Kean University
<b>Kaitlyn Girouard:</b>	<b>University of Vermont</b> , American University, Middlebury, Norwich, George Washington University, Boston College, Northeastern, UMass Amherst.
<b>Sierra Jones:</b>	San Diego State, Humboldt University, San Jose State, Oregon, Warner Pacific Western Oregon, <b>Northern Vermont University—Lyndon</b>
<b>Emmitt Lambert:</b>	Wentworth, University of Vermont, <b>University of Maine Orono</b> , Florida Institute of Technology, University of New Hampshire, Clarkson, U- Mass Lowell, <b>VTC.</b>
<b>Markus Lapierre:</b>	<b>NVU-Lyndon</b> , <b>Southern New Hampshire University</b> , <b>Castleton University</b> , University of New Hampshire, University of Vermont, Curry College, <b>Plymouth VTC</b> , Plymouth State, <b>Castleton University</b> , <b>Keene State College</b> , <b>Southern New Hampshire.</b>
<b>Seviah Pitt:</b>	Husson University, UMO, Nazareth, IUPUI, Southern Maine, University of Vermont, NVU-Lyndon, UNH, <b>Johnson &amp; Whales</b> , <b>Michigan State University</b>
<b>Addie Poginy:</b>	Mt. Holyoke College, University of Vermont, <b>NVU-Johnson</b> , Middlebury, NYU, University of New Hampshire, Southern Maine.
<b>Brittney Smith:</b>	<b>Plymouth State University</b> , <b>NVU-Lyndon</b> , UMass Lowell, Penn State.
<b>Curtis Wyman:</b>	University of New Hampshire, <b>Wentworth</b> , Hofstra, <b>University of New Haven.</b> <b>Southern New Hampshire University</b>
<b>Noah Wilson:</b>	University of Vermont, Boston College, Middlebury, Norwich University, Roanoke, St. Bonaventure, Brown University, Colby College, Dartmouth, Marquette University, U-Mass Amherst, WPI, Yale.

***Upward Bound Families!***

This is often an exciting and emotional time of year for our students and their families as everyone begins to hear back from colleges. Keep in mind, that each college will be working on a different timeline, and the speed at which you will hear back often depends on how early you submitted your applications. You can always touch base with us or your College Admissions offices if you have questions. Don’t forget to take some time to celebrate your achievements and acceptances! When you start to receive your award letters, we will take a closer look at each of your options and help you and your family make that big decision — where you will attend!

**Remember, we are very proud of all of you...**



# January Student News



**Trinity LaHaye** is cruising through her junior year at BMU and looking forward to her upcoming 'prom committee' meeting..... **Lexey Drown** is still tired down at BMU, and is also enjoying chorus and band in her free time..... **Chandler** is living life at Woodsville and spending his free time at the local Walmart..... **Christian McFarland** is stacking up his college acceptances and still looking forward to receiving a few more..... **Curtis Wyman** recently went to an open house at Southern New Hampshire University..... **Astra Sleeper** is still enjoying her time at the River Bend Tech Center..... **Mikayla Smith** is looking forward to an upcoming trip to Hanover..... Where is **Danielle Hallam**?? **Markus Lapierre** is racking up on his college acceptance letters early, keep it up **Markus!** **Emmitt Lambert** is enjoy-

ing his senior basketball season at Canaan..... **Katelyn Brown** was recently accepted to UNH and is still waiting to hear from BC! **David Richardson** is loving his psychology class and looking forward to next semester..... **Matty Rice** is still cooking things up over at The Academy during his mornings..... **Noah Wilson** was named a semi-finalist for The Dell Scholarship... **Maddie Foster-Pudvah** is looking forward to her next play, and the possibility of going to Germany next year! **Makayla Dailey** is excited about the possibility of joining the ski and ride club at Hazen! **Seviah Pitt** was spotted at Hazen, checking out the school play..... **Melanie Coons** and her sister **Sage** loved the off-Broadway production of "How the Grinch Stole Christmas" so much that they are thinking of moving to Whoville... **Kaitlyn Girouard** is on the Ski team at school and is anxiously waiting for college acceptances to start rolling in... **Mikaela Strzempko** is working hard at ST J and is on the track and field team... **Miranda Degreenia** has done a really good job of communicating with the UB office and is doing a great job at St J... **Patrick Stowell** loved volunteering at Burklyn arts and even made a few bucks... Way to go **Patrick!**... **Emma Powers** also loved volunteering at Burklyn Arts... We had three Ruggles come with us to NY for The Grinch **Joy, Maranda and Shelby Ruggles** who is now considering adding Skidmore to her college list... **Abi Bliss** Loved volunteering with Burklyn arts and is now thinking about a last minute application to Skidmore... **CeCe Jones** and **Addison Broome** Are both loving their Field class at ST J... the **Gingues** seem to have gone missing from St J... **Ozora Rice** enjoyed Burklyn Arts and was very helpful!... **Hunter Poirer** is enjoying life at Lake Region and "can't complain"..... **Shawna Columbia** is looking forward to hearing back from UVM..... **Caroline Lowry** has been baking fudge at Lake Region for FBLA! **Diana Mason** is PUMPED about the upcoming Christmas meeting! **Sam Whipple** is driving now, and has also been enjoying her time at Lake Region! **Addie Poginy** is having a great senior year at Lake Region.... **Aleea Brasseur** is gearing up for the second half of her senior year! **Annie Doucet** is dreaming about Christmas after a fun weekend at The Off-Broadway Production of 'The Grinch'!...**Blake Betz**'s response to "What's up?" is "I don't know" but we know he has been busy helping us recruit at Rivendell, way to go Blake! We are up to 5 prospective students already!... **Natalie Martin** can be found on the Basketball court where she's been playing almost the entire game's for Rivendell... **Natalie** and **Blake** were both recently inducted into NHS joining **Meadow Yvon** who is working hard as usual and is always a delight to see at Rivendell... **Cameron Messier** is currently recovering from surgery... **Olivia Brimmer** Is gearing up for her second semester of Junior year at a new high school... **Andi Elie** is really excited for Christmas vacation... ask **Haley Ott** about how much she improved on her PSAT scores! We are very proud of them!... **Jade Aviles** really enjoyed the production of "How the Grinch Stole Christmas" but she is not a fan of Golden Corral... **Dakota Collins** is working hard at LI... **Dominique Bandy** is gearing up to work a lot of hours during Christmas Break and had a good first semester at LI... Be careful, **Nash Nunn** might try and sneak into the Christmas Giveaway a little early... **Brittney Smith** is really looking forward to her first year of college and has been on top of everything this semester—and is a semi finalist for the Horatio Alger Scholarship!



**The Grinch Crew!**

## Upward Bound January Birthdays:

*Aleea* January 1  
*Danielle* January 4  
*Christian* January 9  
*Emmitt* January 10  
*Maddie* January 25  
*Addison* January 26



### Upcoming NVU-Lyndon College Athletic Events



#### Men's Basketball

Vs Eastern Naz	Jan 3	3:00pm
At Cazenovia	Jan 6	4:00pm
At SUNY Delhi	Jan 7	2:00pm
Vs UMaine Farmington	Jan 11	5:30pm
Vs Thomas	Jan 12	1:00pm
At Green Mountain	Jan 16	5:00pm
At Johnson	Jan 19	1:00pm
Vs UMPI	Jan 25	5:30pm
Vs UMPI	Jan 26	1:00pm

#### Women's Basketball

at St.Joes Conn.	Jan 5	3:00pm
Vs UMaine Farmington	Jan 11	7:30pm
Vs. Thomas	Jan 12	3:00pm
At Green Mountain	Jan 16	3:00pm
At Johnson	Jan 19	3:00pm
Vs Fisher	Jan 22	6:00pm
Vs UMPI	Jan 25	7:30pm
Vs UMPI	Jan 26	3:00pm
Vs Pine Manor	Jan 29	6:00pm

**Upcoming Lyndon State College Events  
Free for NVU-Lyndon UB students**

## Upward Bound Honor Roll

<i>Danielle Hallam</i>	<i>Diana Mason</i>
<i>Katelyn Brown</i>	<i>Ozora Rice</i>
<i>Addie Poginy</i>	<i>Annie Doucet</i>
<i>Curtis Wyman</i>	<i>CeCe Jones</i>
<i>Seviah Pitt</i>	<i>Kaitlyn Girouard</i>
<i>Hunter Poirier</i>	<i>Addison Broome</i>
<i>Astra Sleeper</i>	<i>Dominique Bandy</i>
<i>Markus Lapierre</i>	<i>Olivia Brimmer</i>
<i>Miranda Degreenia</i>	<i>Andi Elie</i>
<i>David Richardson</i>	<i>Cameron Messier</i>
<i>Lexey Drown</i>	<i>Nash Nunn</i>
<i>Emma Powers</i>	<i>Haley Ott</i>
<i>Sam Whipple</i>	
<i>Noah Wilson</i>	
<i>Natalie Martin</i>	

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*"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of it's own."* —Michelle Obama, Former First Lady