

Sophomores - Sophomore Summit At UVM November 8th

We are thrilled to have the opportunity to bring a group of sophomores to the University of Vermont for an Upward Bound Sophomore Summit on Monday, **November 8th**! This workshop will be combined with the Discovering UVM program that is happening on their campus. All of Vermont's Upward Bound sophomores will be at this important event that is sponsored by the Admissions Office at the University. Students who attend have to be in good academic standing at their high school and with Upward Bound. *Remember* - You will be missing school on that day and it is up to you to get an excused absence through the guidance office and get missing work from teachers. We have contacted your schools to make them aware of this event, but *you* have to do the legwork and follow up with them. *If you haven't done so already, talk to your school as soon as possible and then confirm your participation with us ASAP!* This will be a fun and productive day out together. We can't wait!

The layout of the day will be as follows:



9:00 a.m.	Depart Upward Bound Office
10:45-11:00 a.m.	Arrive at Admissions Office – walk to Maple Ballroom
11:00-12:00 p.m.	Campus Tours from Maple Ballroom
12:00-1:00 p.m.	Lunch in Maple Ballroom
1:00-2:15 p.m.	Financial Aid Overview / Transcript Evaluation w/ Admissions
2:15 – 3:00 p.m.	Walk to Rally at Bernie Sander's Office!
3:00 – 3:30 p.m.	Rally
4:00 p.m.	Departure from UVM
6:00 p.m.	Arrive at Upward Bound Office

Free Holiday Food Boxes From UB!

Once again we will be deliver Thanksgiving food baskets in the coming weeks! Interested in picking up a box of thanksgiving goodies? 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 hand deliver the box or put it directly in the trunk of your car - no need for you to even get out!

Contact us if you are interested!

"Life starts all over again when it gets crisp in the fall."
- F. Scott Fitzgerald

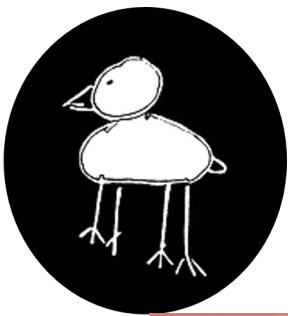
2022 Summer Program
June 19th—July 29th

2021-2022 Upward Bound Calendar

November	6 th	Seniors Take SAT	
	6 th	Volunteer Work, Warm the Children	<i>Pick and Shovel</i>
	8 th	9:00a-8:00p Sophomore Summit at the University of Vermont	
December	1 st	Begin Discover Scholarship Essays	
	3 rd – 5 th	Volunteer work, Burklyn Arts	
	4 th	Seniors Take SAT 1 (if needed)	
	11 th	NVU—Johnson 50 th Celebration	NVU—Johnson
	12 th	1:00-3:00 Upward Bound Christmas Party	Bole Gym / Theater
January	16 th	1:00 – 3:00 Upward Bound Recruiting Meeting	Theater
	16 th	Upward Bound Discover Essays Due (Juniors)	
	30 th	Upward Bound Junior Essay and Matrix due	
February	16 th – 18 th	TRIO Day in Burlington, VT	(Eligible Juniors)
	21 st – 25 th	STEM Trip with Johnson UB	
March	6 th	Green Mountain Scholars Bowl at NVU—Lyndon	ASAC 100
April	4 th	5:30 – 8:00 UB Meeting and College Fair	ASAC 100 and Gym
	24 th	1:00 - 6:00 Junior SAT Review	ASAC 216
May	1 st	1:00 – 3:00 Mother's Day Give Away and Meeting	Bole & Theater
	7 th	Juniors Take SAT I	
	29 th	1:00 – 3:00 Final Upward Bound Meeting	Theater
June	5 th	Juniors Take SAT (if needed)	

2022 Summer program Dates: June 19th—July 29th

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 4th—6th. If you have any further questions or concerns about this event, do not hesitate to reach out to us!



We've been busy... and so have you!

It's been a very busy month full of school visits, standardized testing, financial aid applications, Warm the Children, sports, extracurricular and so much more! Most of you are doing exactly what you should be doing, and some of you need to work harder. Keep pushing forward as the holiday season starts to set in - many of your friends will start slacking off, and it will look even more impressive to your teachers if you continue to work hard, advocate for yourself, and put your best foot forward academically.



Warm the Children 2021

WARM THE CHILDREN

Providing New Winter Clothing for Local Children in Need

Due to the current pandemic and high number of covid-19 cases in Orleans county, we made the very tough decision to not have student volunteers for Warm the Children once again this year. 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. With that being said, we want you to know that you are still being represented by Upward Bound! The UB Offices from Johnson and Lyndon have been very busy serving nearly 200 students from 75 families in Orleans County and Island Pond, and the event went very well.



Each year we gather for this incredible community service opportunity and give out warm winter clothes to children in need in our area with the support of The Barton Chronicle. They raise a considerable amount of money each year and we ask Guidance Counselor's from local schools to refer families in need. These families receive vouchers that they can bring to the Pick 'n' Shovel in Newport and shop for \$80 worth of winter outerwear per child. Thanks to the Barton Chronicle, local schools and the UB Staff from Lyndon and Johnson we gave out nearly \$18,000 worth of merchandise this year!

October College Tours

We are very happy with how many of you dedicated time this month with Upward Bound to tour colleges and put some time and effort into preparing for your future. We had some outstanding tours of Middlebury, Castleton, Saint Michael's, Norwich, and Saint Anselm! These are all schools that Upward Bound students should consider, and each one has something unique and special about them. We were also able to meet up with Alumni **David Richardson** after the Saint Michael's Tour, and **Lauren Holt** joined us for Castleton! Now is the time to be exploring future college options and the best way to do this is getting onto as many campuses as possible. If you don't see your face in any of the photos below, you should prioritize college tours in the coming weeks. We are hoping to see *Plymouth State University*, and *Keene State College* in November. **Gemma Stowell** wants to do an overnight Boston trip and **Makenna Emmons** and **Elly Bliss** want to see the *College of the Atlantic* in Bar Harbor Maine! ***If you are interested in touring these colleges or any others please let one of us know! And Remember! - If you want to tour colleges with your family or friends let us know and we will pay for lunch... and maybe even a hotel!***



Middlebury College



Castleton University



Saint Michael's College

LYNDON UB STUDENT SPOTLIGHT

Chelsea Ott

Chelsea Ott was featured with the LI Dance Company and LI Field Hockey team on TikTok and was nominated to be our Viking of the Week!

Chelsea was born in Littleton, New Hampshire and raised in Burke. She recently moved to Lyndonville with her family including her three siblings, dog, and cat. Her favorite class is English and remarks, "I always fostered a love of writing."

Chelsea also loves dance and says it is how she can express herself in different ways. "It's my escape from my day-to-day life and always has been, so being able to implement it in my curriculum at Lyndon Institute has been amazing! I'm currently in NHDSA (National Honor Society for Dance Arts) as well as Upward Bound, a college prep program, and play two other sports at LI: softball and field hockey." Mrs. McGregor says Chelsea is known for her "commitment, positivity, encouragement, work ethic, and timeliness." On top of that, Chelsea takes classes for all styles of dance including pointe, ballet, tap and jazz many nights after field hockey at the Dance Workshop in Lyndonville, where she has been dancing since the age of three.

When not in school, Chelsea loves to be outdoors whether it is snowboarding, kayaking, or spending more hours in the dance studio. When asked what her favorite part about LI is, she responds, "the spirit, the people, and the relationships I have made as well as how devoted every teacher is."

VIKING OF THE WEEK



CHELSEA OTT

DANCE, FIELD HOCKEY, SOFTBALL

COLLEGE SPOTLIGHT

Keene
STATE COLLEGE

Keene State College

"Enter to learn; go forth to serve."

Located in beautiful Keene, New Hampshire, Keene State College is an excellent choice for those students interested in pursuing a degree in education (especially physical education!), psychology, Business, Criminal Justice, Health Science/Public Health, and more. It is also a great option for those students interested in a true college experience—they host over 85 student organizations, exceptional athletic teams, and even have Greek Life.

Here are some Fast Facts about Keene State:

- The campus hosts about 3,000 undergraduate students,
- They have 40+ Areas of Study to choose from,
- They are test optional,
- 45% of their First-Year students are first-generation,
- Their mascot is Hootie the Owl!



Sound interesting? Join us November 12th for a Campus Tour! Sign up with Ryan or Kelsea!

Sophomores & Freshman

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 - 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 of the 5 topics listed below, 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! All October testers will receive your scores in December. **Please send us a PDF copy of the entire score report.** 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!

Seniors ~

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:

Make Sure You Have Completed 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! And don't forget that you have to do the VSAC Grant Application too! Most of you did these with us already—just make sure!

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. Or call **Maple**—she is an expert at this!

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 1st Deadline: Remember that your Upward Bound deadline is December 1st. That means all of your applications should be sent to your colleges by Monday, December 1st 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! **Elly and Aggie are already way ahead on this!**



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! 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!

Seniors ~

The Dell Scholars Program is Looking for You!

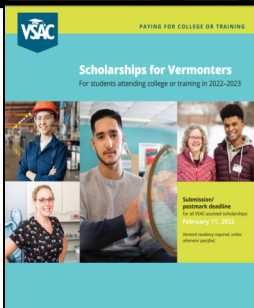
The Dell Scholars Program really is looking for you! They have identified Upward Bound students from across the Nation and they want you to apply! **Noah Wilson**, **Brittney Smith**, and **Andi Elie** were all named semi-finalists in the last few years. **Haley Ott** won two years ago and **Kai Aviles** won last year! This scholarship should be a priority for you—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 **Dr. Ryan 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 1st**! 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/>



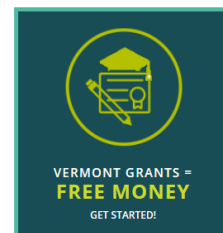
The 2022-2023 VSAC Scholarship Book February 4th Deadline for Upward Bound

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. We also have physical copies in the office - let us know if you would like one!

Although the Scholarship deadline is February 11th all Upward Bound students should have everything submitted by the 4th! And then you need to call VSAC to make sure they have everything they need.

Other 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!



VSAC Scholarship Book: The VSAC Scholarship book is out and ready to go. You can go to www.myVSAC.org and get a copy right now or pick them up in your school. Please use the same method as you did this past summer—cross out what you are not eligible for, highlight what you are and get things in order! **Due February 11th**

Jack Kent Cooke Scholarship: The Jack Kent Cooke Foundation College Scholarship Program offers the most personalized, generous scholarship and educational support to exceptionally promising students from families across the nation who have financial need. They will look closely at your cumulative GPA (3.5 or higher) and your SAT scores have to be in the top 15%. **Due November 18th!**

Prudential Scholarship: The Prudential Spirit of Community Awards program is now called the **Discover Prudential Emerging Visionaries program!** This is the United States' largest youth recognition program based exclusively on community service. If selected, you may qualify to receive up to \$15,000 — plus an all-expenses-paid trip in April 2022 with your parent or guardian to Prudential headquarters in Newark, NJ, along with coaching and skills development to help take your solution to the next level. **Due November 4th!**



THE STEPHEN PHILLIPS
MEMORIAL SCHOLARSHIP FUND

Phillips Scholarship: 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. **Due May 2nd, 2022!**

VEOP/Upward Bound Scholarship: This is the one we told you that you would win if you submitted an entry. The grand prize will be a \$600 scholarship check, 2nd 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 5th DEADLINE!** **Just ask David Richardson about his \$750 VEOP Scholarship!** The topic is simple:

“How has your participation in a TRIO/GEAR UP program positively impacted your educational journey? In your response, please share any challenges, either personal, academic, financial, or otherwise, that your program helped you to navigate and/or overcome.”

Horatio Alger: State scholarships are awarded to eligible students in all fifty states and the District of Columbia. The program specifically assists high school students who have faced and overcome great obstacles in their lives. The scholarships are funded by Horatio Alger Members who, like the Scholars, have experienced challenges but ultimately overcame them to become successful business and civic leaders.

Think this is a longshot? Talk to Brittney Smith and ask her why she is not paying for college this year!

The *National Scholarships* are awarded to eligible students in all fifty states, the District of Columbia, and Puerto Rico. National Scholars receive an all-expenses paid trip to Washington, D.C., during the spring of their senior year to participate in the National Scholars Conference. ***The application will be available December—March 15th***

Elks Club National: 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. **Due November 15th, 2021.**

The **Hagan Scholarship:** The Hagan Scholarship is a nationwide need-based merit scholarship designed to help rural students graduate college debt-free. The scholarship provides up to \$48,000 over four years to attend college and other benefits. Recipients must graduate from one of over [6,300 eligible public high schools](#). **Due December 1st, 2021!**

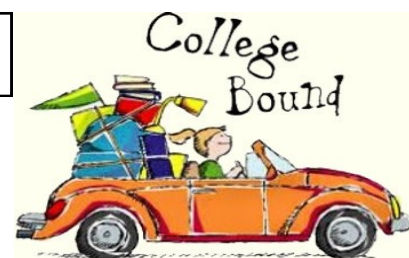
Coolidge Scholarship: The Coolidge Scholarship is a full-ride, four-year, merit scholarship that may be used by recipients for undergraduate study at any accredited college or university in the United States. Any **High School junior** who plans to enroll in college in the fall of 2023, is an American citizen or legal permanent resident is eligible to apply. **High school seniors are not eligible to apply for this scholarship!**

This is a competitive, nationwide scholarship! Students are assessed on two main criterion - academic excellence and an interest in public policy and appreciation of the values which former President Calvin Coolidge championed. Winners of the scholarship are those students who have a demonstrated record of rigorous academic courses, a desire to learn, and humility as demonstrated by community service. Further, students will be more highly considered if they exhibit a genuine interest in public policy as well as in some of Coolidge's own values—civility, enterprise, federalism, etc.

Juniors—this is Due January 19th! Let us know ASAP if you intend to apply!

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. Many of these schools may require the SAT II. **Boldface** are where students have been accepted!



Elizabeth Bliss	NVU-J	Castleton	UVM	Keene	College of the Atlantic		
	NVU-L	St. Mikes	Middlebury	Skidmore			
Maple Bottinelli	UVM	Mt. Holyoke	St. Lawrence	Simmons	Wheaton	Wellesley	Middlebury
	BU	Northeastern	Barnard	Skidmore	Smith	Bowdoin	
Kayanna Burns	Bard	Lawrence	Brandeis	Mt. Holyoke	Macalester	Smith	
Natalie Daigle	NVU-L	UVM	UNH	UMass Lowell	BU		
Lauren Girouard	UMF	St. Mikes	Keene	Plymouth	Saint Anselm	Merrimack	Westfield
	UNE	Saint Josephs	Stonehill				
Aggie LaFleur	VTC	North Shore	Mount Wachusett	York CC	Great Bay CC	White Mountains CC!	
Courtney Lewis	USM	Castleton	UVM	Plymouth	Norwich		
Desiree Mendez	NVU-J	Castleton	UMF	Keene	UVM		
Ryan Moulton	NVU-L	Champlain	UVM	UNH	Castleton	American International	
Ben Perreault	NVU	Castleton	Keene	UVM			
Alex Pitt	VTC	Norwich	Thomas	UVM			
Aliceah Silver	NVU						
Madison Wilson	UVM	U of Maine	George Washington	Barnard	Columbia	American	
	BU	Middlebury	Skidmore	Smith	Brown	Northeastern	
Jarrett Wilkins	UVM	Husson	NVU—L	Middlebury	St. Mikes		



Upward Bound Activities:

Cross Country: Natalie W, Adrianna, Thomas, Charlie, Alan **Softball:** Summer, Cady, Jessalyn **Football:** Julian
Baseball: Eli **Swim:** Abby **Soccer:** Summer, Thomas, Shannon, Felicity S., Zofia, Cole **Boxing:** Jarrett
Field Hockey: Gemma, Joy, Cady, Chelsea, Vicki, Lizzy **Volleyball:** Haylee, Kaylee **Lacrosse:** Joy, Lauren, Lizzy, Cole
Cheer: Aggie, Courtney, Kaylee **Dance:** Aggie, Chelsea **Drivers Ed:** Natalie W, Adrianna, Eli, Makenna
Chorus: Aggie, Cady, Elly, Madi W., Zofia **Band:** Cady, Lauren, Abby, Cole, **Social Justice Club:** Gemma, Maya
Student Council: Eli, Gemma, Raymond, Madi W. **Scholars Bowl:** Vicki, Madi W., **Forensics Club:** Natalie D.,
FBLA: Raymond **Newspaper:** Raymond **SCOPE:** Vicki **GSU:** Vicki **Math Club:** Madi W., **High Horses Volunteering,** Zofia
Dungeons and Dragons: Madisyn L., **Rec Fit:** Makenna **Eco Club:** Abby, **Outing Club:** Abby **Environmental Club:** Joey
Prom Committee: Thomas, Raymond **Drama Club:** Joey **Skeet Club:** Alex
Working: Shannon, Marcus, Jaedyn, Will, Lizzy, Gemma, Natalie D, Alex, Jessalynn

Student News:

Aggie LaFleur is the first Upward Bound students to be accepted at college! Way to go Aggie! White Mountains Community College better look out...**Colby Lafleur** had a great soccer game against LI—ask him what the final score was....ps—don't ask **Gavin**.... **Ben Perreault** recently toured Caslteton college and really liked he! He also has some great goals for the future!...**Zofia Kosakowski** recently went on a biology trip to collect firefly larvae... she caught a cray fish instead! She is really enjoying her honors English class!...**Kylee Betz** didn't get the memo about no volunteers at Warm the Children but ended up being a big help to the UB team and did an outstanding job helping families pick out winter clothes!... **Charlie Krebs** and **Alan Moody** are gearing up for an important cross country meet at the end of the month! We wish them the best of luck...**Thomas Hinton** has injured his knee, but that didn't stop him from touring the infamously hilly campus of Middlebury College!...**Lauren Girouard** has crafted the most detailed matrix we have ever seen...We hope that **Madi Wilson** enjoyed her trip to Tennessee...**Megan Gifford** is slated to play Marmie in her school's performance of *Little Women*...**Hannah Powers** is thinking about getting back into running...**Elly Bliss** has officially applied to college!...**Jessalynn Gravel** began a new job this month. We hope she is enjoying it!...**Nya Jewell** is enjoying her Spanish class and working hard to complete a massive project for it...**Eli Hooker** is looking forward to the Norwich virtual tour...**Raymond Lemrise** is gearing up for an FBLA conference and considering colleges in California...**Natalie Webster** is excited for her Driver's Ed. class to end...**Adrianna Webster** is thinking she would like to become a journalist...**Gemma Stowell** is juggling a very busy schedule, but we hear that she's done a great job as class president...**Summer Guilmette** is trying to set a record for most college information sessions attended by a UB student in one year...**Chelsea Ott** says she channeled the wisdom of Billy and Tim to help her through her PSAT...**Cole Van Winkle** has begun working on his Senior capstone, just for fun...**Maya DeCesare** has been thinking a lot about what kind of college would be the best fit for her. This is a great place to start!...**Jarrett Wilkins** got the chance to shadow a Physical Therapist as part of one of his classes this month...**Maple Bottinelli** is nearly ready to send in her college applications...**Desiree Mendez** has been busy with a group project and the end of the cross country season, and all of her college applications!...**Kylee Betz** should consider a future working with kids—they love her!...**Aliceah Silver** is fitting in well at NVU-Lyndon and really enjoying her classes...**Vicki Scherer** has loved attending UB college tours this month...Do NOT ask **Lizzy Duranleau** about Java programming... We also wish her a speedy recovery as she recently had surgery on her arm after a sports injury!... **Marcus Jacob** recently moved a town over and is really enjoying his math class at Woodsville... **Jaedyn Vermuelen** is really enjoying his odyssey class and has been trying to recruit for Upward Bound... **Andrew Hendrickson**, we here, is running a campaign to have month long trick-or-treating in the month of October...**Alex Pitt** has really loved his engineering class and is looking forward to college... **Ryan Moulton** is working on a scholarships application for Champlain College...**Kayanna Burns** is excited about her senior year... **Natalie Daigle** look more and more like a college student every time we talk with her...**Courtney Lewis** is running for a leadership position with her Cheer team. Good luck Courtney!...**Will Carter** is in the market for a new job...**Lizzy Duranleau** is considering future career options...**Bethany Goodwin** is reportedly planning to host a haunted house in her basement on Halloween...**Abby Harrington** is excited to go on more college tours with UB...**Destany LaFleur** is channeling her inner mad-scientist and has really been enjoying her Chemistry class...We heard a rumor that **Carver Parson** is dressing as a pumpkin this Halloween...**Felicity Perreault** and **Joy Ruggles** both plan to check out Bethany's pop-up haunted house...**Joey Sepulveda-Muniz** has been very creative this month...**Grace Ulrich** is having a great year at LI...**Ray Brooks** is entering a writing contest—we wish them the best of luck!...**Shannon Florentine** is looking forward to Sophomore Summit...**Makenna Emmons** is researching colleges and getting a head start on her matrix...**Haylee Goodwin**...**Kaylee Hillesland** has recently applied for the HOBY Leadership training...**Madisyn Lamont** may have a future as a quick change artist thanks to her Exercise Science class...**Cady Robillard** plans to be at Sophomore Summit this year...**Felicity Sulham** is planning to start Driver's Ed. next summer. We appreciate the warning!...**Julian Gutzmann** is going as "Where's Waldo?" for Halloween, or so we heard...

High Honor Roll

Nya Jewell
 Elly Bliss
 Maple Bottinelli
 Kayanna burns
 Lauren Girouard
 Courtney Lewis
 Madison Wilson
 Makenna Emmons
 Hannah Powers
 Madisyn Lamont
 Summer Guilmette
 Eli Hooker
 Agnieska LaFleur
 Chelsea Ott
 Gemma Stowell
 Jarrett Wilkins

Honor Roll

Will Carter
 Desiree Mendez
 Maya DeCesare
 Joy Ruggles
 Adrianna Webster
 Natalie Webster

Remember—Free Events for Upward Bound Families

Just another reminder that we can almost always get you and your family free tickets to events on campus and at Catamount Arts. Sometimes you will need tickets and at other times, just your summer ID will do...let us know if you'd like to see any games or shows.....

Also, we publish sporting events, special events, and movies on campus. We think that entertainment like this is worth a trip to NVU-Lyndon and the price is right—free!



Nominated for National Honor Society? Do the Paper Work!

We are amazed when we hear that our students do not complete the application when they are nominated for the National Honor Society at their high school! Folks, this is something that looks awfully good on your college applications... and yes, it *is* worth your time and effort. We can and will document your volunteer work so don't let that slow you down. We have written several recommendation letters for students this year, just ask us and we are willing to write one for you, too. Get all the honors you can! Just ask **Lauren** - she is ahead of the game!

Congratulations and try to join these other Upward Bound National Honor Society inductees:

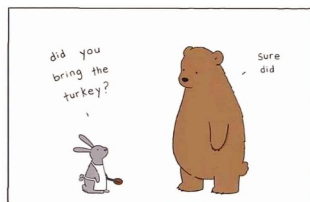
***Elly Bliss, Maple Bottinelli, Kayanna Burns,
Natalie Daigle, Lauren Girouard, Madi Wilson,
Colby Lafleur***

(YOUR NAME SHOULD GO HERE!)

Did we miss anyone? Let us know!!!

Upward Bound November Birthdays:

Chelsea Ott	11/7
Lizzie Duranleau	11/11
Zofia Kosakowski	11/16
Ray Brooks	11/24
Gemma Stowell	11/30



***Don't Forget to Turn your
Clocks Back for Daylight
Savings Time on Sunday
Morning, November 7th!***

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