that included Friends, Seinfeld, Spider-Man and many more. Students were able to hop out at a few different locations on the tour. Dinner at Italian restaurant Baca di Beppo preceded the Broadway show Aida.

The last day took UB to the 9/11 Memorial site. Then UB visited Battery Park and took the ferry to Ellis Island and the Statue of Liberty.

The hotel where UB stayed was a short block from Times Square. The students and TCs stepped out for some meals on their own and were able to shop and explore areas near the hotel. UB covered a lot of ground in just a few days in NYC.

One of the favorite summer activities is the TC group dinner. This year there were two groups for each dinner. They planned the menu, the TCs shopped, and the students and TCs cooked and devised a program on campus. A perennial favorite was the team building experience with FSU’s Don Swogger. Other activities included yoga, an etiquette dinner, and trips to the pool. It also included a program on time management, resume writing, mock job interviews, and myriad other activities.

Corn Maze

After getting rain out last fall, UB students finally returned to Cove Run Corn Maze. Students boarded the bus after lunch on an Upward Bound Saturday and headed into Garrett County. At the farm there were many activities available to the students. Of course students explored the corn maze. This year’s theme was “ Foster Ap-palachia.” In between running in and out of the maze, they roasted marshmallows, made s’mores, drank lots of hot cider and cocoa, snacked on homemade baked goods, and raced rubber ducks. Many students went down to the barn to feed the animals, while others poked around the farm. Later in the afternoon, everyone got on the hay wagon and had a bumpy ride over the fields and trails.

Job Shadow...from Page 1

Virtual Job Shadow

UB students have an exciting new opportunity awaiting them. Virtual Job Shadow is now a part of the UB curriculum. This is an online program that allows students to explore myriad job and career interests and helps students plan to achieve these goals. This program guides students to look at their interests and values and helps them decide on careers that closely match. It also helps them find colleges and universities that offer the courses and programs that best match the goals the student develops.

For an example, many of our students are interested in nursing. On 1/3 someone interested in becoming a nurse can watch several job shadow video interviews of professionals in the field. Perhaps a student is interested in working in the operating room as a nurse. They would watch videos, read a detailed career description, find out that they would need a “Bachelor of Science degree in nursing (BSN), an associate’s degree in nursing (ADN), or a diploma from an

Update

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Virtual Job Shadow

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“W

ater, Water, Everywhere was the theme for this past summer’s program. We chose the water theme for many reasons. Water is one of the most important substances on the planet. Without water there would be no life on earth. In addition to drinking it to survive, we have myriad uses for it. We also enjoy the beauty of water...lakes, rivers, waterfalls, and sunsets over the ocean. The list goes on and on. Given the significance of this resource, safeguarding water is and should be a major concern for the planet. With this mindset, we started the summer program. Water connections flowed throughout summer academics. Literature class studied Samuel Coleridge’s

UB’s new home at 7 American Ave. across from Gray Hall. Hannah Muir and Gabriel Hicks check out mac- ro-invertebrates in science class.

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Emily Sponaugle and Albert Einstein pose for a selfie at Madame Tussaud’s Wax Museum in New York City.
Upward Bound News
A Few Changes

After seven years with Upward Bound both in the summer and during the academic year, Mrs. Debbie Devlin is stepping away from Upward Bound. We were most fortunate to have the multi-talented Debbie with us as she could do just about anything related to math and writing. She also guided UB into the realm of film-making and coordinated those efforts with John and Melanie Lombardi of FSU’s Channel 3. We’re sorry to see her go, but wish her well.

Ms. Mollie Cavanaugh will be stepping up as the writing instructor during the summer program, a position she held once before. She enjoyed it then and is looking forward to getting back to it. Mollie is teaching this academic year, too, doing SAT language prep and will be working on a few other projects, too.

Taking Ms. Cavanaugh’s former summer literature teaching position will be Ms. Jenna Haberlein. Several years ago Jenna held the literature instructor position and is happy to be stepping back in. Currently she is coordinating the Virtual Job Shadow program. UB is very fortunate, and has been very fortunate, to employ a talented and dedicated instructional staff.

They’re Distinguished

At the Awards Ceremony held at the end of the summer program, Upward Bound gave special recognition to four outstanding students. The Distinguished Student Award is presented annually to those students who not only excel in the classroom, but also demonstrate the Upward Bound Spirit in all other areas of the program as well. Distinguished Students offer friendship, cooperation, respect, and support for one another. They also display a positive attitude, are helpful to and considerate of others, and strive towards academic excellence.

Jacob Hunt, Kojo Okeye, Cyrrah Fisher, and Alex Bennett were the recipients of this year’s award.

Water cont’d from Page 1

“Rime of the Ancient Mariner” and ran across one of the poem’s most famous lines “Water, water everywhere, nor any drop to drink.” Science class examined the causes and effects of water pollution on the environment. They also looked at macro-invertebrates collected from different streams to determine the health of the water. Writing classes researched the various social, economic, and environmental issues related to clean water or the lack thereof. The writing class’s final project was to film a short informational about their research. UB was fortunate to have had help from John and Melanie Lombardi from FSU’s Channel 3. Madeline Lafferty is an FSU freshman and former UB graduate and media major assisted with the project.

Upward Bounders took a trip to visit the Pittsburgh Water and Sewer Authority (PWSA). Students took a tour of the main facility and observed many of the steps the raw water took (from the Allegheny River) before piped to customers, usually taking approximately 3 days from start to finish. This is a huge facility and the treatment tanks were enormous. The sedimentation in the water was quite remarkable.

After the PWSA tour, students visited the National Aviary, a short distance away. Students had “lunch with the birds” in an outdoor area. They dined with a multi-colored rainbowbird, a bird of prey from Asia, and an African penguin. They fed lorikeets and attended a show about the Amazon, complete with soaring birds, a sloth and an armadillo.

Later in the program, the 3-week students took a bus trip to New York City. This was the first time for most of the students. The first day took the students to the Empire State Building, dinner at the Hard Rock Café, and a visit to Madame Tussaud’s Wax Museum. Day two brought a visit to the Today Show and an NBC Studio Tour. At the end of the tour the students made a 5-minute video of a late-night talk show. Fortunately, NBC provided much of the dialogue and format. One of the videos was shown at the Awards Ceremony at the end of the summer.

There was a bus tour of Manhattan guided by an actor who pointed out movie and TV locations.

Cable Channel 3 manager Melanie Lombardi helps UB students David Robertson and Jacob Hunt prepare for filming as other students look on.

Continued from Page 2

sent out emails to about 100 Wilmer physicians whom she found on-line at UB. Only one professor emailed her back and ultimately was able to offer her the position she currently has. There is no question that Shanna’s persistence has paid off for her.

Shanna has many positive things to say about Upward Bound’s influence in her life. She commented that without UB she probably would not have ended up in college, not because she didn’t want to but because she wouldn’t have begun to know how. She found the campus tours helpful (hence Salisbury) and that the summer classes helped prepare her for her fall classes, the courses in financial aid and SAT prep were of utmost importance. She really liked living on campus and taking classes. So much, that she came back an additional summer as a TC.

She liked everything about her experience at Upward Bound; it was always fun. She found that the program did not require much. She said that UB saw the potential in her and worked to help her realize it. In UB she found “a group of people just like me.” Everybody was...“a group of people just like me.”

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As a research administrator, she assists in writing grant proposals, protocols and publications. Shanna trains and manages the project team of coordinators, medical students, technicians and other physicians. She also plans conferences and was getting ready to head out to one in San Francisco. At any given time, Shanna is supervising about 10 different studies. The big project at the moment is one that is testing an artificial cornea. She devotes three days a week to research. The other two days she sees patients. To add more hours to her already busy day, she has recently begun a master’s degree in Research Administration at Hopkins. She’d like to establish a program there to train research administrators. Her ultimate goal is to become a faculty member.

How Shanna ended up in her position is an interesting story. As early as high school (she attended Beall High School) she had an interest in eyes. Shanna attended Salisbury University as a biology major and also attended Upward Bound, suggested she apply for a position at Wilmer. Unaware of how to formally apply for a position, she

Diamond Scott, Karis Lewis, and Saphira Gray try to remain still in the water was quite remarkable. The sedimentation in the water was enormous. The sedimentation in the water was enormous.

UB graduate Shanna Ingrodi in Class.

Spotlight on Shanna Ingrodi

Who knew that there were 8 floors at the Wilmer Eye Institute at Johns Hopkins University, each devoted on a different part of the eye? Former UB student Shanna (Ingrodi) Van Court works on the Cornea floor. Her department focuses on the anterior segment of the eye including cataracts, dry eye and ocular surface disease and corneal diseases that often require transplantation. Shanna is an Ophthalmic Technician and the Clinical Research Manager and has been there for 13 years.

2019 Distinguished Students: Jacob Hunt, Kojo Okeye, Cyrrah Fisher, and Alex Bennett.

“...a group of people just like me.”

going through the same thing. One of the things that stood out to her about her UB experience was attending Cats on Broadway in NYC. She found the experience overwhelming and had a huge impact on her. She also said that reading the SAT novel To the Tune of the Nightingale was beneficial towards her vocabulary development as well as fun to read.

She offers two pieces of advice to UB students. 1) Make a plan but be okay with changing it “My plan put me on a path, but the changes are where it really got interesting!” 2) Jump at all opportunities—opportunities for growth and education, never stop learning!

Shanna lives in Baltimore city with her husband, two daughters, and a cat. They love to camp and really enjoy Rocky Gap when they are in the area visiting family and friends.