

# Young Scholars LPP Mentoring Newsletter



Newsletter  
August - October 2020

**Linda Stewart**  
Mentor Coordinator



## ***NEW MENTORS***

***Welcome:***

*Francesca Palladino - UCSD*

*Rosalind Kearney-added 2nd  
mentee*

*Anna Johnston - UCSD added  
2nd mentee*

*Maureen Finnegan - YSLPP*

*What you leave behind  
is not what is engraved  
in stone monuments,  
but what is woven into  
the lives of others.*

*Pericles*

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## ***COMMUNITY OUTREACH***

**Goal - increase visibility of the Young Scholars Mentoring Program and recruit mentors from all walks of life.**

**Utica Rotary Club Presentation on Friday,  
November 13, 2020.**

**GROW BIG DREAMS**

***Community Service/Service Learning Project***  
***Save those sneakers! We will be collecting them***  
***throughout the year.***



**Join us for our first annual sneaker drive fundraiser.**

In the spirit of environmental and economic sustainability, we have partnered with GotSneakers, a sneaker recycling organization, which will compensate up to \$3 for every pair of wearable athletic sneakers. There is no limit to the amount of money we can earn. All funds raised will be donated to a food bank in Utica. After the sneakers are collected, GotSneakers will process and distribute these sneakers around the world, specifically within impoverished nations. We can touch the lives of thousands by simply cleaning out our closets and collecting our unwanted sneakers. The request is simple: Clean out yours and your family's closets of all unwanted paired sneakers.

**We will be collecting sneakers throughout the 20/21 school year and will advise where to drop off the sneakers once we are back to school.**

**200  
MILLION**

**In the United States, at least 200 million pairs of shoes and sneakers end up in landfills each year.**



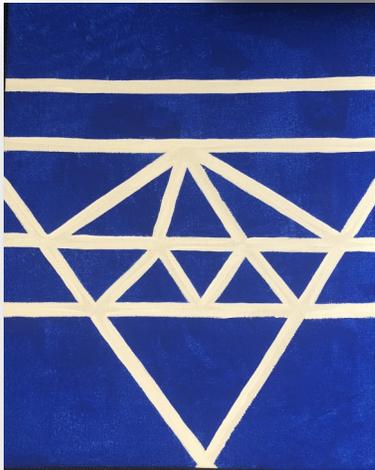
**Shoes in landfills can take 30 to 40 years to decompose.**



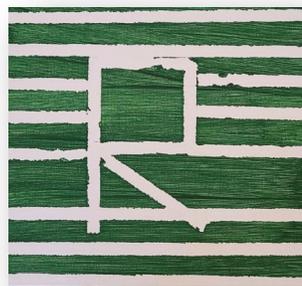
**More than 600 million people worldwide don't even own a pair of shoes.**



**Aug. 26th**  
**EASY**  
**MASKING TAPE**  
**PAINTING**  
**WORKSHOP**



YSLPP mailed students a package with all the supplies they would need to participate in our summer events. This was fun as we all had the same 4 items (canvas, tape, brush and one tube of paint). The results were very different.





### #MOVETHEDATE ACTION PROJECT

Take what you learned from the Earth Overshoot Day presentation to make a change for our environment!

All actions due by October 31



### ACTION RESEARCH PROJECT

1. Research things you can do to lower your carbon footprint
2. Implement those changes in your life for 1 week and document it with pictures, videos, etc.
3. Use your research and personal experience to create a presentation for your YS class



### CALCULATE YOUR CARBON FOOTPRINT

1. Go to [www.footprintcalculator.org](http://www.footprintcalculator.org)
2. Enter information for you & your family
3. Take a screenshot of your results
4. Email the results to [asrosa@utica.edu](mailto:asrosa@utica.edu) (Proctor), [mpdeck@utica.edu](mailto:mpdeck@utica.edu) (JFK), or [mefinneg@utica.edu](mailto:mefinneg@utica.edu) (Donovan)

1 HOUR OF COMMUNITY SERVICE



### LETTER TO A GOVERNMENT REPRESENTATIVE

1. Research things our government can do to lower the carbon footprint of our city, state, or country
2. Write a formal letter to the elected official advocating for the action you want them to take
3. Email your letter to your site staff for mailing



### SOCIAL MEDIA PHOTO CHALLENGE

1. Meatless Monday - show us how you're getting creative with plant-based (and more environmentally friendly) food!
2. Thrifty Tuesday - show us some thrifty things you own or donate items you no longer need instead of throwing them away!
3. Water Wednesday - show us how you're conserving water!
4. Trash-less Thursday - recycle, compost, up-cycle - how will you make less trash?
5. Pierce Friday - reach out to a government official (tag them) to encourage their support of the environment!

Tag @youngscholarspp & #movethedate

Go to:

[www.footprintcalculator.org](http://www.footprintcalculator.org)  
to calculate your own carbon footprint!



## Community Service Service Learning Project



# Earth Overshoot Day

Please join us on October 7, 2020 at 6:30 p.m.

Zoom link: <https://us02web.zoom.us/j/84196976614>

Guest Speaker: Devin Sonne

PhD student, Environmental Chemistry, SUNY-ESF • Adjunct instructor, STEM Transfer, SUNY-MVCC B.S. • Chemical Engineering, University of Rochester '18 • B.A. Environmental Studies, University of Rochester '18 • A.S. Liberal Arts and Science—Chemistry, SUNY-MVCC '15

Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year.

Can we make a difference?

What can we do to lower our carbon footprint?

Join us to learn more. There will be an option to earn an additional 4 hours of community service.



One of our newest mentors, Devin Sonne, did a presentation for our students. We learned a lot about Earth Overshoot Day. She also touched base on climate change. This event was very well attended and the students were all very interested in doing follow up projects. We have adopted save the planet as our unofficial theme this year and we will be doing several projects that will all tie into our theme.



## FEATURED MENTOR

Rosalind Kearney

I am a retired psychologist who moved to the Utica area in 2018. I wanted to become involved in the community and to use my work experience in whatever way possible. When I learned of the Young Scholar's program, specifically, the mentor part of the program, I was very excited and soon made contact with Linda Stewart and then with SaKay Da, and just recently, with Hser Gay Wah.

As I said to SaKay, when we first met, I was sure that I was going to learn as much from her as hopefully, she would from me. That has certainly been true for me. Although I cannot speak a word of Burmese, I now know much more about Burmese culture, food, and the experience of one family who came from the other side of the world to Utica. I have a great deal of admiration for SaKay and her family.



## FEATURED MENTEE

Sa Kay Da

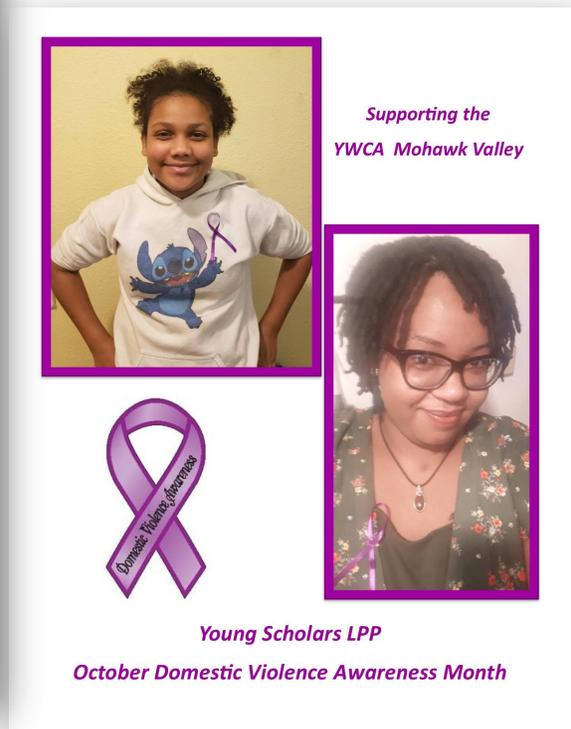
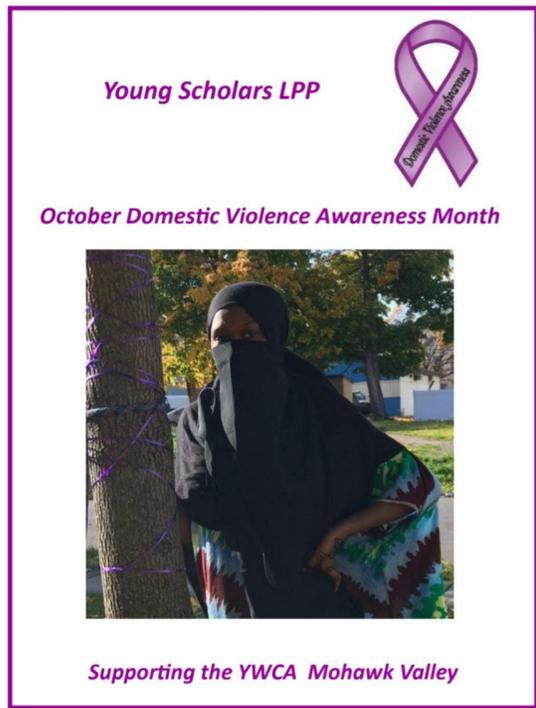
I have met my mentor a few times before quarantine started. One of our favorite places to go is the Munson Williams Proctor Arts Institute. We went to the Utica Zoo for Halloween Community Service and went to an orchestra. We had also joined in on the mentors events such as the Bingo events, and all four events hosted on zoom. We make sure to stay in contact with each other during this time by email and FaceTime. I really enjoy spending time with her and am so glad to have her as my mentor.

# October - Domestic Violence Awareness

October 2020

Our YS mentors and mentees made purple ribbons to support the YWCA Mohawk Valley and then took selfies which I made into collages to share on social media.

We are still virtual, but we can make a difference.





*Young Scholars LPP*

*October  
Domestic Violence  
Awareness Month*



*Supporting the YWCA Mohawk Valley*



*Supporting the YWCA Mohawk Valley*



*Young Scholars LPP*

*October Domestic Violence Awareness Month*

*Young Scholars LPP*

*Supporting the YWCA  
Mohawk Valley*



*October Domestic Violence Awareness Month*

*Young Scholars LPP*

*October  
Domestic Violence  
Awareness Month*



*Supporting the YWCA Mohawk Valley*

## Sidewalk Chalk Community Service Project



This was an ongoing summer project that ended Oct. 31st. We flooded our social media with positive messages and thank you notes to essential workers.



# Zain and Sorianna

## *Creative Writing Project*

I sent two sentences to a mentor and mentee, they each had to add a sentence before forwarding it to the next group. Here is our final story.

Every year at this time, Zain revisited the site where it all began. This was the promise he made to Sorianna four years ago. As always, the clouds gathered and the hard rain pelted his shoulders and neck, seemingly angry that he had returned. The rain didn't faze him. He was there with a job to do and couldn't worry about any distractions. He headed towards the rock where they had previously engraved their initials, and set down his backpack. Cautiously, he took out the rope and the wooden hatchet. This site was their haven. No matter what they did, no one could ever trace it back to this location. For four years now, whenever this time comes around, he keeps the promise by hunting and eliminating those who've done her wrong. This is vengeance.

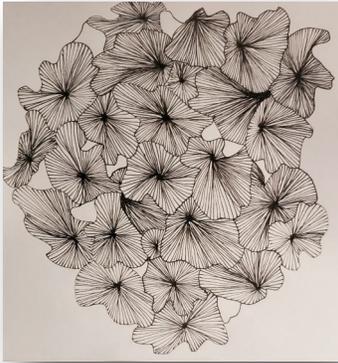
The campfire was difficult to light what with wet wood everywhere. Zain hung a camouflage lean-to tarpaulin shelter to both protect him and obscure his presence. A smoky and sputtering flame among the carefully gathered twigs and kindling eventually brought forth a warm fire with its bright comfort of inspirational, natural rage.

Shine above the night the moon and star help Zain remember his past. A past that is unseen, unheard, but always near, so hated, so unforgettable, so very dear to him.

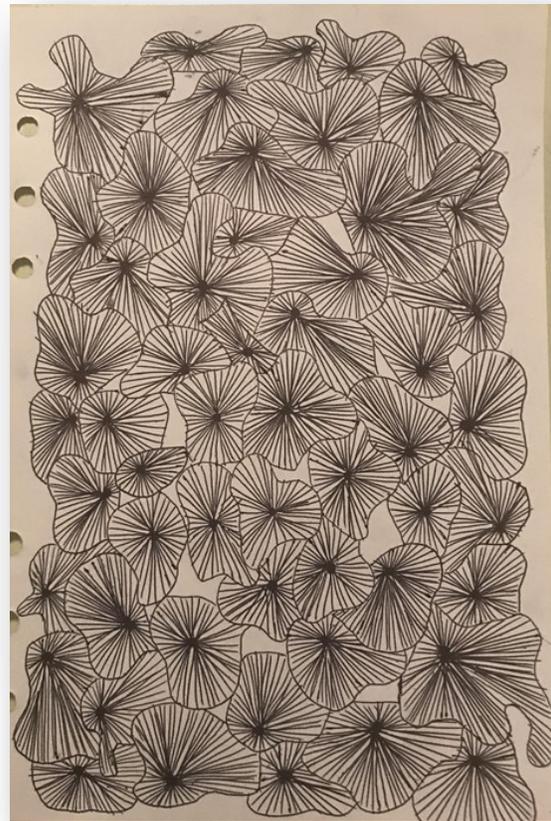
He started thinking of his plan as the darkness crept in. He knew this revenge would solve everything. Yet one problem still remained, who were those people that he needed to find and how would he find them? There is no happily ever after. It would all end in a fiasco because in the end, expectations cannot always become reality. In the blink of an eye, everything you once held dear is burned into ashes as so it did with Zain.

As he sat by the fire, he began to rethink his plan for revenge. He realized that his rage was likely to destroy his loving feelings and his loving memories. He then decided that he wanted to help at least one person who had experienced a similar loss. And that one person he helped was no other than the person he wanted to seek revenge upon.

## *October 28 - Meditative Abstract Art Workshop*



This workshop was offered to give mentors and mentees a creative outlet. They were able to create very distinctive, one of a kind pieces of art, but more importantly they learned a new technique that they can easily do with paper, pens and markers.





## Community Service Service Learning Opportunity

Utica Zoo will be presenting endangered species. They will introduce 4 different animals live on ZOOM!

Attendees receive 30 minutes community service. Follow up Research project “How to prevent these animals from becoming extinct” 1 additional hour of community service.

**Students & Mentors please join us on**

**Saturday, November 14, 2020 1 pm -1:30 pm**

Please log on 5 minutes early - the program starts promptly at 1 pm

**Zoom Code: <https://us02web.zoom.us/j/87140670376>**



Participate and you will be entered in a drawing to win the Utica Zoo shirt and other prizes!

## Mentors only Event - December 8th 7 to 7:30 pm

Zoom link: <https://us02web.zoom.us/j/84416025348>

### Tips to Stay Engaged

1. Consistency is Key. ...
2. Communicate Expectations. ...
3. Embrace and Learn With Technology...
4. Be in the Moment...
5. Create a Pull for Feedback...
6. Be Accountable to Each Other...



**You could win a \$25 gift certificate from Peter's Cornucopia or a wine basket!**



**Please Join Us**

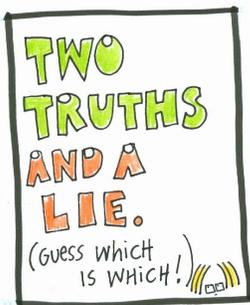


Truth was one of our lucky winners! Students who participated in our summer events won prizes for high scores and also if they attended all 4 events they won a bonus prize! As you can see, Truth picked craft supplies! I guess she enjoyed the art projects. Students were able to shop from Amazon and the prizes were shipped directly to their homes.

# Events

**August 12th**—First Source Federal Credit Union—Financial Literacy Zoom event.

First Source Federal Credit Union donated piggy banks for all the participants and they were mailed to the students.



**October 14th** - I hosted a Zoom mentor recruitment event. From that event we added several new mentors to our program. If you or someone you know would like to join our program they can email me at: [Lbstewart@utica.edu](mailto:Lbstewart@utica.edu)

**Please Join in the fun!**

**September 9th** - We played Two truths and a lie. Prizes were given to the top 3 scorers. We ended up playing this game twice! Game one - the mentors told the fibs and game 2 the mentees told fibs. It was a great way to learn some interesting facts about everyone.

# Avocado Project



Link: How to grow an avocado plant

<https://www.apartmenttherapy.com/how-to-grow-avocado-plants-258836>

This would be a fun project for anyone. I grew the plant on the right from an avocado seed just to see if it would work. I am now planning on doing this project with my mentees. I have provided a link above which gives great instructions. I can't wait to see everyone's plants for our next newsletter!



Linda's avocado plant



## Mentors finding ways to connect!

Here is one great example. Ebony and her mentee are growing plants and comparing notes. The mentor ordered a plant kit off Amazon for her mentor and herself. They planted them on the same day and are checking in every couple of weeks to check the progress.

# Celebrating Success

## Diego Landaverde

I joined the youth council because I want to find a way where I can help people in the city. I have lived in Utica since I left Boston back in 2009. Utica became my home — this is where I spent most of my life and I feel a strong connection with the city. You feel the love for the city when you go to (Utica) Comets games or Utica City FC games, where you can feel all the love everyone has for the city. Even going to local restaurants you can feel all the community come



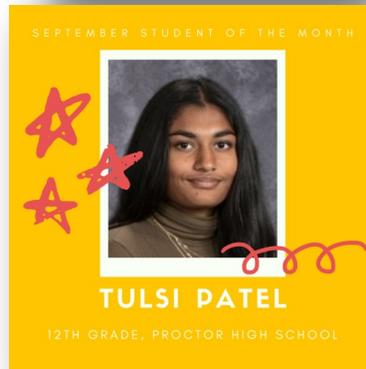
Landaverde

together and go to the places they love in the city.

This is why I want to help Utica and make it better in any way possible. I hope I can learn how our community works and what goes on in the background no one sees. Also, to try to help more in the community.

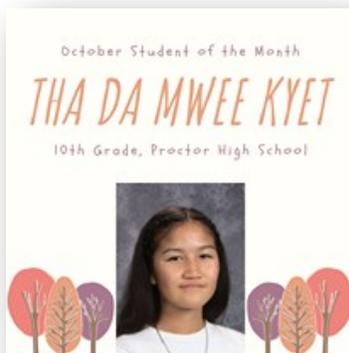


## Young and ready to make a difference



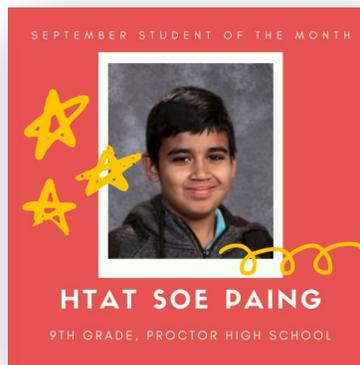
TULSI PATEL

12TH GRADE, PROCTOR HIGH SCHOOL



THA DA MWEE KYET

10th Grade, Proctor High School



HTAT SOE PAING

9TH GRADE, PROCTOR HIGH SCHOOL

## Eh Moo Serr

I joined the youth council because I want to make an impact on someone's life. Being part of the youth council means a lot to me.



Serr

It means that I can help change our communities and people's lives. Utica is where I live and having a chance to be

part of the youth council is the most rewarding thing to happen to me because I want to be part of decision making in our social and political problems and want to have the initiative to voice my opinion. I want to be involved in the community where I grew up. Joining the youth council motivates me and inspires me to make an impact on others, as well as giving me the strength to venture into the world of debating and coming up with solutions to make a better community.

I hope to gain experience by having the opportunity to make decisions and come up with ideas with other youth council members to help change our community. I hope to gain the feeling of being a politician whose

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PLEASE  
PLACE  
STAMP  
HERE

