The Virginia State University Upward Bound staff is proud to present the January 2014 edition of the Upward Bound Parade.

“Because it is right, because it is wise, and because, for the first time in our history, it is possible to conquer poverty, I submit, for the consideration of the Congress and the country, the Economic Opportunity Act of 1964”. - President Lyndon B. Johnson’s Special Message to Congress, March 16, 1964.

The above quote is from President Lyndon B. Johnson as he launched the “war on poverty” in 1964. This year marks the 50th anniversary of President Johnson’s State of the Union address in which he declared a “war on poverty” with the Economic Opportunity Act of 1964. The Economic Opportunity Act created federal educational access programs such as Job Corp, Head Start, College Work Study, TRiO (Upward Bound Program, Educational Talent Search and Student Support Services) and other programs designed to address poverty.

Virginia State University was awarded the Upward Bound grant in 1968 as a part of the “War on Poverty” and continues to serve low-income, first generation college students in the Tri-Cities and rural Southside Virginia areas. The December statistics show that 11.1% of Virginian’s live below the Poverty level compared to 24.9% of the population in Petersburg, Virginia.
Greetings,

Happy New Year! I am always excited about the beginning of a new year. I always reflect on the past year and do a lot of looking within. I look at my failures as well as my accomplishments. I make plans for the New Year with great anticipation and expectation of something different and greater.

I would like to encourage you. Many of you will begin new classes and for schools that will remain with the same schedule as last semester, my hope is that you will strive for excellence. The things that did not work for you last semester, make changes such as reading more; study often and practice your math problems. It is my hope that as you embark on this semester and are faced with challenges, that you will take those challenges as opportunities. When making changes in any area of your life, these are some tips you can follow:

- It should be specific.
- It should be attainable.
- It should be measureable.
- Some of the changes should occur within weeks or a month.

Sylvia R. Anderson, MS
Counselor
“I am always learning; if it can be taught, I can learn it...”

According to the Bureau of Labor Statistics 2014, the unemployment rate is 6.7% in the United States as of December 2013 and 5.4% in Virginia as of November 2013.

However, as of December 2013, nationally, African Americans were unemployed at a rate of 11.9% compared to 5.9% of Whites.

Education remains the vehicle to closing the economic gap. The Bureau of Labor Statistics reported in 2011 that the median weekly earnings for an individual with less than a high school diploma is $451 per week, compared to those with a bachelor’s degree is $1,053 per week. Therefore the message is clear that higher the education attainment level, the higher the earning potential.

The Federal TRiO Programs continue to be a viable resource in helping low-income, first generation college students; students with disabilities and Veterans improve their earning potential by increasing their educational attainment level. Higher education ultimately helps to improve the economy by supplying the workforce with skilled employees to meet the demands. The “War on Poverty” continues and we know, that TRiO Works!


2013-2014 Opening Ceremony

The 2013-14 Upward Bound opening ceremony was filled with excitement as new students came in and old students returned. Rev. Delano Douglas, VSU campus minister, electrified the audience with his insightful presentation.

Rev. Douglas is now declared an official member of the Upward Bound team. Go Rev. Douglas!

Christmas Travel

The Upward Bound participants and staff attended a play at the West End Assembly of God, Richmond, Virginia on December 14, 2014. The play was entitled “Glorious Christmas Night, A Storybook Christmas.” The play was filled with singing and dancing and it created an overwhelming sense of joy to see kids and adults perform in such a magical way. The play depicted family values and spiritual truths that challenged and touched everyone.

We give special thanks to Emmanuel Wright, VSU Compensation and Benefits Manager, and participant in the production, for inviting us.
COMPLETING THE FAFSA

Seniors,

It is unimaginable what you may be feeling at this moment, as you embark upon your last semester of high school and preparing for your first semester of college. You are filled with a million and one emotions; some days you may feel excited, happy, overwhelmed, joy unspeakable, overcome with gratitude, anxiety, fear and doubt and of course those “I can’t believe it” moments. You should calm down and put everything in proper perspective. Here are a few tips to help you complete your Financial Aid Form.

TIPA FOR COMPLETING YOUR FINANCIAL AID APPLICATION

FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)

♦ Meet all financial aid deadlines. Each college has a different “priority filing date. Contact the financial aid offices to determine individual priority deadlines as well as what other financial aid applications or forms you might be required to submit.

♦ Sign the FAFSA appropriately. If your parent or guardian fails to sign the FAFSA, it cannot be processed, and you may lose out on financial assistance that you are otherwise qualified to receive. If you complete your FASFA online, you may need to supplement your electronic form with an actual copy of your signature if you and at least one parent/guardian have not secured a Federal Student Aid PIN from www.pin.ed.gov. A pin allows you to electronically sign the application. Your parent/guardian should also obtain a PIN. Visit www.fafsa.gov for more information.

♦ Do not delay completing the FAFSA because your parent/guardian has not filed for your federal income tax forms. It is easier to complete the FAFSA if your federal income tax forms have been filed. However, it is more important that you submit your financial aid application on time using estimated tax information rather than miss the deadline.

♦ Colleges will verify the final income information when your tax returns are completed.

If this is all confusing, do not worry, the Upward Bound Program will conduct a Financial Aid Workshop for all seniors and parents!

Source: ECMC-2012-2013 Opportunities Preparing for College Guide and Workbook)

Financial Aid Workshop

PLACE:
VSU Library
Library Training Room

DATE:
February 20, 2014

TIME:
6:00 PM
Pictured above from left to right, Delegate 2nd District Michael Futrell, son Michael, Jr., Dr. Bernadine Futrell and General Assembly Official

On Sunday January 12, 2014, I had the honor of witnessing Mr. Michael Futrell, husband of Bernadine Futrell, Ph.D. 2000 Greensville County HS graduate and former VSU Upward Bound honor participant, be sworn in as Delegate of the 2nd District, Virginia General Assembly. It was an awesome experience and an honor to have been invited to the ceremony. Delegate Futrell is the youngest African American Delegate elected to the General Assembly.

Congratulations to Del. Futrell and Dr. Futrell!
Regina Tyler, Director

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### 2013-2014 SAT Dates

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Regular Registration Closes</th>
<th>Late Registration Closes</th>
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<td>March 8, 2014</td>
<td>February 9, 2014</td>
<td>February 22, 2014</td>
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### 2013-2014 ACT Dates

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<td>April 12, 2014</td>
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<td>March 8-12, 2014</td>
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<tr>
<td>June 14, 2014</td>
<td>May 9, 2014</td>
<td>May 10-23, 2014</td>
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</tbody>
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Nikia Goforth, MPH
Norfolk Health Department
Team Leader – Body Mass Index Project

Miss Nikia Goforth, MPH is a former 2000 Upward Bound graduate from Prince George County High School. She is an Epidemiology Health Counselor with the Norfolk Department of Public Health Department and recently aired on a program in Norfolk titled “Health Watch” to discuss the Body Mass Index Project. Miss Goforth served as the Project Team Leader and its findings of the study. The program link is below.

Congratulations Nikia! Your VSU Upward Bound family is extremely proud of you!

Body Mass Index Project
http://www.youtube.com/watch?v=bOhHPWK-c54
The following Upward Bound students are proud members of the graduating class of 2014. Always remember, “success is not a destination, it is a journey.” Ben Sweetland

Kourtney Carr
Matoaca High School

Destiny Edmonds
Petersburg High School

Briana Ellis
Sussex High School

Auquida Frazier
Petersburg High School

Kayla Gregory
Hopewell High School

Raven Halyard
Matoaca High School

Marcus Hicks
Greensville High School

Zaria Johnson
Hopewell High School

Kefira Jones
Hopewell High School

Bryan Milton
Petersburg High School

JaQuan Moore
Prince George High School

Reja Rasheed
Petersburg High School

Brianda Robinson
Surry High School

Devon Simmons
Dinwiddie High School

Laquanna Sledge
Greensville High School

Daniel Stokes
Matoaca High School

Demetria Thorne
Hopewell High School

Ashanti Tyler
Hopewell High School
Welcome! New Participants

The 2013-2014 Academic Component began the year with 86 participants, 61 returning participants and 24 new participants. On behalf of the staff, teachers, and participants of the Upward Bound Program at Virginia State University, we say:

DINWIDDIE HIGH SCHOOL
Ja’Kesha Green-Batts
Autumn Jones

HOPEWELL HIGH SCHOOL
Deonte Harris
Danielle Moore
Daz Pitts
Aniya Pope

PETERSBURG HIGH SCHOOL
Treyshawn Holcomb
Jasmine Wynn

GREENSVILLE HIGH SCHOOL
Zaria Harrison
Ishmael Muhammad
Ricky Norwood

MATOACA
Tatiyana Mason
Zhane’ Sumlin-Flippen

VERNON JOHNS JUNIOR HIGH SCHOOL
Kayla Abrew
Clarence Blizzard
Alyira Byers
Helene Byers
Glenn Crawley
Ceirra Epes
Teirra Epes
Tye Freeland
Quanterria Lewis
Omari Quander
Deven Terry
Sidney Tyler

SATURDAY SESSIONS

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<thead>
<tr>
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<tr>
<td>February</td>
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<tr>
<td>May</td>
<td>10 &amp; 17, 2014</td>
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JANUARY

Mrs. Regina Tyler 2
Mrs. Latrice Johnson 2
Alyria Byers 13
Autumn Jones 14
Jasmine Pope 14
Deonte’ Harris 20
Glenn Crawley 22
Jasmine Wynn 24
Deja’ Rasheed 25

FEBRUARY

Prince Jones, Jr. 3
Shannika Parham 16
Destiny Beasley 19
Aiyshanti Green 19
Renee Rhodes 22
Joshua Nunnally 23
Tamikia Smith 26
Lameerah Rasheed 27
JaQuan Moore 28
Ishmael Muhammad 28

MARCH

Jason Brown 2
Ricky Norwood 3
Eliza Massey 4
Destiny Edmonds 6
Stasha’ Lewis 13
Zhanasia Drew 16
Demetria Thorne 16
Taleah Ampy 17
Thomas Ampy 17
Amanda Holmes 17
Sommer Yates 26

UPWARD BOUND STAFF

Regina Tyler
Director
Sylvia Anderson
Counselor
M. Elaine Parsons
Administrative Assistant
Jaleesa McGriff
Graduate Assistant

INSTRUCTORS

Arnold Westbrook, Creative Writing
Anna L. Stith, English
Eleanor Poarch-Wall, Mathematics
Tequilla Ranson, Science
Porsha G. Mormon, History
Maricela Torres, Spanish Tutor
James Robinson, French Tutor
Emanuela Louis, Curtis Jones, Caleb Woodies, M-Square Tutors

To Contact

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3 Jackson Place * P.O. Box 9014
Petersburg, VA 23806

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rbarnett@vsu.edu
http://www.vsu.edu/academics/special-programs/upward-bound.php