



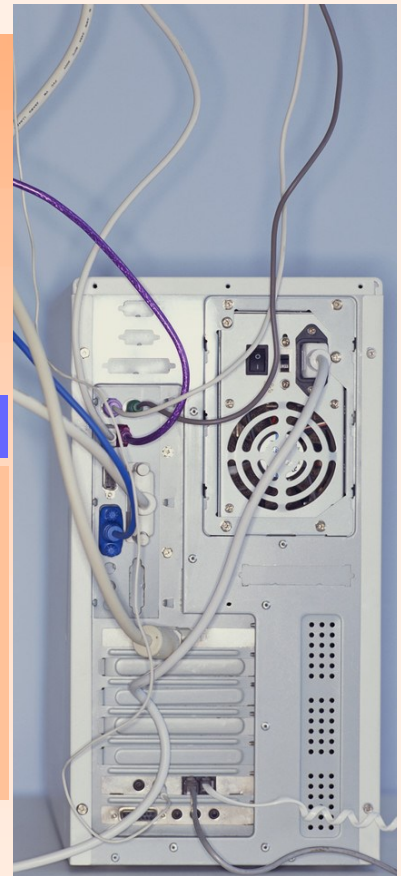
Fall/Spring Edition
June 17, 2022

Providing Hope & Opportunity

the
UPWARD BOUND PARADE

Welcome Back!

The Virginia State University Upward Bound staff is proud to present the Fall- Spring 2021-2022 edition of the *Upward Bound Parade*. It has been a while since our last edition and quite a lot has changed since then. Our Upward Bound family has been quite busy this past year, and we are so excited to share all of the exciting things that are happening here at THE Virginia State University Upward Bound Program. Hold on tight while we take you on a journey with us



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A Year in Review
A YEAR IN REVIEW



Associate Director's Corner



Gertrude Taylor M.ED
Associate Director, VSU TRiO Programs

I remember when I was called in the office on March 13, 2020 and asked by the Director Mrs. Tyler to be the Associate Director over the Trio Programs. I remember going home and praying and asking God if I could do this, not realizing that I was already doing the job. After I got my confirmation, I decided that I would take the job.

Mrs. Tyler saw in me what I could not see in myself at the time. Just as I see in my students what they cannot see in themselves. I am always great about pushing others to the next level. I thank God that Mrs. Tyler pushed me to the next journey of my life. It's hard to believe that I have been in this position for two years. It seems like yesterday when I was called into the office. I am so thankful that we are funded again for 5 more years for all three programs. I had the experience of assisting in writing the Upward Bound, EOC, and Educational Talent Search grants.

The same month I became the Associate Director, I remember walking in the office telling my team to pack up and go home; we have to work from home because of Covid 19. I had the pleasure of learning new tools to help continue to serve our students. Completing FAFSA on Zoom and assisting with our first summer program through Zoom was surely different. The drive by to see our students and to provide them with snacks was challenging.

We made it through Covid 19 and God blessed us not to lose any of our TRIO students to Covid. I was glad when we returned back to work. I was so happy to see the smiling faces of my students and the team. I was able to attend training that I needed to become the Associate Director and assist with our in-person summer programs. I thank God for this opportunity to serve and to lead this great team with whom I work. I vow to always be available to the team and the students. I will continue to work hard and make TRIO great. I am grateful to serve in this position and thankful for the outstanding team. I just want to leave you with this, "With God All things are Possible and We can do All things through Christ." There is nothing too hard with God on our side. This team is a resilient group, and we know that TRIO really works.

"There is nothing impossible to him who will try."

— **Alexander the Great**



A Year in Review



Summer 2021 marked the return to the VSU campus for our Upward Bound Scholars for our five-week summer residential program. Our scholars were able to participate in daily learning activities that would help prepare them for the upcoming school year. Our scholars were also able to experience STEM WARS, a program that combines a suite of audio-video presentation equipment, interactive student response and assessment tools and hands-on S.T.E.A.M. (science, technology, engineering, arts, and mathematics) - based activities and experiments, all designed to work together to create a one-of-a-kind learning experience. Our scholars were treated to a week of Robotics,

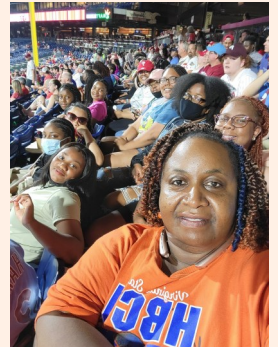
Drones and Music Production workshops. The summer residential program culminated in a five-day trip to Philadelphia, Pennsylvania. Along the way, we visited Towson University in Towson, MD and Delaware State University in Dover, DE. We visited several historical sites in Philadelphia such as the Liberty Bell, Philadelphia Museum of Art Steps, also known as the “Rocky Steps”, and Independence Hall. Our scholars were able to attend Phillies baseball game, a trip to Adventure Aquarium, a visit to the Philadelphia Zoo, dinner at The Hard Rock Café, and a fun visit to a local amusement park, Dorney Park.



TUTOR COUNSELORS (TC's)

- Ricky Norwood*
- Essence Harris*
- Gregory Kwayke*
- Destiny Simms*
- Talia Lee*

We could not have had such a wonderful summer without a great group of Tutor Counselors. They worked tirelessly everyday to ensure that our scholars were well prepared everyday and provided many fun evening activities.





We were deeply saddened by the loss of one of our beloved teachers, Mr. Nelson Cuffey, right before the start of our academic year. Several Upward Bound Scholars and colleagues shared tributes to one of their favorite science teachers.

Mr. Cuffey served as the Upward Bound and Educational Talent Search Programs Science Teacher for over six years. He was extremely passionate about science and worked hard to encourage our students to find the beauty in the subject. Through the years, our students' lives were enriched by his fun, innovative and creative teaching styles. Mr. Cuffey was known for engaging students through lab experiments such as dissecting frogs and worms, as well as making homemade ice cream, our personal favorite. During the spring and summer 2020 semesters, he engaged students virtually through cooking classes and showed off his culinary art skills with a virtual competition between Mr. Arnold Westbrook, another colleague, and himself. The purpose of the cooking classes was to show students healthy eating options during the pandemic and our students thoroughly enjoyed it.

We are grateful to God for so many fond memories and the countless lives he touched spanning his educational career. Although his life ended before we were ready; the time Mr. Cuffey spent in our lives was memorable and fulfilling. To know Mr. Cuffey was to love him and the VSU TRIO students, faculty and staff certainly did love him. The work he did, most certainly spoke for him. May he rest in peace in our loving Father's arms.

Mr. Nelson Gregory Cuffey

“Mr. Cuffey was one of a kind and a rare vessel. He was genuine, loving, caring and compassionate. He made me feel extremely welcomed when I joined the Upward Bound teaching staff. He would not only give me tips to navigate through Upward Bound, but as a classroom teacher. My fondest memories of him were during the cooking challenge during our virtual sessions, his awesome backgrounds via Zoom, and his energy that kept everyone going.” **Ms. Maryland, History Teacher**

“He motivated and shape the youth of the next generation with words and smiles. My most recent memory of him was when he was cooking during the zoom call during Covid. The kids were happy to join along side him. He helped them get through it when they were down.” **Gregory Kwayke, Tutor Counselor/ Science Teacher**

“Mr. Cuffey was a truly kind and inclusive person. For example, whenever there was an activity, he would always make a point to ask the other teachers if they would like to try the activity as well. Also, he was gregarious; he spoke and listened to everyone. Some of my fondest memories of Mr. Cuffey were making DNA bracelets; being brought handmade ice cream by students between classes because he didn't want to just throw the ice cream away, and hearing his jokes and funny stories during staff meetings. Mr. Cuffey was an awesome teacher and compassionate colleague and he will be deeply missed.” **Mrs. Hamilton, English Teacher**

“Mr. Cuffey, I was in his class once, and that was a day where they were making ice cream and even though our 120 math class wasn't in his class he welcomed us and allowed us to participate. That experience showed him to be a kind man and showed that he was engaged with his UB students.” **Essence Hall, VSU Upward Bound Alumni, & Tutor Counselor**

“My favorite memory of Mr. Cuffey is that summer when we dissected a frog. Most times in science class at school they make it seem as if we're going to do things like that but we never do. I actually couldn't believe that we were doing something so cool like that. He was super cool and super dope about it. I swear UB not the same without him #RIPMRCUFFEY 🙏❤️” **Felecia Seaborn, Senior Greenville High School**

“The VSU Upward Bound family lost a true Jewel. Mr. N. Gregory Cuffey was definitely one in a million. He was a man of many hats. Mr. Cuffey served as an educator, mentor, community leader, coach, school board chairman, and so much more. His passion, commitment, and kindness is unmatched. He never met a stranger. I count it a blessing to have had him as a teacher and co-worker for the VSU Upward Bound Program. Mr. Cuffey, may you Rest In Peace knowing that your time here on this earth was well spent, full of service, both to God and mankind. 🙏🧘❤️❤️” **Ricky Norwood, Upward Bound Alumni, Tutor Counselor**

“Mr. Cuffey and I discussed the passion of teaching and then we talked about coaching difference sports such as football and track in what we look for in our student athletes in the classroom and on the track or the field of play. I miss that between myself and Mr. Cuffey” **Dr. Daniel Fritz,**

“Mr. Cuffey was a very intelligent, kind, and courageous man. Although I have encountered multiple great times with him, my favorite memory was dissecting frogs and making ice cream from scratch during the 2019 VSU Trio Upward Bound Program Residential Program. Every academic session, he had something fun planned for students or if he didn't, we would have great discussions in the classroom. He was always there to help me with my science work whenever I needed it. I am so thankful that I had the chance to be taught by a great teacher as he was. I send my condolences to his family and friends.” **Malajah Bolling, Senior Matoaca High School**

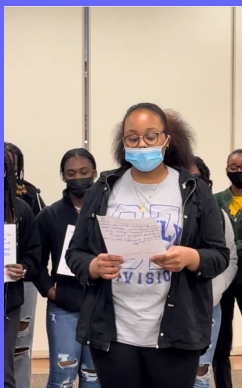
Fall/ Winter 2021-2022

September 2021 kicked off our academic component with bimonthly Saturday Sessions. Upward Bound scholars were able to participate in numerous team building exercises each Saturday. We also celebrated the holidays by attending the classic play “It’s a Wonderful Life”. We later were able to enjoy the fantastic “Tacky Lights Tour” around the Richmond area.

February 2022, we celebrated not only Black History Month, but National Trio Day as well. Our Upward Bound Scholars had the opportunity to dress in their favorite African garb or Trio attire for this special occasion. Our Upward Bound Participants were responsible for presenting the program. Several scholars also took the time to express “**What Trio Means to Me**”.

March 2022 gave our scholars a chance to take part in the Annual Trio Student Leadership

Conference that was held in Sutton, WV. The theme of the conferences was “Let your Dreams Set Sail” Here our scholars were able to meet peers from Trio programs across the states of Virginia, and West Virginia. They were able to attend a college fair, an etiquette lunch, mindfulness activities, career preparation, and diversity, equity and inclusion activities. The highlight of the conference was the Anne Crum Award being bestowed upon senior Skyler Williams. Later in the month, our students were able to experience the Broadway play “The Lion King” at the Altria Theatre in Richmond, VA. As a special treat, the scholars were afforded the opportunity to meet several members of the cast after the show for a question and answer session.



Spring 2022

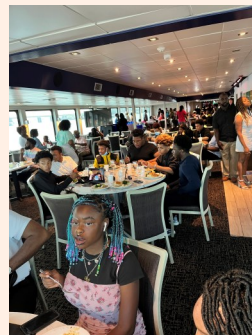
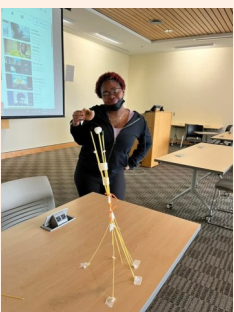
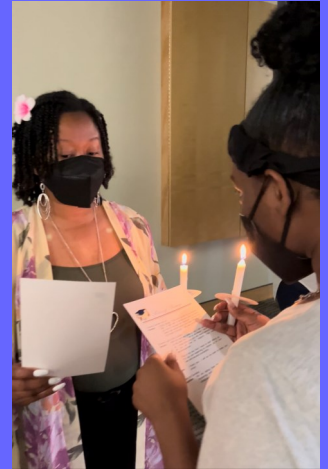
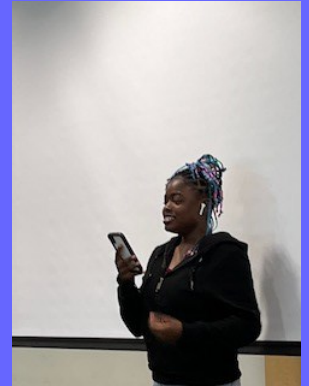
April 2022 our scholars had the opportunity to take part in our Spring Break College Tour. The tour included the following schools: Christopher Newport University, Old Dominion University, and Norfolk State University.

On April 30, 2022, in partnership with the Virginia State Educational Talent Search Program, our seniors were recognized during "Decision Day". This is where each senior was given the opportunity to declare their intended college or university. There were games and prizes as well as a cookout and all of the Trio scholars joined in in celebrating the achievements of our graduating seniors.

May was also a very exciting time for our seniors. On May 7, our seniors and their devoted parents were able to participate in our annual "Rites of Passage" ceremony. We also recognized scholars from each

grade level as well as our valedictorian and salutatorian.

The Upward Bound Program culminated in a trip to Norfolk, VA where our scholars were able to enjoy a lunch cruise aboard "The Sprit of Norfolk". A glorious time was had by all.



Counselor's Corner



Sylvia Anderson, MS

Whew!! The last two years I have said that word many times!! Sometimes I say it out loud or sometimes I say it to myself. Many times, I say it when a task is completed, when I am tired, when I am overwhelmed and even when I am full with joy!! To me it is an expression of relief. Oxford dictionary defines “Whew” as an expression of, surprise, relief, or a feeling of being hot or tired. To my Upward Bound Scholars, the last two years I have seen ya’ll have so many “whew moments”. In the middle of a school year, you had to learn a new way to attend high school virtually, zoom and goggle meet became your classroom. The transition for some was overwhelming and challenging; however, it didn’t deter you; you kept waking up; you kept showing up for classes daily. Even on early Saturday mornings you showed up virtually for your Upward Bound sessions. I have seen so much tenacity in you all. You talking about “whew moments” I did not know we could do so much on a

computer. We had cooking classes; we had aerobic classes; we had team building activities; we had music workshops. We even had our opening and closing programs on zoom!! Whew, we did all of that!! If I may say we did it all well and with excellence. I said all that to encourage you to preserve when life throws you lemons, you make lemonade.

Seniors, you still have some fight in you. In talking with many of you, you tell me, I am tired Ms. Anderson. I say to you; keep showing up, keep getting up, keep pushing even when you don’t feel like it. The race is not given to swift, nor the strong but the one that endures to the very end. Seniors you have so many “whew moments” left in you!! Seniors your futures are so bright that it is blinding.

To my eleventh, tenth and ninth graders I see so much resilience in you; Ya’ll are definitely my bounce back scholars. In the midst of difficult COVID-19 time you quickly over came and achieved excellence in your core classes. Over 80% of our scholars have been on the honor roll this entire academic year, what a “whew moment”!!

I can honestly say that it is a pleasure to serve as your Counselor for the Upward Bound Program. You have taught me so many lessons. As I always say to the parents, thank you for entrusting us with your scholars. The best is still yet to come!!

Academic Coordinator's Corner



Joyce Jones, BAS

My name is Joyce B. Jones and I am the Academic Coordinator for the Upward Bound Program here at Virginia State University. I joined this wonderful program back in March of 2021 and it is extremely exciting to be back in my native home of Petersburg, Virginia. I am the proud mother of 2 children, my son, Davante, who is a national and state certified Pharmacy Technician and my daughter, Danielle, is a rising junior in college majoring in Criminal Justice, and a four-time Dean's List scholar. I am proud to say that I am a member of the BEST sorority Zeta Phi Beta, Incorporated. I am also the #1 fan of the Dallas Cowboys.

I recently relocated from Tallahassee, FL where I worked as an office manager at Florida Agricultural and Mechanical University (FAMU) in the Army ROTC program where I helped cadets matriculate into second lieutenants into the United States Army. I also worked with the Educational Talent Search Program at FAMU. Before that, I worked with the Educational Talent Search Program at Tallahassee Community College for five years. I have also volunteered with A* Rise Ministries Inc located in Gadsden County, Florida, where I served as bookkeeper, tutor, mentor, counselor, and group leader.

During the past year, as the Academic Coordinator, I have been able to facilitate the guidance portion of our Saturday Sessions. In these sessions, students have been able to not only achieve their academic goals that they set for themselves, but they were also provided the necessary tools to help them navigate through the pandemic with self-care and mental health tips and toolkits. I have also had the opportunity to go within the

various communities that we serve for school visits to ensure that our scholars are on the right road to graduating high school and collaborate with their designated school counselors to ensure that plans are in place for our scholars to achieve their highest academic potential.

My greatest joy this year was being able to experience the summer activities and trips with the scholars in which I was able to deepen my bond with them and be proud in knowing that I assisted with the planning of the experiences that they were afforded. These experiences included: Escape Old Towne, touring colleges in Maryland and Delaware, attending amusement parks in Virginia and Philadelphia, going to the Phillies baseball game, and even allowing the students to hone their STEAM skills by offering STEM Wars. STEM Wars offered them the opportunity to create their own music, learn how to fly drones, and have the ability to be creative and unique in their own way. My greatest highlight from this year was being able to use my expertise in grant writing to obtain the additional 5-year grant for our program to continue to serve the scholars within our communities.

Seniors' Spotlight

Congratulations to the Class of 2022!!! They are going places!

Malajah Bolling
Kaniya Burgess
De'Aijah Chavis
SaBreanon Cypress
Teresa Givings
Aaliyah Graham
Symiria Green
Justin Gregory
Kahmani Howard
Zy'Kala Johnson
Jordan Jones
Zy'Kira Lewis
Rahjuana Lowery
Juliet Mahan
Juls Mahan
Andre' Mangram
Amira Maple-Bey
Aljanon Mason
Uraius Obey
Zikiyah Ridges
Jailyn Saunders
Felecia Seaborn
Keshauna Stone
Jalea Walker
Skyler Williams

Virginia Commonwealth University
Virginia State University

Norfolk State University
Virginia State University

University of Virginia
Virginia State University
Virginia State University
Virginia State University
Virginia State University

James Madison University
Christopher Newport University
John Tyler Community College
James Madison University
John Tyler Community College
Virginia Tech
Texas A & M University
Old Dominion University
Virginia State University
Southside Virginia Community College
Virginia State University
Virginia State University



**Teresa Givings,
Greensville High School
UB Valedictorian
Attending– Virginia State Universi-**



**Juls Mahan
Hopewell High School**



**Keshauna Stone
Greensville High School**



**Juliet Mahan,
Hopewell High School
UB Salutatorian
Attending James Madison University**



Jailyn Saunders, Dinwiddie High School



Amira Maple-Bey Hopewell High School



Felecia Seaborn
Greenville High School



Justin Gregory, Dinwiddie High School



Skyler Williams, Dinwiddie High School



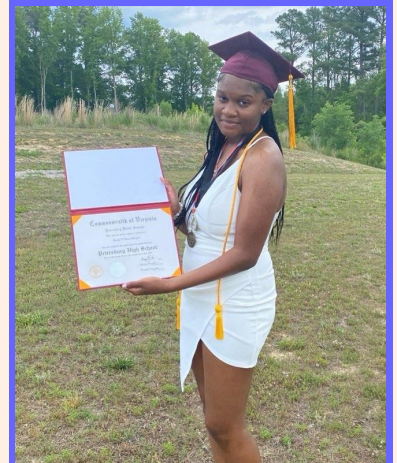
Malajah Bolling
Dinwiddie High School



Uraius Obey
Greenville High School



Jordan Jones
Appomattox Regional Governor's School



Kanyiah Burgess
Petersburg High School

Summer 2022

Important Dates

Summer Program Begins
Tuesday, June 21st

Opening Ceremony
2022-2023 Academic Year
Saturday, September 10th

FASFA opens for 2023-2024
Saturday, October 1st

Applications for Academic
Year 2022-2023 are currently
being accepted.



This summer promises to be another great one. Our tutor counselors and scholars are ready for another summer filled with learning and cultural enrichment. This year's theme is "Full S.T.E.A.A.M. Ahead!"

Our Conductors for the summer are:

Gregory Kwayke
Destiny Simms

Talia
Essence
Marie
Briejah
Monteze



Lee
Harris
Sesay
Johnson
Glascoc



Meet the Upward Bound Staff & Teachers

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Associate Director, VSU TRiO Programs

Sylvia Anderson, MS
Counselor

Joyce Jones, BAS
Academic Coordinator

Rahmat Utsey
Program Manager

Gregory Kwakye & Destiny Simms
Office Assistants

TEACHERS

Granada Hamilton, *English*

Eleanor Poarch-Wall, *Mathematics*

Nateesha Maryland, *Social Studies*

Gregory Kwayke, *Science*

SUMMER BRIDGE TEACHERS

Dr. Daniel Fitzgerald, *Mathematics*

Arnold Westbrook, *English*

