TIME FLY’S WHEN YOU’RE HAVING FUN!

On June 16, 2016, I celebrated 20 years with the Virginia State University, (VSU) Upward Bound Program. This is a true milestone in my life and I am so blessed to have spent 20 years doing something I absolutely love….helping students go to college!

Overall, I have worked 28 years at my beloved VSU and I owe so much to my “home on the hill, high above the Appomattox.” I earned two degrees from VSU, met my wonderful husband, “Tyler”; raised our two awesome sons, Evan and Aaron, made some life long friends, learned a lot about higher education, and grew professionally. With the assistance of an incredible Upward Bound staff, we have helped to educate over 2,000 students over the span of my career, helping them to realize their dream of going to college! I have written and received two new grants – the Educational Opportunity Centers, (EOC) and the newly funded Educational Talent Search Program so that TRiO can continue to educate even more people in our community and change lives!

From the very beginning of my TRiO career, I was supervised and mentored by Dr. Mary W. Wilson, former Director of Upward Bound, who encouraged me to apply for the Director Position. Today she remains an integral part of my life and I love her dearly.

Continued on Page 2
In March, 2016 the Upward Bound Director invited President Abdullah to come and meet the VSU Upward Bound students. He did not hesitate and visited us within two days of the invitation during a Saturday session. We had a great discussion and I believe he persuaded a few Upward Bounders to come to VSU! Welcome to VSU Dr. Abdullah

I receive constant encouragement from the “first” Upward Bound Director, Ms. Doris Ridley who served for 32 years and continues to support TRiO. My first conference experience was with the Virginia Association of Educational Opportunity Program Personnel, (VAEOPP) in Charleston, WV, 1996. Dr. Mike Henry, Director of SSS at SVCC, immediately immersed me into leadership and I continue to serve VAEOPP today. I am honored to know him and proud of him as he receives the Walter O. Mason Jr. Award for his outstanding service to TRiO! Congratulations Dr. Henry on this well deserved award.

Over the years my TRiO colleagues and I have created programs for students like The Olympic Scholars Bowl and Upward Bound Day; all to create healthy competition and networking opportunities for our students. I’ve been blessed to work with a few TRiO heavy hitters like Dr. Linda Byrd Johnson, Senior Director, US Dept. of Education, Dr. Arnold Mitchem, Pres. Emeritus, Council for Opportunity in Education, (COE) and my very own Program Officer, Dr. Rachael Couch, US Dept. of Education.

I would like to thank the wonderful staff and faculty for sharing your time and talents and unwavering dedication to our Upward Bounders. We know that it is more than just a job but a calling. For you, M. Elaine Parsons, and Sylvia Anderson I am forever grateful for all you do! Time truly does fly when you’re having fun. Thank you Lord for letting me see 20 years of service to TRiO. I look forward to the next milestone with joy and excitement! TRiO Works!!!

Regina B. Tyler, ABD Director
CONGRATULATIONS

TO THE UPWARD BOUND ALUMNI WHO RECENTLY GRADUATED FROM COLLEGE OR GRADUATE SCHOOL!

Keyona Davis, VSU
Bachelors of Science

ReQuan Jackson, VSU
Bachelors of Science

Jemel Jones, VSU
Bachelors of Science

Satoya Harris, VCU
Masters of Science

Juanisha Munford, VSU
Masters of Education
CONGRATULATIONS
TO THE UPWARD BOUND PROGRAM STAFF WHO RECENTLY GRADUATED
FROM VIRGINIA STATE UNIVERSITY, MAY 2016.

FROM LEFT TO RIGHT:

Mrs. M. Elaine Parsons
Masters of Education

Maricela Torres
Bachelors of Science

Chelsea Mitchell
Bachelors of Science
INTRODUCING
THE UPWARD BOUND PROGRAM GRADUATING SENIORS
CLASS OF 2016

Taleah Ampy, ARGS
Attending Longwood University

Thomas Ampy, PHS
Attending Va. State University
Jackisha Crocket, SCHS  
Attending Va. State Univ.

Brianna Efaw, HHS  
Attending Longwood University

Aiyshanti Green, Manchester HS  
Attending Richard Bland College

Melanie Hawkins, DHS  
Attending Richard Bland College

Georgianna Henry, HHS  
Enlisted, US Army

Isaiah Hicks, GHS  
The College of William & Mary
Erykah Jefferson, PHS
Attending Va. State University

Prince “PJ” Jones, Jr., HHS
Attending Va. State University

TiAsia Lane, HHS
Attending SRMC Nursing Program

Eliza Massey, PHS
Attending Norfolk State University

Zahria McIntyre Bassett, PHS
Attending Va. State University

Ishmael Muhammad, GCHS
Attending Southside C.C.
Danyell Oden, HHS
Attending Longwood University

Shannika Parham, PHS
Attending Longwood University

Jasmine Pope, DHS
Attending Univ. of Mary Wash.

Dakia Proscise, DHS
Attending Richard Bland College

Lameerah Rasheed, PGHS
Attending Richard Bland College

Tatianya Rhodes, DHS
Attending Va. State University
Live as if you were to die tomorrow. Learn as if you were to live forever.

—Gandhi
As I reflect over the past year, all I can say is wow! It has truly been an amazing year. The Class of 2016 has a special place in my heart. This group of students started the Upward Bound program when I first began my job. They were our first group of non-residential students. As freshman students, they came into the program motivated, determined, dedicated and ready to work hard to reach their goals. These four years went by super-fast. I have seen the Class of 2016 grow and mature into amazing young women and men. They stood up for what they believed and they worked diligently to reach their goals even in adverse situations.

The Class of 2016 took SAT and ACT tests, completed applications early, applied for scholarships and completed financial aid packets. Twenty-two of our Upward Bound seniors were accepted into colleges and universities. Two enlisted in the United States Army.

To the Class of 2016, I would like to use a quote from Dr. Seuss’s *Oh, the Places You’ll Go!*: “Oh be sure when you step, Step with care and great tact. And remember that life's A Great Balancing Act. And will you succeed? Yes! You will, indeed! (98 and ¾ percent guaranteed) Kid, you'll move mountains.”

*Sylvia R. Anderson, MS*

Counselor

“I am always learning; if it can be taught, I can learn it…”

“Your goals are the road maps that guide you and show you what is possible for your life.”

– Les Brown
The Upward Bound closing ceremony was held on a rainy Saturday morning, May 21, 2016 in Jones Dining Hall. However, the torrential down pour did not hinder our students nor their family members. The end of the year ceremony is always very emotional because we are saying farewell to our seniors. This year Upward Bound Class of 2016 had twenty-four seniors graduating. The atmosphere was filled with laughter, chatter, lots of tears and a delicious breakfast.

Our Valedictorian and Salutatorian served as our speakers. Isaiah Hicks was the Valedictorian, he is a graduate of Greensville High School and attending the College of William and Mary. Isaiah gave a heartfelt message of gratitude, lessons learned and he thanked the Upward Bound staff for listening and keeping the Class of 2016 on the right track for graduation. Brianna Efaw, the Salutatorian, is attending Longwood University. She is a graduate of Hopewell High School. Brianna shared that the last four years has been a memorable journey. She will always cherish the friends that she made over the years. Additionally, Brianna thanked the staff for guiding the Class of 2016 that has led them to this point. She shared that she will sincerely miss everyone and will never forget the lessons she was taught, both inside and outside the classroom. Stephen Williams, a graduating senior from Hopewell High School, who was in the JROTC program at Hopewell High School, gave Mrs. Tyler a Saber Salute. Virginia State University’s ROTC program allowed Stephen to use a sword. 2LT Marqui D. Washington assisted in this endeavor. Stephen expressed his delight in being part of the Upward Bound program for the last four years. His salute was very heartwarming and thoughtful, and tears were shed. Stephen enlisted in the United States Army to serve our country.

The Rites of Passage ceremony is always inspiring. During this time parents light the senior candle, which serves as an eternal light, with a continuous glow to show how to conquer any situation. The seniors agree to do their best in all endeavors. They thank their parents for the love and support shown over the years. This portion of the ceremony is always a tear jerker. The Seniors are very proud of their many accomplishments.

We had twenty-five students on the Director’s Honor Roll List (3.5 & above) and twenty-two students on the Counselor’s Honor Roll List (3.0 to 3.49). We are proud of our Upward Bound students and their academic achievements.
The Upward Bound Summer Residential Component started on June 20, 2016. We had thirty-seven residential students and eleven non-residential students. The Summer Residential Component was rewarding, challenging and sometimes a bit overwhelming, but our students blossomed.

They were challenged in math by using formulas and new methods in problem solving. It was always a thrill to see their eyes brighten in science classes as they explored, dissected animals and learned new concepts. Our critical thinking classes allowed our students to learn more information as well as to be open to new ideas. Black history classes were always intriguing. The students always enjoyed learning new facts about African-Americans. In this class the students had guest speakers and watched movies that displayed the culture, music and challenges African-Americans encountered.

Our eleventh and twelfth grade students were given an opportunity to enroll in two college courses, English 110 and Math 120. Six students enrolled in English 110; these students had to have a least B average in their high school English class. Eleven students enrolled in our Math 120 course; these students had to obtain a B average in Algebra II in high school. These classes will count as three credits when they enter college. These classes were offered during the morning session.

The afternoon classes consisted of Creative Writing, SAT & ACT Prep and Guidance. The Creative Writing class gave our students an opportunity express themselves through educational parodies, with a focus on ’70s and ’80s music. SAT & ACT Prep prepared our students for standardized tests. Guidance class consisted of guest speakers who enlightened our students to be better
citizens, motivated them to work harder and challenged them to love themselves. A few of the topics that were covered in Guidance were: Who Am I, Bullying, A Better Me, Self-Improvement, and Temper Tamers/Anger Management.

Regina Tyler, director of Upward Bound, says, “We work hard so that we can play hard.” During the first week of the program, our students and staff dressed in our finest and went to the play *Dream Girls* at the Virginia Repertory Theatre in Richmond, Virginia. The music was exhilarating! We enjoyed some of our favorite songs, “Stepping to the Bad Side,” “And I am telling you I am not going” and “One Night Only,” and of course we sang along. Everyone had an enjoyable evening.

We participated in Upward Bound Day at Paul D. Camp Community College along with the Virginia Tech Upward Program. We had a day filled with excitement, food, fellowship and fun. From the very beginning icebreaker to the last game played, there was never a dull moment. Our students participated in spoken word/monologue, voice, dance, and several team-building activities.

Many of our evenings were filled with going to the pool, kickball, basketball and aerobics classes. In addition to these activities, our students prepared book reports, power points, completed math assignments, worked on portfolios and prepared speeches.

Our Upward Bound Summer Program prepares our students for the upcoming academic year; not only are they prepared for class, but for life lessons outside of the classroom.
The Upward Bound students traveled to Buffalo, New York for the end of summer trip. Students had the opportunity to enjoy a light show on the Terminal Grain Elevation, visited and toured the University of Buffalo and Morgan State University, road the Maid of Mist boat, visited the Cave of Winds (U.S. side), toured the Aquarium of Niagara, and cruised Lockport Locks and Erie Canal.
Welcome new participants to the Upward Bound 2016-2017 Academic Component. This year began with 61 returning participants and 27 new participants.

On behalf of the returning participants, staff, and teachers of the Upward Bound Program at Virginia State University, we welcome you! We hope this will be a rewarding experience and that you will enjoy being a part of the Upward Bound experience.

Tiara DeBeary
Diamon Patterson
Jarin Goode (did not participate this summer)
Rashawna Hubbard
Zakyha Jones-Walker
Asia Moore
Jaden Walker
Ke’Suan Prosise

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<tr>
<th>2016-2017 SATURDAY SESSIONS</th>
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<tr>
<td>September 17 &amp; 24, 2016</td>
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<td>May 06 &amp; 20, 2017</td>
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HAPPY BIRTHDAY

AUGUST
Aniya Pope 5
Precious Trotter 8
Desirea Griffin 12
Devel Browder 13
KeShuan Morgan 21
Sylvia Anderson 22
Arnold Westbrook 27
Dashawn Patillo 27

SEPTEMBER
Yaneska Luciano 7
Omari Quander 8
Tre’ne Jones 23
Giddianis Gonzalez 25
Ceirra Epes 28
Tiera Epes 28

OCTOBER
Rashawna Hubbard 4
Sarah Nunnally 4
Tayla Heath 5
Diamon Patterson 7
Essence Harris 13
Quanteria Lewis 14
Tye Freeland 17
Jarin Goode 17
Jakesha Green-Batts 21
Helene Byers 23

UPWARD BOUND STAFF

Regina Tyler
Director

Sylvia Anderson
Counselor

M. Elaine Parsons
Administrative Assistant

Malick Jarrett
Office Assistant
Editor of Upward Bound Parade Newsletter

INSTRUCTORS

Arnold Westbrook, Creative Writing

Granada Hamilton, English

Eleanor Poarch-Wall, Mathematics

Nelson Cuffey, Science

Malick Jarrett, ComFit

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