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Veterans Upward Bound Newsletters

Spring 1-1-2023

2023 Spring - Veterans Upward Bound Newsletter

Veterans Upward Bound, East Tennessee State University

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Veterans Upward Bound

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VUB Spring Semester Information and Instructions

Page three of the newsletter contains the Veterans Upward Bound (VUB) 2023 Spring Semester schedule of classes. Some of our pre-college classes are taught online using Comfit[®] and Zoom[®] but they still contain all the pre-college class opportunities for most veterans to prepare for entrance into and success in a postsecondary program.

We will continue to offer math and English

tutoring for those who need to brush up on their basic skills.

We also provide tutoring using Comfit[®] online tutoring system for those who need additional preparation before taking the college assessment and placement exam.

Our Zoom[®] tutoring sessions in math, English, and computer skills are taught by Dr. Marian Young. They are offered on Tuesday and Thursday evenings

4 to 6 p.m.

Computer skills class and other pre-college classes meet once a week for the 10-week semester.

Check out the schedule on page three and contact any VUB staff member if you have questions or to register for classes/tutoring.

If you are already enrolled in college, keep us informed of your progress. Call if you need help, and let us know if you change your address or phone number.

2021-2022 Polly Archer Award Winner



Congratulations to Brian Higgs for being selected as the 25th recipient of the \$400 Veterans Upward Bound 2021 – 2022 Academic Year Polly Archer Award. This award was created in 1997 and named after Ms. Polly Archer, who served as the ETSU Veterans Affairs Representative from 1968 to 1997 and was a continuing supporter of VUB. At the end of each academic year an outstanding VUB college student, pursuing an associate or bachelor degree, is chosen for the award and whose name is added to the Polly Archer Award Plaque on display in the VUB office. Also, the recipient must amplify the highest standards set forth by the VUB Staff.

Brian's journey toward success began in 1989, when straight out of high school, he joined the USMC Reserves and served until 1995. During his time in service, he was deployed to Iraq in support of Operation Desert Shield and Desert Storm. After Iraq, he was later deployed as part of a joint task force fighting the war on drugs. During his time of service, Brian enrolled into Northeast State Community College, but decided to leave before graduating. After leaving the Reserves, he started his own successful

landscaping business and eventually became the owner of the Bonnie Kate Restaurant and Theater in Elizabethton. In January 2014, he was able to secure a position at VA Medical Center, Mountain Home as a Nutrition and Food Supervisor.

Realizing his need for higher education, Brian joined VUB in July 2014. With our help, he re-enrolled into Northeast State Community College where he graduated May 2015 with an A.S. in General Education. After graduation, he continued to work at the VA and in May 2020, was able to change positions to become a Domiciliary Assistant where he assists the treatment teams for veterans with homelessness and mental health issues.

In May 2020, Brian contacted VUB for assistance to enroll into the ETSU Bachelor Social Work program. With our help, he started his ETSU journey in the 2020 Summer Semester where he has successfully earned five Dean's List recognitions along with a 3.917 Cum GPA. Brian's recent academic year accomplishments includes completing two full time semesters while working full time, earning 25 academic hours, selected for the Dean's List twice, and maintaining a 4.0 GPA.

This semester while still working full time, Brian will complete his Social Work Internship (400 hours) at Frontier Health at night and on days off. He is looking forward to graduating in May 2023 and enrolling into the ETSU Accelerated MSW Degree program in 2023 Summer Semester and graduate May 2024. After completing his MSW, he will be eligible to apply for a social work position at the VA to continue to serve his fellow veterans.

Congrats Brian on a job well done!!!

Happy Retirement Carl Cole



The day has come that we have dreaded for so long. A day filled with both joy, happiness and not just a little anxiety and sadness. Carl Cole, a retired Air Force veteran has retired from Veterans Upward Bound January 4th. To say that the office will not be the same without him is a vast understatement. For most of our veteran participants, Carl was Veterans Upward Bound. He worked for the program serving veterans for the most of 29 years and in that time, he was instrumental in many of the key changes that took place that made Veterans Upward Bound what it is now.

Although his primary function was advising, he was very involved in recruiting and representing the program in many community organizations and veterans meetings. He had a special talent for recruiting and encouraging veterans to perform at their highest potential. We have often said that for some of our veterans they should give half of their diploma to him because they would have not made it without him.

Carl has been a splendid friend and we hope he has a long and happy retirement. It's time to enjoy Mondays again and Tuesdays, and Wednesdays, in fact, every single day now that you can finally realize your dream of picking and selling all day every day. We're all amazed this day has come, we always thought you would get fired before you ever made it to retirement! Live long and prosper our friend and you had better come by and see us every time you can.

VUB's Spring 2023 Postsecondary Enrollment

<p style="text-align: center;"><u>East Tennessee State University</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Holland Boyd</td> <td style="width: 50%;">Army</td> </tr> <tr> <td>Todd Brooks</td> <td>Air Force</td> </tr> <tr> <td>Katrina Diaz</td> <td>Navy</td> </tr> <tr> <td>Christopher McNelly</td> <td>Navy</td> </tr> <tr> <td>Joshua Olinger</td> <td>Marine Corp</td> </tr> <tr> <td>*Austin Pamplin</td> <td>Air Force</td> </tr> <tr> <td>Wayne Rogers</td> <td>Navy</td> </tr> <tr> <td>Alexis Thomlinson</td> <td>Air Force</td> </tr> </table>	Holland Boyd	Army	Todd Brooks	Air Force	Katrina Diaz	Navy	Christopher McNelly	Navy	Joshua Olinger	Marine Corp	*Austin Pamplin	Air Force	Wayne Rogers	Navy	Alexis Thomlinson	Air Force	<p style="text-align: center;"><u>Southern New Hampshire University</u></p> <p>Taylor Hobbs Army NG, NC</p> <p>Congratulations to these fine veterans who have prepared well and have taken the wise step forward and upward by entering a postsecondary program. We thank you for your service and the sacrifices you have made and will continue to make.</p>
Holland Boyd	Army																
Todd Brooks	Air Force																
Katrina Diaz	Navy																
Christopher McNelly	Navy																
Joshua Olinger	Marine Corp																
*Austin Pamplin	Air Force																
Wayne Rogers	Navy																
Alexis Thomlinson	Air Force																

VUB's Fall 2022 Postsecondary Graduates

<p style="text-align: center;"><u>University of Tennessee Baccalaureate Degree</u></p> <p style="text-align: center;">Kristin Bookwalter Sociology</p> <p style="text-align: center;"><u>East Tennessee State University Graduate Degree</u></p> <p style="text-align: center;">Benjamin Lowery Master of Science</p> <p style="text-align: center;">Benjamin McCullough Master of Science</p>	<p style="text-align: center;"><u>Hopkinsville Community College</u></p> <p style="text-align: center;">Day Miller Associate in Arts</p> <p style="text-align: center;"><u>Tennessee College of Applied Technology</u></p> <p style="text-align: center;"><u>Certificate</u></p> <p style="text-align: center;">Jerry Clark Auto CADD</p> <p style="text-align: center;">Ryan Edwards HVAC</p>
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The staff of Veterans Upward Bound would like to congratulate all our veterans on the completion of their degrees. It has been a long haul, but we are sure you will agree that it is all worth it.

EAST TENNESSEE STATE UNIVERSITY VETERANS UPWARD BOUND
VUB 2023 SPRING SEMESTER: JANUARY 17 - MARCH 24
TENTATIVE SCHEDULE OF CLASSES/TUTORING (ETSU Main Campus)

***Our online ComFit[®] tutorial software is available any time, anywhere!**

ComFit[®] provides online tutorials for students to refresh math, reading, and writing. The program focus is primarily on three core subjects that contribute to academic success: language fluency/writing, reading comprehension, and math.*

Contact the VUB office for access. (423) 439-2281 | (423) 439-8653

ZOOM[®] TUTORING is available to all eligible veterans.

Zoom[®] Login ID: 837 3407 6328; Passcode: 350905. Tutoring subjects include math, statistics, English and computer skills.

Topic: VUB Zoom[®] tutoring – each Tuesday/Thursday 4-6 p.m. Spring 2023

Time: February 13, 2023, 4-6 p.m. (ET) until March 23, 2023

CLASSES

COMPUTER SKILLS

Consists of Windows 2010, MS Word, internet & email
 Monday/Wednesday ~ 9-10:30 a.m. / 2:30-4 p.m.

INTRO TO THE ACTIVE PRACTICE OF STATISTICS

Tuesday ~ 1:30-3:30 p.m.

LITERATURE/STUDY SKILLS ~ TBD

FOREIGN LANGUAGE

Thursday ~ 9-12 p.m.

SCIENCE *Includes physics, chemistry, earth science*
 Wednesday ~ 1:30-3:30 p.m.

TUTORING

MATHEMATICS THRU PRECALCULUS

ENGLISH

COMPUTER SKILLS

Monday through Friday ~ Flexible Time

Call the VUB office to arrange date & time.

ALTERNATIVE LOCATIONS *(Dates/times may be adjusted to meet student needs.)*

ETSU KINGSPORT-ALLANDALE

COMPUTER SKILLS I & II

Tuesday ~ 9-10:30 a.m. / 10:30-12 p.m.

ENGLISH/MATH TUTORING

Tuesday ~ TBD

BRISTOL PUBLIC LIBRARY

COMPUTER SKILLS/ENGLISH/MATH

Tuesday ~ TBD

Consult a VUB staff member at (423) 439-2281 to register for classes/tutoring or if you have any questions.

DATES TO REMEMBER

VUB Spring 2023 Semester ~ January 17 - March 24

Good Friday Holiday ~ April 7 (Offices Closed)

VUB Summer 2023 Semester ~ April 17 - June 23

Financial Literacy Information

The lack of financial literacy among veterans in America is one of many reasons for homelessness in the veteran population. In the next few newsletters, we will be publishing articles focusing on the My Money Five concept from the government site MyMoney.gov.



My Money Five

Making the most of your money starts with five building blocks for managing and growing your money -- The MyMoney Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

The First of Five Principles - [EARN](#)

The Earn principle is about more than the amount you are paid through work. This principle is about knowing the fine print and details about your paycheck, including deductions and withholdings. To put it another way: In order to make the most of what you earn, it helps to understand your pay and benefits.

[Actions You Can Take](#)

Learn about the details of your paycheck, including any deductions
Review the taxes that are withheld, including Social Security and Medicare taxes
Explore and sign up for workplace benefits
Invest in your future - - with education and training.

[Hints and Tips](#)

Remember, your employer has to subtract certain taxes and other items from your wages every pay period. Your take-home pay (net income) is what you receive after any taxes and deductions are subtracted.

Usually, your deductions and withholdings include federal, state and city income taxes, Social Security and Medicare taxes, your contributions for retirement savings, and payments for health insurance provided as part of your job.

Be sure you take advantage of all the credits and deductions that help lower your taxes.

It's a good idea to sign up if your employer offers a retirement savings program. If so, you can arrange to have retirement savings automatically moved from your paycheck to a retirement account. Many employers will match part of every dollar you save this way, and you will benefit from it when you retire.

Veterans Upward Bound is a unique program designed to assist eligible veterans to prepare for entering and succeeding in a program of postsecondary education. VUB has operated successfully at ETSU since 1980 helping thousands of veterans achieve their educational goals. Through academic counseling, advising, encouraging, motivating, providing basic skill and short-term remedial and refresher courses, assisting veterans in securing support services from other locally available resources such as the Veterans Administration, state veterans agencies, veteran associations, and other state and local agencies that serve veterans, VUB has been an important program in the lives of many veterans.

Take advantage of the many benefits VUB has to offer.

Check us out on the web! www.etsu.edu/vub

