



ETSU VETERANS UPWARD BOUND

Veterans Upward Bound

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www.etsu.edu/vub

VUB Summer Semester Information and Instructions

Page three of the newsletter contains the Veterans Upward Bound (VUB) 2023 summer 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 nine-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.

Welcome John Adcox



ETSU Veterans Upward Bound would like to welcome John Adcox, our new educational advisor who came on board January 31, 2023. John is an army veteran who served two years and five months as a medical specialist at Fort Carson, Colorado. After his active-duty time, John transferred to the U.S. Army Reserves where he continued to serve briefly. His overall obligation ended in 2000.

After his military service, John enrolled at Northeast State Community College and graduated in 2009 with an Associate of Science in early childhood education. He then trans-

ferred to ETSU where he earned a Bachelor of Science in interdisciplinary studies in December of 2013.

In 2007, John began his career at Northeast State Community College by working part-time with TRiO (Student Support Services) as a master tutor. He later continued his time with Northeast State Community College working with College Access Programs and ended his time with Veterans Affairs as the director.

John resides in Gray, TN with his wife, Diane, who is also an ETSU graduate. John and Diane have four dogs that live with them, and John has a daughter who is currently an ETSU student in the dental hygiene program. John is an avid fisherman, baseball fan (Cubs), martial arts, and is an ardent student of military history.

John has already shown a great aptitude in encouraging and motivating veterans to continue and succeed in their postsecondary education. Please join us in welcoming John to our Veterans Upward Bound family.

Farewell to Arms



It is with great grief and heavy hearts that we report the passing of Mr. Lenus (Len) Cameron Morrison on Wednesday, February 8, 2023. Mr. Morrison began his “third” career at ETSU in 1999, after completing over 20 years of service in the United States Marine Corps while obtaining the rank of Lt. Col., and 20 years of service to the North Carolina Public School System. He

In 2002, he transferred to Veterans Upward Bound where he served as director until he retired in 2017. There could not have been a better choice for director than Len. He had a great deal of experience working with military personnel, and as a school administrator he had an abundance of experience with students of all kinds. Len was an amazing leader, coworker and friend, and will be missed by our staff and by others who had the good fortunes to know him. He brightened the days of many when they saw him coming down the hall with his cooler of fresh blueberry muffins, which by the way, had his own home-grown blueberries stirred in the mix. Len led us through some very difficult times and made it look easy. We know that Len made many friends at ETSU, and all the other organizations that he interacted with during his time as director. We will remember him fondly and often for the rest of our time as all who knew him will as well.

began his ETSU career as assistant director of the new Upward Bound-Bristol grant. He was instrumental in recruiting 60 high school students in six months to meet the objectives of the new program.

VUB’s Summer 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: 60%;">Juan Carlos Scull</td> <td style="text-align: right;">Navy</td> </tr> <tr> <td>Jeremy Walser</td> <td style="text-align: right;">Navy</td> </tr> <tr> <td>David Marshall</td> <td style="text-align: right;">Army</td> </tr> </table> <p style="text-align: center;"><u>Crown Cuts Academy of Barber & Style</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Jarred Bozeman</td> <td style="text-align: right;">ARNG MS</td> </tr> </table> <p style="text-align: center;"><u>Pellissippi State Community College</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Samuel Cooke</td> <td style="text-align: right;">Navy</td> </tr> </table>	Juan Carlos Scull	Navy	Jeremy Walser	Navy	David Marshall	Army	Jarred Bozeman	ARNG MS	Samuel Cooke	Navy	<p style="text-align: center;"><u>Northeast State Community College</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Donald Scott</td> <td style="text-align: right;">Air Force</td> </tr> <tr> <td>Clint Stidham</td> <td style="text-align: right;">Army</td> </tr> </table> <p style="text-align: center;">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>	Donald Scott	Air Force	Clint Stidham	Army
Juan Carlos Scull	Navy														
Jeremy Walser	Navy														
David Marshall	Army														
Jarred Bozeman	ARNG MS														
Samuel Cooke	Navy														
Donald Scott	Air Force														
Clint Stidham	Army														

VUB’s Fall 2022/Spring 2023 Postsecondary Graduates

<p style="text-align: center;"><u>Northeast State Community College</u> <u>Associate Degree</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">John Driskell</td> <td style="text-align: right;">General Studies</td> </tr> <tr> <td>David Hayward</td> <td style="text-align: right;">Small Business Mgmt.</td> </tr> <tr> <td>Nathaniel Leonard</td> <td style="text-align: right;">CIT-Networking</td> </tr> </table> <p style="text-align: center;"><u>John A. Gupton College Associate Degree</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Stephen Tarantole</td> <td style="text-align: right;">Funeral Service</td> </tr> </table>	John Driskell	General Studies	David Hayward	Small Business Mgmt.	Nathaniel Leonard	CIT-Networking	Stephen Tarantole	Funeral Service	<p style="text-align: center;"><u>Walters State Community College</u> <u>Associate Degree</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Alvina Kitchen</td> <td style="text-align: right;">Health Information Mgmt.</td> </tr> </table> <p style="text-align: center;"><u>Tennessee College of Applied Technology</u> <u>Certificate</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Megan Seppala</td> <td style="text-align: right;">Practical Nursing</td> </tr> <tr> <td>Misty Styles</td> <td style="text-align: right;">Practical Nursing</td> </tr> </table>	Alvina Kitchen	Health Information Mgmt.	Megan Seppala	Practical Nursing	Misty Styles	Practical Nursing
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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 SUMMER SEMESTER: APRIL 17 - JUNE 23
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: 810 1167 7513; Passcode: 429633. Tutoring subjects include math, statistics, English and computer skills.

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

Time: April 17, 2023, 4-6 p.m. (ET) until August 31, 2023

Tutor: Ms. Marian Young, Ph.D.; project specialist

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 a.m.-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 a.m.-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 Summer 2023 Semester ~ April 17 - June 23

Memorial Day Holiday ~ May 29 (Offices Closed) **Juneteenth Holiday ~ June 19 (Offices Closed)**

VUB Fall 2023 Semester ~ September 11 - November 17

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.

Saving is a key principle. People who make a habit of saving regularly, even saving small amounts, are well on their way to success. It's important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

ACTIONS YOU CAN TAKE

- Start saving, form a savings habit, and pay yourself first!
- Open and keep an account at a bank or credit union that meets your needs.
- Track your savings and investments, and monitor what you own.
- Plan for short-term and long-term goals.
- Build up emergency savings for unexpected events.
- Consult with a qualified professional on investments and other key financial matters.
- Save for retirement, children's education and other major items.

HINTS AND TIPS

- An easy way to save is to *pay yourself first*. That means each pay period, before you are tempted to spend money, commit to putting some in a savings account. See if you can arrange with your bank to automatically transfer a certain amount from your paycheck or your checking account to savings every month.
- People who keep track of their savings often end up saving more, because they have it on their minds. Phone apps are available to help people pass up purchases they don't really need – you might want to try one!
- If you are making investments, it's good to consult with a qualified professional about your plans. Before you purchase investments, be sure to build an emergency savings fund to cover your needs for at least three months. Keep the savings in an insured bank or credit union account that you can access if you need it.
- Many professionals call themselves "financial planners." Before you hire one, ask for a description of the services offered. A good place to check the credentials of an investment advisor is your state's consumer protection office, the state's attorney general's office, or the issuing agency for any professional licenses or certifications.

LEARN MORE

[Read more Federal information, guides and helpful tools about the MyMoney Five Save and Invest principle.](#)

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.

On the web: www.etsu.edu/vub

Facebook: ETSU Veterans Upward Bound

Instagram: @vubetsu

TRIO
VETERANS UPWARD BOUND