The office of Federal Student Aid provides grants, loans, and work-study funds for college or career school. We offer more than $150 billion each year to help millions of students pay for higher education.

WHO WE ARE
Federal Student Aid, a part of the U.S. Department of Education, is the largest provider of student financial aid in the nation. At the office of Federal Student Aid, our 1,200 employees help make college education possible for every dedicated mind by providing more than $150 billion in federal grants, loans, and work-study funds each year to more than 13 million students paying for college or career school. We are proud to sponsor millions of American minds pursuing their educational dreams.

WHAT WE DO
Federal Student Aid is responsible for managing the student financial assistance programs authorized under Title IV of the Higher Education Act of 1965. These programs provide grants, loans, and work-study funds to students attending college or career school. We ensure students and their families can benefit from these programs by:

- Informing students and families about the availability of the federal student aid programs and the process for applying for and receiving aid from those programs;
- Developing the Free Application for Federal Student Aid (FAFSA®) and processing approximately 22 million FAFSA submissions each year;
- Accurately disbursing, reconciling, and accounting for all federal student aid funds that are delivered to students each year through more than 6,200 colleges and career schools;
- Managing the outstanding federal student loan portfolio and securing repayment from federal student loan borrowers;
- Offering free assistance to students, parents, and borrowers throughout the entire financial aid process; and
- Providing oversight and monitoring of all program participants – schools, financial entities, and students – to ensure compliance with the laws, regulations, and policies governing the federal student aid programs.

ADDITIONAL RESOURCES
We encourage you to visit the following resources to better understand Federal Student Aid’s role in funding education beyond high school.

- Strategic Planning and Reporting: Review our strategic plans and annual performance reports. Available only in English.
- Data Center: Access the latest data relating to our programs. Available only in English.
- Public Service Announcements: Download our public service announcements.
- Contracting Information: Learn how you can do business with us. Available only in English.
- Employment Opportunities: Explore career opportunities with us.
- Link to Us: Share our information and resources by linking to us.
- Contact Us: Find out how you can reach us.

Information taken from: https://studentaid.ed.gov/sa/about
FROM ANDREA W.’S CUPBOARD

Black Bottom Cupcakes

Recipe by: Laura Duncan Allen

“Chocolate cream cheese cupcakes, rich and gooey. Serve these little gems with a tall glass of ice cold milk.”

Prep: 30 minutes
Cook: 30 minutes
Ready In: 1 hour

INGREDIENTS:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 ounce)</td>
<td>package cream cheese, softened</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>white sugar</td>
</tr>
<tr>
<td>1/8 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 cup</td>
<td>miniature semisweet chocolate chips</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>all-purpose flour</td>
</tr>
<tr>
<td>1 cup</td>
<td>white sugar</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>unsweetened cocoa powder</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>baking soda</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 cup</td>
<td>water</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>cider vinegar</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>vanilla extract</td>
</tr>
</tbody>
</table>

Recipe taken from: allrecipes.com/recipe/8221/black-bottom-cupcakes-i

DIRECTIONS:

Preheat oven to 350 degrees. Line muffin tins with paper cups or lightly spray with nonstick cooking spray.

In a medium bowl, beat the cream cheese, egg, 1/3 cup sugar, and 1/8 teaspoon salt until light and fluffy. Stir in the chocolate chips and set aside.

In a large bowl, mix together the flour, 1 cup sugar, cocoa, baking soda, and 1/2 teaspoon salt. Make a well in the center and add the water, oil, vinegar, and vanilla. Stir together until well blended. Fill muffin tins 1/3 full with the batter and top with a dollop of the cream cheese mixture.

Bake in preheated oven for 25 to 30 minutes.

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SCHOLARSHIP SPOTLIGHT

CASPER COLLEGE SCHOLARSHIPS

Scholarships are intended to recognize academic and other achievements, and to assist as many qualified students as possible. Casper College awards approximately $3 million dollars in scholarships every year. There are so many different scholarships that are available to students. Scholarship awards are intended to encourage performance, and to assist as many qualified students as possible. Apply January 1 – March 4 for the 2016 fall scholarships. The deadline is March 4. Students will need references and to write essays to complete the scholarships. We are here in the GEAR UP office to help you complete applications and help review essays. Call 307-268-2047 to make an appointment today! Go to casper.awardspring.com to get started.

Information received from:
caspercollege.edu/financial-aid/scholarships/foundation-institution
THE IDEA:
The gong program is a system developed by the Cyclone Pride team at CYMS. The idea for this came to them after a professional development opportunity on problem behavior interventions and supports (PBIS). The idea here is to build a much stronger school-wide community that encourages students to do the right thing. Every morning at CYMS they have daily announcements followed by a piece of daily advice known as “Words of Wisdom.” Students have become very familiar with these words of wisdom to the point where they thought this would be a great starting point.

THE PROGRAM:
The team developed a reward system for students who follow these words. Each student caught making a wise choice receives a WISE card (this is simply a piece of cardstock like a business card). Each card includes the student’s name, grade level, teacher who spotted the activity, and on the back, a short message summarizing what they have done. The idea here is that students can earn these cards for many things. For example, if a student is caught in the hall helping another pick up some fallen books they may receive a card. A student may just be going out of their way to pick up some trash or even help a teacher in need. The rules are truly not held to any specific behavior. The team is simply looking for a way for everyone to make CY a better place.

THE CARDS:
Each teacher is given three of these cards every week and asked to use them all. Guidelines are not requirements; however, they encourage teachers to look for students who may not normally receive positive praise, those normal students who usually fly under the radar, and of course students who typically show this style of behavior on a daily basis.

THE GONG:
Once a student receives a card they are able to take it to lunch that same day (or the next if it was received after their lunch that day) and they are allowed to swing a mallet as hard as they can at a large and very loud gong, which can be heard throughout the school! This is great because not only is it fun, but it allows all students to see just who is ringing the gong and shows the many awesome students at CYMS. One of the team leaders will host each lunch with a microphone and announce all students who are ringing the gong that day. This has huge rapport and influences students to want to ring the gong in the future. CY feels that giving students an instant sense of praise is great for many of their short attention spans and instant gratification needs.

THE FUN DOESN’T STOP:
After each student bangs the gong during their lunch period, they drop their card into a drop box. Each Friday two cards are drawn out of each grade level’s box. These winners then receive a small, but fabulous prize. Prizes include head phones, Bluetooth speakers, volleyballs, basketballs, footballs, Rubik cubes, water bottles loaded with candy, board games, and the list just goes on!

THAT’S NOT ALL:
At the end of each quarter any student who had placed a card in the drawing box and has not yet won a prize is eligible for a quarterly drawing prize. These prizes are the big-winner ticket items. Items included with these are iPods, Beats headphones, and other extremely desirable high-dollar items. This is a new system that, to this point, has shown huge success and great turn around in PBIS at CY Middle School. The team has been able to recognize so many different students for even more countless and kind acts of humanity.

Zach Stark is a seventh grade science teacher at CY Middle School.
Tips for Parents on improving body image in youth.

1. **Be a good role model. Your teen does notice.**
   Your teen is closely watching your lifestyle, eating habits, and attitudes, even if she seems to cringe every time you speak. Pay attention to the example you are setting, and make changes if you don’t like what you see.

2. **Be positive.**
   Never make critical remarks about your teen’s body. If he/she has a weight problem, you can be sure he’s/she’s aware of it. Your comments will only make him/her feel more discouraged and could make the problem worse. Instead, compliment your teen.

3. **Teach your teen about media.**
   Help your daughter or son learn to be skeptical about what they see in magazines, on screen and on the web. Make sure your teen understands the airbrushing, photo edits, stylists, personal trainers, cosmetic surgery, and other tricks that fuel the beauty industry and celebrity culture.

4. **Put other qualities over looks.**
   Support your teen’s talents and skills that have nothing to do with how he/she looks – like music, sports, arts, and volunteer activities. Show an interest in his/her passions and pursuits.

5. **Make good health a family affair.**
   Your entire family will be healthier if you keep junk food out of the house, cook nutritious meals instead of hitting the drive-thru, and get active. But you don’t have to do it all at once to make a difference. Just one small change can start building your and your teen’s confidence and help you work toward bigger goals. If other family members share in these new behaviors, it will make your teen feel less isolated, too.

See more at: webmd.com/parenting/raising-fit-kids/mood/healthy-body-image?page=2
Image from: debategraph.org/Details.aspx?nid=236681

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**TIPS, TRICKS, AND TIDBITS**

To get the most information from GEAR UP and about GEAR UP happenings consider interacting with us in the following ways:

- **WEBSITE**
caspercollege.edu/gearup
- **FACEBOOK**
facebook.com/caspercollegegearup
- **PINTEREST**
pinterest.com/gearupcaserp
- **EMAIL**
gearup@caspercollege.edu

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By Andrea Covert
GEAR UP HAPPENINGS

Fun times making gingerbread houses during our Tutoring Holiday celebration.

GEAR UP Team Rodney gingerbread house.

GEAR UP Team Steph gingerbread house.
In the next couple of newsletters the Parents Corner will be sharing 30 tips to raising a middle-schooler, from the Family Life website by Brenda Hunter and Kristen Blair. We hope you get some great advice and ideas, enjoy!

**TIPS 19-25:**

**Sex, drugs, and alcohol**

19. Remember your own adolescence and the way you handled sex. Deal with any regrets and don’t let the past co-opt the present.

20. Tell your child the truth about drugs, sex and alcohol. Don’t leave it to the school or his friends to educate him.

21. Don’t give your child alcohol at home for any reason.

22. Monitor your middle schooler’s friends. If they are a bad influence encourage your child to find new friends. This is easier said than done. But do it anyway.

23. Be in the know. Know what goes on at parties. Make sure parents are present.

24. Talk about sexting. Explain the legal and emotional fallout from sexting to your kids. Talk about the shame and humiliation he or she will feel if a nude photo goes viral.

25. Discuss sex openly. Talk to your son or daughter about impulsivity, about modesty, and about the proper way to relate to the opposite sex.

*Article taken from: familylife.com/articles/topics/parenting/ages-and-stages/tweens/30-tips-for-raising-middle-schoolers*

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**BIRTHDAY BOX**

*February*

Tierany Burgess, Feb. 3
Joanna Vega, Feb. 3
Anna Burton, Feb. 4
Olivia Perkins, Feb. 7
Kalib Wilkinson, Feb. 10
Franklin Froehlich, Feb. 11
Crissa Jennings, Feb. 12
Jayme McAuliff, Feb. 12
Dauvi Thompson-Rodriguez, Feb. 12
Mark Caballero, Feb. 13
Caleb Hett, Feb. 13
Benjamin Treto, Feb. 13
Benjamin De Jongh, Feb. 14
James Shoemaker, Feb. 15
Domiiniq Shoemaker, Feb. 16
Logan Bertagnole, Feb. 18
Ashlyn Layton, Feb. 21
Marina Emerson, Feb. 22
Brianna Pellman, Feb. 22
Jordan MacMillan, Feb. 24
Bailey Gutierrez, Feb. 25
Morgan Jacobs, Feb. 26
Kaitlin Hudson, Feb. 28
Leah St. Clair, Feb. 28
FOCUS EVENT

Attend one of these FAFSA events in Casper to complete the FSA ID and FAFSA process!

Natrona County Public Library
Thurs., Feb 18, 5:30-7:30 p.m.
Thurs., March 10, 5:30-7:30 p.m.

Natrona County High School
Tues., Feb. 2, 6:30 p.m.

Casper College
Thurs., Feb. 25, 3-5 p.m.

Kelly Walsh High School
Tues., Feb. 9, 6:30 p.m.

Call GEAR UP at 307-268-2047 with any questions.

Need Money for College?

MEET THE GEAR UP STAFF

From Left to right: Stephanie Marker (Student Success Advisor), Anna Skimbova (GEAR UP Assistant), Andrea Williams (GEAR UP Intern), Ray Pacheco (GEAR UP Regional Director), Rodney Oster (Student Success Advisor), Paige Tooker (GEAR UP Work Study), and Andrea Covert (Student Success Team Lead).
### FEBRUARY 2016

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td></td>
<td></td>
<td>1</td>
<td>2 FAFSA at NCHS 6:30 p.m.</td>
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<tr>
<td></td>
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<td>NCCEP Capacity Building Conference</td>
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<td>9</td>
<td>10 Dean Morgan visit 7:30 a.m.</td>
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<td>Natrona County visit 9 a.m.-3 p.m.</td>
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<td>NCSD Professional development – no school</td>
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<tr>
<td>14 Valentine’s Day</td>
<td>15 Office closed</td>
<td>16 Kelly Walsh visit 9 a.m.-3 p.m.</td>
<td>17 Dean Morgan visit 7:30 a.m.</td>
<td>18 FAFSA at NCPL 5:30 p.m.</td>
<td>19</td>
<td>20</td>
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<tr>
<td></td>
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</table>

**Tutoring:** Monday-Thursday from 3-5 p.m. or by appointment.

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**GAME ON!**

The bishop must capture all of the pawns without moving to an empty square.

A bishop moves diagonally, in any direction. It can get rid of all four pawns by moving diagonally up and right, then up and left, then down and left, and finally, up and left. Four pawns, four moves. An efficient way to describe this is by writing the moves like this:

h5 e8 c6 a8

**More puzzles and books at pawnmowers.com**

**Innovative digital chess curriculum at matchcurriculum.com**