I remember as a young student in elementary school one of my favorite times was going to the library. Of course this was back in the 1980s when there were no iPads, cell phones, Kindles, or any kind of technology to download books. So at the risk of sounding like my father, in my day we just had books. It was all paper. We went into the library and checked out two or three books and knew we had one week to read it, and we loved it.

Some of the greatest highlights I had growing up revolved around a library. Mrs. Knittle, my elementary school librarian, was a wonderful and gentle woman who loved reading and books. Each week she would take us on a journey reading us stories that were only limited by our imagination. That small library at Grant Elementary School had a treasure trove of adventures, quests and voyages that simply could not be beat.

I will end with a quote from Michael Ende the author of “The Neverending Story” that best sums up the adventure of reading:

“"If you have never spent whole afternoons with burning ears and rumpled hair, forgetting the world around you over a book, forgetting cold and hunger –

“If you have never wept bitter tears because a wonderful story has come to an end and you must take your leave of the characters with whom you have shared so many adventures, whom you have loved and admired, for whom you have hoped and feared, and without whose company life seems empty and meaningless –”

*School Library Month is the American Association of School Librarians’ celebration of school librarians and their programs. Every April school librarians are encouraged to host activities to help their school and local community celebrate the essential role that strong school library programs play in transforming learning. “If you have never spent whole afternoons with burning ears and rumpled hair, forgetting the world around you over a book, forgetting cold and hunger” – Michael Ende, “Neverending Story.”
It’s normal to feel anxious when facing a challenging situation, such as a job interview, a tough exam, or a blind date. But if your worries and fears seem overwhelming and interfere with your daily life, you may be suffering from an anxiety disorder. There are many different types of anxiety disorders – and many effective treatments and self-help strategies. Once you understand your anxiety disorder, there are steps you can take to reduce your symptoms and regain control of your life.

UNDERSTANDING ANXIETY DISORDERS

Anxiety is the body’s natural response to danger, an automatic alarm that goes off when you feel threatened, under pressure, or are facing a stressful situation.

In moderation, anxiety isn’t always a bad thing. In fact, anxiety can help you stay alert and focused, spur you to action, and motivate you to solve problems. But when anxiety is constant or overwhelming, when it interferes with your relationships and activities, it stops being functional – that’s when you’ve crossed the line from normal, productive anxiety into the territory of anxiety disorders.

DO YOUR SYMPTOMS INDICATE AN ANXIETY DISORDER?

If you identify with several of the following signs and symptoms, and they just won’t go away, you may be suffering from an anxiety disorder:

- Are you constantly tense, worried, or on edge?
- Does your anxiety interfere with your work, school, or family responsibilities?
- Are you plagued by fears that you know are irrational, but can’t shake?
- Do you believe that something bad will happen if certain things aren’t done a certain way?
- Do you avoid everyday situations or activities because they cause you anxiety?
- Do you experience sudden, unexpected attacks of heart-pounding panic?
- Do you feel like danger and catastrophe are around every corner?

CHALLENGE NEGATIVE THOUGHTS

- Write down your worries. Keep a pad and pencil on you, or type on a laptop, smartphone, or tablet. When you experience anxiety, write down your worries. Writing down something is harder work than simply thinking about them, so your negative thoughts are likely to disappear sooner.
- Create an anxiety worry period. Choose one or two 10-minute “worry periods” each day that you can devote to anxiety. During your worry period, focus only on negative, anxious thoughts without trying to correct them. The rest of the day, however, is to be designated free of anxiety. When anxious thoughts come into your head during the day, write them down and “postpone” them to your worry period.
- Accept uncertainty. Unfortunately, worrying about all the things that could go wrong doesn’t make life any more predictable – it only keeps you from enjoying the good things happening in the present. Learn to accept uncertainty and not require immediate solutions to life’s problems.

TAKE CARE OF YOURSELF

- Practice relaxation techniques. When practiced regularly, relaxation techniques such as mindfulness meditation, progressive muscle relaxation and deep breathing can reduce anxiety symptoms and increase feelings of relaxation and emotional well-being.
- Adopt healthy eating habits. Start the day right with breakfast, and continue with frequent small meals throughout the day. Going too long without eating leads to low blood sugar, which can make you feel more anxious.
- Exercise regularly. Exercise is a natural stress buster and anxiety reliever. To achieve the maximum benefit, aim for at least 30 minutes of aerobic exercise on most days.
- Get enough sleep. A lack of sleep can exacerbate anxious thoughts and feelings, so try to get seven to nine hours of quality sleep a night.
WHEN TO SEEK PROFESSIONAL HELP FOR ANXIETY DISORDERS

• While self-help coping strategies for anxiety can be very effective, if your worries, fears, or anxiety attacks have become so great that they’re causing extreme distress or disrupting your daily routine, it is important to seek professional help.
• If you’re experiencing a lot of physical anxiety symptoms, consider getting a medical checkup. Your doctor can check to make sure that your anxiety isn’t caused by a medical condition, such as a thyroid problem, hypoglycemia, or asthma. Since certain drugs and supplements can cause anxiety, your doctor will also want to know about any prescriptions, over-the-counter medications, herbal remedies.
• If your physician rules out a medical cause, the next step is to consult with a therapist who has experience treating anxiety attacks and anxiety disorders. The therapist will work with you to determine the cause and type of your anxiety disorder and devise a course of treatment.

TIPS, TRICKS, AND TIDBITS

By Andrea Covert

As we are about half way through the semester I would like to share some motivational quotes that can help you look at the rest of the semester in a new light! It is important to keep motivated and finish out the semester strong to set the foundation for the future!

“Things work out best for those who make the best of how things work out.”
– John Wooden

“Good things come to people who wait, but better things come to those who go out and get them.”
– Anonymous

“Whenever you see a successful person you only see the public glories, never the private sacrifices to reach them.”
– Vaibhav Shah

BIRTHDAY BOX

Russell Jones, April 2
Jessie Martin, April 2
Dinh Tran, April 3
McKena Kellich, April 4
Logan Crow, April 6
Shelli Poulignot, April 7
Dominick Redman, April 9
Alex Solorzano, April 14
Taylin White, April 16
Jason Washington, April 17
Kenisha Jackson, April 18
Sergio Ojeda, April 19
Kierstan Forbes, April 20
Ellencia Roldan, April 21
Te’a Embry, April 22
Isaiah Williams, April 24
Hunter Nading, April 25
Heyyra Ramirez, April 25
Tiffany Trevizo, April 26
STUCK AT PROM SCHOLARSHIP CONTEST

Sponsored by Duck Tape®

“Participating must be 14 years of age or older and be a United States citizen. Eligible Participants may enter the Contest in one of two ways: as one single individual, or as a couple consisting of two individuals together. Each Eligible Participant must create and wear complete Prom attire and/or accessories made using Duck® brand duct tape (“Duck Tape® Prom Attire”). Other materials, in addition to Duck® brand duct tape, may be used or incorporated into the design. Entrants must submit at least one photo of the Entrant for a Singles Entry or one photo of the Entrant Couple for entry into the Couples Category showing each Entrant wearing Duck Tape® Prom Attire. The Duck Tape® Prom Attire must be an original creation, may not have previously won any award or Contest, or may not copy, incorporate or be based on the work of a third party. Assistance from family and/or friends is permitted in creating the Prom attire; however, paid professionals cannot participate in any way.

“Couples Category Prizes: First Place Prize: $10,000 will be awarded to each individual Entrant of the First Place Prize winning Entrant Couple. Second Place Prize: $5,000 will be awarded to each individual Entrant of the Second Place Prize winning Entrant Couple. Third Place Prize: $3,000 will be awarded to each individual Entrant of the Third Place Prize winning Entrant Couple. Runners Up Prize: $1,000 will be awarded to each individual Entrant of the Runners Up Prize winning Entrant Couple. Singles Category Prizes: $1,000 will be awarded”

To enter the contest go to the Duck® brand website at: stuckatprom.com.

STEPH’S FITSPOT

ALL ABOUT MOTIVATION!!

What gets you motivated to train, get healthy or increase activity? For many, it begins with a New Year’s Resolution or an upcoming event such as prom, a wedding, swimsuit season, etc. Social media constantly reminds us that summer is coming and we better get our “bikini bodies” ready. Magazines will now boast to have the perfect diet or exercise plan to get you fit in a certain number of days. This is the season that is upon us. Perhaps that is a good motivator for you. Perhaps you will follow these fads and feel better about yourself for a few months.

BUT, what if it’s only temporary? What if you feel sick on this new diet, or feel like you don’t have enough energy left for the workouts? What then?

I encourage you to consider thinking about how you want to feel more than how you want to look. When we work really hard for the results, and work to improve our health instead of just the digits on the scale, our outcome could be more permanent. Try to increase your activity level and cut some of the processed food and sugar from your diet. If you can just feel better, more energetic, I think the rest will take care of itself. I think a healthy lifestyle is more of a mental game than anything else. Get that straight and the rest will fall into place.

And if summer or an upcoming event is your motivation, start now!

Next month I will hop off my soapbox and leave you with more workout options again!!

Image from: liquidhealthinc.com
PARENTS CORNER

It’s no secret that I love superheroes, especially Superman. Really anything having to do with comic books, movies or anything related to superheroes I adore. There’s just something about them that speaks to me even at 39.

When I was still teaching I taught a class about superheroes in literature and movies. In the class we discussed how a hero is born and what it takes to be a hero. The stereotypical superhero generally has something happen that pushes them into being the hero, Batman, Superman, Green Lantern, Iron Man, Spiderman, really all of them have that one thing. This is usually what makes them unique and special. Their super powers (although Batman has no real powers) make them powerful and exceptional, able to face foes and enemies easily. Perhaps this is why we love them as a culture; they are everything we want to be, flawed yet powerful.

However, the true nature of heroism doesn’t lie in being able to lift a tank and/or stop an evil scientist bent on taking over the world. It lies in the simple things we do as a parent. The routine of making lunches, driving them to practices, lessons, just having dinner, or the quiet moments of being the example of integrity, courage and selflessness.

Being a parent is not easy, nor is it always the most fun thing. But when we choose to be present in the small nonassuming times an amazing thing can happen, somewhere quietly they begin to see us as heroes. Each moment we take to spend time with them, teach them and just be present gives our kids the best hope to grow up being strong amazing adults, and just maybe, they will learn to fly.

FROM ANDREAS C’S CUPBOARD

Super Easy Crock-Pot Spaghetti Squash with Meatballs

INGREDIENTS:
- 1 medium to large spaghetti squash, washed
- 1 jar of spaghetti sauce, your preferred flavor (more if desired)
- 3 cups of frozen meatballs

DIRECTIONS:
Start by cutting a thoroughly washed spaghetti squash in half and scooping out the seeds and membranes.

Place the spaghetti squash cut side down into the Crock-Pot, and then pour in a jar of your favorite spaghetti sauce. If you like it extra saucy, feel free to use more.

Then toss in some frozen meatballs. Use an Italian-style beef meatball, or feel free to adjust that to your liking too. You can even use your own recipe for meatballs if you want!

After three hours on high, or five hours on low, the squash will be ready. Use some tongs to pull out the squash onto a cutting board, and then use a fork to pull out the delicious insides. Discard the shell of the squash.

What’s left in the Crock-Pot is the sauce and meatballs, ready for you to dress your spaghetti squash with.

The squash is so tender and moist, and seriously resembles the texture of spaghetti noodles when cooked like this, but as an added bonus – it’s vegetables, NOT carb-riddled pasta, so eat up and enjoy!

Recipe taken from: iwashyoudry.com/2013/09/04/super-easy-crock-pot-spaghetti-squash-meatballs/
GAME ON!

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good Luck!

1. Red in the face
2. Green Eggs and Ham
3. Back rub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work

ANSWERS
1. Day's work
2. Green Eggs
3. All thumbs
4. Two left feet
5. Black and Ham
6. Big fish in a little pond
7. Long time, no see
8. Tennis shoes
9. Back rub
10. All in a day's work

Puzzles retrieved from: puzzles-to-print.com/rebus-puzzles/rebus-worksheet-3.shtml
FOCUS EVENT

Ramada Plaza Riverside
300 W F. St. in Casper
Thursday, May 5, 2016, 5:30 p.m.

RSVP required by
Monday, May 2, 2016, 5 p.m.
307-268-2047

DRESS TO IMPRESS

MEET THE GEAR UP STAFF

From Left to right: Anna Skimbova (GEAR UP Assistant), Stephanie Marker (Student Success Advisor), Rodney Oster (Student Success Advisor), Ray Pacheco (GEAR UP Regional Director), and Andrea Covert (Student Success Team Lead).
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*GEAR UP HAPPENINGS*

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

Tutoring ends at 5 p.m. and students should be picked up promptly. If other arrangements are necessary please contact our office. Thanks for your cooperation.

### Tutoring Happenings

- **Dauvi and Shalynn Studying at Tutoring**
- **Hope, Jacob, Merrick and Sean at Tutoring (L to R)**

**Key Dates:**
- **April Fool’s Day**
- **ACT test**
- **Withdrawal deadline**
- **ncsd ACT test day**

**Visits:**
- **Kelly Walsh Visit** 9 a.m.-3 p.m.
- **Dean Morgan Visit** 7:30 a.m.
- **Natrona County Visit** 9 a.m.-3 p.m.

**Events:**
- **Advising day**
- **Tutoring ends at 5 p.m. and students should be picked up promptly. If other arrangements are necessary please contact our office. Thanks for your cooperation.**