The Pathways building is nearing completion and will be ready for students in August 2016. This building will offer a unique experience for 11th-12th grade students. It is a half-day program and students will be enrolled in a combination of four credits that are centered on student interests. Programs/courses that are offered in the morning are also offered in the afternoon. This allows more flexibility for students as they create their schedules. The four academies are designed around student interests and career fields. It is an opportunity for students to explore within their interests while in high school before entering the workforce and/or college. This program meets graduation requirements; it has been aligned to the Hathaway success curriculum; and has been designed with the help of local community members and industries, Casper College, and the University of Wyoming.

Article and images taken from: ncsdacademies.org.
FROM STEPH’S CUPBOARD

Bacon Wrapped Jalapeño Poppers

In lieu of Cinco de Mayo, I thought we should make the recipe this month a little spicier and why not kick it up a notch with the ever so popular, BACON!

INGREDIENTS:
- ½ cup cream cheese
- ½ cup shredded cheddar cheese
- 12 jalapeno peppers, halved lengthwise (seeds and membranes removed)
- 12 slices of bacon

DIRECTIONS:
1. Preheat oven to 400°F.
2. Line a baking sheet with aluminum foil.
3. Mix cream cheese and cheddar cheese together in a bowl until evenly blended. Fill each jalapeno half with cream cheese mixture. Put halves back together and wrap each stuffed pepper with a slice of bacon. Arrange bacon-wrapped peppers on the baking sheet.
4. Bake until bacon is crispy. Will take approximately 15 minutes.

Recipe and photos from allrecipes.com/recipe/233603/bacon-wrapped-jalapeno-poppers.

STEPH’S FITSPOT

Variations of this “Spell Your Name” workout have been making their way around my Facebook, Pinterest and Instagram pages. I think this can be a fun workout option. You can decide to use just your first name, or for a greater challenge use your first, middle and last name! I am going to say you should repeat the whole workout twice, but you should scale that to your current fitness level and goals.

A – 50 jumping jacks
B – 20 crunches
C – 30 air squats
D – 15 push-ups
E – 1-minute wall sit
F – 10 burpees
G – 20 arm circles
H – 20 squats
I – 30 jumping jacks
J – 15 crunches
K – 10 push-ups
L – 2-minute wall sit
M – 20 burpees
N – 25 burpees
O – 40 jumping jacks
P – 15 arm circles
Q – 30 crunches
R – 15 push-ups
S – 30 burpees
T – 15 air squats
U – 30 arm circles
V – 3-minute wall sit
W – 20 burpees
X – 60 jumping jacks
Y – 10 crunches
Z – 20 push-ups

Idea from: www.leashyourfitness.com
CURSIVE WRITING: WHY STUDENTS SHOULD STILL BE TAUGHT CURSIVE WRITING

By Lexie Hartman, NCHS Gusher

Students in elementary school should definitely be taught cursive in school. When you write in cursive you activate a different part of your brain that regular writing doesn’t trigger, it also activates parts of the brain that lead to increased language fluency. In this society kids in elementary school spend quite a lot of time on computers playing games that helps teach you different activates in fun ways. As they get older and don’t know how to write cursive it can be harder for them to read history documents such as the Constitution, or even the Declaration of Independence. Any hand-written document is written in cursive. When students get in high school and have to read a document that’s in cursive and they don’t know how to write cursive, it can be difficult to learn about that subject. Cursive can be difficult for those with dyslexia, or dysgraphia, or any type of disability that someone may have. Educators have realized that cursive writing can be a good exercise in using kinesthetic skills.

Cursive writing is still used today, but not just by students in elementary school but also in high school. Some high school students still write in cursive and have been since they’ve learned cursive in elementary school. Not just high school students still write in cursive. People all over still write in cursive. Cursive writing developed from the Italic calligraphy hand. When cursive writing was first developed, only a few Americans could write. In the early 1840’s handwriting wasn’t taught to the public. In the middle of the 19th century, when free public school became available, children learned handwriting before they were taught cursive. One of the most famous penman, Platt Rogers Spencer, had found a school to teach his elegant style. Spencer’s script flourished from 1850-1925. His work is still shown around the world in logos for Coca-Cola, and Ford. Today’s school children learn D’Nealian manuscript, which was invented in 1978. The method is designed to ease the transition from printing to cursive. There are different reasons why cursive should be taught in elementary school. You’ll be having to look at documents as you get older. Cursive writing is a great skill to have and learn while you’re young. Cursive writing is another way to become smarter, since you use more of your brain writing in cursive then you do writing in normal handwriting.


BIRTHDAY BOX

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WHAT’S MORE IMPORTANT, GPA OR CHARACTER AND RESPONSIBILITY?

By Ray Pacheco

Are you more interested in your child’s grade point average (GPA) or character and responsibility? If you answered character and responsibility then you should be proud of yourself! Children who grow up in a home that has modeled values of strong and deep character and responsibility have little to no problems in school, and are more successful in school and life. Granted this doesn’t mean that you won’t have any issues or problems with your teenage son or daughter. It means there is a greater likelihood that they will grow up and model the same actions and behavior you model for them. Hold them to high principles, give them boundaries and set your values above board.

When we as parents give our teenagers the option to do whatever they want and dictate situations then things can become problematic. However, standing strong and holding our kids accountable and responsible for their actions creates kids with deep convictions and solid foundations for their characters that last a lifetime. Remember to never forget to do all this with love, empathy and understanding. Our teens will surprise us as they grow and mature beyond our wildest imagination.

Central Wyoming College

LOCATION: Riverton, Wyoming
POPULATION CLASS SIZE: Population of Riverton, 10,990. Number of students at CWC, 2,243 (2011). Instructor to student ratio 1:11
TUITION AND FEES: (based on 15-credit semester) $2,712; books/supplies $1,200; room and board $2,800.
WEBSITE FOR MORE INFORMATION: cwc.edu

FUN FACTS: The CWC campus is located in Riverton and has off-campus sites in Jackson, Lander, Dubois, and the Wind River Indian Reservation. The college also delivers college coursework nationwide via a variety of distance delivery methods.

A wide variety of programs and services are offered to students, businesses and community members of all ages. Programs include career-technical (applied) programs specifically for students looking to immediately enter the job market, and academic transfer programs for students planning to continue on for bachelor and advanced degrees.

CWC’s services reach far beyond providing educational programs. The college is the cultural center for the region. With one of the finest visual and performing arts centers in the region, CWC offers a full slate of cultural activities. Professional touring groups augment concerts, exhibits and theater productions by CWC visual and performing artists.

The campus and community lie in the Wind River Valley, a large lowland area bounded by mountains on three sides. The area has a wide range of environmental zones from cold desert to alpine. Lakes and streams are abundant. Gannett Peak, Wyoming’s highest mountain, is in close proximity to where the Wind River Mountains adjoin the valley.
GEAR UP HAPPENINGS

At the lab with Dr. Drew.

Joanna Vega showing off her brains at the Tate Geological Museum.

Students enjoy time in the lab with Dr. Drew.

Students get artistic.

Brandon paints while at Artisan Alley.

Students spend time on campus during spring break.
This month I would like to share a craft idea for mini-lid banjos that will also provide some tunes once you have completed it! This idea and directions comes from: thecrafttrain.com/1/post/2015/06/mini-lid-banjos.html.

**YOU WILL NEED:**

- Jumbo craft sticks – one per banjo
- Loom bands – four per banjo
- Washi tape
- Duct tape
- Sequins
- Craft glue

**HOW TO:**

Place four loom bands over the lid and secure in place with a piece of duct tape. Next cut the end from your jumbo craft stick and decorate it with a washi-tape pattern. Now attach the lid with loom bands in place to the craft stick with a second piece of duct tape. Finally use small dabs of craft glue to stick on your sequins, or alternatively use plastic gems or a marker to draw the little tuning knobs on the end of your banjo handle.
FOCUS EVENT

SUMMER ACADEMY ROAD TRIP

Free GEAR UP Summer Academy, June 22-24, 2016 at Laramie County Community College (LCCC) in Cheyenne.

Save the date! All GEAR UP students MUST attend a summer academy to be scholarship eligible!

Attend sessions with LCCC instructors. Visit local job sites. Meet local professionals.

Mandatory orientation Thursday, June 2, 2016 at Casper College, Strausner Hall, Rm 221, 5:30 p.m.

Please RSVP by Thursday, June 2, 2016. Call the GEAR UP office 307-268-2047, for more information.

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).

facebook.com/caspercollegegearup
also on Pinterest
pinterest.com/gearupcasper

Contact GEAR UP at:
307-268-2047
Strausner Hall, Room 221
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Tutoring: Monday-Thursday from 3-5 p.m. or by appointment.

**GAME ON!**

**Cinco de Mayo Word Search**

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I U Y A M M S O N B
Z J X Y Y B C M L R
J H I M R I Y A C G
P F R N X O V C F D
U A R E V I T R S H
E L M E T A A C T C
B Q F S N W S F I E
L S E H D C I I Y V
A F Q P B F H N O Z
V T R A D I T I O N
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MEXICO
MAY
FIFTH
FRENCH
WAR
INVASION
VICTORY
PUEBLA
FESTIVAL
TRADITION
ARMY

Puzzle retrieved from: educationworld.com/tools_templates/cinco-de-mayo-word-search.shtml.