YOUR FUTURE

Each of you will take a different path in life, one that you are choosing. Remember to find your passion and work with fierce determination to achieve your goals. Along the way you WILL make mistakes—everyone does. And, if you are not making mistakes, you are not challenging yourself! Be creative! Allow yourself to make mistakes.

Ask yourself this question: “If I didn’t have to do it perfectly, what would I try?”
The thing you should also remember is that no one else will be paying as much attention to your failures as you will. For example, Babe Ruth struck out 1,330 times—he failed that many times—but we remember instead the 714 times he hit a home run. And…what about the early inventors you studied about in social studies? How long and hard must they have persevered in order to become such an important part of history?

Success can be measured and defined in countless ways, so you have to determine what success means for you. You’ve got to want to do whatever you want to do more than you want to be whatever you want to be. Life is too challenging to be satisfied with external rewards (paychecks, promotions, accolades) to sustain you. The joy is in the journey. So find satisfaction in hard work and get started! Don’t wait for your future to happen. Set goals, make a plan and map it out, but do so in pencil.

Society is telling us that your generation is the most connected because of technology, however, you are also the least connected because of that same technology. So put your phones down and have real conversations with each other. Step out of your comfort zone and meet new people. Get involved in something meaningful that is not connected with your job or school. Volunteer! Read to a group of young children, visit a nursing home, help coach an athletic team, maybe even Special Olympics…the possibilities are endless! Be the change in the world that you want to see!

Know who you are and own it. Put your whole heart into everything. Believe in the power of hope. I recently heard Bethany Hamilton speak, and it was simply amazing to hear how she turned an obvious tragedy of losing her arm in 2003 to a shark attack while surfing at the age of 13 only to go on to become a professional surfer. Michael Ohr…“The Blind Side.” Bill Gates, his first business failed but look at him now. Albert Einstein didn’t speak until he was 4 and was dyslexic. Walt Disney’s first cartoon was stolen and at the age of 25, MGM studios told him no one would like Mickey Mouse. JK Rowling—before the age of 30 was a divorced single parent living on welfare and was rejected by eight publishers for Harry Potter. The first Harry Potter book was published right before her 32nd birthday.

Be grateful and thank those who have helped you along the way, perhaps a family member, a mentor, a friend, or an educator. Never forget your roots. This is where it all started. NEVER forget how much power you have to make a difference. Now, go test your wings. Make us all PROUD!

By Stephanie Marker

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FROM ANNA’S CUPBOARD

JELL-O Firecrackers

Prep Time: 45 min.
Total Time: 2 hr. 45 min.
Servings: 20

INGREDIENTS:
- 1-1/3 cups boiling water, divided
- 1 pkg. (3 oz.) JELL-O Berry Blue flavor gelatin
- 1 pkg. (3 oz.) JELL-O Cherry flavor gelatin
- 1 env. KNOX unflavored gelatin
- 1 cup milk, divided
- 3 tbsp. sugar
- 1/2 tsp. vanilla
- 20 maraschino cherries with stems, well drained, patted dry

DIRECTIONS:

1. Add 2/3 cup boiling water to berry gelatin mix in small bowl; stir 2 minutes until completely dissolved. Repeat in separate bowl with cherry gelatin mix. Cool.

2. Meanwhile, sprinkle unflavored gelatin over 1/4 cup milk in medium bowl; let stand 5 minutes. Bring remaining milk to simmer in saucepan. Remove from heat; stir in sugar and vanilla. Add to plain gelatin mixture; stir until gelatin is completely dissolved. Cool 10 min.

3. Spoon berry gelatin into 20 (1-oz.) plastic shot glasses sprayed lightly with cooking spray, adding about 2 tsp. to each. Refrigerate 15 minutes or until set but not firm.

4. Top with unflavored gelatin mixture, adding about 2 tsp. to each cup. Refrigerate 10 min. Insert cherry, stem end up, into white gelatin layer in each cup. Refrigerate 2 minutes.

5. Cover with cherry gelatin, adding about 2 tsp. to each cup. Refrigerate 2 hours or until firm. Remove desserts from cups before serving.


You are invited, every Tuesday and Wednesday in July, to come to the GEAR UP office (Strausner Hall, Rm. 221) for any or all of the following activities:

- Noon - Dauvi’s Book Club
- 1 p.m. - GEAR UP guitar lessons
- 2 p.m. - Rickett’s ROTC drill

We will meet, July 5-6, 12-13, 19-20, and 26-27. Lunch will not be provided, so eat before your come or bring a lunch to enjoy!

Call the GEAR UP office at 307-268-2047 with any questions!
I loved this article on the University of Wyoming’s website, so I am highlighting the main points and fitting them to students of all ages! I hope you are all enjoying your summer!

7 THINGS TO DO ON SUMMER VACATION

1. GET OUTSIDE IN THE SUNSHINE

Summer means sun and after the harsh winter this is a wonderful thing. After spending so long in the dark gloom of the cloudy and chilly days, soak up some rays to bring yourself up out of that funk. Research suggests that getting daily amounts of sunshine helps to boost your mood as well as additional physical and mental health benefits.

2. TAKE A CLASS

It may sound like the less desirable option, but summer classes can offer a lot for those willing to put in the work. A student can get caught up on their classes and even use BOCES credit to get ahead!

3. GET A SUMMER JOB OR INTERNSHIP

Summer offers a chance to snag a summer job to earn some extra pocket change or gain valuable job experience. Whether it is just flipping burgers at the local pool or something a little more prestigious, a summer job is an amazing way to spend your time.

4. GET ACTIVE, GET HEALTHY

School is stressful enough, but finals week and the weeks getting there can mean that any weight management goes out the window. That can lead to unwanted weight gain and an unhealthy body that can be difficult to change under normal circumstances. Fortunately, the summer months offer warm weather and the free time to get back into the shape you want.

5. TAKE UP A NEW HOBBY

You’ve got the time, so why not use it and learn something new? The beauty of hobbies is that they give a person permission to take a break from their lives. Some hobbies you can pick up include whittling, writing, painting, hiking, even coloring in an adult coloring book. The possibilities are limitless and only bound by what you like and what you don’t.

6. LEARN A NEW TALENT

If you have the free time, you can also use it to pick up a new talent to show off to your friends once school starts up again. You can learn how to moonwalk, balance a soda can on your face while walking through an obstacle course, or even various accents!

7. DO. ABSOLUTELY. NOTHING.

You just finished a year of school, so take a break and rejuvenate. Catch up on that Netflix show you’ve been wanting to binge. Lay in bed all day and cuddle with your pet. Or, spend time with your family. Doing nothing after a period of stress can help you prepare for the upcoming school year and give you the ability to put your best foot forward. When the time comes, you will be able to get off to a strong start and ace those classes.

Taken from the University of Wyoming Blog: blog.uwyo.edu/blog/7-things-to-do-on-summer-vacation?utm_content=34627670&utm_medium=social&utm_source=facebook.
GRANDPARENTS RAISING GRANDCHILDREN

Part two of our series of tips for grandparents raising their grandchildren. Hope you find this useful.

TIP THREE: YOUR GRANDCHILDREN WILL HAVE MIXED FEELINGS

Moving to a new home is never easy, even in the best of circumstances. When children are dealing with the loss of regular contact with their parent or parents, the move is even harder. It will take some time for your grandchildren to adjust, and in the meantime, they may act especially contrary and difficult. And if the children have suffered from emotional neglect, trauma or abuse, those wounds will not disappear just because they are now in a safe place. They will need time to heal.

- Your grandkids may resent being separated from their parent and wish to return, even if their home situation was dangerous or abusive. Don’t take this personally. The parent-child bond is powerful. Even if the children are old enough to understand that they’re better off with you, they will still miss their parent and struggle with feelings of abandonment.
- Your grandkids’ feelings may come out in many ways, including behavior. They may lash out with aggressive or inappropriate behavior, or they may withdraw and push you away.
- No matter their behavior, your grandkids need your comfort and support. If you start to get angry or upset, put yourself in their head. Picture what they’ve been through, and the confusion, mistrust and fear they’re probably feeling.
- Remember that children often act out in a safe place. While it may feel like your grandchildren don’t love or appreciate you sometimes, their behavior actually means they feel safe enough to express frightening emotions.
- When grandkids first arrive, they may be on their best behavior. Don’t be too discouraged if, after a brief “honeymoon” phase, they start to act out. This doesn’t necessarily mean you’re doing a bad job. As mentioned previously, this can be a sign that they finally feel secure enough to vent their true feelings.

TIP FOUR: FOCUS ON CREATING A STABLE ENVIRONMENT

While it will take your grandkids time to adjust to their new living arrangement, there are things you can do to make the transition easier. Above all, your grandchildren need to feel secure. Children thrive in an environment that is stable and predictable.

- Establish a routine. Routines and schedules help make a child’s world feel safe. Set a schedule for mealtimes and bedtimes. Create special rituals that you and your grandchildren can share on weekends or when getting ready for bed.
- Encourage their input in their new home. Let your grandkids help pack and move in their things to the extent that they’re able for their age. Encourage them to decorate their new room and arrange things as they’d like. Having some control will make the adjustment easier.
- Set up clear, age-appropriate house rules and enforce them consistently. Children feel more secure when they know what to expect. Loving boundaries tell the child he or she is safe and protected.
- Make sure that each grandchild has a private space. If grandchildren are sharing a bedroom, get creative: use a divider to partition off a private area in a bigger room, erect a playhouse in the backyard, or set up a tent in the family room.
- Offer your time and attention. You can be a consistent, reassuring presence for your grandkids. Try to make time to interact with them at the beginning of the day, when they come home from school, and before bed.

Taken from Helpguide.org – helpguide.org/articles/parenting/grandparents-as-parents.htm.
BIRTHDAY BOX

July

Elena Garcia-Mancinas, July 1
Joshua Cummings, July 3
Cooper Hack, July 3
Kevin Tomphson, July 7
Candice Papke, July 9
Laura Zurawski, July 9
Harley Davis, July 10
Michael Hail, July 10
Hope Gillespie, July 14
Madison Lynch, July 16
Hannah Mockensturm, July 16
Benjamin Ramos, July 17
Jacqueline Zilinger, July 17
Damion Lucero, July 24
Madilynne Nading, July 25
Mikayla White, July 26
Heidi Mann, July 27
Tiger Ross, July 30
Jacob Collier, July 31

TIPS, TRICKS, AND TIDBITS

By Andrea Covert

Volunteering is a great way to spend your time this summer. If you are interested check out the Serve Wyoming website at: servewyoming.org or contact GEAR UP to help you get started. Volunteering offers many benefits to the community as well as to all involved. One reason to become a volunteer is to gain experience in areas that you may not get through a job or at school. Volunteering will also help you branch out and give you some experience to add to a resume when applying for college or scholarships. Volunteering is a great way to spend some time this summer vacation!

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).  

Contact GEAR UP at: 307-268-2047  
Strausner Hall, Room 221
GAME ON!

Fourth of July

ACROSS:
1. Exploding nighttime show.
3. Geometric shape found in the American Flag.
7. Someone who is devoted to their country.
8. BBQ treat in a bun

DOWN:
2. George or D.C.
5. Red, _____ and Blue.
6. Flag I wave in the wind.
7. Marching bands and costumed people in the street.
9. A patriotic summer month.