“A year from now you will wish you had started today.”

– Karen Lamb

As another school year is beginning, we would like to encourage you to start strong and make goals for this year and your future college career. Take a moment to reflect on the above quote; think about the projects that you can make successful this year. Try to stay ahead so they do not get away from you. Make a commitment to yourself to set goals for the year. Keep in mind as you are setting goals to keep them SMART: specific, measurable, attainable, relevant and time bound (give yourself a deadline). Keeping goals SMART will get you focused and on track for a great year!

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

– Maria Robinson

As you reflected on the areas where you can have successes and possible struggles over this next year, and made a goal or multiple goals, keep in mind that you can overcome any obstacle you might face. You have to start today with a positive attitude, strong work ethic, and the determination to make this your best year yet! Create a strong support system by surrounding yourself with positive people that will motivate you to keep working toward your goals. This support system should be a group of people that will help celebrate your successes and encourage you when you face struggles. As you are creating this support system keep GEAR UP on your list! We are here to help and encourage you along the way! We are always ready to help you celebrate while you are achieving your goals and making your dreams come true.

“You must be the change you wish to see in the world.”

– Mahatma Gandhi

These last words of wisdom make me think about being positive, hardworking, and not giving up on the things I want. I hope as you reflect you are also inspired to work hard these next months to make this the best school year you have ever had. This is the time to start fresh and stay motivated to be the best version of yourself. Keep in mind that obstacles are a part of every journey and even though you may hit bumps along the road, these are just your moments to shine. You have your support system and the strength to keep moving forward! Know that GEAR UP is always here to help. We encourage tutoring, test prep, and help with applying for colleges, scholarships, and the FAFSA. Most of all we want to help you achieve your dreams and to be the change you wish to see in the world!
Michael Uttmark, a local youth, is working to make the wonders of 3-D printing available to anyone. He’s creating a framework dedicated to affordable 3-D printing for developing economies that can be locally sourced, locally maintained and locally improved. Michael is working to go from discarded electronics to 3-D printers, bringing a plethora of self-empowerment to anyone with access to a computer.

He believes that 3-D printing can be as transformative in developing countries as the mobile phone. As with the mobile phone, which has already changed the way people across Africa communicate, introducing 3-D printing at the community level offers the potential to localize manufacturing. This is why he is making it possible to build 3-D printers from the thousands of tons of e-waste (thrown away computers, fax machines, and other electronics), which would otherwise end up as landfill.

Right now there are groups in Tanzania, Kenya and Mexico that are working not only to make 3-D printers with this framework, but are enlivening their local economy with the sale of 3-D printers.

How can you help this cause? Michael would like to offer some pointers on how to dispose of your e-waste so that the most can be made of it. “First,” he says “make sure you bring your electronics to the local dump, rather than throwing them straight in the trash. Our city is great about recycling the important parts from our waste.” The most important thing to do is to reduce our consumption of throwaway electronics, and donate our still working electronics to schools or other organizations in need. To view more about this project and photos go to: masterperson40.github.io/retr3d/index.html

Five Steps for Effective Step-parenting

Blended families can be difficult. It is hard on newly married couples, the children, and anyone directly involved. The dynamics of bio-kids, step kids, and ex-spouses all thrown in can cause life to be very interesting, to say the least. Here are a few suggestions to help during this time of transition. Also remember, “The step-relationship is the barometer of how (or if) the family is coming together – and the child is the one who will determine that because you can’t make anyone like you.”

1. Defer to the bio-parent
2. Don’t compete with your counterpart – don’t try and be a better parent than your spouse
3. Discover your stepchild’s interests
4. Get out of the way – This means let your spouse have time with bio-kids
5. Act lovingly with your step kids

As summer comes to an end and another school year begins I would like to share these five tips I found online to get a successful start to the year! Tips from: psychologytoday.com/blog/teen-angst/201308/five-back-school-tips-teens

1. Find out the resources that are available to you. If this statement completely eludes you, here are a few questions that may serve as a guide and/or starting point:
   - Do your teachers post assignments on their websites?
   - Does your school have a homework hotline?
   - Does your school offer tutoring for specific exams, such as the HSAP, SAT, ACT, etc.?
   - When does each teacher offer tutoring? (Teachers are usually required to offer at least an hour or two of additional hours either before or after school.)
   - Does your library have a wide selection of study materials? (Many have a section that offers SAT, ACT and HSAP prep books for you to check out.)

2. Come up with a plan/schedule to help you manage your time after school. Prioritize academics, athletics, family time, social time, church/synagogue/mass, etc., and devote a specific amount of time to any of the aforementioned that are important to you.

3. Set personal goals for each of your classes and share them with your teachers. They will appreciate your forethought and respect you for taking responsibility for your own education.

4. Join a club or after school activity! This is a time in your life to figure out what kinds of things interest you … so get involved and see what sparks or ignites a passion in you!

5. Always be HONEST with your teachers (and everyone else for that matter!). If you had a rough night at home and forgot to do your homework, don’t lie about it. Teachers will respect you so much more for being truthful! Remember … you will need recommendation letters from your teachers for college, employment, etc. and nobody will recommend someone who is not truthful.
Ramen: The College Student’s Staple?

Here is a family recipe with an awesome twist on how to prepare ramen noodles! No cooking involved, easy to prepare, easy on the budget, and the taste is unexpected!

Ingredients:
- 1 package coleslaw
- 4 chopped green onions
- 1/2 cup sunflower seeds
- 1 cup sliced almonds
- Ramen noodle mix

Directions:
1. Mix all above ingredients and refrigerate.

Right before serving, and mix in:
- 1 package chicken flavor
- 1/3 cup apple cider vinegar
- 1/4 cup oil
- 1/2 cup sugar (splenda)
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).
**SEPTEMBER**

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

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**STEPH’S FITSPOT**

**College Fitness: Get Involved!**

As you start this school year, try and take on a new extracurricular activity. There are so many options: drama, debate, athletics, student council, DECA, robotics, Destination Imagination, FFA, FBLA, and the list goes on! Not only is it fun to get involved in school but there are many added benefits as well!

1. **Builds Time Management Skills.** Learn and improve on balance. While involving yourself in extracurricular activities, you will also have to maintain your schoolwork and family life, and possibly even a job. It can be done! Colleges will appreciate this skill being represented on your resume!

2. **Builds Teamwork and Respect.** You will learn to work on a team for an extended period of time. You will need to earn the respect of your teammates as well as showing them respect in return. This is an important skill for both college and career life!

3. **Builds Self-confidence.** As you excel and learn in sports, arts or whatever you choose to do, you will build confidence in yourself. You will know that you have the ability to take on something new. You can work with others. You can do great things!