National Heritage Hispanic Month was recently celebrated and recognized from September 15 through October 15, 2015 across the country. This recognizes the contributions of Hispanic and Latino Americans in the United States and pays tribute to Hispanic culture and heritage.

Hispanic Heritage Week was created by legislation sponsored by Rep. Edward R. Roybal (D-Los Angeles) and first supported by President Lyndon Johnson in 1968. The week was extended by legislation sponsored by Rep. Esteban E. Torres (D-Pico Rivera) and implemented by President Ronald Reagan in 1988 to cover a 30-day period (September 15-October 15). It was enacted into law on August 17, 1988.

So why is this so important? According to the U.S. Census Bureau there are roughly 54 million Hispanics/Latinos that live in the United States, that’s about 17 percent of the American population. They play a significant role in the American way of life, working hard and providing innovation and support to the U.S. culture and economy. Hispanics and Latinos continue to have major impact on the U.S., and carry tremendous influence when it comes to politics.

The continued positive effects of the Hispanics and Latinos will have a lasting impact that will be felt for generations to come. It is even more important to realize and understand how education is a vital component to the success of Hispanics and Latinos. According to a Pew Hispanic study, nearly seven out of 10 Hispanic high school grads have gone on to either a two-or four-year college institution. What’s more, according to the same study, the number of Hispanics graduating from high school has risen as well.

As we continue to grow and recognize the impact of other cultures in our community, it is important to support the educational growth of all cultures by helping those cultures to succeed and have every opportunity to reach and attain the American dream.

Some information in this article from:
en.wikipedia.org/wiki/National_Hispanic_Heritage_Month
cdc.gov/minorityhealth/populations/REMP/hispanic.html

By Ray Pacheco
FROM THE CUPBOARD

Pumpkin Pie Bites

For all of those pumpkin lovers and fall fanatics out there looking for a healthier but tasty option, like me, I bring you this scrumptious treat!

By Stephanie Marker

Pumpkin Pie Bites

**DIRECTIONS:**

1. Combine all the pumpkin bite ingredients in a food processor, and blend until smooth.
2. Spoon the mixture into lined muffin pans.
4. Let these cool completely before removing from the muffin liners. Since they are soft like pumpkin pie, I highly recommend putting these in the fridge after baking so they can firm up a bit.
5. (For the whipped topping) Open the can of coconut milk that has been in the fridge overnight. Scoop the fatty white part off and place in a mixing bowl with the vanilla and maple syrup. Use your mixer or processor and whip this into a cream.
6. Scoop a little on top of each muffin and option to garnish with pumpkin pie spice!

**INGREDIENTS:**

**Pumpkin Bites**

- 1 can pumpkin or 1 ½ cups pumpkin puree
- 2 very ripe bananas
- 1/2 cup sugar (or coconut sugar)
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sea salt

**Whipped Topping**

- 1 can coconut milk – full fat (put in fridge overnight)
- 2 tablespoons maple syrup
- 1 teaspoon vanilla

**Picture and recipe from:**
vanessacmc246.blogspot.com/2015/09/autumn-calabreses-pumpkin-pie-bites.html.

**BIRTHDAY BOX**

November

Jasel Valenzuela, Nov. 2
Rhiana Valenzuela, Nov. 2
Davion McAdam, Nov. 4
Hope Porter, Nov. 4
Caitlyn Shafer, Nov. 8
Jenah Shafer, Nov. 8
Haley Wagner, Nov. 12
Cecilea Daniels, Nov. 13
Tomas Gutierrez, Nov. 13
LaShayla Kerns, Nov. 16
Alaina Kegler, Nov. 21
Jesse Taylor, Nov. 21
Tyler Clark, Nov. 22
Gabriela Fierro-Loya, Nov. 24
Steven Tomphson, Nov. 27
Natasha Madigan, Nov. 29
Teenagers face real problems on a daily basis during the most awkward growth stages of their lives, between the ages of 13 and 19. During this time, teens are exposed to some overwhelming external and internal struggles.

Teens go through, and are expected to cope with hormonal changes, puberty, social and parental forces, work and school pressures, as well as encountering many conditions and problems. Teens feel overwhelmed when faced with unprecedented stresses concerning school and college, and career confusion situations. Those who have absentee parents are exposed to more unfavorable states of life.

The issues that teenagers face today vary but these issues can be dealt with easily if parents and other guardians can understand the symptoms of their problems. Parents need to approach their children, who have been suffering from one or more teenage problems, carefully and in a friendly manner to discuss the problem(s). Many teens feel misunderstood. It is vital that their feelings and thoughts are validated and that the validation comes from their parents.

The most common problems that teenagers face today include:

- Self-esteem and body image
- Stress
- Bullying
- Depression
- Cyber addiction
- Drinking and smoking
- Teen pregnancy
- Underage sex
- Child abuse
- Peer pressure and competition
- Eating disorders

Surprisingly, all of these problems are connected to one another, like a chain reaction. When the teens face self-esteem and body image problems, they can become frustrated, resulting in eating disorders. The teens start feeling stress when they are exposed to peer pressure and competition at school, or child abuse at home. Many teens take to drinking and smoking in order to relieve the stress. Many may run away from home, play computer games, and start chatting online with strangers. Computer games and online chatting can result in addiction. Many teens feel further stress when they get bullied online. Others may become easy targets of online predators and once treated badly, they turn to more harmful practices. Those who cannot find love at home or support at school start to build relationships with friends in school or local areas, resulting in unsafe or underage sex, and possible teen pregnancy. Many become addicted to drugs and harm themselves when they cannot get results. Many teens resort to crimes once they feel they cannot get any help or support.

Problems that teenagers are faced with today are multifarious but interrelated in many cases. One problem invites another, then more problems. Parents, teachers and other guardians should be well aware of the problems that today’s teenagers are facing and be prepared to eliminate the problems to their best abilities. The sad fact is, even in solid and stable family units, teenagers may be faced with uncertainty, confusion and wrong directions involving their lives. Those who have witnessed and experienced broken homes, unsafe sex, alcohol, drug abuse, and bullying issues show themselves differently in the community they live in. Proper parenting is vital, especially in the very formative years of the children, so that they can grow up with the manners and teachings taught by their parents.

* Taken from: yurtopic.com
This month as Thanksgiving is on our mind, I am encouraging you to find an opportunity to spread joy and gratitude with a random act of kindness! I have shared a few examples below that cost little but have big rewards for you and those who receive your kindness!

1. Clean out your closets – As seasons change and styles change many of us have items in our closet that no longer fit our body or our wardrobe! Make an effort to find unused items in your closets and drawers and donate them to a local shelter or charity organization.

2. Help a child learn – When you look back at your own childhood, you can probably name several key people who taught you some of the most important things you know today. You too, can be an influential force in a child’s life by spending time helping him or her to learn. You can help a child master a subject he or she is struggling with in school, teach him or her to play a sport, or learn another skill.

3. Write a poem for someone special – Sometimes it’s hard to put into words how much we care about someone. A poem can be a great way to express just how you feel. You can use poetry to describe your deepest thoughts, or just be for fun, to make someone you love laugh. You can give someone a poem for their birthday or another special occasion, or just to simply say you were thinking of them.

4. Eat lunch with someone new – At your school, you may have a specific group of friends who you enjoy hanging out with on a daily basis who you eat lunch with, hang out with between classes, or even spend time with after school or on the weekends. Do you have a classmate who doesn’t seem to have many friends or often eats lunch alone? Maybe he or she is new or is shy and not very good at meeting people. Invite him or her to eat lunch with you. Getting to know someone you don’t know is a great way to make a friend!

Ideas from randomactsofkindness.org/kindness-ideas.
GEAR UP HAPPENINGS

National Gear Up Week Celebration – September 22, 2015
University of Wyoming

Location: Laramie, Wyoming, in the southeast corner of Wyoming, about two hours north of Denver

Population/Class Size: Population of Laramie: 30,800; population of students at UW: 13,929; instructor to student ratio: 1:16

Academic Programs: Approximately 190 areas of study in the UW College of Arts & Sciences, Agriculture & Natural Resources, Business, Education, Engineering & Applied Science, Health Sciences, Law, and the School of Energy Resources

Tuition and Fees: (based on a 15 credit semester) – $4,891
Room and Board: $10,037
Website: uwyo.edu

Fun Fact: UW was ranked among the nation’s top colleges and universities by US News & World Report, Forbes, and Princeton Review in 2010.

Nearby Outdoor Recreation: Snowy Range Mountains (25 minutes to the west), Vedauwoo (15 minutes to the east) and Steamboat Springs, Colorado, (two hours)

GEAR UP provides students with a waiver for the application fee to UW.

GEAR UP FOCUS EVENT

TUTORING

GEAR UP offers FREE tutoring 3-5 p.m. Monday-Thursday on school days, or other times by appointment.

Call 307-268-2047 to set up a time.

We are located on the Casper College campus, Strausner Hall, Rm. 221
There’s no need to battle with your child over homework. Far too many parents feel that it’s their job to make their kids do all of their work. As a result, they find themselves in unwinnable power struggles with their kids. Even sadder, their children begin to see learning as frustrating and a bad thing.

Give yourself a break! Here are some guidelines for upping the odds that your child will view you as a homework ally ... rather than an educational enemy:

- Help only when your child truly wants it.
- Help only as long as you are enjoying the process. As soon as anger and frustration enters the equation, you run the risk of having your child associate learning with these uncomfortable emotions.
- Avoid creating unhealthy dependency. Tell your child, “I’m going to let you work on your own most of the time so that you will know that you can learn even when I am not sitting next to you.”
- Help only as long as your child is working harder than you are.
- Remember that it is far better for a child to get a poor homework grade than to believe that it’s their parent’s responsibility to force them to do their work.

*Taken from: loveandlogic.com*

---

**PARENT’S PIECE HELPING YOUR CHILD WITH HOMEWORK**

**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).*

GEAR UP Wyoming is funded through a grant from the U.S. Department of Education totaling $3,548,876 annually with an additional $3,548,876 annually provided by in-kind and scholarship contributions.
NOVEMBER

1. Daylight saving time ends
2. NCSD No school
3. Book Club 4:30-5:30 p.m.
4. Freshman services 5-7:30 p.m.
5. Advising Day
6. Thanksgiving break/GEAR UP office closed
7. Thanksgiving

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

GAME ON!

Across
1. Wharton grad
4. Amount of hair
9. "Dig in!"
10. Devastation
11. "____ Doubtfire"
12. Swelling
13. Texas oil city
15. Indefinite article
16. Not together
18. "____ You Like It"
20. Boozer
23. Type of scallop
26. "Farewell mon ami"
27. Chill
28. Stand for
29. Acquire

Down
1. Exec’s note
2. Poet
3. Bewildered
4. Synonym finder
5. Navigation aids
6. “The Three Faces of ____”
7. Body
8. Diagnostic test
14. Ire
17. Flip-flop
18. Sandler of “Big Daddy”
19. Pro or con
21. Cleveland’s lake
22. Aug. flower
24. By way of

The title is a clue to the word in the shaded diagonal.

Crossword puzzle courtesy of: self-reliant-living.com/puzzles/thanksgiving-guest-crossword-puzzle