



Florida A&M University Developmental Research School

Title I, Part A Newsletter
November/December 2016

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Veteran's Day Observance

Since 1775 48 million Americans has served in the armed forces from the battlefields of the American Revolution to the mountains of Afghanistan. Men and Women has served and sacrificed their lives defending the constitution of the United States. Therefore, remember to take time to remember and thank our veterans, past and present. Florida A&M University Developmental Research School says:



November is National Diabetes Month

Living with Diabetes

More than 29 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels.

Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life now. There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life. What you do every day makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track. Ask your doctor if you should be tested for diabetes.

"Healthy lifestyle choices can give you more control over diabetes"

White House Recipe: Turkey Lasagna With Spinach

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Cook Time: 25 to 30 minutes

- 1 Tbsp. olive oil
- 1 cup chopped yellow onion
- 4 cloves garlic, minced
- 1 pound fresh ground turkey
- 1 can (28 ounces) plum tomatoes, crushed
- 1 can (6 ounces) tomato paste
- Coarse salt and freshly ground pepper
- 1 Tbsp. chopped fresh basil
- 1 Tbsp. chopped fresh flat-leaf parsley
- 15 ounces low-fat ricotta or low-fat cottage cheese
- 3/4 cup freshly grated Parmesan cheese
- 1 large egg, beaten
- 2 pounds fresh spinach, washed, but not dried
- 16 cooked lasagna noodles
- 1 pound low-fat shredded mozzarella cheese

Directions

Preheat oven to 400°.

Heat olive oil in a large skillet over medium heat. Add onion and cook until translucent. Add garlic and cook for 1 minute more. Add ground turkey and cook for about 10 minutes. Add plum tomatoes and tomato paste, and season with salt and pepper; let simmer until thickened, about 20 minutes. Stir in basil and parsley; set aside.

In a medium bowl, combine ricotta, 1/2 cup Parmesan cheese and egg; season with salt and pepper and set aside.

Place damp spinach in a large skillet over medium heat; cook until wilted. Remove from heat and set aside.

Ladle one-quarter of the turkey mixture into a 9" x 13" baking dish; spread to cover. Add a layer of lasagna noodles, one-third of the mozzarella, one-third of the ricotta mixture, one-third of the spinach mixture and another quarter of the turkey mixture. Repeat process two more times; top with remaining layer of pasta. Sprinkle remaining 1/4 cup Parmesan over top; transfer to oven. Bake until bubbly, 25 to 30 minutes.

Let stand about 5 minutes before cutting; serve.

The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

<https://www.cdc.gov/features/livingwithhdiabetes/index.html>

Scholarship: Community Service

The 2017 Prudential Spirit of Community Awards program is the United States' largest youth recognition program based exclusively on volunteer community service. Two Florida students were recognized last May for their outstanding community service. **Now through November 8, students in grades 5-12 are invited to apply.**

www.spirit.prudential.com

College Planning: For Seniors

Make sure you are on track in the college application process?

- Narrow your list of colleges to between five and 10. Meet with a counselor about your college choices and, if you've not yet done so, complete the admissions application and begin submitting required documents (recommendation letters, dorm applications, unofficial transcripts, test scores, etc.) - **Request a fee waiver if you can't afford application fees.**
- Complete the Free Application for Federal Student Aid (FAFSA)
- Take the SAT and/or ACT one more time-- Many seniors retake the SAT/ACT in the fall. Additional course work since your last test could help you boost your performance. -

ACT & SAT Test Dates & Registration Deadlines

Test	Test Date	Registration Deadline
SAT	November 5, 2016	October 7, 2016
SAT	December 3, 2016	November 3, 2016
ACT	December 10, 2016	November 4, 2016
SAT	January 21, 2017	December 21, 2016
	February 11, 2017	January 13, 2017

Request a fee waiver if you can't afford test fees.

- Prepare early decision/early action or rolling admission applications as soon as possible. Nov. 1–15: Colleges may require test scores and applications between these dates for early decision admission.

Paying for College

Free Application for Federal Student Aid (FAFSA)

The 2017-2018 Free Application for Federal Student Aid (FAFSA) is the first step in the financial aid process. You use the FAFSA to apply for federal student aid, such as grants, work-study, and loans.

For general eligibility requirements for U.S. citizen or an *eligible noncitizen*; visit:

<https://studentaid.ed.gov/sa/eligibility/basic-criteria>

You may choose any of these three methods to file FAFSA:

1. Login to apply online (Recommended) or
2. Complete a PDF FAFSA (Note: PDF FAFSAs must be mailed for processing) or
3. Request a paper FAFSA by calling us at 1-800-4-FED-AID (1-800-433-3243) or 334-523-2691. If you are hearing impaired, contact the TTY line at 1-800-730-8913.

Select the school year for which you are applying for financial aid. For example, if you plan to attend college:

- between July 1, 2016 and June 30, 2017, choose **2016-2017 School Year** (If you are applying for a summer session, check with your college to verify which application you should complete) or
- between July 1, 2017 and June 30, 2018, choose **2017-2018 School Year** ○

To begin your FAFSA application visit: <https://fafsa.ed.gov/>

Florida's Virtual College Night

School counselors, students and parents are invited to join Florida's Virtual College Night, November 16-17, 2016. The two-day event offers six one-hour sessions covering a range of issues, from college admissions to financial aid to career planning.

<https://www.floridashines.org/join-florida-virtual-college-night>

Contact our Guidance Department if you need assistance with college planning, applying for funding, and more:

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