

VOL. III ISSUE III

# emPower

A FAMILY SCHOLAR HOUSE MAGAZINE



FAMILY SCHOLAR  
HOUSE

*changing lives, families & communities through education*



## PRESIDENT'S PERSPECTIVE

*"To learn is to change. Education is a process that changes the learner."*  
—George B. Leonard

If, like me, you are of a certain age, you probably remember the school bells of your youth. School bells called us to class, and the same bells marked the ending of the school day. Our classroom learning was bookended by the ringing of the bell. Today, most schools have buzzers. I am sure that years from now, the current generation will think back with fondness about the buzzers that called them to class during their formative years, but there is something special about the sound of a school bell.

**I believe that school bells are harbingers of the best kind of change – the change that comes from learning something new and putting it into practice.**

Our Family Scholar House students of all ages have been called back to the classroom with the beginning of the academic term and are settling into the routines of the school year. With our recent student-parent graduates having transitioned on to stable housing, stable employment and new opportunities, a senior class is emerging and working toward graduation. Our newest participants may be returning to the classroom after several years' absence and with a new appreciation for the value of education to them, their children and our community as a whole. And though there is no physical bell ringing them to their educational activities, it is a notable moment. **The power of education is worthy of bell-ringing and recognition of the change that is taking place.** If I had a bell, I would ring it for them.

As you may know, our Stoddard Johnston Scholar House campus involved the preservation and renovation of a historic school built in 1915. It is always special when we can rededicate a school to the purpose of education by making it a place for our participants to receive services and for student parents to live with their children. We are blessed to have another opportunity to do so with the upcoming preservation and renovation of the historic Parkland School, built in 1891 and located at Catalpa and Dumesnil Streets. **We are honored to be a part of the positive change that will come with 48 families living at Parkland Scholar House while pursuing their educational goals.** With this campus, we have the opportunity to mark the change that will come with a bell. I would encourage you to learn more about this in the article on page 9 written by Jake Brown of Marian Development Group, our partner in the creation of this special campus. I hope that you will be inspired to join us for the **groundbreaking of our Parkland Scholar House campus on September 27th.**

**Change is coming and you are a part of it.** Together we are changing lives, families and communities through education.

Cathe Dykstra  
Chief Possibility Officer  
President & CEO



Stoddard Johnston Scholar House resident, Breanna Merriweather, and her son, Julius, enjoy a meal together at a campus community-building event.

## AROUND TOWN

### SAVE THE DATE

In December, we will unveil our new Academic Services Center, the renovated Filson Club mansion, at Downtown Scholar House (118 W. Breckinridge Street) at a holiday reception. Please visit our Facebook page for the announcement of the date and time, or sign up for our e-newsletter under the News & Events section of our website to receive updates on all upcoming events. We hope to see you during this special time of the year.

Cover photo: Family Scholar House participant Shalonda Curry is studying business administration at Spalding University. She is pictured with her daughter Ariana, age 3, at our Pack-a-Backpack event in August.

## SEPTEMBER

### PARKLAND SCHOLAR HOUSE GROUNDBREAKING

*FRIDAY, SEPTEMBER 27  
9:30-10:30 A.M.*

We hope you will join us to celebrate the groundbreaking of Parkland Scholar House, located at 1309 Catalpa Street, and the new opportunities the campus brings to the 48 families who will move in next summer. We are thrilled to expand the services we currently offer at our St. George's Community Center outreach site and to be part of the Parkland community!

## OCTOBER

### FIFTEENTH ANNUAL LUNCHEON

*WEDNESDAY, OCTOBER 24  
GALT HOUSE GRAND BALLROOM  
11:00 A.M. - 1:00 P.M.*

Please join us for a very special Annual Luncheon on October 24th, featuring guest speaker Carissa Phelps, author of *Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time*. You can read more about Carissa on page 9. Doors open at 11:00 a.m., with the luncheon beginning at 11:30 a.m. Individual reservations are \$75, with table sponsorships starting at \$750. Raffle tickets will be available for purchase prior to the event and at the event. This year's raffle package themes are: Night Out in Louisville; MindBodySpirit; Louisville Sports Scene; and Outdoor and Family Fun.

## NOVEMBER

### ADOPT-A-FAMILY

Help us make the holiday wishes of our families come true this holiday season – support our single-parent students and their children by adopting a family. Holiday sponsors are matched by Family Scholar House staff and receive the wish list via email. Your generosity will make this season of giving even more special for you and your family as you bring joy to a FSH family.

[For Annual Luncheon reservations or raffle tickets, or for more information about adopting a family this holiday season, please contact Stephanie Rowe at \(502\) 584-8090 or \[srowe@familyscholarhouse.org\]\(mailto:srowe@familyscholarhouse.org\).](#)

## SCHOOL LESSONS

### POWERS ESSAY WINNERS

When Eugenia Ford Powers returned to work after her eighth and youngest child entered elementary school in the early 1960s, she learned she was making less as a supervisor than her male colleagues. Thus, it became an article of faith for Eugenia and her husband Bill that their children acquire an education to achieve economic stability, and their eight children became the first college-educated generation in the family.

Then, at age 66 – fully 50 years after her 1932 high school graduation – Eugenia became a first-year college student. Eight years later she graduated from the University of Louisville with a bachelor's degree in sociology.

In her 89th year, Eugenia became a hospice patient. She asked during her last illness that her children use memorial contributions at the time of her death to establish the Eugenia Ford Powers Memorial Scholarship at Family Scholar House (then Project Women). Through this scholarship, her legacy continues to support parents who are pursuing college education.

The following are excerpts from the three winning Powers Essays written by Family Scholar House student parents. This year's topic was "Why I Chose my Major." We hope you will join us at our Annual Luncheon on Wednesday, October 24th, to hear the recipients read their full essays.



Chalee Lightsey, with her daughter Adia



Eugenia Ford Powers

### LOUISVILLE SCHOLAR HOUSE

#### Chalee Lightsey

Growing up, my father and mother never had a home. They instead lived between the homes of the elders of our family...we'd make rounds and often slept at whomever's home we were at when it was bedtime. I helped my parents make meals, bathe, change diapers, and give medications. My parents also cared for my cousins, six other children who all had problems ranging from cerebral palsy to being born an addict. Helping others was what my family did...

Nursing first became something I wanted to do to make money. I wanted to make a lot of cash at my 9-to-5 so I could run a community center for at-risk youth. The more time I spent developing this idea the more appealing nursing became. Having a nursing degree is just the first step in my grand scheme. Eventually I want to open a clinic with the aim of helping people to reclaim their health through natural medicine. Ideally that clinic will work in conjunction with a community center to service not only the physical, but also mental health of young people. As a mother I see the utility in raising up strong and healthy young people. More importantly, helping others helps me.

Why did I choose my major? This is a question I can't answer. **I didn't choose nursing. Nursing chose me. Helping others has been the one consistent positive throughout my life.** I want to show my daughter what it means to be a successful, independent, self-sufficient woman. I want my son to have a positive and strong model of femininity. I want them to see what can be accomplished by serving others. Nursing isn't my endgame, but it is the first of several giant steps, which will land me in a position to help further my family and serve my community.

### DOWNTOWN SCHOLAR HOUSE

#### Katherine Bartlett

I am currently a business and accounting major at Spalding University, but that wasn't always my choice of study. It took a long time for me to figure out what career I wanted to pursue in life. I considered math, culinary arts, and education before I finally settled on my current major. I spent four years at Jefferson Community and Technical College, going full-time some semesters, part-time others, and sometimes only taking one class a semester. At that same time, I was working two jobs and trying to establish myself as a self-sufficient and independent person. I decided to buy a house because I thought it was the logical thing to do. Instead of paying rent, I would pay the same amount and own something. However, I lost my job due to downsizing, and I couldn't pay my mortgage. At age 21 I was being foreclosed on. I lost my house and had to move back in with my mom. But, I was still trying to hold on to school and find another job.

I was working a seasonal job for the Census Bureau when an opportunity came to work another seasonal job at a tax preparation office. I understood taxes and had no problem doing my own. I took the job, and not only did I love it, I was good at it. The only problem was that **I hated the fact that people were being charged so much to have their taxes done just because they didn't know what they needed to do.** I do know that a business can only survive if it makes a profit, but you don't have to rip off people to do so. That experience helped me figure out what it is that I want to do – become a Certified Public Accountant. I want to open my own tax office and not only do taxes but teach people how to do their own, as well...



Katherine Bartlett, with her daughter Jordyn



Jacqueline Davis

### STODDARD JOHNSTON SCHOLAR HOUSE

#### Jacqueline Davis

As a child growing up I always knew I wanted to be a singer. My name is Jacquelyn Dee Davis, and I am the middle child in a set of girl triplets. From an early age we learned the love of music, and of harmony, and of the magical quality that music has to transport its listener to places, imagined and real...we cultivated our craft together as children, singing together with our hands holding each others', and learning to read music. This ability afforded me the opportunity to take music to the collegiate level as a young adult and pursue a career doing the thing that I loved.

I was initially a vocal performance major, having a penchant for singing opera and acting. It was the arrival of my own set of multiples, a set of boy twins born to me in 2010, that changed the nature of my dream. Having taken time off from school to give birth and nurture my boys brought back the realization that I also had another ability learned at an early age: to help others...

As a music therapist I will have the ability to help cure the world, one person at a time, one song at a time, using skills I'm currently garnering at the University of Louisville, and the vocal technique that I continue to hone in collegiate study. **Now my audience will not necessarily be thousands of paying theater attendees, but better yet, those that seek a healthier state of mind, body, and soul** and are willing to allow the power of music to do its work...I anticipate having a career and lifestyle that will not only afford my sons and I the ability to live well, but be fulfilling to myself and those that require the musical medical interventions that I have worked hard at and studied long to master.



Saturday - BosseMattingly Constructors management and staff man the grill at the cookout they hosted for FSH families with Marian Development Group, LLC.



Sunday - Veterinary students gave checkups to pets adopted by FSH children at the Texas Roadhouse "Pet Show".

## NEIGHBORHOOD NEWS

### MONDAY

Many of our supporters have had the joy of getting to know Keneysha Rodney during her time living at Louisville Scholar House with her girls Kennedi and Nadia. In May, she graduated magna cum laude with her bachelor of science in social work from the University of Louisville. Just days later, she began work on her master's in social work with a specialization in marriage and family therapy. Although we were sad to see her move out in August – with the help of Two Men and a Truck – we are so proud of her accomplishments and know she will always be part of the FSH family!



### TUESDAY

With the support and generosity of many in our community, our young scholars spent the summer attending numerous camps and enrichment activities, including the Horses Offering Opportunities for the Future, Inc. (HOOF) camp and the Kentucky YMCA Youth Association's Leadership Training Conference, ensuring they stayed active and engaged over the summer months. At HOOF camp, children develop self-discipline, confidence and responsibility while learning to ride and care for horses.



### WEDNESDAY

A letter to the editor by Family Scholar House participant James Peterson (with his daughter Jay'leyah) was published in *The Courier-Journal* the week of Father's Day. James shared the challenges – and rewards – of being a single African-American father raising a daughter while seeking higher education. James recently completed his associate's degree and is studying business administration at the University of Louisville. You can read his letter at [www.familyscholarhouse.org](http://www.familyscholarhouse.org), under News & Events.



### THURSDAY

In July, GE Appliances selected FSH for one of GE's Global Community Days project locations. The volunteers painted the interior of a restored mansion – the old Filson Club – that will serve as the Academic Services Center for the Downtown Scholar House campus. The building is on the National Register of Historic Places and features 12-foot ceilings and original woodwork. Thanks to their hard work, Downtown Scholar House families will soon be able to access FSH staff and support services on their campus instead of commuting to another location.



### FRIDAY

The first annual Indatus 5K Run/Walk to Benefit Family Scholar House took place in June at Iroquois Park. Indatus, a Louisville-based telecommunications firm, understands the importance of technology to 21st-century college students and has been a long-time partner of FSH. The event also supports the Family Nutrition and Wellness program to encourage healthy lifestyles for participants, their families and the community. A group of FSH residents formed a running club to support each other as they trained for the 5K!



### SATURDAY

In June, our Signature Partners – BosseMattingly Constructors and Marian Development Group, LLC – held a cookout for our families at Stoddard Johnston Scholar House. FSH residents and post-program participants were treated to a generous meal, raffle prizes, face-painting and lots of fun and games. Our families are so grateful for the continuous support and commitment of our Signature Partners!

### SUNDAY

Our friends at Texas Roadhouse hosted a "Pet Show" for FSH children in July. Because our residential families are not allowed to have pets, due to the prevalence of asthma and allergies, Texas Roadhouse provided stuffed animals for kids to adopt. At the "Pet Show," children learned to take care of their pet, participated in craft projects and got to meet Andy the Armadillo!

## LUCY AWARDS WINNERS



Jake and Cynthia Brown, Marian Development Group, LLC

### THE 2012 LUCY AWARDS GO TO...

*Corporate: Marian Development Group, LLC*

*Individual: Anne Malone*

Each year, we present an Individual and a Corporate Lucy Award, named in honor of Dr. Lucy M. Freibert, SCN, to recognize community leaders with a commitment to gender equity and post-secondary education. This year's recipients are Marian Development Group, LLC and Anne Malone.

**Marian Development Group (MDG)** is so much a part of Family Scholar House that it is hard to imagine FSH without this indispensable partner. MDG is a woman-owned business whose principals, Cynthia and Jake Brown, have been developing affordable housing since 2001. They believe in developing projects that invest in people, neighborhoods and communities. Not only has MDG been the developer for all FSH campuses, but the Browns also take time to visit with our student parents and learn about their lives and dreams for themselves and their children.

Marian Development Group's mission is to enhance the quality of life for people, through thoughtful selection and development of projects that strengthen and revitalize neighborhoods and through strong partnerships and collaborations that benefit the larger community. In all their projects – whether it's the development of one of the FSH campuses, other affordable housing projects such as the current renovation of Willow Place Apartments, or market-rate projects like the Spalding Suites that produced student housing for Spalding University – MDG's work demonstrates attention to craftsmanship and detail, clear communication from concept to completion, and diligent stewardship of

*“On behalf of everyone at BosseMattingly, it has been a great pleasure to work with Family Scholar House and Marian Development Group to provide housing and services to the Family Scholar House residents. The projects exceed expectations for basic housing, and the leadership of Marian Development Group, most specifically, Cynthia and Jake Brown, are assets to the community in many ways.”*

—Paul W. Mattingly, Vice President,  
BosseMattingly Constructors, Incorporated

every project. Marian Development Group stays involved in the projects it develops, supporting organizations like Family Scholar House and the residents that call these apartment communities their home. In fact, our participants are so used to seeing Jake and Cynthia on our campuses, at our events and at all of the celebrations for our graduates and their children, that they know them by name. In all that they do with and for FSH, they promote post-secondary education and leadership opportunities for our parent scholars. **Each project offers not only housing but also hope, and that's the value-added ingredient that makes our partnership with MDG so special.**

Most of our student parents and their children have never met **Anne Malone** in person, and yet her passion for them and their needs is one of the reasons that our youngest scholars succeed in their education. As the coordinator of Homeless and Migrant Education programs for Jefferson County Public Schools (JCPS), Anne is an advocate for children who benefit from the stability of knowing that they have an educational home and teachers that know them and care about their future. For many of our children who have experienced homelessness or unstable housing, the TLC of Anne Malone has been an important factor in keeping them in their school despite frequent moves and visits to shelters.

Each year, 9 percent of JCPS students will experience homelessness for some length of time, making it more difficult to learn and thrive. Fortunately for those students and FSH families, Anne is one of those people who see an obstacle as a challenge – and then sets about to find a way around it. She is a tireless advocate for vulnerable students and their families, making connections and referrals to other community resources to be sure that their basic needs are met. Anne is personally invested in her work, supporting and encouraging them, offering help and hope to each, and she is driven to ensure that childhood poverty and homelessness are not the sole determining factors of a student's future. **Because of Anne, our JCPS students have the opportunity to stay on track in school and, ultimately, to not only survive but also thrive.** For all that Anne does for vulnerable students throughout our community to promote education as a way to end poverty, we are proud to recognize her as our 2012 Lucy Award winner.

*“I have never met someone so willing to go to war against poverty every day. Anne loathes poverty but embraces poor families. She is a relentless faithful force that pushes all students towards achievement.”*

—Dr. Donna Hargens,  
Superintendent, JCPS



Anne Malone

## LUNCHEON SPEAKER



Carissa Phelps

### CARISSA PHELPS: RUNAWAY GIRL

By age 12, Carissa Phelps had run away from home, dropped out of school and been forced into child prostitution. Even escaping her life as a victim of human trafficking did not free her from a past of abuse, neglect, abandonment and trauma.

It was not until the door of education was opened to her, and a helping hand extended to guide her through, that Carissa was able to change the course of her life. By the time she turned 30, she had graduated *summa cum laude* with a bachelor's degree in mathematics from CSU Fresno and earned both a *Juris*

*Doctorate* from UCLA School of Law and an MBA from UCLA Anderson School of Management.

Today, Carissa Phelps is an attorney, crisis counselor, mentor and advocate for runaway and homeless youth and is the author of *Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time*, which tells the story of her own journey from teenaged runaway and victim of human trafficking to scholar, advocate and educator. She will be our guest speaker for our 2012 Annual Luncheon on Wednesday, October 24th, where we are sure she will both open eyes to the experiences of too many young people in our own community and inspire us with the power of education to change lives and communities.



## PARKLAND SCHOLAR HOUSE

*By: Jacob L. Brown, Principal,  
Marian Development Group, LLC.*

Long associated with religious rituals, timekeeping and to commemorate important events, bells have been ringing in society for thousands of years. In the past they have called us to church, called our ancestors to town for important news and events, called volunteer firefighters to fight a blaze. Bells have come to symbolize the hard fought freedoms of our country. In short, those big noise makers were integral to our lives, warning us that something big was happening and calling us to get into the action.

I was never much for school. “Strongly dislike” is the term I’ll use. I am a visual learner, so book-learning never really got my attention. Let me tear something apart and put it back together and I understand it. Let me follow a knowledgeable craftsman for a day, and I can build what he builds. I learn by doing. However, in this digital age, an education is an important part of having the skills to take something apart and put it back together again, or to have the vision and opportunity to imagine and create something new from scratch.

Schools use lots of bells...especially Catholic schools like those I grew up in. Bells to start each class, bells to end each class, bells to go to church, bells to genuflect in church (although one of my teachers thought the use of a small metal “clicker” was a more modern idea until the parish priest thought better), bells for lunch, bells for recess (that’s playground time...YAAAHH recess!). Then there was my favorite bell, the end-of-the-school-day bell. I would count it down, 2:56, 2:57, 2:58...each minute an eternity until...BRRRRRIINNGG!! YES, 3 o’clock! FREEDOM! Where’s the bus? Get me home, I have a bike to tear apart!

In October, we mark the beginning of the renovation of the original Parkland Elementary School in West Louisville (I’m still tearing things apart and putting them together again...and learning). It will start quietly, no bells will ring, only the clanking staccato of construction equipment to mark its beginnings. **But, it will end with the erection of a bell tower, replete with a chiming school bell – a small symbol of the rebirth of a building and, along with it, a neighborhood.**

It is my hope that each time this bell rings it will symbolize a feeling of FREEDOM for the single-parent families of Parkland Scholar House, similar to what I felt all those years ago with that 3 o’clock dismissal bell.

To those future parent scholars, I say: know that this FREEDOM is the freedom that comes from knowing that you are on your way to becoming an educated, productive member of the community. With an education, you can provide for your family, buy a home; you can take your learned skills and move across the country. **You can do whatever your heart and your dreams desire. That is true FREEDOM.** With the support of Family Scholar House and your community, you now have the tools to master your dreams. Pick them up. Use them. Every time you hear that bell ring, know that something big is happening...your education! The ringing bell is your call to action. Let FREEDOM ring!



Watercolor rendering by Adam Wisler, architect

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\* CONSIGNING FOR A CAUSE \*



Thank you to eyedia, design it again for hosting Beer and Brats on the Beargrass for a fifth year! Thanks to everyone who attended the event in July to donate school supplies for Pack-a-Backpack and enjoy a fun evening of shopping, live music, food and refreshments – provided

by ValuMarket, Klosterman Baking Company, Apocalypse Brew Works and BosseMattingly Constructors!

However, you don't have to wait until next summer to visit eyedia to support FSH. Through Consigning for a Cause, you can take a piece of furniture or household item you're ready to find a new home for to eyedia and tell them you want the profit you would have made from its sale donated to Family Scholar House. For more information, contact eyedia at (502) 540-4940.



Sunday-FSH young scholar, Jakob, with Andy the Armadillo at the Texas Roadhouse "Pet Show".

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Family Scholar House receives funding from Louisville Metro Government.



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## COOKING WITH CHEF NANCY

### GRAHAM CRACKER YUMMIES

After the school day is finished, sometimes kids need a nutritious snack before tackling homework. Chef Nancy Russman regularly takes time to teach our families how to prepare tasty, healthy, kid-friendly meals and snacks—like this one. We hope your family enjoys making this recipe together for a wholesome, easy snack!

### INGREDIENTS

- Low-fat cinnamon or honey graham crackers
- Peanut butter
- Mandarin oranges (small can, drained)
- Ground cinnamon

1. Spread peanut butter on the graham cracker.
2. Put some mandarin oranges on top.
3. Sprinkle a little cinnamon on top

Russman, Nancy. "Brain Food." Chef Nancy's Kid's Club Cookbook. Louisville, KY: Butler Books, 2009. Print.

## MISSION STATEMENT

*To end the cycle of poverty  
by giving single-parent families  
the support they need to earn  
a four-year college degree.*

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