

emPower

A FAMILY SCHOLAR HOUSE MAGAZINE

CHANGING LIVES, FAMILIES & COMMUNITIES THROUGH EDUCATION



FAMILY SCHOLAR
HOUSE





PRESIDENT'S PERSPECTIVE

"Believe me, the reward is not so great without the struggle."

—Wilma Rudolph, track and field champion and women's rights pioneer

On a daily basis, I have the privilege of speaking with Family Scholar House student parents. In almost every interaction, the main message is one of gratitude. Even when needs are on-going, domestic violence issues are still a concern and hope is flickering, our parent scholars consistently thank us and ask for ways to share their gratitude with you, the supporters of our special families.

My heart swells with pride for our students as they succeed in the classroom, the workplace and life. Their sincere gratitude is a further source of appreciation and pride for who these wonderful participants are and who they are becoming as they live into their full potential.

The other feeling that I have is not about our students, but about myself. When I look in the mirror and reflect on my life, I am keenly aware of all the many blessings and opportunities that I have taken for granted.

My parents told me from the cradle that I was going to college. My choice was about which one to attend. And, in that, my parents paid for my education and all of the extracurricular activities that caught my attention. I worked a little for spending money when I was in college. I did not work to put a roof over my children's heads and food in their tummies. I am aware of so many things and situations that I simply accepted believing that I was entitled to them without needing to earn these opportunities. Shame on me! And if we are honest, many of us take big and little things for granted every day.

Our student parents and their children recognize the empowerment that comes from education. They understand how special the opportunity is to focus on their education in an environment designed to promote their success. And, they are sincerely grateful and humbled by the support of others—known and unknown—who care about their success and pray for their well-being.

Wilma Rudolph's words show that she understood the difference in the rewards of those things that come easily and those for which we dream, plan and persevere to reach our goals. Our families know that one of the extra benefits that comes with this understanding is the joy of expressing appreciation.

As we begin 2013 and make resolutions for how we will be better, do better, do more and achieve our goals, I ask you to join me in adopting an attitude of gratitude for the many things that we so often take for granted. Further, I hope you will join me in praying for our scholars of all ages as they embrace the educational opportunity we offer—and do so with thanksgiving.

Please also consider assisting our parent scholars and their children by becoming a Friend for Families or a Champion for Families. Your support is greatly appreciated by Family Scholar House and, especially, by our families.

Cathe Dykstra
Chief Possibility Officer
President & CEO

AROUND TOWN

SAVE THE DATE GRADUATION CELEBRATION TUESDAY, MAY 21

Please plan to join FSH staff, board members and supporters as we honor and celebrate our participants who are graduating from college and the children of participants who are graduating from high school. We anticipate a record number of graduates in the Family Scholar House Class of 2013!

INDATUS 5K TO BENEFIT FAMILY SCHOLAR HOUSE SATURDAY, JUNE 29

Start training for the 2nd Annual FSH 5K! Watch our website and Facebook page for registration information.

Cover Photo: FSH parent scholar Jessica Hensley and her daughter, Jade (age 3). Jessica participated in the AT&T/Junior Achievement Worldwide Job Shadow Initiative and has since acted as an ambassador to encourage other young people and businesses to participate in job shadowing. She recently earned an Associate of Science degree in Criminal Justice from Jefferson Community and Technical College.

Photograph by Shelby Lawson



Photograph by Bill Sheets

In the fall, we broke ground on the Parkland Scholar House campus. Located in the heart of the Parkland neighborhood in western Louisville, the historic Parkland School, built in 1891, will become home for 48 families in the Family Scholar House residential program and home to programs to benefit the neighborhood. The campus will open in Summer 2013.

MARCH

SUSHI IN THE CITY TUESDAY, MARCH 5 6:00 P.M.

The sixth annual Sushi in the City will be held on March 5th at 6:00 p.m. at the Henry Clay. This year there will be a new twist on this popular event—signature Louisville chefs will present their creative interpretations of sushi! Once again, the event is sponsored by Brown-Forman and will feature Little Black Dress Vodka, so get your LBD ready! The evening will also feature a silent auction and the opportunity to mingle with local celebrities, young professionals and other FSH supporters. Reservations are \$50 in advance. Space is limited, so make your reservation by contacting Stacey Page at (502) 584-8090 or spage@familyscholarhouse.org.

MARCH

EASTER EGG HUNT SATURDAY, MARCH 23 10:00 A.M.

On Saturday, March 23rd, FSH will host our annual Easter Egg Hunt for our children. This fun event will take place at 10:00 a.m. at our Stoddard Johnston Scholar House campus. If you are interested in volunteering, please contact Julie Richardson Brown at (502) 584-8090 or jbrown@familyscholarhouse.org. We will also be collecting plastic Easter eggs and candy in preparation for the day. Please check Facebook for other ways to help out!

APRIL

MOTHER'S DAY SUNDAY, MAY 12

With Mother's Day right around the corner, be on the lookout for opportunities to support our hard-working moms on our website, on Facebook and in the mail! Also, keep in mind that FSH is a member of the Nanz and Kraft Florists Helping Hands fundraiser. You can choose to have \$2 donated to FSH for each flower or gift order you place.

SCHOOL LESSONS

AGAINST ALL ODDS

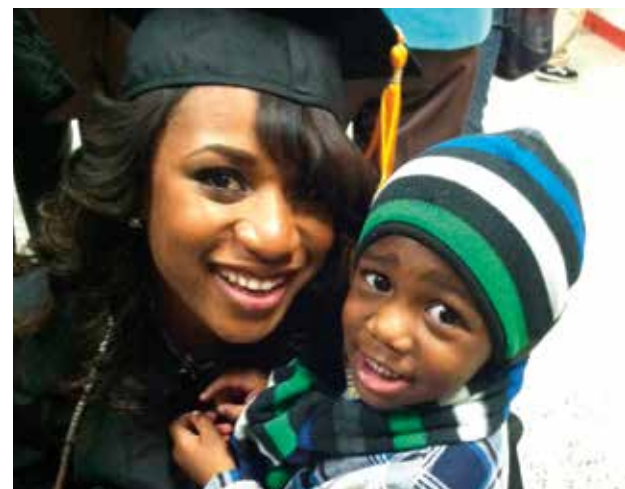
By Julie Richardson Brown

Maria Patterson moved onto the Louisville Scholar House campus in April of 2011, along with her two sons, Deveric (now 12) and Bryson (now 3). Like every new Family Scholar House participant, she brought with her a past. And while that past had gotten her to where she was in life, she was determined to push beyond it and rise above it into something new for herself and her sons.

Maria is well known by FSH staff and in the Louisville community—she's made herself known with an infectious, hopeful spirit, a willingness to work hard and persevere, and a smile that lights up wherever she happens to be.

She is a member of the FSH Speakers Bureau and, in that capacity, serves as a wonderful advocate for the program and its families. She's also Vice President of Cards for Freedom, a University of Louisville student organization dedicated to fighting human trafficking. And, she's a licensed minister in her faith community, Kingdom Fellowship.

A few weeks ago, Maria made an important decision. Set to graduate with a degree in Criminal Justice Administration in December 2012, Maria made an appointment with her advisor to go over her graduation checklist. That's when Maria's advisor realized that Maria only lacked one required and two elective classes to also receive a degree in Communication.



Maria and Bryson at UofL's December 2012 commencement ceremony.



Maria with Bryson (age 3) and Deveric (age 12).

As a result, Maria walked in December, but with her degree left open, and she'll take the classes she needs this spring. When all is said and done, this full-time college student and full-time single mother of two will graduate from UofL with a dual degree (in just five years!).

And then she'll head straight to grad school (her heart is set on Emory University in Atlanta) for another dual degree—a Master of Divinity and a J.D.

Ask Maria what's next, and she'll tell you that her plans include being a published author ("Against All Odds" is the name of the memoir she wants to write), a lawyer ("And maybe a judge!" she adds, grinning), a motivational speaker and a homeowner. She wants her sons to be young men who set goals and then achieve them and who know that they can be whoever and whatever they want in this life.

"They WILL be educated!" she declares.

And if you ask Maria what she'd offer to single parent scholars just beginning their journey at Family Scholar House, she says this: "Don't give up. Stay focused. This program, it builds you up. So let it do that!"

Maria is a shining example of everything that Family Scholar House is about—and while we're very proud of her, we're also inspired by her, and all the others like her who trust FSH with their lives, so that we might all be better at living this life.



Cathe Dykstra joins Maria to celebrate her graduation.

ANNUAL LUNCHEON

ANNUAL LUNCHEON

By Tim Lawson



Carissa Phelps
Photograph by
Bill Sheets

On October 24, 2012, Family Scholar House hosted its fifteenth Annual Luncheon at the Galt House, which, under the leadership of Chair Kelly Kowalczyk, was another huge success, with over 900 in attendance—the largest to date!

The Annual Luncheon is an opportunity for FSH to demonstrate gratitude for sponsors and supporters, including awarding the 2012 Lucy Awards to Marian Development Group, LLC and Anne Malone. It is also an opportunity

for the community to form a personal connection with our families. This year, we were honored to have Congressman John Yarmuth present the Eugenia Ford Powers Education Award to three of our parent scholars, and sponsors were once again invited to host a participant at their tables to hear directly from them on the impact of FSH on their lives.

The highlight of day was our keynote speaker: author, attorney, crisis counselor and mentor Carissa Phelps. Each year, we strive to present a speaker with a compelling and inspirational story that will give hope to all attendees, and this year was no exception.

Last summer, Carissa released a memoir called "Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time," recounting her "juvy-to-justice" story where she found mentors in her life who helped her achieve her goals through education and perseverance.

Carissa's story, while shockingly common, is a study in determination, self-reliance and the value of education. At the age of 12, she was abandoned, kidnapped, raped, beaten and subjected to physical and mental abuse. Forced prostitution, rehab and attempts and failures to return to school followed.

After finally being diverted to an alternative juvenile detention program where Carissa was forced to attend school and rehab, she discovered her way out: education. She was able to graduate high school on time, enroll in California State University, where she earned her Bachelor of Science in mathematics, and then later taught high school math and worked as social advocate. In 2007, she earned both a J.D. and an M.B.A from UCLA.

Armed with a solid education and ambitious to make a difference in the lives of others, she realized she could use her own story to help others who, like herself when she was young, had no voice. She became the founder and CEO of Runaway Girl, FPC,



Cathe Dykstra, Carissa Phelps and FSH participant Maria Patterson, who introduced Carissa at the luncheon.

providing employment and career development opportunities for runaways, former runaways and survivors of human trafficking.

Carissa shared her story with the attendees, her life on the streets and her eventual escape from a life that consumes so many others. But she also reminded us that breaking the cycle of poverty, violence and exploitation, while requiring tremendously hard work and determination on her part, would not have been possible without the support of others, including Ron, her teacher and mentor. She called for more of us to be those "helping hands" that will make a difference in the lives of others, and she spoke movingly of the power of Family Scholar House to be the "hand up" that single-parent families need to achieve self-sufficiency.

We expect to see Carissa in Louisville again as she pursues her goal of building a network of programs and opportunities that would help others who are walking in the same shoes she once wore. A self-professed "geek," Carissa is eager to share not just the story of what she has overcome, but also her many gifts and talents she has discovered along the way, including finances and strategic business planning.



Following the Luncheon, Carissa Phelps signed copies of her book, "Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time," for attendees.

SAVE THE DATE

Mark your calendars for the sixteenth Annual Luncheon to be held on Tuesday, October 22, 2013! For information on sponsorship opportunities, please contact Stephanie Rowe at (502) 813-3086 or srowe@familyscholarhouse.org.



Saturday - FSH children, Jakob and Zion (both age 3), at the Fall Festival.

Photograph by Jeannine Richardson



Sunday - FSH participant Gadira Blakely shows off her house key after closing on her first home.

NEIGHBORHOOD NEWS

MONDAY

Thank you to everyone who so generously adopted one of our families for the holidays in 2012! More families were adopted than any previous year, including Louisville Scholar House resident and JCTC health information technology major Sakinah Card (seen here picking up presents donated for her and her children). Another big “thank you” to Barry Wooley of Barry Wooley Designs who donated his company’s time and talent to decorate the Louisville Scholar House Christmas tree, bringing holiday spirit to campus!



TUESDAY

In December, Kentucky First Lady Jane Beshear’s mission to promote literacy among young people across the Commonwealth brought her and Madeline Abramson to Family Scholar House. Mrs. Beshear is a Scholastic Reading Ambassador, and to thank her for her commitment and service, Scholastic donated 300 Pre-K–7th grade appropriate books to FSH. Following a tour of the Louisville Scholar House campus, Mrs. Beshear read a story to children of FSH participants and a class from the Early Learning Campus.



WEDNESDAY

In December, Cathe visited Washington, D.C., to participate in the White House working meeting for Kentucky leaders regarding the “fiscal cliff” negotiations. Cathe was invited to engage in a discussion with Obama Administration officials and a select group of Kentucky business and community leaders on the impact of fiscal policy on our community, which will be part of an on-going dialogue on the issues important to the Commonwealth. Before getting down to business, participants were invited to take a tour of the White House, decorated for the holiday season.



THURSDAY

To celebrate College Application Month in Kentucky and promote the importance of higher education, in November FSH kicked-off our Chi Beta, or College Bound, initiative to encourage all young scholars to begin planning early to attend college. Through Chi Beta, FSH creates a diaper-to-diploma college-going culture, which is essential to our mission, and introduces children to the college experience through visits, information and special events. At the event, FSH young scholars wore college t-shirts collected through the Kentucky House of Representatives’ “Little Scholars” contest. Attendees were also treated to a step performance inspired by being “college-bound” by FSH children.



FRIDAY

In October, several of FSH’s student parents took time out of their weekend to lend a hand at the Parkland Neighborhood Clean-up. Even though the new campus will not be completed until Summer 2013, FSH is already active in the Parkland community at events such as the clean-up and our outreach site at St. George Community Center. When the campus opens, the community will benefit from the community kitchen, dining room and food pantry, and neighbors will be able to apply for housing, receive educational services, participate in workforce development and computer training, and receive assistance through resumé workshops and employment fairs.



SATURDAY

The first annual all-campus Fall Festival was held at the Stoddard Johnston Scholar House campus this year, with all FSH residents and their children invited to participate. The event featured a Mad Scientist, face painting, a cupcake walk and plenty of candy! Our thanks to the FSH Spirit Team for making this event happen!

SUNDAY

In December, Gadira Blakely, mother of two, nursing student at Bellarmine University and nurse at Norton Audubon Hospital, closed on her first house! With the help of FSH’s homeownership program, Gadira is now one of 13 FSH parent scholars who have bought a home or are currently in the process of purchasing their first home.

VOLUNTEER SPOTLIGHT



Jesse Riendeau with her Money Matters students at the Early Learning Campus. Children made jars for saving, spending and sharing.

JESSE RIENDEAU

At Family Scholar House, we do not see volunteerism as a one-way transaction – we hope to make each volunteer experience not only an opportunity to make a real difference in the lives of our families, but also an opportunity for the personal growth of the volunteer. We do this by working closely with each volunteer to match them with an event or project that meets their needs and interests.

We are very proud to be part of the personal journey of one of our dedicated volunteers, Assumption High School senior Jesse Riendeau, who recently earned her Girl Scout Gold Award, the highest achievement within the Girl Scouts of the USA. Jesse and her parents have long been part of the FSH family – her mom, Judy, as a volunteer and her father, Brian, as President and CEO of Dare to Care Food Bank, an important community service partner.

To earn the Gold Award, young women leaders must plan and implement a service project that reaches beyond the Girl Scout organization and provides lasting benefit to the larger community. Jesse chose to complete a project in support our Children of Change program, which helps prepare FSH children as young as 3 for change – change in their lives, change in their communities, change through education, change through new opportunities and change in their savings banks that lead to their personal growth and asset development.

Our children's programs, such as Children for Change, are integral to our holistic approach of serving families and preparing children for success in education and in life. Jesse's project – Money Matters – aims to teach children ages 3 to 5 about units of money, the value of familiar items, when to spend, save and share, and the differences between needed and wanted items. Jesse developed the curriculum, taught classes at FSH and the Early Learning Campus and created materials to guide parents in reinforcing these important lessons in the home.

We are so grateful for Jesse's lasting contribution to our youngest scholars, not only to those who had the pleasure of participating in one of her workshops, but also those who will benefit from the program materials she created that will allow parents and future volunteers to replicate her Money Matters program. These children will be more prepared to reach their full potential, explore their interests and realize opportunities to be contributing citizens of our community.

If you are interested in joining our volunteer team, please contact our Community Integration Coordinator, Julie Richardson Brown, at (502) 584-8090 or jbrown@familyscholarhouse.org.

DONATE

MAKE A DONATION

At Family Scholar House we know that if you can see it, you can be it! When our children pretend, they imagine themselves as the professionals they aspire to be – doctors, nurses, teachers, lawyers, social workers, financial planners and engineers. They do so because their parents are modeling a commitment to educational success to show them the way.

You can become a partner in our families' success by becoming:

- A **Champion for Families** by donating \$199.58 per month to provide the funding needed to support an FSH residential family.
- An **Advocate for Families** by donating \$88.76 per month to provide the funding needed for programs that promote health, wellness, self-esteem and family bonding.
- A **Friend for Families** by donating \$29.04 per month to provide the funding needed to support an FSH pre-residential family, receiving assistance while waiting for stable housing.



FSH participant Ruth with her son Emanuel (age 2) at Halloween party for FSH families hosted by University of Louisville President Dr. James Ramsey and his wife Jane. Photograph by Gregg T. Cobb, Ed.D.

To sign up, visit our website at www.FamilyScholarHouse.org or call (502) 813-3086. Your tax-deductible investments make it possible for us to end the cycle of poverty for low-income families and promote self-sufficiency for generations to come. Together we are changing lives, families and communities through education.

CONSIGNING FOR A CAUSE



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.



In lieu of presents for their 4th birthdays, Reese Hamilton (right), daughter of Nikki and Joe Hamilton, and her friends Booker and Rylan, requested that their friends and family bring toys to be donated to FSH children.

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COOKING WITH CHEF NANCY

INSIDE-OUT WRAPS

Although it can be difficult to find fresh fruits and vegetables during the cold winter months, lettuces can be found year-round. This recipe from Chef Nancy can be a hearty snack or a substitute for a traditional sandwich at lunch.

INGREDIENTS

- 1 piece of leaf lettuce
- Sliced turkey
- Low-fat ranch dressing

 1. Lay lettuce leaf flat.
 2. Put turkey on the lettuce leaf.
 3. Squeeze some of the low-fat ranch dressing on the turkey.
 4. Roll up the lettuce leaf.
 5. Take a bite and laugh at your silly sandwich!

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

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