

# emPower

A FAMILY SCHOLAR HOUSE MAGAZINE



FAMILY SCHOLAR  
HOUSE

CHANGING LIVES, FAMILIES & COMMUNITIES THROUGH EDUCATION





## PRESIDENT'S PERSPECTIVE

**Do you remember your favorite children's book? Or, the book your children or grandchildren loved so much that you read it to them over and over?**

While I have only vague memories of the earliest books read to me, my memories are very clear about the books that my daughter, Emma, most enjoyed as a child. As is usually the case with children, **there was one book that we read daily, repeatedly and what felt like incessantly.** It was not a Caldecott Award winner and, is unlikely to be a bestseller on any library shelves. As a Golden Tell-A-Tale book, it is most likely that it was an impulse purchase at the grocery store – something chosen to quiet and entertain a young Emma while Mom shopped. I am not sure how it came to belong to us, but belong to us it did.

It was a silly little tale, really. And yet, it is a memorable one. **Stuck in the Tub!** by Marguerite Van Hulst is the story of an elephant that loves baths and finds himself literally stuck in the tub. His friends - a chicken, a dog and a cat - come to his aid and, as is usually the case in children's literature, a happy ending ensues.

So here is the basic summary: The animals take turns enjoying a luxurious bath. After the chicken, dog and cat have all bathed in the brand new bathtub (yes, I know how hard it is to imagine a cat enjoying a bath), it is the elephant's turn. And, he quickly goes from enjoying his bath to being stuck in the tub. His friends struggle to free him with no success and then determine that the best way to get their elephant friend out of the tub is to motivate him to free himself. With a bag of peanuts just out of reach, the elephant works diligently to free himself, and when he does, everyone joins in the celebration. Finally, the elephant makes a promise to take showers from then on.

What I remember most is how involved Emma became in the story. After several days of reading and re-reading the story, Emma could use the pictures to recite the story from memory. She giggled over the animals all being so excited about their baths. She became very concerned when the elephant got stuck. She cheered when the friends pitched in to help. And, she seemed very pleased when it was the elephant who actually freed himself by being motivated enough to wiggle his way loose.

There is more than one moral to this story, besides the obvious – anything that encourages baths is good.

It is good to help your friends when they're stuck.

Having the motivation to change your circumstances matters.

Successfully freeing yourself from a bad situation feels great.

Learning from your experiences is a great way to avoid repeating them.

**Children's literature has a way of teaching without lecturing and instilling lessons in ways that encourage children to repeat them until they are internalized.** For these reasons, we as parents often wish to use the books we have grown to love in order to pass on meaningful messages to our own children.

In this issue of *EmPower*, we have published the winning essays submitted for the 2013 Eugenia Ford Powers Education Award. Our parent scholars' were asked to respond to the following question:

**What lesson from your favorite children's book would you like to teach your child(ren) and why?**

While the books may be familiar, I believe reading their essays will give new understanding of their messages, but you will certainly **identify with the values that matter to our student parents** and their desire to pass them on to their children.

P.S. If all of this talk about children's books has reminded you of your favorite story from your youth, **we would love for you to be a guest reader at Toddler Book Club** so that you may share the story you love with our children. And, if you have any gently used children's books to spare, our young readers would be very grateful to you for sharing them.

Cathe Dykstra  
Chief Possibility Officer  
President & CEO

For information regarding the Annual Luncheon or adopting a family this holiday season, please contact Stephanie Rowe at (502) 813-3086 or [srowe@familyscholarhouse.org](mailto:srowe@familyscholarhouse.org).



On August 7th, Family Scholar House Board of Directors, participants and staff celebrated the grand opening of our fourth campus, Parkland Scholar House, with Mayor Greg Fischer, Councilwoman Attica Scott, Darrell Griffith and many community partners.

Photograph courtesy of Louisville Metro Government.

## AROUND TOWN

### OCTOBER

#### SIXTEENTH ANNUAL LUNCHEON

*TUESDAY, OCTOBER 22  
LOUISVILLE MARRIOTT  
DOWNTOWN*

*11:30 A.M. - 1:00 P.M.*

Please join the Board of Directors, staff, participants and supporters of Family Scholar House for our Annual Luncheon on October 22nd, featuring guest speaker Deborah Phelps, teacher, school administrator and mother of three children – including Olympic swimmer Michael Phelps – and grandmother of two. She is the Director of the Education Foundation of the Baltimore County (Maryland) Public Schools and author of *A Mother for All Seasons*. A limited number of tickets will be on sale at the Luncheon for a very special happy hour event hosted by Silver Spoon II at the Kentucky Derby Museum this fall!

#### REVERSE TRICK-OR-TREATING

*THURSDAY, OCTOBER 31*

Halloween is always a fun and exciting day on a Family Scholar House campus, with kids in their carefully chosen costumes and Reverse Trick-or-Treating. To ensure the safety of all our families, we bring the treats to them! If you would like more information about volunteering for Reverse Trick-or-Treating or have new or gently-used children's costumes or candy you'd like to donate, please contact Kate Brackett at (502) 584-8090 or [kbrackett@familyscholarhouse.org](mailto:kbrackett@familyscholarhouse.org).

### 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.



Cover photo: Mayor Greg Fischer with Kandice Webster and her 6 month-old son Christian at the grand opening of the Parkland Scholar House campus, August 7, 2013.

Photograph courtesy of Louisville Metro Government.

## SCHOOL LESSONS

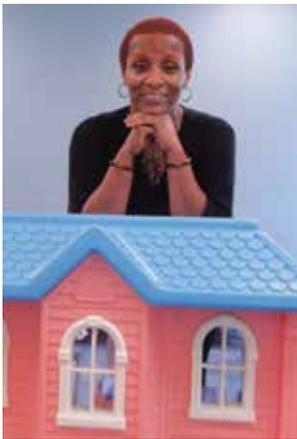
### POWERS ESSAY WINNERS

Although she had not attended college, Eugenia Ford Powers ensured each of her eight children graduated. Then, at age 66 – 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.

Before she passed, she asked 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 three winning Powers Essays written by Family Scholar House student parents. This year's topic was: What lesson from your favorite children's book would you like to teach your child(ren) and why?

#### FELICIA DIXON



The lessons that I will teach my children come from my favorite childhood book entitled, *The Three Little Pigs*. As a child I didn't quite understand the meaning of this fable; however as I got older and had children of my own, this childhood fable would teach me lessons that I would come to utilize in my adult life and truly as a parent. These lessons include patience, persistence, hard work,

perseverance, trust and unconditional love.

As a full time mother and college student these characteristics are essential to me completing my goal of obtaining my college degree in not only Theology but also Theatre Arts. I often remind my children of how you have to be patient in completing your goals, but persistent as well. Not just starting a project, but completing it successfully. Unlike the first two little pigs, who were a bit lazy and just put something together very quickly because they did not want to work hard, I encourage my children to be wise in their building, because when they build wisely and persevere even when things get tough (like a big bad wolf knocking at your door), that persistence will result in the stability and longevity of whatever project they set out to do. And if they continue on in faith,

and believe in their dreams, then they can trust in their efforts to be able to do anything they desire in this world.

I also let them know how important it is to help out your fellow man. Unlike the first two little pigs who never offered to help the third little pig build his brick house, I encourage my children to give back to their community through volunteer work and just good old fashioned neighborly love. And like the third little pig, though the first two didn't help him, he still offered unconditional love for them, by allowing them to come live with him after the wolf blew their houses down. *The Three Little Pigs* imparts these life lessons that have become the foundation on which my family strives and thrives.

#### AUDREY JONES



Growing up, I fell in love with the book *Oh, The Places You'll Go* by Dr. Seuss. As a child, I simply thought the book was about going from one place to another, but as an adult, I see that the story has a deeper meaning than my young mind could see. Since the main theme I interpreted out of this book was about choices, I decided to write

this letter to my daughter to read whenever she felt like she needed some guidance.

Dear Torrian,

Whether it is a good or bad choice, life will take you places that you never knew you could go. Although there will be lots of choices you will have to make, understand that you being the one to make the choice is a bigger job than actually making the choice. No one can choose your destiny but you. Most of the time, they will be choices that you don't want to make, but in the end, you will make the best choice for you.

There will be times when you make bad choices, and trust me when I say, they are easy to make. It's not easy getting yourself out of those decisions. Those decisions might hurt you so much that they also hurt the ones you love or those that love you. Most of the time when you make bad choices, you have to wait for others to help you fix whatever you

messed up. You will have to do whatever it takes to make things right since you made that choice.

It frightens me to say, but sometimes others won't want to help you. There will be plenty of times when you end up alone. Being alone can be scary. It will make you think that the world has given up on you and that no one loves or cares about you anymore. There will be times when people will talk about you or even say bad things about you that may or may not be true. They might make the good things you say about others sound bad and the bad things you say sound worse than what you originally said. Being alone can also be a good thing. It can help you think clearly, help you plan your future, or even relax when you're feeling crazy.

Being the great and wise person I know you are, you will do excellent. You will go to many great places. You will eventually have people singing your praises. You will be greater than I already know you can be. Bad things will happen, but you will use those horrible experiences as a stepping stone, not a weight blanket. As you continue this journey called life, just remember, whether it is a good or bad choice, life will take you places that you never knew you could go.

Love Always,

Mommy

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## KARLY STINNETT



The Giving Tree has been a pivotal book from my childhood, and therefore, I have made it a part of my son's life since he was born. When I read the book as a child I found comfort and love in the pages, where I was unable to find it in my environment. I was 9 years old and needing an escape from the torture of my sisters, the absence of my over-worked single-mother,

and the clutter of the home. I found a weeping willow tree at this small neighborhood park one street over. I would pack some snacks, books, paper, crayons, and music; and then I would venture off to my "Giving Tree". I would spend what seemed to be hours (but probably an hour in reality) there practicing my reading, writing, and art. Through the book, *The Giving Tree*, I learned how to cope with my

environment and to develop skills of self-expression to have an outlet for emotions I was unable to verbalize as a child.

Now reading it as an adult I see many great lessons about love and compassion. At the age of 3 my son picked out his own "Giving Tree". Every season I make sure to drive by the tree, and we go and "check on it". I am hoping to be instilling a sense of compassion, ownership, and love for nature and our environment. He likes the idea from the book that tree's might have feelings.

I also use the book to explain to him what unconditional love is - that the love the tree had for the boy was so strong that even after years and years, and even though the boy left the tree to grow up, the tree never lost love for the boy and was there for him to help him as he grew. My son immediately picked up on the fact that that is like the love a mother or father has for their child. I think it's important for children to know and feel secure in their parents' love for them. My hope is that he will be brave and venture off and grow up confidently knowing he will always have my love and support wherever he goes. Which I also tie in with his understanding that we all need help sometimes, and we have to be willing to extend out our hand and help others, even if it doesn't help us. One day we will need the help and kind gestures of others, so we must be just as willing to extend ourselves as well. This book has a huge role in my raising of my son. I love seeing him find love and excitement for the book as I did.

**SAVE THE DATE**  
Thursday, March 6, 2014 – The Henry Clay  
Family Scholar House is very pleased to announce a new spring fundraising event – Wine, Women & Shoes! This exclusive event features wine tastings (and bourbon!), auctions, fashion show and a shopping marketplace. Grab your girlfriends, and get a head start on your Derby outfit shopping!



FSH participant Courtney Rasche and her 2 year-old daughter Annabelle at the the finish line of the Indatus 5K.

## NEIGHBORHOOD NEWS

### MONDAY

As the date of their move-in to Parkland Scholar House grew near, artist Judy Riendeau helped participants bring out their creativity to express their hopes for their new homes. Over several sessions participants, including Kelli Curry-Petty, designed and glazed plates that will be among the first decorations for their apartments.



### TUESDAY

This summer, FSH launched a new financial education program for our teenaged children of participants with the support of a grant from National Equity Fund – Serve, Earn and Learn. Participating youth are able to earn money by doing community service. Using a pre-paid debit card, we are able to track and examine spending habits with the youth. This has served as a valuable experience for our teenage scholars, an opportunity to practice responsible spending and saving as they prepare to one day finance their own post-secondary education.



### WEDNESDAY

In June, The Stone Soup Project hosted a community dinner at Louisville Scholar House. Volunteers and FSH families gathered together to cook a meal using local foods. Our families valued the opportunity to learn to cook a meal made of fresh ingredients acquired from a farmers' market that same day.





Thanks to the support of donors throughout Louisville, Family Scholar House's student parents and young scholars had the backpacks and school supplies needed to return to the classroom in August.

## THURSDAY

In honor of Flag Day, the Woodmen of America Insurance Group donated and installed a new flagpole at our Stoddard Johnston Scholar House campus. WOA representative Tommy Wheatley, State Representative Dennis Horlander and Gail Linvail of the St. Joseph Neighborhood Association joined with FSH participants and staff to dedicate the new flag and flagpole.



## FRIDAY

FSH resident Megan Geary and her son Brayden at the Graduation Cook-Out hosted by our Signature Partners, Marian Development Group and BosseMattingly Constructors. The annual event brings the entire FSH family together – participants and graduates, staff and Board members, and our sponsors – to celebrate the achievements of our graduating student parents and the beginning of summer.



## SATURDAY

The Second Annual Indatus 5K Run/Walk to Benefit Family Scholar House took place in June at Iroquois Park. This family-friendly event supports our Family Nutrition and Wellness Program and was the first 5K in which many of our participants and their children have participated.

## SUNDAY

To ensure our students of all ages are ready for the start of the new school year, each August FSH collects school supplies for our Pack-a-Backpack school supply drive. This year, our friends at ARG Financial Group, First Capital Bank of Kentucky and Morgan & Pottinger served as collection sites around town, and before the first day of class our student parents and young scholars pack their backpacks with all necessary items from their schools supply lists.

## LUCY AWARD WINNERS

### THE 2013 LUCY AWARDS

Each year, we present a Corporate and an Individual 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 O'Shea's Family of Pubs and Martha Neal Cooke.



#### Corporate: O'Shea's Family of Pubs

Nominated By: Dr. V. Faye Jones, MD, Board Member

Few things bring as much joy to a child as Santa and his helpers arriving at his or her door with a brand new bike. Through their Bikes for Kids Program, the team at O'Shea's Family of Pubs has made this moment happen for all our residential children. Not only do they bring magic to the holiday season, they are helping our children – most of whom never had a safe place to ride a bike before coming to Family Scholar House – develop active lifestyles, directly supporting our Healthy Me! Family Nutrition and Wellness program, which increases information, access and support systems for healthy living among the families we serve.

Throughout the year, however, the O'Shea's family is actively involved with Family Scholar House and other community organizations, supporting them both financially and with hours of community service. The O'Shea's Family of Pubs is truly an asset to Family Scholar House and our Louisville community.



#### Individual: Martha Neal Cooke

Nominated By: David Brennan, Board Member

Martha Neal's commitment to education has had many incarnations – including as an educator and local bookstore owner. Currently, she is the co-owner of eyedia, design it again consignment store, a member of Family Scholar House's Board of Trustees and, most importantly to her, a mother and grandmother, and she approaches each of her roles with creativity, compassion for others and an appreciation for lifelong learning.

Six years ago, Martha Neal looked for an innovative way to support Family Scholar House, and eyedia's signature event, Beer and Brats on the Beargrass, was conceived. The event not only supports the Pack-a-Backpack school supply drive, it communicates and engages the community in Family Scholar House's mission of changing lives, families and communities through education. For her passion, ingenuity and advocacy, Martha Neal is much deserving of the 2013 Lucy Award.

## VISION LOUISVILLE

Earlier this year, Cathe Dykstra was asked to lead Vision Louisville's Living Focus Team. The purpose of VL is to have a community-wide conversation about our community's future and our vision, individually and collectively, for Louisville. The questions center around how we want Louisville to look feel and flow in 2040. Over the summer, Cathe's Living Focus Team reached out to Louisvillians of all ages to identify ways to enhance Louisville's housing, neighborhoods and districts, with an emphasis on quality of place – including the children and youth of Family Scholar House.

Dozens of kids were asked complete the following sentences:

- My favorite thing to do in my neighborhood is:
- I wish my neighborhood had:
- In the future, I want the place I live to have:
- Draw your idea of your future home or neighborhood:  
(with space to draw)
- My favorite ice cream is:

The team received some extraordinarily creative responses, so we thought we'd share some of them.

My favorite thing to do in my neighborhood is...

- Ride my bike. (Adia, age 9 ½)
- Pick up trash. (Nevaeh, age 7)
- Play duck duck goose. (Rleigh, age 6)
- Play hopscotch and basketball. (Neil, age 7)

I wish my neighborhood had...

- An indoor swimming pool with snack stand. (Matai, age 10)
- A water park with free admission and a gold mine. (Melchi, age 12)
- A library, school and football stadium. (Coryon, age 7)
- Fairies and bean stalks. (Ella, age 4)

In the future, I want the place I live to have...

- Speed bumps and nice neighbors. (Chondani, age 10)
- Slides, bean stalks, trees and parks. (Ella, age 4)
- A big table for my family. (Arianna, age 7)
- Gated community so certain people can come in. (Tarryn, age 11)

# PARKLAND SCHOLAR HOUSE MOVE-IN



On August 10th, the first of 48 families began moving into Parkland Scholar House with the assistance of some pretty great helpers – Mayor Greg Fischer, Councilwoman Attica Scott, Louisville Metro Police Department 2nd Division Commander Major Bill Kristofeck and several of his officers were on hand to carry a few boxes and welcome our families.

Draw your idea of your future home or neighborhood...

My favorite ice cream is...

- Rainbow sherbet. (Amari, age 10)
- Sponge Bob. (Katie, age 5)
- White ice cream with sprinkles and strawberry. (Leondrick, age 3)
- Coffee ice cream. (Raleigh, age 6)

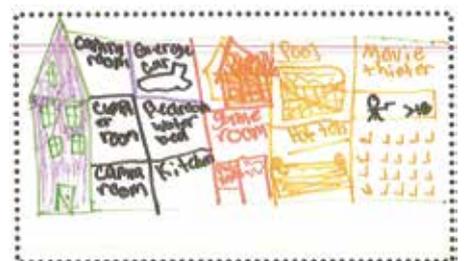
## DRAW YOUR IDEAS OF YOUR FUTURE HOUSE OR NEIGHBORHOOD:



Ella, Age 4



Talayeh, Age 9



Chonadani, Age 10

# OUR THANKS

## INTRODUCING OUR PARTNERS

### SIGNATURE PARTNERS



### PREMIER PARTNERS



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**COOKING WITH CHEF NANCY**

**NAUGHTY BARS**

**Ingredients:**

- 2 tablespoons of peanut butter
- 1/3 cut of cereal that is high in vitamins
- 2 tablespoons of chocolate chips
- 1 tablespoon of honey
- 1 tablespoon of powdered milk (optional)

**DIRECTIONS**

1. Put all of your ingredients into a bowl and mix with your hands.
2. Make a ball the size of your fist with the ingredients.
3. Shape your peanut butter ball into a bar.
4. Put your naughty bar into the refrigerator.
5. Wash your hands.
6. When your naughty bar gets hard, eat it up!

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

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

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