



FRYSCKY BUSINESS

The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.

Bridging Barriers and Changing Lives Since 1991

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We All Bring Something to the Table

by Michael Flynn, President, FRYSCKy, Inc.

Irvine (KY) • Summer is here. Even if you happened to miss the increase in temperatures and sounds of children playing in the local parks and pools, none of us can help, but notice the distinct sounds or lack thereof in our schools hallways. Summer programs are going on and people still move about the halls. However, summer break just brings a different tone to our hallways that is nothing like the hustle and bustle of all our students moving about at once.

For many it is a time for cleaning out spider webs some literal and some figurative. We use the first few days of the break to reflect upon the year that has just come to a close, the next days are dedicated to our summer programs, with our family vacations (hopefully) in the middle, and then we spend down the rest with our preparations for the new coming year.

As we reflect upon our Coalition over the last year we will find many positive memories. The annual Fall Institute kicked off the beginning of our 20 year Celebrations with the largest attendance of its history. The Institute hosted informative and useful workshops and keynotes, while recharging and energizing those in attendance. It was a sight to see and good times were had by many. Then we saw a greater presence of Family Resource and Youth Service Centers in Frankfort during the legislative session than ever before. Many of you spent numerous days talking with our legislators making sure that they continued to be aware of the vital work that center coordinators are doing across our state. Then we held our Legislative Page Days. These five days were packed with amazing young ladies and gentlemen serving as pages for their legislators while representing their Family Resource or Youth Service Center. Their presence did make an impact, which was evident as we moved from office to office for our legislative meetings. Nearly every meeting either began or ended with a comment about their page.

Now as we prepare for a new year with our Coalition it is vitally important that we all reflect upon what an important role each member plays in the success of the Coalition. In doing so it brings to mind a book entitled *The Last Lecture*. Many retiring college professors give talks that are titled "The Last Lecture." During these talks professors are presented with the task of demising and ruminating on what matters to them the most. They speak to the audiences as if it was their last chance to share with the world and they

speaking upon what they would want to be their legacy. Randy Pausch was a computer science professor at Carnegie Mellon, who was asked to give this lecture. Dr. Pausch did not have to imagine the "what if" as he had been recently diagnosed with terminal cancer. As he presented his "last lecture" he reflected upon his past, his successes and his regrets. Among his stories was that of "getting to Zero G." As a child he often dreamed of what it would be like to experience the effects of zero gravity or "floating" in space. However, he quickly realized that NASA would never take him as astronauts were not permitted to have glasses. However, his dream became a possibility when he learned of a program in which college students could create proposals to conduct experiments on NASA's Zero G airplane, which basically takes one up in the air in arc formations and during each dive of the arc you experience 25 seconds of weightlessness. Dr. Pausch and his students submit a proposal and it was accepted. Later he is informed that the professor is not allowed to accompany his students. However, he learns that one member of the local media is permitted to participate in order to document the event for the local news. So, he resigns as their teacher and applies for a job with the local newspaper. Long story short he got to go up with his students. His lesson was to never give up on your dreams no matter how uncertain they may seem. However, he also pointed out that there was an aside lesson to be learned in all his efforts to convince NASA that he should go up with his students and he had to call upon his many talents other than his credentials as a teacher. This lesson was to always be aware of what have to bring to the table and "Have(ing) something to bring to the table, ...will make you more welcome."

So as you begin to plan for your new school year and another year with our Coalition, I encourage each of you realize that you do bring something unique to the table every time you engage in a Coalition event or program, a uniqueness that helps to ensure the success of all our programs. Furthermore, I encourage each of you to never set aside your dreams for your centers and your students. Yes, times get hard and times make our efforts seem impossible, but dreams do come true. Sometimes we just have to re think how we will get there. None the less, we are changing the world of tomorrow through the children to today.

State Roundup

The Alliance for a Healthier Generation celebrated these Kentucky schools at the Healthy Schools Program Forum in Little Rock, Arkansas on June 13, 2011 where they received a National Recognition Award from President Bill Clinton, American Heart Association President Ralph Sacco, M.D. and Alliance for a Healthier Generation CEO Ginny Ehrlich.

Silver National Recognition Award
Cordia Elementary School

***Congratulations to these schools
and to their FRYSCs!!***

Bronze National Recognition Award
Dennis C. Wooten Elementary School
McBrayer Elementary School

Knott County Central High School
Russell Independent High School

Regional Roundup

Region 6 (Boyle County) ~ Grant Funds Support Native American Education

by Liz Gardner, Director, Woodlawn Family Resource Center

Danville (KY) • The Boyle County & Woodlawn Family Resource Centers are proud to provide the Native American Nations: The Mohawk Tribe. We are able to provide this program with grant money awarded to your FRC's from Target Field Trip Grants and the Boyle County Education Endowment.

This event took place on March 28-29, 2011 for all Boyle County elementary students at the Boyle County Fair Grounds. This was a day full of cultural enrichment and fun for our students. We traveled from school to the fair grounds to spend several hours learning about Native American dance, music, animal science and how the Native Americans lived in harmony with Mother Nature using all the resources in nature without waste.

Artists are Kentucky Arts Council approved and program supports core content and Kentucky academic standards in social studies, art, music and dance. Middle and High school classes were also invited to participate. The academic content supported for these students includes American history and arts & humanities.

For more information, please contact Ms. Gardner at 859-236-7688 ext. 3317.



Regional Roundup

Region 10 (Fayette County) ~ Middle School Students Buy into Reality Store

Seventh- and eighth-graders visited the Reality Store, where "The Game of Life" offered up some striking realities about money management.

by Tammy Lane, Information Officer, Fayette County Public Schools

Lexington (KY) • Young teens found a new appreciation for the value of a dollar – and their parents – after a stint in the Reality Store. That's where "The Game of Life" revealed some striking realities of adulthood and illustrated how today's academic performance is connected to tomorrow's potential paycheck.

Beaumont seventh-grader Keriann Ferguson, who was a pediatrician for the day, realized how hard that people have to work for their families to live comfortably.

"Everything was more expensive than I expected, and it adds up really fast," she said, noting, "You need to think about how much your parents are doing for you and that school is really important for your future."

Students were assigned jobs based on their GPA – classmate Timmy Michael was an airline pilot, for instance – and they priced everything from car insurance, rent and groceries to clothing and property taxes. The idea was to support a family by living within one's means.

"Vacations seem easy, but it's a whole lot more than I thought," said Timmy, who downsized his home selection, too, after discovering the cost of child care.

During the four-day Reality Store, more than 300 volunteers helped some 1,700 students navigate their spending choices. Volunteers came from the ranks of parents, local professionals and other community supporters. Older peers offered a hand, too, including students from the EBCE (Experienced-Based Career Education) class at Paul Laurence Dunbar High School and the JROTC programs at Bryan Station and Henry Clay.

At the transportation booth

Knowing their monthly take-home pay, students pondered: Is a new sports car a possibility, or is the used minivan a better fit?

Jordan Parker, who works for Traditional Bank, staffed this booth one day alongside Beaumont PTA president Kathy Cartier. They tried to hit the high points of money management and sound financial decisions.

"We go over their income and try to steer them in the right direction," Parker said.

At the supplemental income booth

With expenses outpacing income, some students realized they could not make ends meet.

"This is where they come to figure out whether they need a second job. I ask, 'Are you living within your means? Are you spending too much?' I get to challenge their thought process," said Beaumont mom Shannon Buzard, who offered a sympathizing ear.

Another solution? Perhaps go back to school to advance in their career or change fields, especially if a job is unsatisfying.

At the health and beauty booth

As gasoline costs fluctuate erratically, students wondered: Are regular salon treatments necessary?

Linda Guerrier, a senior in Bryan Station's JROTC unit, advised most kids to come back to her booth after they had prioritized and taken care of essentials.

"They're mostly smart about the decisions they make," she said during a lunch break.

Her main advice? Plan for the unexpected, and "just remember the most important things come first in life."

The back story

Along with Beaumont, kids from Tates Creek, Morton, Jessie Clark and Edythe J. Hayes middle schools and students from Martin Luther King Jr. Academy, Lexington Day Treatment and the Family Care Center participated the week of March 14.

The annual Reality Store was coordinated by the Fayette County Cooperative Extension, in partnership with Commerce Lexington's Business Education Network (B.E.N.) and Lex-Tran.

4-H agent Kevin Lindsay helped the schools' Youth Services Center coordinators prepare their students as they completed self-assessments and covered financial goal-setting and decision-making in terms of wants vs. needs. The teachers planned to follow up after "The Game of Life" to reiterate how grades and personal dedication can affect college and career options.

"When you're in the classroom, they don't fully get it. But when they get to the Reality Store and start to see their money disappear, it starts to make a little more sense to them," Lindsay said.

Resources

Fayette County Cooperative Extension, (859) 257-5582

Kevin Lindsay and Jennifer Boykin, county extension agents for 4-H youth development

Regional Roundup

Region 9 (Williamsburg Independent) ~ Students in Williamsburg Get a Glimpse of Reality

by Tammy Stephens, Coordinator, Williamsburg Independent Schools

Williamsburg (KY) • Approximately 200 students in the Williamsburg Independent School District received a reality check recently as the 5th, 6th, 8th and 9th grade took part in the WISD FRYSC's annual Reality Store. Students were randomly given a scenario depicting them as a 25 year old adult and the sole supporter of their household being responsible for balancing a monthly budget. Some students were also determined to be parents to fictitious children for the day as well.

Upon entry to the Reality Store, students were required to pay taxes and open a checking account. They were then charged with securing a home, furniture, utilities, health and grooming supplies, a cell phone/internet plan, transportation, auto & health insurance, child care, clothing, groceries, entertainment and even a pet for their family. Students also had to deal with a bit of fate as they were asked to draw out a scenario at the chance booth. The Whitley County Tobacco Coordinator was also on hand to educate the participants regarding the hazards of tobacco use. Throughout the day, if students ran into problems they could visit the S.O.S. or help booth for guidance.

With help from various community and parent volunteers, students gained a better understanding of how to make good decisions regarding getting an education and money management. The hope for student participants was to learn to be self sufficient, to stay in school and to avoid drugs and teen pregnancy. The WISD Reality Store was sponsored by the Williamsburg Independent Family Resource/Youth Services Center with help from the Williamsburg Independent Title I Program.



ABOVE: Parent Volunteer Patty Perkins assists students in choosing a child care program for their "children"



RIGHT: 5th Grade Student Savannah Hayes decides which medical/dental insurance plan to choose.

Regional Roundup

Region 2 (Daviness County) ~ Family Math Night and Dome Theatre

by Kelly May, Coordinator, West Daviness FRC

Owensboro (KY) • This family event was a partnership between Audubon Elementary's PTO, Title 1 Family Involvement program and the Family Resource Center. Families were treated to a free dinner, played math games and enjoyed star-gazing with the Dome Theatre. Primary families viewed *Stellarium*, which simulates the skies from anywhere on earth. Intermediate families experienced *Night of the Titanic*, which showed the unique conditions of Earth and space that coupled with human error that contributed to the sinking of the ship. The Math games rotation featured grade level games played with dice, which families took home to enjoy again and again. Approximately 25 Audubon students and their families enjoyed this event!



They're Coming....

FALL INSTITUTE 2011

NOVEMBER 1-3

LOUISVILLE, KY

Will You Be There to See Them?

Regional Roundup

Region 6 (Pulaski County / Somerset Ind.) ~ Collaboration at Its Best

For the last 3 years, Pulaski County, Science Hill, and Somerset FRYSC have collaborated with the faith community to give out school supplies to over 3,000 children. With diminishing budgets, the FRYSC have had a difficult time funding Back To School Extravaganza like they have in the past. Victory Christian Fellowship heard that the Pulaski County FRYSC would not be able to hold their Back To School Extravaganza 4 years ago and decided to sponsor the event. Three years ago, all 3 of the school systems' FRYSCs joined in and assisted the church with this project. The church raises money for this and the FRYSC assist them in the planning and organizing for the big day. All children in the county are invited to come whether they attend, private school, home schools, or are in the public school systems. The day is fun filled with clowns, inflatables, sno-cones, popcorn and vendors. There is no cost to the children or their families. There are also free haircuts and eye exams for the children. The church has made the comment many times that they could not do what they do without the help of the FRYSC.



Regional Roundup

Region 9 (Harlan County) ~ College Readiness Program

by Janet R. White, Harlan County High School YSC

Baxter (KY) • Each year the Youth Service Center at Harlan County High School hangs up flyers for the Summer Career Job Program. In this program, the Junior student fills out an application, as they would for any job. If we have a lot of applicants, we interview each student by asking questions about themselves and what they wish to go to college for since our program is College readiness. We have a point system that we go by to choose the correct student and also use if the student is truant a lot. I have a wonderful working relationship with the Harlan Appalachian Regional Hospital, PT Pros, CVS Pharmacy, Mark Ford Attorney at Law, The Harlan County School System and several more places around the county that the students may wish to work for if they wish to be a nurse, doctor, radiography, physical therapist, lawyer Computer programmer, teachers...etc. Our program last 6 weeks and the student works for 20 hours a week and they are paid out of FRYSC grant funds.



Technology Department at Harlan County High School....Wyatt Howard, IT Technologist (middle) with students, Chris Caldwell (l) and Chris Wright (r).

Regional Roundup

Region 2 (Daviness County) ~ Grandparent Support Group

by Tonya Barr, Coordinator, Owensboro MS South FRC

Owensboro (KY) • Owensboro and Davies County Public Schools' Family Resource Youth Service Centers and Green River Area Development District collaborate on a monthly basis to provide a support group with resources and information beneficial to grandparents.

We have been providing this service for approximately 9 years. The support group meets the last Thursday of each month at Owensboro Middle School South.

Due to the fact of the growing number of grandparents raising grandchildren various community agencies donate their services such as a light meal and/or speaker.

Some of the educational topics have consisted of legal issues, fetal alcohol syndrome, nutrition, Kinship Care, Special Education needs/issues, grief, meth addiction, and stress. Presenters have been doctors, attorneys, state representatives, therapist, and DCBS social workers.

Region 9 (Whitley County) ~ Local Attorney Offers Free Advice to Grandparents

by Tammy Stephens, Coordinator, Williamsburg Ind. FRYSC

Williamsburg (KY) • Whitley County Attorney Paul Winchester offers free legal advice to area grandparents who are raising their grandchildren. The support group gathered in Williamsburg to gain assistance and information from local community sponsors. Whitley County and Williamsburg Family Resource and Youth Services Centers along with the Whitley County Extension Agency collaborate to provide monthly meetings for grandparents raising grandchildren. When asked how the support group has helped her, Wilma Grubb states, "In addition to the information I gain from the meetings, it is helpful to get together and fellowship with other grandparents who are raising their grandchildren, too." The grandparent support group meetings are held monthly.



Regional Roundup

Region 2 (Owensboro Independent) ~ Special Friends Mentoring Program

by Tonya Barr

Owensboro (KY) • The Owensboro Middle School and the Noon Optimist Special Friends Mentoring Program focuses on community adults guiding and serving the needs of the youth at Owensboro Middle School. Mentors establish bonds with youth who need guidance and support in their school life. Parental consent is obtained and mentors are asked to make contact with the student one hour a week on the school campus. Off campus activities are permitted with the consent of the parents. Training is provided and mentors set goals in four skill areas including academics, social behaviors, life skills and character education. Mentors also provide leadership skills and set a positive role model. As a result of these relationships teachers report that the targeted students have fewer absences and tardiness; homework is turned in; students gain more acceptable social behavior and build self- esteem. Thanks to our mentors, including school staff, fireman, policemen, and people from the business community, mentoring our youth is making a difference.

Region 6 (Whitley County) ~ Pennies for Patients

by Della Rose, Coordinator, Pleasant view / Boston FRC

Williamsburg (KY) • The Pleasant View/Boston Family Resource Center recently sponsored, "Pennies for Patients" at Pleasant View Elementary. The Family Resource Center showed a DVD while explaining to the students that there are other children just like them that are suffering with cancer and are in need of a cure. Each student was given their own money carton to take home and fill with pennies and bring back to their homeroom teacher through the month of March. Students and teachers got very excited and became really involved in "Pennies for Patients". All students who participated received popcorn and the Top 3 classes to raise the most money from each school won an Ice Cream Sundae Party courtesy of the Family Resource Center. Mrs. Della Rose, Family Resource Coordinator said the response to "Pennies for Patients" was OUTSTANDING! "I was expecting around \$100.00 to be raised but these students and teachers raised over \$628.00 for "Pennies for Patients", at Pleasant View school and At Boston School \$626.10 Total \$1245.10 for this campaign will help children who are suffering from this dreadful disease and also help with cancer research", stated Mrs. Della. Our goal in the schools is to help our children succeed in life, therefore teaching students to help those in need. Mrs. Della, Coordinator would like to especially thank Principal's Mr. Bobby Blakley and Robin Head, Resource Center secretary Brenda Veach and PAVE volunteer Joann Mc Gee for all their help!



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● **Region 11 (Hart County) ~ Reading Celebrates Dr. Seuss’ Birthday**

by Paula Clark, Coordinator, H.O.P.E. FRYSC

Munfordville (KY) • The H.O.P.E. FRYSC in Hart County, Paula Clark, Coordinator, celebrates Dr. Seuss Birthday. The first week of March was designated “Dr. Seuss” week in honor of his birthday. The whole week students celebrated reading with different Seuss books. The FRYSC scheduled guest readers from the community to come and read to the students in the classrooms. On Friday of that week the first graders read to the entire school a poem about our famous Seuss. The center also does monthly Family Reading Nights where parents and students can learn the importance of reading with their child and fun activities to do with them.

