



# FRYSCKy BUSINESS

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

*Bridging Barriers and Changing Lives Since 1991*

**Winter 2014**

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## New Year with New Opportunities

*by Brian H. Akers, President, FRYSCKy, Inc.*

**Betsy Layne (KY)** • Greetings to everyone! I hope you had the opportunity to spend time with your families and renew your commitment to all the children that we serve throughout the year! I count myself blessed to work with children, but the stress of the holidays can make me lose sight of the importance of my job! At times I have to remind myself of what is important and start all over again with a New Year and a new attitude!

Each season we seem to have so much to do. At the beginning of the year we are focused on starting the school year and completing our needs assessments. Then we are thrown into the Holiday season where we are all so busy trying to make sure all of our kids are taken care of. Now we are trying to complete our Continuation Applications and prepare for the Legislative Page Days.

The legislative session has started and this brings many concerns about budgets and the potential of doing more with less funding. We know that with the increase of lost jobs and the increased number of free lunches we can face doing just that. However it's our time to let our legislators know exactly what we do throughout the year.

Our Public Policy Committee is working hard to prepare for the Legislative Session. They are scheduling visits with key legislators and preparing to work with Krista Campisano with our Legislative Pages from all over the state. And the list goes on and on. . . I am excited about our campaign that will be titled; "FRYSC knows your plate is full... But look what we are serving up!" We are going to give each legislator a plate with artwork that shows exactly what we are doing daily for the children of the commonwealth of Kentucky.

God has blessed us with the opportunity to serve on a daily basis. I know that when I found this job it was a blessing, but also a calling for me. We face many uncertainties in our lives but I know most certainly that what we do make a difference in the lives of our students. We need to take this time to let others know that as well.

Like all of you I have so many things to do, both at work and my personal life. I just want to encourage each of you to start the New Year with a renewed sense of importance and excitement for your career. I am thankful to be spending another year serving my students and to be a part of the FRYSCKy Coalition. Brian can be reached at [brian.akers@floyd.kyschools.us](mailto:brian.akers@floyd.kyschools.us) or at 606-478-5550.

**VICTORY OVER VIOLENCE**

*July 7-8  
Marriott - Louisville*

**Mark Your Calendars for 2014  
Join Us**

**FRYSC Legislative Reception  
February 25, 2014 – Capital Plaza, Frankfort**

**FALL INSTITUTE**

*November 10-12  
Galt House - Louisville*

## *Regional Roundup*

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### **Region 11 (Hardin County) ~ Leader in Me Girl Power Conference**



*by Janet Robinson, Coordinator, Heartland FRC*

**Elizabethtown (KY)** • The Hardin County Schools Family Resource and Youth Service Centers held a "Leader in Me" Girl Power conference at Elizabethtown Community and Technical College recently. Approximately 200 girls were in attendance.

Thanks to the efforts of many community volunteers and agencies 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade girls enrolled in the Hardin County Girl Power programs were provided valuable workshops in the areas of health and wellness, synergy, work ethic, goal setting and much more.

Pictured: Ms. Kendra Stewart Scott, Public Relations Liaison with Lincoln Trail Behavioral Health speaks to a group of girls about her career. Joining her in this panel discussion was, Specialist Fravel with the United States Army, Jennifer Perry with Alpha Salon, and Elizabethtown Mayor Edna Berger.

### **Region 2 (Bowling Green) ~ YSC and Counseling Department Host an Informative Parent Evening**



*by Linda Krutza, Coordinator, Bowling Green Junior High YSC*

**Bowling Green (KY)** • The Youth Service Center and the Counseling Department at Bowling Green Junior High sponsored an informative evening for parents. The program began with "Caution Zone: What Every Parent Should Know About Technology." The workshop provided information for parents on student ILP's, Internet Safety, Edmodo, and

the parent portal. After a light meal was served, a presentation on "The Leader in Me" allowed parents to learn about a new program being implemented at the school.

## Regional Roundup

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### Region 8 (Powell County) ~ Rock'n Rhythm Dancers

*by Gary Morton, Coordinator, Clay City FRC*

Clay City (KY) • The "Rock'n Rhythm Dancers" had fun performing at the fifth day of school celebration. Students enjoy performing at local nursing homes parent nights and different local events. We have 26 dancers from grades 3-5. Students are learning different styles of dance such as line dancing, clogging, hip-hop and jazz.



### Region 8 (Perry County) ~ Fire Safety Month

*by Anita Shepherd, Coordinator, Leatherwood FRC*

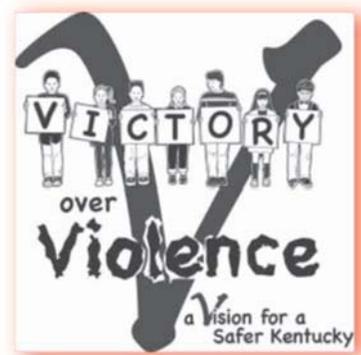


Cornettsville (KY) • Ms. Becky's Kindergarten class at Leatherwood Elementary in Perry County is were educated on Fire Safety Month by their local fire department. The fire department brought the fire truck so the children could see what a fire truck looks like. Volunteer firefighters wore their fire suits and helmets while explaining to the children about fire safety. The firefighters explained to the children that if their house is on fire, not to be afraid if someone in a suit like that comes in to get them. It is important to not run away or hide. The children loved the presentation and learned a lot at the same time. The volunteer firefighters gave each child a treat bag after the presentation.



**VICTORY OVER VIOLENCE**  
*July 7-8, 2014*

*Marriott Downtown  
Louisville, KY*



### Region 8 (Magoffin County) ~ Magoffin County FRYSCs Hold "Back-to-School Bash"



*by Diane Collins, Coordinator, North Magoffin FRC*

**Salyersville (KY)** • Magoffin Co. Family Resource/Youth Services Centers sponsor the annual "Back to School Bash" on July 25, 2013 for all Magoffin Co. students. The event lasted from 9:00-11:00 and was held at the South Magoffin Elementary School. An estimated 136 families including parents and grandparents and approximately 357 students were in attendance. Several varieties of personal care

items as well as school supplies were given to the students and their families. With generous donations from Operation Sharing and members of the community, the families were able to receive clothing, toys and snacks and many other items. The Magoffin County FRYSCs would like to thank Magoffin Co. Extension Office and heartfelt thanks go out to the community volunteers for all their help and support. Without the efforts of these people, the event could not have taken place. A debt of gratitude goes out to WRLV radio, Salyersville Newspaper and Your News Today for getting the announcement to the public. Big thanks to Magoffin County Schools Superintendent, Stanley Holbrook and the South Magoffin Elementary School principal, Mark Rice for his support. The day proved to be a huge success.

### Region 2 (Warren County) ~ Students Against Destructive Decisions

*by Lynn Vincent, Coordinator, Henry Moss Middle / Rockfield Elementary FRYSC*

**Bowling Green (KY)** • Henry F. Moss Middle YSC's Club SADD (Student's Against Destructive Decisions) conducted numerous activities for Red Ribbon Week. All week long students from the club held a short assembly each morning to highlight information on drug and alcohol prevention. Each day was an event to signify the week including dress as your favorite super hero and more. Students made posters and PSA's for Red Ribbon Week and contests and drawings were held daily including a door decorating contest among teachers. The club also had a speaker from the Warren County Sherriff's office and the K-9 unit to talk to students about drug and alcohol prevention. On Thursday night, the club, along with the school, helped coordinate a family night which featured a health and safety fair sponsored by Club SADD. At the end of the week, students signed a pledge stating they would be alcohol and drug free! Club SADD picks a project each month on which to share information with students. The November topic was centered on being kind to others and Rachel's Challenge.



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## Regional Roundup

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### Region 8 (Lee County) ~ Trick-or-Treat on Main

*by Sherry Lanham, Coordinator, Lee County FRC*



**Beattyville (KY)** • The Lee County Family Resource Center, along with several community agencies hosted Trick or Treat on Main at Halloween. Over 1300 children attended the event. This was the 10th annual Trick or Treat on Main. It was started as an alternative to traditional Trick or Treat. Parents and children gather on Main Street where they receive candy, food and can participate in costume contests, hayrides, the haunted house tour, pumpkin

carving contest and more. The evening begins at 5:30pm and goes through 8:00pm. The event is free for everyone and is a smoke-free, drug-free event that allows parents and children to dress up in costume, have a free meal, and do fun activities as a family. Money is given for costume contest winners and there is lots of candy for all ages. The money to sponsor the event is donated by local business people and organizations. In addition, many community members set up their own tables and hand out candy. The event has grown every year and is one of the highlights of the fall season.

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### Region 11 (Larue County) ~ Kindergarten Prep Programs Give Children a Good Start

*by Melissa Pearman, Coordinator, Hodgenville FRC*



**Hodgenville (KY)** • Hodgenville Elementary Family Resource Center and Abraham Lincoln Elementary Family Resource Center provide a weekly program called WEE Time. This program is for children ages 2 until starting school and their caregivers. Weekly activities include cutting, singing color songs, making a craft, center time, singing the alphabet song, learning about numbers and shapes, and snack time. The program alternates between the two

schools every Thursday during the school year from 9:00 – 10:30 a.m. Our goal is to help build self-esteem, develop social skills, and to show caretakers skills to use when spending time and/or working with the child so that children entering kindergarten will be well-prepared. At each session, fun educational material is also sent home to be completed by the family.

Hodgenville Elementary Family Resource center also provides a program called Kindergarten Here I Come! (KHIC). The program is only for those children who will be starting school the following school year. KHIC meets on Wednesday's from 9:00 – 10:30 a.m. It focuses on what a child needs to know when starting kindergarten. Topics that are covered are: writing their name in upper and lower case letters, writing and recognizing the alphabet, color and number words. More advanced cutting sheets and beginning sight words are also stressed. Both programs are sponsored by the family resource centers of Larue County and United Way of Central Kentucky.

## *Regional Roundup*

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### **Region 3 (Jefferson County) ~ FRCs Host Medieval Madness at the Frazier Museum**

*by Krista Campisano, Coordinator, Indian Trail FRC*

**Louisville (KY)** • The Family Resource Centers in collaboration with the Frazier Museum hosted a day of adventure and learning for families. On October 26<sup>th</sup>, 300 families received free admission to the Frazier museum thanks to the generous funding by the Metro EAF “Bridge to History” grant. Others were covered by FRYSC grants, Title I Parent Involvement or received a discounted admission rate. The total number of children and parents that participated in this event neared 500. The event was well received by all that attended and for many it was the first time that they were able to experience the Frazier Museum.

Families were able to view museum exhibits, go on a medieval scavenger hunt, enjoy the storytelling of Brave Martha and the Dragon in the theatre as well as a live performance of “Arming the Knight” and “Medieval Sword and Buckler.” They had the opportunity to visit the hands-on armor station to see what it would feel like to wear armor.

Families were challenged to participate together in the “Medieval Math Games” and the “Move to Read” rooms. Information and representatives from ECHO, 4C’s and the Extension Office were available to explore healthy nutrition, child safety and the importance of Early Development as well as ages and stages. The event offered an opportunity for families to enjoy a day together and explore ways to help their children in many fun and interactive ways.

This program aligned with the JCPS 2015 district strategic plan vision goals: 1.7, 1.10, 2.6, 3.2, 3.3, 3.4, 3.5, 3.8, 4.3, 4.11, & 4.12. FRC Coordinators involved in this program were Kim McCarthy, Nicole Clark, Lindsey Cain, Kim Mahon, Patty Harry, Lisa Hirsch-Aarvig, Jasmine Bridges, Regina Jackson-Willis, Angela Boone, Sue Carmouche, Kim Birch, Kim Grider, Annie Haigler, Lisa Orr, Sky Everett and Frank Mays.

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### **Region 8 (Breathitt County) ~ Educating Families on Healthy Nutrition & Better Lifestyle Choices**

*by Genevieve Swango, Coordinator, LBJ FRC*

**Jackson (KY)** • Heather Spencer is the Nutrition Education Assistant Educator for Breathitt County University of Kentucky Cooperative Extension Office. Her job is to educate families on healthy nutrition and better lifestyle choices. In collaboration with LBJ Family Resource Center, Mrs. Spencer hosts a monthly “Food, Nutrition & Budgeting Class”. This program provides tips on better money management and saving dollars on food storage, preparation. Many families attend along with staff members of the school. Another motivational program Mrs. Spencer administers at LBJ is ‘The Biggest Loser’ weight loss motivation for staff members. She weighs all those interested with a Body Mass Index Scale and is the only one viewing our actual weight. She then calculates their actual Body Mass Index what it is and what it should be. Everyone wishing to participate donates \$5 then the following month whoever improves their BMI the most wins the money. These are just a few of the programs area community agencies offer through the FRC at LBJ.

# Regional Roundup

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## Region 11 (Meade County) ~ We're Going on Safari...SAFETY SAFARI!!

*by Andrea Pike-Goff, Coordinator, Keralot II FRC*

**Brandenburg (KY)** • On Friday, October 25<sup>th</sup>, 379 third grade students in Meade County participated in the annual Safety Safari. Students were transported via the Meade County School System from Brandenburg Primary, Ekron Elementary, Flaherty Primary and Payneville Elementary to the St. John's Education Building where they rotated through 5 mini sessions of developmentally appropriate safety information.

Pat Garcia, KERALot I FRC coordinator, Andrea Pike-Goff, KERALot II FRC coordinator and Whitney Thomas, KERALot II FRC coordinator, presented information on bicycle safety and each student received a bicycle helmet provided by the Healthy Families Grant through

United Way of Central Kentucky. Each student was fitted with an appropriately sized helmet so that they will be pedaling more safely into the future!

Dalton Jantzen with the Meade County Sherriff's Department conducted gun safety while Melissa Phillips, Meade County Health Department Public Educator, conducted look-a-like/poison safety. Autumn Mattingly and Karen Lindsey with the Meade County Schools Central Office conducted internet safety and Amy Crebessa with KERALot III Family Resource Center provided an engaging program on Halloween Safety. Kara Popham and Bobbi Jo Poole, FRC assistants provided support throughout the event to ensure that each student participate in all sessions.

This program has become a "rite of passage" for our students since it is a tradition that the third grade students get to participate every year. Several parents met their students at the event site to enjoy the activities with them! Students surveyed regarding the program reported increased awareness of safety hazards they face and increased preparedness to deal with emergency situations.



*Students from Ekron Elementary learn about Look-A-Like/Poison Safety with Melissa Phillips, Health Educator from the Meade County Health Department.*



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*Register for conferences  
Get a membership form  
Find your legislator  
...and more.*

### Region 8 (Hazard Independent) ~ Student Government Elections Teach Youth about Democratic Process



*by Sandra Olinger, Coordinator, Hazard Independent FRYSC*

**Hazard (KY)** • Students at Hazard Middle School took part in a vote to elect representatives in their student government. Perry County Clerk, Haven King and his staff set up actual voting machines to count each ballot cast.



The winners of the election will represent the school's student body in Louisville/Frankfort at the annual Kentucky Youth Assembly (KYA). KYA is a three-day experiential learning conference in which students participate directly in the Commonwealths democratic process. Acting as Senators and Representatives students will write, debate, and vote on legislation that affects them.

This entire process allows the students at Hazard Middle School the opportunity to experience the political process first hand. This program is a joint effort between the following: Perry County Clerk's Office. Kentucky YMCA. FRYSC (Sandra Olinger). Hazard Middle School Staff.



*The YSC (Helen Williams, Coordinator) and Students at Hazard High School designed and sold enough of these t-shirts to the community and neighboring schools to raise \$8,000 to help cover related cost of cancer treatment for one of our teachers (Kenny Fugate).*

# Regional Roundup

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## Region 2 (Warren County) ~ It's the Great Pumpkin Contest, Charlie Brown!

*by Kimberly Thomerson, Coordinator, Rich Pond FRC*

**Bowling Green (KY)** • Rich Pond Elementary FRC hosted its 2<sup>nd</sup> Annual Pumpkin Decorating Contest during the week of October 28<sup>th</sup>. Students K-6<sup>th</sup> grade were encouraged to choose a favorite character from a book to decorate their pumpkins. The FRC sent out information about the event well in advance-before Fall Break- so that families had time to work together at home to create their pumpkins. It was the FRC's goal to promote family time and family literacy along with promoting creativity and design.

The rules were simple: Any form of decorating could be used except carving. The FRC did not want anyone getting hurt in the creation of his or her masterpiece! Paints, markers, yarn, fabric scraps, glitter, duck tape, pipe cleaners, etc. could be used to embellish the pumpkins. The FRC contacted community people and district office to judge the pumpkins. This year's judges were: Todd Hazel, Warren County Schools District FRYSC contact, Don Sergent, Warren County Schools District Public Relations Coordinator, Amanda Pierce, Warren County Public Library, and Julie Brown, local 4-H Extension Agent.

The judges based their decisions on originality and creativity. The pumpkins were divided into two groups-Primary division (K-3<sup>rd</sup> grade) and Intermediate division (4<sup>th</sup> – 6<sup>th</sup> grade). First, second, and third place winners were chosen in both divisions. Ribbons and gift certificates to Barnes & Noble Bookstore were awarded to all winners.



*Rockcastle County (Region 9) ~  
Kiwanis Members Teresa Amis, Jamie  
Lear and James Miller present a check  
to Satica Morgan, Brodhead Elementary  
Family Resource Center Coordinator, at  
the Renfro Valley Lodge Restaurant.*

# Regional Roundup

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## Region 9 (Harlan County) - FRYSC Helps Co-Sponsor a Baby Fest

by Jenny Saylor Farmer, Coordinator, Cumberland FRYSC

Cumberland (KY) • The Harlan County Public Schools Family Resource & Youth Services Centers collaborated to sponsor a "Baby Fest" for new and expectant parents at the Harlan Depot on Oct. 18<sup>th</sup>. Those attending the event received information & gifts from the Harlan Co. Health Dept., Harlan ARH, MCHC, Harlan Co. Extension Service, KCEOC, CAA, Cloverfork Clinic Dentistry, Well Care, and Club 180.

Cecilia Adams, Community Educator gave out free books. Club 180 and Cindy Ware (nurse practitioner) talked to the new parents about shaken baby/fetal alcohol syndrome/ & drug addicted babies. Parents received free toothbrushes for their children from the Cloverfork Clinic also. Lunch was provided and many door prizes given out. Afterward parents received free clothing for their children.



*The Family Resource Center and Staff from Ft. Wright Elementary did a family Halloween party in the community. They traveled to the apartment area after school to run a Halloween party for the students and their parents. Stations were set up outside for families with different language and literacy activities that encouraged parent-child interaction and taught parents skills to boost student learning at home. Families received a prize of Halloween candy after participating in each station.*

# Regional Roundup

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## Region 9 (Harlan County) ~ Health Expo Helps Students Start Thinking about Careers & Colleges

by Jenny Saylor Farmer, Coordinator, Cumberland FRYSC



**Cumberland (KY)** • The 8<sup>th</sup> grade classes from Cumberland Elementary attended the Health Expo at the Harlan Center on Oct. 17<sup>th</sup>. The students visited displays showcasing health careers such as physical therapy, nursing, respiratory therapy, veterinary assistant, and many more health related areas of work. Many colleges were on hand to give out information to the students about their programs in these areas. This field trip was sponsored by Cumberland FRYSC. Coordinator Jenny Farmer said, "It's never too early to think about possible careers and colleges."

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*The Cumberland Elementary FRYSC sponsored a hearing/vision screening for over 500 students. "Quality Care for Kids" spent Sept. 23 & 24, 2013 at the school screening students. Students who needed glasses will receive them. This is a yearly screening for students who returned their permission forms.*





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## FACES ACROSS KENTUCKY



*FRANKFORT— House Majority Floor Leader Rocky Adkins, D-Sandy Hook (left), and House Speaker Greg Stumbo, D-Prestonsburg, follow proceedings in the Kentucky of Representatives.*



*FRANKFORT— Senate Democratic Caucus Chair Johnny Ray Turner, D-Prestonsburg (right), discusses legislation with Senate Majority Whip Brandon Smith, R-Hazard, in the Kentucky Senate.*



*JACKSON – “Food, Nutrition & Budgeting Class” hosted by the LBJ FRC.*