



FRYSCKy BUSINESS

*The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991*

Winter 2010

Count Your Blessings, Even in the Darkest Hour

by Tana Jones, President, FRYSCky, Inc.

Wingo (KY) • Greetings to you all! I hope you have spent a little time counting your blessings over the Thanksgiving holiday, and are filled with the joy and excitement that this season is supposed to offer. Of course, sometimes we have to consciously remind ourselves of what it is that keeps us joyful...

After all, this season is layered with conversations about the upcoming legislative session, and the uncertainty that it brings regarding our budgets and the potential of continuing to try to do more with less;

We talk with an increasing number of families daily, whose lives have taken drastic turns over the course of the last year, with job losses, home losses, and/or concerns of where their next meal will come from;

We have students in our schools who fear for the safety of their moms and dads, sisters and brothers, and aunts, uncles and cousins that are currently serving in the military, defending our country;

And the list goes on and on and on... But, I choose this season to be optimistic and grateful.

You see, in the middle of all that is distressful, there lies opportunity. God has blessed us with the opportunity of daily service. We are not in this position by accident, but by His purpose. We are to receive His blessings graciously, and then share them with others. Although many times we face uncertainty, there lies an opportunity for creativity. It amazes me that as resources become more limited, FRYSC coordinators across the state become MORE resourceful. And, as we witness the difficulties of those around us, there lies the opportunity to be more appreciative each and every day of our abundant blessings – if nothing else, that we live in freedom in the United States of America.

Like you, I have a million things to get done this season, both at home and at work. But, I encourage you to stop for a moment, and rekindle your joy and excitement. Look for the opportunities that await you, and appreciate the special position in which God has placed you – as a member of the FRYSC family!

Merry Christmas and Happy New Year!

What To Do When You Start At 9AM Sharp And End At 9PM Dull!

by Walt Stasinski, MEd, MPH

Reprinted with permission

Troy (MI) • Do you know how many times we laughed when we were ten years old? 250 times a day! When we were kids, we laughed all the time and we said the cutest things. In Readers Digest, Kathy Stitt tells us she was playing tooth fairy when her daughter, Shelby, suddenly woke up. Shelby saw the money in her mother's hand and shouted, "I caught you!" Kathy froze and tried to think of an explanation for why she, rather than the tooth fairy, was putting the money under her daughter's pillow. Shelby's next words let her mother off the hook.

"You put that money back!" she said indignantly. "The tooth fairy left that for me!"

Do you know how many times we laugh as adults. 15 times a day. And that's on a good day, isn't it? How did we go from 250 times a day to 15 times a day. What happened to us? As adults, we become more serious, don't we? But life is too important to take yourself seriously. It takes 26 muscles to smile and 62 muscles to frown. Why not make it easy on yourself?

Learn to laugh at yourself. Laughing at yourself in a healthy way is a sign of strength.

It used to bother me when I started getting bald spots until I learned to use humor to deal with it. I don't look at it as baldness anymore. I now look at it as more face. You know, you don't really lose your hair. It just starts growing out your ears instead. When you're able to laugh at yourself, your flaws start to disappear. And you feel better about yourself.

There are 4 stages in life--

Stage 1: You believe in Santa Claus.

Stage 2: You don't believe in Santa Claus..

Stage 3: You dress up like Santa Claus

Stage 4: You look like Santa Claus

As adults, we keep getting older. Why didn't anyone warn us about this when we were kids? You know you're getting older when people call you at 9pm and ask, "Did I wake you up?" Remember as a kid how you hated to take a nap and now as an adult, you can't wait to take a nap. You know you're getting older when you stoop to tie your shoes and you wonder what else you can do while you're down there.

You know you're getting older when--

1. You keep more food than beer in the fridge.
2. Dinner and a movie is the whole date, not just the beginning.
3. You start watching the weather channel.

When we laugh at our imperfections, they become trite. They don't seem significant anymore. Most importantly, we stop taking ourselves so seriously.

Laughter makes you feel so good, don't wait for something funny to happen. Create your own humor. Turn life into laughter. At first, this may seem awkward, but with practice, you will get better at it. How do you turn life into laughter? I'm glad you asked. One technique is to interpret things in more than one way. Look for the humorous side of what you see and hear.

A dry cleaners had this sign in front of their building, "38 years on the same spot." This sign has both a serious interpretation and a funny interpretation. Now, you try it. Newspaper headlines, "Toilet seats stolen from police department. Police having nothing to go on."

See, you're starting to get the hang of it. The more you practice, the more natural it will feel. And the best part is you will be laughing more often each day.

Life is Too Important to Take Yourself So Seriously!

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FALL INSTITUTE 2010
November 10-12
Lexington Convention Center

Lodging at Hyatt and Hilton
More information forthcoming.

**Email training requests or
workshop proposals to
fryskycoalition@me.com**

Regional Roundup

Region 2 (Russellville Independent) ~ Russellville, KY • SES students and families enjoyed dinner together on the front lawn of Stevenson Elementary in celebration of National Family Day. Local fire fighters Dale Shields and Jerry Willis grilled hot dogs for everyone and many, many parents and volunteers came out to help make this event a lot of fun for everyone. Students enjoyed face painting done by the First Grade Teaching Team, and there were relay races including three legged races, egg on a spoon relays, and squeezing water out of sponges to fill up buckets. Some students played Frisbee and catch with a football while others flew kites. Moms, dads, grandparents, siblings, and some extended family gathered for a great night to have dinner with their family. Student Teacher, Amber Creek, along with the Stevenson Elementary Family Resource Center coordinated this event with manpower and funds provided by the Butler-Logan-Simpson ASAP Board, the Logan County Faith and Family Coalition, the Russellville Fire Department, H & H Sheet Metal, the Stevenson Elementary PTO, and the many volunteers who helped make this night fun for our students and their families. *For more information, contact Carol Kees at the Stevenson Elementary Family Resource Center.*



Regional Roundup

Region 11 (North) ~ Radcliff (KY) • Adrian Bambini, of Radcliff was awarded the statewide **Bridges Over Barriers Best Partner Award** presented by the Family Resource and Youth Services Centers of Kentucky. The award was given in the category of Best Individual Partner. Mr. Bambini works tirelessly and gives much of himself and his own personal resources to benefit the students and families of Woodland Elementary Family Resource Center and the surrounding community. His brand of organization, creativity, and caring has uplifted the morale of the entire school and he is very deserving of this recognition.



*Pictured Adrian Bambini,
Individual Best Partner Award
Winner and Betty Marshall, Vice
President, FRYSCy Coalition*

Region 6 ~ Danville • Danville High School's Youth in Action is a program in collaboration with MADD Kentucky that uses teens to address underage drinking among their peers. Youth in Action has hosted a government, law enforcement, school and community members sharing our local KIP data to raise awareness about what's up with our kids. They have also been trained to present workshops for parents to keep them informed about new trends among teens. They provide information tables and prevention fairs to inform their peers about the dangers of underage drinking and the possible consequences of their choices. This group presented a workshop on Alcopops to our local Rotary Club on October 30, 2009. They have received a lot of local publicity for their efforts and even provided our local law enforcement with Pre-Party Intervention packets to distribute to parents to inform them about the consequences of underage drinking to avoid problems with law enforcement due to underage drinking parties in the community.



Regional Roundup

Region 8 ~ Whitesburg • During the summer of 2009 summer, several Letcher County students participated in the annual Summer Day Camp/Workshops provided by Missoula Children's Theater (MCT). The students spent the week learning the elements of drama, participating in hands-on workshops, and rehearsing their parts. Under the direction of the Missoula Children's Theatre staff, students produced *Treasure Island* at the Letcher County Central High School Auditorium. The culminating activity was a public performance. While we continuously provide programs and performances for students, funding or the lack there of made it quite difficult to have opportunities such as a children's theatre. Numerous students participated in the program and gave positive feedback about their experiences with MCT. Letcher County FRYSC sponsored the summer camp in collaboration with the Community Education Director. MCT productions have been the favored event for five consecutive summers and include *Jungle Book*, *Beauty Lou and the Country Beast*, *Cinderella*, *Sleeping Beauty*, and *Treasure Island*.

The intent of the camp was to expose students to many aspects of the musical theater and increase knowledge of the Arts. The program was filmed and aired on the Letcher County Schools' Television channel. These students performed for parents and community. The Letcher County Education Foundation, Letcher County FRYSC Centers, and Letcher County Central High School helped sponsor and support this event. Efforts will continue to offer the summer camp by partnering with The Letcher County Education Foundation, district programs, local businesses, and other organizations.

The culminating public performance took place at the Letcher County Central High School Auditorium. The camp and public performance was a summer favorite of the community. By involving our parents and community, the appreciation for the Arts has been extended, and students continue to participate and become more appreciative of the arts.

Through community partnerships, community involvement, professional theater assistance, and local artist; the students of Letcher County have a better understanding and appreciation of the beauty and importance of the Arts. *For more information, contact Cecilia Lynn Bates of Whitesburg Area FRYSC.*



Regional Roundup

This article is repeated from the last newsletter, because it was incorrectly identified as Region 6 when it should have been listed as Region 11

National Park Grant Gives Students Double Treat

Region 11 ~ Cloverport • The Cloverport FRYSC Summer Recreation program enjoyed a special trip to Lincoln's Birthplace in Hodgenville in July. This trip was made possible by a grant from the National Park that paid for another VERY special treat, a tour bus from Miller Trailways. The students and chaperones enjoyed the 2 hour drive aboard the Tribute to Louisville bus driven by Mr. Kendall Goodman. Most of the students participating had never ridden a tour bus and were infatuated with the television and DVD player as well as the restroom on board! The large screen TV which came out the bottom of the bus also drew a lot of ooh's and aaah's. For more information, contact Coordinator Pat Fuqua at: (pat.fuqua@cloverport.kyschools.us)



Fall Snapshots



Region 8 ~ Beattyville • An annual event that the Lee Co. FRC coordinates is Trick or Treat on Main. Main street is closed and kids of all ages enjoy hay rides, hot dogs, drinks, music, and a costume contest. Every child under 18 has the opportunity to safely trick or treat and before the night is over they go home with a big bag of candy. The trick or treat stations are sponsored by local businesses and community organizations. Everyone including parents can participate in the costume contest and numkin carving contest This year about 2500 people

Region 2 ~ Bowling Green • Disaster Preparedness Month brought a variety of emergency vehicles to the Natcher Elementary FRC.



Regional Roundup

Tobacco Dump ~ A Big Success



Region 11 (North) ~ Leitchfield • OVER 300 STUDENTS UNITED AGAINST TOBACCO ABUSE THIS WEEK BY COLLECTING TOBACCO-RELATED MATERIALS AND THROWING THEM INTO A DUMPSTER.

ON WEDNESDAY STUDENTS PARADED DOWN THE HALLWAYS OF GRAYSON COUNTY MIDDLE SCHOOL WITH CIGARETTE CARTOONS, ADVERTISEMENTS, AND OTHER PROMOTIONAL ITEMS. THEY WANTED TO SHOW THEIR PEERS THAT THEY WERE AGAINST TOBACCO USE BY TRASHING THE RELATED MATERIALS. STUDENTS ALSO WANTED TO MAKE OTHERS AWARE OF THE DANGERS OF SMOKING.



TOBACCO COORDINATOR RODNEY MATTINGLY WAS THE GUEST SPEAKER FOR THE EVENT. HE TALKED TO THE GROUP OF TEACHERS AND STUDENTS ABOUT THE DANGERS OF TOBACCO USE.

"EVERYDAY IN AMERICA 6,000 YOUNG PEOPLE TRY TOBACCO FOR THE FIRST TIME," HE EXPLAINED, "AND 3,000 BECOME ADDICTED. WE DO NOT WANT YOU TO BECOME ADDICTED TO ANY DRUG, AND TOBACCO IS WHERE IT STARTS. SMOKING, CHEWING, AND SPITTING TOBACCO, IT HARMS YOUR BODY."



THE TEAM THAT BROUGHT IN THE MOST TOBACCO MATERIALS WON A PIZZA PARTY, AND THE TEACHERS IN THAT TEAM WON GIFT CERTIFICATES.

FUNDING FOR THE 'TOBACCO DUMP' CAME THROUGH A \$475 COMMUNITY ACTION GRANT.

LINCOLN TRAIL HEALTH DEPARTMENT REPRESENTATIVE RONI MUDD WAS SURPRISED AT THE DEDICATION OF THE CHILDREN.

"IT BROUGHT CHILLS DOWN MY SPINE TO SEE THE KIDS SO INVOLVED IN THE 'TOBACCO DUMP'," SHE SAID. "WE WERE REALLY SURPRISED AT THE TURNOUT. THE GROUP SEEMED REALLY MOTIVATED FOR THIS CAUSE."



TEAM NINE WAS CHOSEN AS THE WINNER OF THE EVENT.

THE 'TOBACCO DUMP' WAS SPONSORED BY THE LINCOLN TRAIL HEALTH DEPARTMENT, THE FAMILY RESOURCE CENTERS, AND THE ANTI-DRUG COALITION.

FOR MORE INFORMATION, CONTACT COORDINATOR, FAYE CRITCHELOW, IN GRAYSON COUNTY.

TRUE UNSUNG WARRIORS

By: Erika Pearson

Blessed thy heart for one is not
alone.

For these are thy mothers with a
heart of gold.

They've seen us at our worst;
they've seen us at our best, with
humble spirits that keep us
obsessed.

From conflicts to resolutions
they've seen it all and like true
warriors anything can be saved.

And just like family they show us
they way, which is why we are
honored to celebrate this day.

In recognition toward youth
services center, we thank you
each day for making students lives
better.

Regional Roundup

Region 11 ~ Elizabethtown • Heartland Elementary Family Resource Center in Hardin County coordinated a Veteran's day program for students and families. The days events surrounded Veteran's by a thankful student body. For more information, contact Coordinator, Janet Robinson.



Regional Roundup

Region 11 (North) ~ Elizabethtown • Bluegrass Middle School of Hardin County has a wonderful program called the G.A.I.N. program. G.A.I.N. stands for Grades Attitude Improving Now. Students meet Friday mornings in the gym to discuss goals and expectations for the week ahead. Students are then rewarded with approximately 20 minutes of free gym time. Students can earn G.A.I.N. time by getting all their work turned in and showing good character in class. The program is open to all students and Bluegrass Middle School and is maintaining anywhere from 4 - 12 students per teaching team.

For more information about this program, contact Andrew Hundley at Bluegrass Middle School Youth Service Center (270) 234-1204.

Region 8 ~ Salyersville • The Magoffin County FRYSC's hold their annual Back to School Bash on July 24, 2009 at the Magoffin County Teen Scene. The "Bash" was held from 9:00-11:00 and all parents and grandparents were given school supplies, clothing, hygiene items, and household items. With the collaboration of the 26 volunteers, the Teen Scene, Magoffin County Health Department, Herald Whitaker Middle School GearUp program, and the Kentucky Higher Education Student Loan Association, the parents and grandparents were able to receive loads of information for their kids that we counter pressures for substance abuse, smoking, bullying and great information for college loans. Approximately 200 families including students of all ages were given bags and filled each one with the things they wanted to get the kids off to a running start for the school year. The Magoffin County FRYSC's extend their thanks to the many people who helped with this community service as well as the Magoffin Co Teen Scene for letting their building be the site for the Bash.

Region 11 (North) ~ Elizabethtown • The G.C. Burkhead Family Resource Center in Hardin County offers up after-school programs to students in grades 3-5. The programs include Judo Club and Fit Club, both instructed by the school's PE teacher. The two programs are each one-hour, once per week and free to students. Funds for the programs are provided through the Family Resource Center and Mini Prevention Grant sources. Any student can sign up initially but they must work to their academic potential, maintain good school attendance and behavior in order to continue their spot in Judo or Fit Club. Each student's academics, attendance and behavior are monitored by the FRC and school staff. Many teachers and parents can see their student's self esteem and respect for school and their education, overall, greatly improve, not to mention, the wonderful health and self-discipline benefits! Both of these after-school programs afford the opportunity for participation in extra-curricular activities for all students.



Region 6 Harry J. Cowherd Award Winners

by Tammy Gay, Regional Program Manager, Region 6 - DFRYSC

This RPM is proud to announce the nominees in Region 6 for the 2009 Harry J. Cowherd Award for Center Excellence. The FRC nominees were the Hand In Hand FRC (Bullitt County), the Pine Knot Primary FRC (McCreary County), and the Spencer County FRC. The YSC nominees were Casey County YSC, McCreary Co. MS YSC, Spencer County YSC, and the Bullitt Central Student and Family YSC. Nominees for the FRYSC category were The Campbellsville FRYSC, Cumberland County FRYSC, and The Village FRYSC (Nelson County).

The Winner of the Harry J. Cowherd Award for Center Excellence in the FRC category is the Hand In Hand FRC, serving Maryville and Overdale Elementary Schools of Bullitt County, established in 1992, coordinator Betty Marshall. The Center is needs driven in its' approach to providing services and programs. The Center provides summer programs based on the needs of the students, as evidenced by CATS scores. A unique activity that has become a countywide collaboration involving all Bullitt County FRC's is the Annual Kindergarten Kick Off. This event serves as a positive introduction of the school and district to families, while addressing the need for assistance with health and educational support issues. If you ask this coordinator what the most important ingredient is for a successful FRC, she will tell you it's the art of building relationships with families and out in the community. That and working as a team with her cohorts in Bullitt County.

The Winner of the Harry J. Cowherd Award for Center Excellence in the YSC category is the Bullitt Center Student and Family YSC, established in 2007, coordinator Tonia Wiggins. This center has achieved a great deal in very little time. The goal of the center is to ensure students feel ownership of their school and connected to the community. Center staff make knowing the needs of the students an ongoing process so they have programs & activities that assist students in being successful. This YSC has embraced the quest of Kentucky's First Lady to prevent youth from dropping out of school. Staff works with the Counselor to identify students most likely to drop out. They meet the students weekly and develop a plan to work on career interests, social skills, anger management and conflict resolution. The Center ensures round table services are provided for these targeted youth so they will graduate from high school. If you ask this coordinator why the YSC is so successful she will tell you it's because of the collaboration and support they receive from their AC, principal and the faculty/staff.

The Runner up for the Harry J. Cowherd Award for Center Excellence in the FRYSC category is The Village FRYSC of Nelson County, established in 1999, coordinator, Christy Vandeventer. This FRC serves Boston and New Haven Elementary Schools, grades kindergarten through 8th. The Center collaborates with a host of community partners to provide ongoing programs throughout the schools communities. The FRYSC Americorps Program plays a big role at this Center, working with students to provide one on one literacy tutoring to children who need intervention to help them achieve their academic goals. Grant funds from the Nelson County Educational Endowment Fund enable the Center to host a summer tutoring program to work intensely with students for additional learning opportunities. On The Road To Summer Learning Program is designed to be family interactive, with an emphasis on intervention. The goal is to maintain or increase student performance by keeping student and family members engaged in the learning process.

These are but a few of the programs/activities that make these Centers unique. Feel free to contact these Center Coordinators if you would like more information about their Centers and the programs they provide. They are all on the global.



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FRYSCKy Business is the official newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc. (FRYSCKY). The newsletter is published three times annually.

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The Optimist Creed

The following version, without the title "The Optimist Creed," is quoted from Science of Mind 71 (June 1998): 50.

Promise Yourself

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to every person you meet.
- To make all your friends feel that there is something worthwhile in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful expression at all times and give a smile to every living creature you meet.
- To give so much time to improving yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
- To think well of yourself and to proclaim this fact to the world, not in loud word, but in great deeds.
- To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.