

Empowerment Resources, Inc.
presents



8th Annual
Journey Into Womanhood
Celebration & Awards Banquet

Dear Self:

Today, I will

Shine!

Saturday, May 19, 2012
12 p.m. to 3 p.m.
Jacksonville Marriott, 4670 Salisbury Rd.

ALVIN BROWN
MAYOR



OFFICE OF THE MAYOR

May 19, 2012

Dear Friends:

As mayor of the city of Jacksonville, it is my pleasure to welcome you to the Journey Into Womanhood 8th Annual Scholarship Banquet. I would like to congratulate the many individuals whose hard work made this afternoon's event possible.

I commend Empowerment Resources and its Journey Into Womanhood program for its efforts to enrich the lives of female adolescents. The voyage into adulthood can be challenging, and I am pleased that this program seeks to empower young people to become successful leaders in the community.

As you know, my top priorities as mayor include ensuring safety and success for the young people of this great city. I commend everyone involved with Empowerment Resources and the Journey Into Womanhood program for helping to advance those priorities in the community, and for your vital contribution to Jacksonville.

Again, welcome. I extend best wishes for an enjoyable, and well-deserved, celebration.

Sincerely,

A handwritten signature in black ink that reads "Alvin Brown".

Alvin Brown

Mayor

From the Executive Director and Founder



Welcome to the Eighth Annual Journey Into Womanhood Celebration and Scholarship Banquet. On behalf of myself and the Board of Directors, thank you for taking the time to support our event. Today, we celebrate and showcase the growth of the young ladies participating in Empowerment Resources, Inc.'s (ERI) Journey Into Womanhood (JIW) program and to congratulate our graduating senior, as she begins a new journey—college.

We have so much to be thankful for this year. Despite an economy where families are experiencing a reduction in income, we have seen many of our families come together because of your generosity. The donation of your time, talent and treasure impacts more than 450 children and 125 parents and caregivers that we have served to date through our programs.

I am delighted to share a few JIW program highlights:

- All seniors have successfully completed high school and entered a college or university.
- JIW participants proactively take part in community activities where they can develop their leadership skills. Opportunities include serving as Peer Health Advocates, Peer Fitness and Nutrition Advocates, participation in the UNF/Jacksonville Jaguars Community Scholars program and Duval County Teen Court. Additionally, 100% of JIW girls participate in community service projects such as visiting senior citizens and collecting clothing and toys for the less fortunate.
- Since 2006, at least one JIW program participant has been recognized as a UNF/Jaguar Community Scholar. Only 20 students are selected within Duval County annually.

As founder and executive director of this grassroots organization, I am grateful for the community support that has been given to ERI every year. All of the dedicated volunteers, sponsors and presenters give a tremendous amount of time and resources to keep the organization operating. Look for a list of our supporters and volunteers on page 23. The JIW program is supported through donations, fundraisers, grants, in-kind donations and a nominal application fee.

I would be remiss if I didn't thank JIW participants, parents and mentors who give their time to take part in this program.

I hope you enjoy today's event and the keynote address from Dr. Horner.

Sincerely,

A handwritten signature in black ink that reads "Elexia Coleman-Moss".

Elexia Coleman-Moss

Our History

Empowerment Resources Inc. (ERI) is a private 501(c)3 nonprofit organization, established in 2002. Our mission is to make children and their families stronger and empower them to become successful leaders in the community today, for a better tomorrow. We rely on volunteers to run the organization. Our signature programs include Journey Into Womanhood, Life Skills Workshops for teen boys and girls and Parenting Education Seminars and Coaching.

Journey Into Womanhood (JIW) began in 2003. This 25 week 'rites-of-passage' program for girls ages 9-17 focuses on their healthy transition from girl to young woman. It addresses the real issues youth are faced with today. A unique and inspiring program, JIW is facilitated by experienced leaders and volunteers, who help the participants cultivate their self-awareness, develop leadership skills and put them on the path to positively impact the communities in which they live. Participants engage in journal writing, community service projects, and enrichment trips.

The Journey Into Womanhood program focuses on gaining understanding of the twelve vital aspects of life:

The Value of SELF

Focuses on understanding the need to love oneself

Drugs and Alcohol

Focuses on preventing the effects of drug and alcohol abuse

Concepts of Beauty

Focuses on caring for self, defining beauty, and personal hygiene

A is for Academics

Focuses on learning proper study habits, college preparation, and public speaking

Health & Fitness

Focuses on the importance of exercise and maintaining a healthy lifestyle

Relationships & Social Skills

Focuses on respecting elders, understanding friendships, and developing social skills

Our Society & Social Constructs

Focuses on understanding racism and prejudice, and learning to respect other cultures

Food & Nutrition

Focuses on learning healthy eating habits and selecting nutritious foods

Employment and Career Skills

Focuses on preparing a resume and learning how to get the career you want

Community Building

Focuses on hands-on learning the importance of volunteering

Abstinence & STD Prevention

Focuses on learning the pros of waiting, and how to avoid risky behavior

Investments & Savings

Focuses on understanding the difference and importance between the two

2011-2012 Leadership

Board of Directors

Daphne Colbert
Dr. Oare' Henry
Angela Johnson
Samanthia Paris

Advisory Council

Stephanie Allen
Carla Flowers, parent advisor
Kim Miller
Michelle Simkulet
Cherrise Wilks

Journey Into Womanhood Youth Advisory Council

Tia Clark
Deryn Dabney
Mia Flowers
Teshara Laster
Alexis McCoy

2011-2012 Year in Review

September 2011 - Parent Youth Dance-Off

JIW participants and their parents attended fitness and health session that included a workout session led by a personal trainer with the use of fitness bands, and an old school vs. new school dance off between the parents and the JIW girls- the parents won! Each year, parents are encouraged to attend at least one parent/youth workshop.

November 2011 - Jacksonville Jaguars Honor Rows Program

The Honor Rows program gives JIW participants an opportunity to attend a Jacksonville Jaguars home game. This unique, nationally recognized program uses seats at Jaguar home games as an incentive to encourage children and youth to set and achieve ambitious, but realistic goals. Each of our girls were eligible to attend by: participating in a 4-H Expanded Food and Nutrition workshop; pledging to remain alcohol, tobacco and drug free; and setting goals for personal and academic achievement, physical fitness and volunteer service.

2011 Honor Rows program participants include: Johnquell Allen, Janae Byrd, Kayla Brannon, Tia Clark, Deryn Dabney, Niyah Fisher, Mia Flowers, Morgan Ford, Caylin Grant, Arrington Grant, Arielle Harris, Amber Harrell, Sierra Jones, Teshara Laster, Bridarra Lovett, Brianna Major, Alexis McCoy, Mikeia Mitchell, Kiana Moore, Kayla Orr, Tijana Rogers, Jazmine Russ, Brittney Sims, Nyla Stanford, Katherine Stella, Danielle Thomas, Reina Thayer, Tierra Walker, Arden Ward

December 2011 - Mayor's Holiday Festival Community Service Project

JIW participants took part in its annual group community service project, the Mayor's Holiday Festival, where they assisted with meal preparations and served over 1,000 senior citizens. All JIW participants are required and encouraged to give back to the community through volunteerism.

February 2012 - *Let's Move!* with First Lady Michelle Obama

Fifteen ladies of Journey Into Womanhood were invited by the Duval County Childhood Obesity Prevention Coalition, a program of Healthy Kids, Healthy Jacksonville to participate in First Lady Michelle Obama's, *Let's Move!* second anniversary celebration, in recognition for their work to combat childhood obesity. JIW's attended the all-day event in Orlando, Florida where they heard a stirring call to health and fitness advocacy by the First Lady Obama. Later that afternoon, they participated in a two hour interactive event at the ESPN Wide World of Sports, where the First Lady, professional athletes, and Disney entertainers engaged in activities to teach participants about healthy eating and active living.

March 2012- Parents and Girls Get Life's Lessons

We partnered with Girls Inc. for a two-part Life's Lessons workshop. The first session was attended by the girls and focused on healthy relationships. Girls Inc. facilitators requested that participants identify topics to discuss during part two of the workshop. JIW girls, along with their caregivers, participated in the second session, where there was open dialogue about blended families, healthy relationships and effective communication.

April 2012 - College Tour to Savannah and Museum Tour

JIW members traveled to Savannah, Georgia, for a college tour of Savannah State University and Savannah College of Art and Design. The participants toured the campuses and spoke with college students and admissions representatives about academic success, careers and social adjustment while in college. The girls were welcomed by Representative Mickey Stephen, Georgia House of Representatives 161st District, who is a Savannah State University alumnus. The trip concluded with a visit to the SCAD Museum of Art, home of the Walter O. Evans Collection of African American art, one of the largest African American art collections in America. They also saw a fashion art exhibit showcasing works by Yves Saint Laurent, Chanel and Oscar de la Renta.

April 2012 - Professional Women Team Up with JIW to Teach Career Readiness

JIW girls received gender based, workforce preparation through JA Girl\$ mentor program where the girls learned the good, bad, and lucky from eight local women in business at a JIW/JA Career Day. JA Girl\$ is a gender based financial literacy initiative of Junior Achievement of North Florida designed to increase knowledge and build skills in financial planning, career preparation, and entrepreneurship.

May 2012 - The Players Championship

Eighth grader **Arden Ward** was selected to serve as a presenter to support our partner, Junior Achievement's JA Girl\$ program, during the second annual Executive Women's Day at The Players Championship.

2011-2012 Year in Review

2011-2012 Healthy Jacksonville - Childhood Obesity Prevention Coalition Embrace a Healthy Florida Grant - Each One Teach One Program

Since 2009 the Journey into Womanhood (JIW) program has actively addressed childhood obesity, a critical issue facing our city. With more than 24% of school-aged children facing health issues related to obesity, students in the JIW program are working hard to reverse that trend thanks to a partnership with the Florida Blue Foundation.

Empowerment Resources, an active member of the Healthy Jacksonville Childhood Obesity Prevention Coalition (HJCOPC) is proud to be a two-time recipient of the Embrace a Healthy Florida grant. The goal of the Each One Teach One Program is to raise awareness among Jacksonville's youth about the importance of living a healthy, active lifestyle through a series of youth-led outreach advocacy and awareness activities. Listed below are a few highlights from our program year:

Train-the-Trainer

JIW youth participated in a nutrition and physical activity train-the-trainer education session conducted by the University of Florida Cooperative Extension Service. The students participated in a hands-on discussion to review the MyPlate guidelines, physical fitness and concluded with a cooking demonstration.

Outreach

JIW participants applied to become Peer Nutrition Educators (PNE) in the September 2011. The students conducted youth-led outreach events at Jacksonville Children's Day. At the end of the event, the PNEs conducted a brief evaluation of their efforts. Of the 171 participants at the fair, approximately 78% of respondents noted that they learned something new and 90% of survey respondents intend to change their behaviors as a result of visiting with the PNEs.

The following JIWs are PNE: **Morgan Ford, Alexis McCoy, Kayla Orr, Nyla Stanford, Arden Ward.**

Advocacy

The PNEs engaged in two advocacy activities during the program year. The PNEs participated in the inaugural Duval County Food Summit where they participated in discussions about food policy and advocacy and children's nutrition. After participating in the Summit, the PNEs wrote a letter to Mayor Alvin Brown encouraging him to support the 2009 Community Call to Action to Reduce Childhood Obesity, developed by the HJCOPC and First Lady Michelle Obama's *Let's Move!* action strategies for mayors and local officials.

Social Media

New to the outreach program this year, the PNEs launched an awareness campaign using social networking in the fall of 2011. PNEs were challenged to create healthy eating and active living messages that were posted on a Facebook and Twitter. The girls were successful in reaching 584 different people healthy eating and active living messages during the course of the campaign.

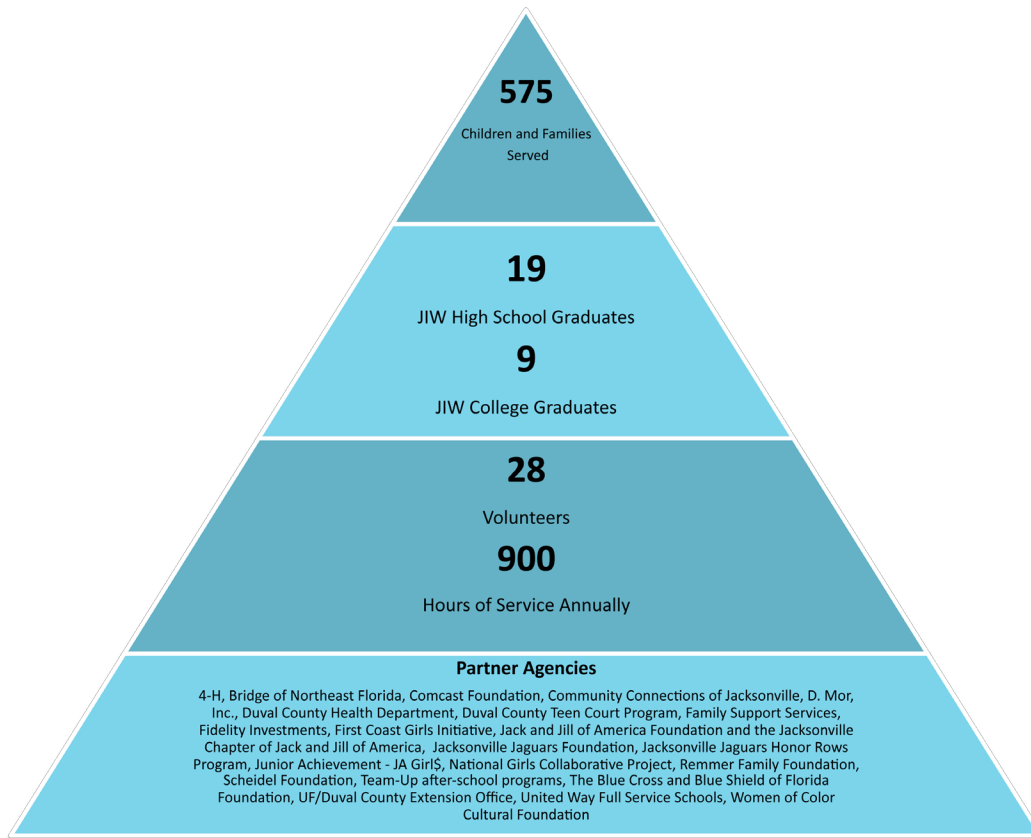
Congratulations to **Arden Ward** and **Nyla Stanford** who won the social media contest from the Each One Teach One Program with most creative videos entered and the most social media messages.

Peer Health Advocacy (PHAs) Initiative

Duval County Health Department's Peer Health Advocacy Initiative is a community-based intervention designed to increase preventive health care among people ages 15-24. The initiative includes peer education, community outreach and a clinical services linkage component. Six agencies, including Empowerment Resources Inc., were initially identified to recruit, select and oversee the actual program implementation. The main activity is to have the trained Peer Health Advocates (PHA's) engage their friends and peers through factual prevention-education "conversations" on topics ranging from Sexually Transmitted Infections to Teen Pregnancy Prevention. Currently there are five (5) agencies and approximately 45 PHAs in Duval County, where each PHA averages anywhere between 4-5 conversations per week. Since January 2012, over 1,200 teens were reached and engaged in 2,946 conversations (as documented in the PHA Contact Reporting Cards).

The following girls are PHA's: **Tia Clark, Deryn Dabney, Niyah Fisher, Alexis McCoy, Jazmine Russ.**

ERI by the Numbers



Volunteer Opportunities

Empowerment Resources, Inc., is looking for community members who wish to share their time and talent in order to assist us with our programs. Individuals and businesses are welcome to volunteer in variety of ways. You can commit to as a little as few hours a month to a lifetime. Empowerment Resources is seeking volunteers to assist with the following:

- Mentoring
- Tutorial in reading, writing, science, math, history
- Computer Training and or Instruction
- Marketing and Communications
- The Arts-music, dance, drama, photography and filmmaking
- Guest Speakers
- Advisory Council Member
- Administrative, mailings and phone calls

For more information please contact us at 904-268-8287 or by email at info@empowermentresourcesinc.org.

Our Wish List

In order to serve the community, support from the private sector and other organizations is critical.

We are in need of:

- Equipment (tablets, Overhead Projector)
- School Supplies, Books, Arts & Crafts Supplies
- Stamps
- Journals, Pens, Day-Planners/Agendas
- Gift Cards (to provide lunches/snacks for incentives)
- Laser Jet Ink Cartridges (Lexmark: Color - 41 and Black-42)
- Mentors or Volunteer Speakers
- Monetary Scholarships
- Corporate Sponsorship
- Office Space



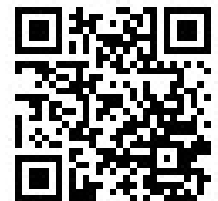
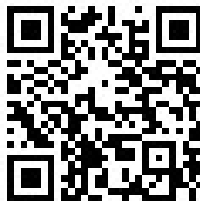
Why Donate?

Fulfilling our mission relies on the generosity of community businesses, organizations, individuals and private donors. Your donation will further enhance the quality of service we provide to youth and families. All donations, no matter the size, are greatly appreciated. Donations are tax-deductible and can be made online at empowermentresourcesinc.org. For more information, please call 904.268.8287 or email us at info@empowermentresourcesinc.org.



ERI Gets Social!

ERI is a part of many social networks. You can follow our events, updates and programs on our website, Twitter, and facebook.



Our Supporters

Empowerment Resources Inc. would like to acknowledge and thank the following companies and people for their ongoing support. Without your support, our program would not be as successful.

Past Presenters

Arthur Bendolph
Janell Conner (Public Design Unit)
Diana Cruz (Girls Inc.)
Erica Eiras
(InVestra Financial Services)
Marsha Faulkner (Studio M Interior
Design Inc.)
Juanita Forman (Girls Inc.)
Rick Godke (4-H)
Ruth Ann Hepler (Candidate)
Kim Law (Holland & Knight)
Jacqui Lowe (ruckus)
Florinda Lopez (Sun Trust Bank)
Gloria McNair (DCHD)
Margaret Meier (Ultra Shred)
E.N. Nicholas (Girls Inc.)
Elizabeth Paulson
(JA Girl\$)
Terri Staten (Soyini Circles)
Andy Toelle (4-H)
Carol Young (Junior Achievement)

Banquet Committee

Daphne Colbert - Co-Chair
Michelle Simkulet - Co-Chair
Joyce Artis
Sylvia Burgess
Carla Flowers
Marsha Grant
Traci Irven
Jacqui Lowe
Angela C. Mack
Gail Patterson
Kamren Stowers
Ashley Trapp
Molly Wahl

ERI Volunteers

☞ JIW Mentors*

Andrea Kemp
Ashley Trapp*
Cherrise Wilks
Chiquita Powell
Ebony Johnson*
Gail Patterson*
Jacqui Lowe
Joyce Artis*
Kaila White
Keri Dilet
Linda Bigbee
Nikki Young
Renee "Stephanie" Simone*
Sanitra Livingston
Sylvia Burgess*
Traci Irven

In-Kind Donations

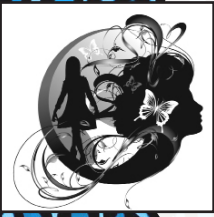
Affinity Consulting Group
grant writing assistance
Angela C. Mack
e-news letter graphic design and layout
Clinton Paris
legal
D. Mor Inc./McDonald's
food
Fidelity Investments
program printing
ELYK Innovation
web site development
Jacksonville Children's Commission
meeting space
JCCI
board meeting space
JIW Parents and Caregivers
Jon Scherf
Graphic design of JIW logo
MyGani Design
branding and organization logo
Molly Wahl
banquet program and invite design

Supporters and Friends

Annette Williams
Abdullah-Bolden Family
Angela Ross
April A. Carter
Bettie Scott
Cadillac Saab of Orange Park
Debbie Moreland
Dinah Coleman-Mason
Duval County Teen Court Program
Florida State College at Jacksonville Tri-IT
Gwendolyn Byrd
Healthy Jacksonville
Jack and Jill of America- Jacksonville
Jake and Kathy Moss
Jakey G. Moss
Jason and Laquita Looney
John and Susan Ryzewic
Karol Clark
Livingston Family
Matt Thompson
Michael Brown
Minnie Coleman
Natasha Clayton
National Society of Black Engineers
Nokturnal Escape
Northrop Grumman
Paula Shigley
Ritz Theatre and Lavilla Museum
Rivera Promotions
Shamika Baker
The Florida Theatre
Tiffany Green
Tracy Alladice
VI01.5 FM and 93.3 FM
Val Brown
Veronica Ward
Victoria Tutt
Willie Mae Sheffield
YMCA

And to all other friends, volunteers and supporters - thank you!

Our Girls



Johnquell Allen

Age: 15

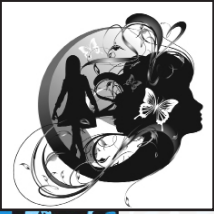
Grade: 9

School: Southside Middle School

I am interested in...dancing, singing and socializing with friends

Motto: Be who you want to be, not what others wish to see.

Goals and plans after high school/ career path: To attend FAMU and become a stylist.



Janae Byrd

Age: 15

Grade: 10

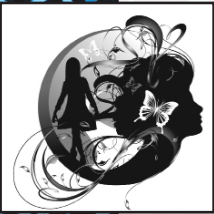
School: Atlantic Coast High School

I am interested in...sports, dance and fashion

Motto: With hard work, faith and consistency comes success

Goals and plans after high school/ career path: attend Savannah State University or USF, major in business, minor in fashion, and have my own boutique and create a franchise.

How do you define inner beauty?: The way you feel about yourself in the deepest depths of your soul.



M'Kayla Carter

Age: 12

Grade: 6

School: Lake Shore Middle School

I am interested in...listening to music, reading, spending time with family and friends

Motto: Aim at nothing and you will hit it every time. Put your future in good hands – God's hands.

Goals and plans after high school/ career path: Go to college to be a pediatrician

How do you define inner beauty? It's how you see yourself on the inside.



Tia Clark

Age: 16

Grade: 11

School: Paxon School for Advanced Studies

I am interested in...playing softball; watching basketball and hanging out with friends

Motto: "Trust in the Lord with all your heart, and learn not to thine own understanding; in all thy ways acknowledge Him, and He shall direct thy paths." Proverbs 3:5-6

Goals and plans after high school/ career path: AttendUCFa to study graphic design and advertisement.

How do you define inner beauty? Inner beauty is your character and personality.



Deryn Dabney

Age: 16

Grade: 10

School: Shekinah Christian Academy

I am interested in...singing, writing, reading the dictionary and being among family and friends.

Motto: I am not what you think of me, but what I think of myself.

Goals and plans after high school/ career path: I plan to attend Clark Atlanta University and major in mass communications.

How do you define inner beauty? A state of mind, how you act, how you feel and see yourself.

Niyah Fisher

Age: 15

Grade: 9

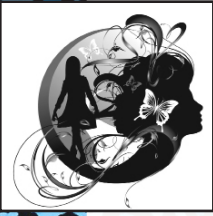
School: Paxon School for Advanced Studies

I am interested in...running track, sewing and meeting new people.

Motto: If you don't stand for something, you'll fall for anything.

Goals and plans after high school/ career path: Attend Savannah College of Art & Design, major in fashion designing and work my way into the fashion industry.

How do you define inner beauty? The morals and values that shine within you.



Mia Flowers

Age: 16

Grade: 11

School: Paxon School for Advanced Studies

I am interested in...softball, psychology, shopping playing "Just Dance," crime scene investigations.

Motto: "You cannot shake hands with a clenched fist." -Indira Ghandi

Goals and plans after high school/ career path: Attend college and obtain a degree in psychiatry or pharmacy.

How do you define inner beauty? Inner beauty is everything, aside from looks, that defines or shapes a person's character.



Morgan Ford

Age: 11

Grade: 6

School: Trinity Christian Academy

I am interested in...gymnastics, dancing, knitting, and singing.

Motto: Believe in yourself and your dreams will come true.

Goals and plans after high school/ career path: To attend college and become a fashion designer.

How do you define inner beauty? How you express yourself and show kindness.



Arrington Grant

Age: 11

Grade: 5

School: Somerset Academy Eagle Campus

I am interested in...dancing, having fun with family and friends.

Motto: Be the best you can be.

Goals and plans after high school/ career path: Attend a university and become a pharmacist.

How do you define inner beauty? Being myself at all times and not changing who I am for others, but always treating others with respect.



Caylin Grant

Age: 11

Grade: 5

School: Crystal Springs Elementary

I am interested in...flag, exercise, preparing for and running 5K races.

Motto: Never give up on what you believe in.

Goals and plans after high school/ career path: To be an actor and photographer.

How do you define inner beauty? Showing the real you to others.



Mistress of Ceremonies & Speaker

Angela Spears currently works for Jacksonville Mayor Alvin Brown, as Community Engagement Officer and Special Assistant. Her work ensures the community is engaged in the development and implementation of the mayor's priorities.

She began her professional career almost fifteen years ago in the television industry. Angela was an Anchor/Reporter for a local television station. She reported for the morning show and anchored the noon show. She also worked in Waco, Texas as an Anchor/Reporter.

Angela moved to Jacksonville in August 1998. She loves living on the First Coast. Angela is a native Texan. She grew up in Corpus Christi. She graduated from The University of Texas at Austin with a Bachelor of Journalism - Broadcast News Degree. She is a very proud Longhorn!

Angela volunteers with many organizations. She also enjoys working with young people. She truly believes they are our future.

She is also passionate about organ donation awareness. "Being an organ donor saves lives. I'm a witness. I was able to donate a kidney to my father which has enhanced his life. It was the best thing I've ever done."

She has also worked with DaVita, a leading kidney care provider in the United States, working with the community and the media to help chronic kidney disease patients know they have a choice when it comes to how they dialyze.

In her spare time, Angela likes to read, listen to music and shop! She absolutely loves shoes! She is a member of Sigma Gamma Rho Sorority, Inc. She sits on the Board of Directors for the Sigma Public Education and Research (SPEAR) Foundation, an affiliate of Sigma Gamma Rho that helps nonprofit and community based groups attain funding sources for programs to improve the lives of women and minorities.



Dr. Donald H. "Donnie" Horner, Jr.

Davis Professor of Management and Education Commissioner, City of Jacksonville

Donnie Horner accepted appointment as the City of Jacksonville's first Education Commissioner in July 2011. He is also the Davis Professor of Management at the Davis College of Business at Jacksonville University - a position he has held since July 2009. Previously he was the Class of '61 Chair and was the Distinguished Professor of Leadership Education in the Department of Leadership, Ethics, and Law at the United States Naval Academy, Annapolis, Maryland.

A native of Bressler, Pennsylvania, Horner graduated from the United States Military Academy at West Point with a Bachelor of Science degree in General Engineering. He also received an M.S. in Transportation Systems from the Massachusetts Institute of Technology, and an M.A. and Ph.D. in Sociology from Stanford University.

As an Army officer, Horner commanded units at the Platoon, Company, and Battalion levels. He served extensively overseas, including during conflict in Panama and Bosnia. Horner was appointed by Secretary of Defense Les Aspin to serve on President Clinton's joint interagency working group to investigate sexual orientation and military service.

Dr. Horner has significant experience with fundraising, development, and community engagement. In 2007 while at the Naval Academy, he designed and implemented a leadership academy and outreach program to St. Benedict's Prep, an inner city school in Newark, New Jersey. Thriving since its inception, the program continues to receive national acclaim as a model for outreach to underserved minority high school students. Horner instructs for the Jacksonville Regional Political Leadership Institute, the statewide Connect Florida leadership academy, and the Jacksonville Jaguars. He serves on the Board of Governors for the Jacksonville Regional Chamber of Commerce, as an executive facilitator for the Board of Directors, and is a member of the Save the Jaguars Committee. In 2011, Horner was appointed to the Board of Directors for Family Foundation Corporation of Jacksonville.

Dr. Horner is married to the former Donell Iva Fryer and the Horner's have two children.



Program of Events



Welcome
Angela Spears, Mistress of Ceremonies

Entrance of Young Ladies

Blessing
Janae Byrd

Lunch is Served

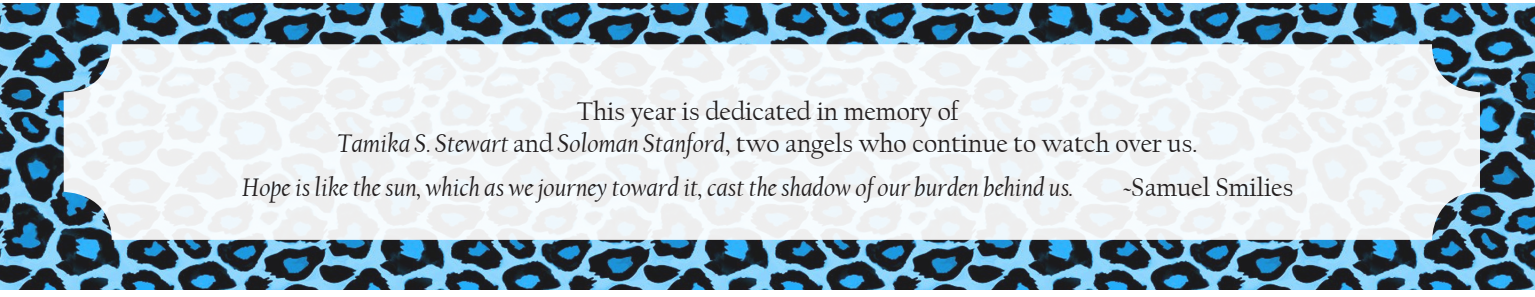
Introduction of Speaker
Danielle Thomas

Dr. Donald “Donnie” Horner, Jr.
Guest Speaker

Talent Showcase

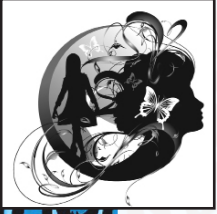
Awards Presentation
Elexia Coleman-Moss
Founder and Executive Director

Closing Remarks
Elexia Coleman-Moss



This year is dedicated in memory of
Tamika S. Stewart and Soloman Stanford, two angels who continue to watch over us.
Hope is like the sun, which as we journey toward it, cast the shadow of our burden behind us. -Samuel Smilies

Our Girls



Amber Harrell

Age: 17

Grade: 11

School: Crystal Springs Elementary

I am interested in...athletics.

Motto: Never give up on your dreams.

Goals and plans after high school/ career path: Attend college at Florida State University and obtain a graduate degree in sports management or athletic training.

How do you define inner beauty? Inner beauty is defined by personal character.



Lauren Harrell

Age: 12

Grade: 7

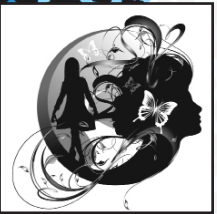
School: LaVilla School of the Arts

I am interested in...acting and reading.

Motto: Yesterday was history, tomorrow is a mystery. Today is a gift-that's why they call it "the present."

Goals and plans after high school/ career path: Attend FSU and obtain a graduate degree fine arts.

How do you define inner beauty? Inner beauty is not looking with the eyes, but looking with the heart.



Arielle Harris

Age: 16

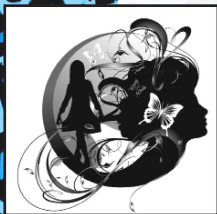
Grade: 10

School: Paxon School for Advanced Studies

I am interested in...reading and being a lifelong learner.

Motto: Be your own kind of beautiful.

How do you define inner beauty? Having confidence.



Teshara Laster

Age: 17

Grade: 11

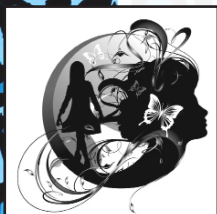
School: Nathan B. Forrest High School

I am interested in...music, graphic design, and fashion.

Motto: "You only live once." -Drake

Goals and plans after high school/ career path: Attend Bethune Cookman University for psychology.

How do you define inner beauty? Putting others' needs before your own.



Bridarra Lovett

Age: 15

Grade: 9

School: First Coast High School

I am interested in...art, Spanish, anatomy, cardiology, socializing and JIW.

Motto: "I'd rather be hated for who I am, then loved for who I'm not." Tyra

Goals and plans after high school/ career path: Staying focused on the important things in life and being a better daughter/aunt/sister/grandchild. Keeping my grades up, attending college (Duke University, FAMU, MIT, Boston University) and becoming a pediatric cardiologist.



Brianna Major

Age: 16

Grade: 11

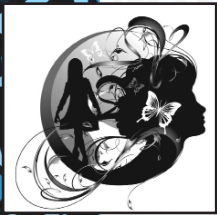
School: Andrew Jackson High School

I am interested in...counting change, trying new things, writing poetry.

Motto: "True intelligence is knowing what is appropriate, rather than what is simply right or wrong." -Unknown

Goals and plans after high school/ career path: Attend UCF or Florida International University and become a neonatal ICU nurse.

How do you define inner beauty? Inner beauty is like butterflies before a big performance, only you can feel it because it's yours.



Alexis McCoy

Age: 16

Grade: 10

School: Jean Ribault High School

I am interested in... creative writing, music, shopping, and socializing.

Motto: "There is a vision for my life that is greater than my imagination can hold." Oprah

Goals and plans after high school/ career path: Attend the University of Tampa and major in forensic science.

How do you define inner beauty? It consists of being authentic, kind and having the ability to give and expect nothing in return.



Mikeia Mitchell

Age: 16

Grade: 11

School: First Coast High School

I am interested in...basketball, cheerleading, and dance.

Motto: A man or woman without a plan is a man or woman planning to fail.

Goals and plans after high school/ career path: Attend Florida A&M University and become a pediatric nurse.

How do you define inner beauty? Unique and self-motivated.



Dejah Mobley

Age: 11

Grade: 5

School: Gregory Drive Elementary

I am interested in... dance, fashion, art, math and helping people.

Motto: I don't care what people say or what they think, because I love myself the way I am.

Goals and plans after high school/ career path: Attend University of Central Florida, University of Tennessee or University of North Florida and major in science.



Kiana Moore

Age: 15

Grade: 9

School: First Coast High School

I am interested in...singing, dancing, sketching, poetry, Spanish, science, reading.

Motto: "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Goals and plans after high school/ career path: Attend FSU and become a pharmacist. Continue to success throughout my life.

Our Girls



Kayla Orr

Age: 15

Grade: 9

School: Darnell Cookman High School of the Medical Arts

I am interested in...dancing, singing, volleyball, and watching wrestling.

Motto: Be yourself, never anyone else.

Goals and plans after high school/ career path: To attend a prestigious medical school, to achieve my goals of becoming one of the best black female cardiologist who ever graced the hospital floor.

How do you define inner beauty? Feeling good about yourself.



Tijana Rogers

Age: 15

Grade: 9

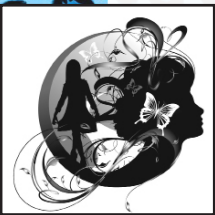
School: Robert E Lee High School

I am interested in...reading, writing, crocheting

Motto: Yesterday's the past, tomorrow is the future, but today is a gift and that's why it's called "the present."

Goals and plans after high school/ career path: To attend college and learn about video game programming so I can become the first black female to own a video game writing and programming company.

How do you define inner beauty? Your positive characteristics that make you....you!



Jazmine Russ

Age: 17

Grade: 11

School: Robert E Lee High School

I am interested in...music and fashion.

Motto: Be the best you can be.

Goals and plans after high school/ career path: Attend Bethune Cookman University and major in criminal justice.

How do you define inner beauty? Being able to give and expect nothing in return.



Akilah Sadiq

Age: 15

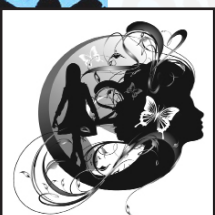
Grade: 9

School: Edward E White High School

I am interested in...fashion.

Motto: Live, Love and Laugh!

Goals and plans after high school/ career path: Attend college and become a lawyer.



Brittney Sims

Age: 14

Grade: 9

School: Douglas Anderson School of the Arts

I am interested in...poetry, acting, traveling, music, and writing, in general.

Motto: Anything is possible through Christ.

Goals and plans after high school/ career path: I want to attend college and major in acting and writing.

How do you define inner beauty? True inner beauty comes from within yourself.

Nyla Stanford

Age: 14

Grade: 9

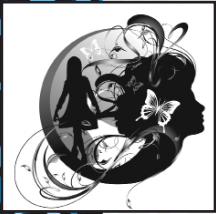
School: Douglas Anderson School of the Arts

I am interested in...writing, singing, dancing, photography, playing board games and video games, candy and reading.

Motto: Never let being the underdog stop you from anything because secretly, you have the upper hand.

Goals and plans after high school/ career path: Attend Columbia College of Chicago or Columbia University. After college, I want to become a writer for a literary magazine and have at least three books published by age 25.

How do you define inner beauty? Everything you can't see but everything you love.



Katherine Stella

Age: 13

Grade: 7

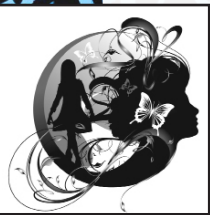
School: James Weldon Johnson College Preparatory

I am interested in...gymnastics, writing, and drawing.

Motto: Be the BEST!

Goals and plans after high school/ career path: cosmetology

How do you define inner beauty? An inner spirit that shows itself as kindness and generosity.



Reina Thayer

Age: 12

Grade: 6

School: James Weldon Johnson College Preparatory

I am interested in...writing.

Motto: Live life to the fullest.

Goals and plans after high school/ career path: attend college for medicine.

How do you define inner beauty? To be sweet towards people.



Danielle Thomas

Age: 17

Grade: 11

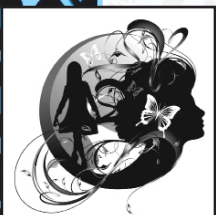
School: Paxon School for Advanced Studies

I am interested in...fashion, meeting new people, and singing.

Motto: Hakuna matata: "No worries."

Goals and plans after high school/ career path: graduate from UCF with degrees in psychology and marketing.

How do you define inner beauty? The ability to help others discover what's beautiful about themselves.



Tierra Walker

Age: 13

Grade: 7

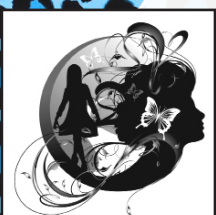
School: Eugene Butler Middle School

I am interested in...modeling, fashion design, and hair styling.

Motto: Never give up.

Goals and plans after high school/ career path: Attend college and model after school.

How do you define inner beauty? Loving yourself first.



Our Girls

Arden Kirsten Ward

Age: 13

Grade: 8

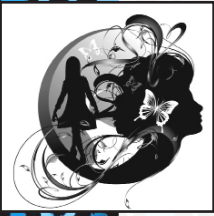
School: LaVilla School of the Arts (LASOTA)

I am interested in...swimming, acting, piano, photography, music, and video production.

Motto: Live for today, not tomorrow.

Goals and plans after high school/ career path: Study Law and Music at the University of Georgia or University of Miami.

How do you define inner beauty? Having a beautiful personality that people like being around, which really defines who you are as a person.



Our Senior

Sierra Jones

Age: 17

School: Atlantic Coast High



I am interested in fashion, athletics, and socializing.

Personal Motto: No regrets just lessons learned.

"I can do all things through Christ who strengthens me." Phillipians 4:13

I will be attending Florida A & M University in hopes of receiving my doctorate in pharmacy. I want to be successful in my career of choice, make my own money get married and have a family.

I define beauty as someone who is spiritually evolved and is genuinely kind hearted, gives every and anything and expects nothing.

Activities : Track & Field

Step Team

Kick Boxing

Honors:

Step Team: 2012 Co-Captain, performed at the Jacksonville Giants halftime show

Track & Field: 2012 Captain, Regional qualifier 2009-2011, State qualifier in 2012, 4-year Letterman, 2 year AAU National Junior Olympics qualifier

My most enjoyable JIW experience

I always enjoy when we collaborate with Girls Inc. -Mrs. Juanita is the best :) She really tells you how it is. I have learned a lot about myself from that session as well as many other JIW workshops. I have learned how to carry myself as a young women.

Our Supporters

Sierra,

To the ladies of JIW...
Keep moving on with your successful
Journey Into Womanhood
- Jakey Moss

From one Rattler Family to another,
wishing you the best!
Welcome to "The Hill"
Love, Momma Donna, Kenny, Cortney
and Sydney

Congratulations **Sierra!**
Much Success in Your Bright Future.
Love, Rob and Lynn Billups

To My Daughter **Sierra,**

I wish nothing but the best for you.
Continue to trust in God in all that you
do and always allow your inner beauty
to shine through. I Love You Always!
Your Biggest Cheerleader,
Mom

Sierra

You dreamed, you believed, you strived
and you achieved. Life is waiting to offer
you anything your heart may desire.
Congratulations and we love you!!!
The Young Achievers Family

Congrats **Sierra!**

"Trust in the Lord with all your heart;
Lean not on your own understanding. In
all your ways acknowledge Him and He
will direct your path." Prov. 3:5-6
Bernard & Deborah Holmes

Sierra-Stay encouraged!

"For I know the plans I have for you,"
says the Lord. "They are plans for good
and not for disaster, to give you a future
and a hope." (NLT: Jeremiah 29:11)
The best is yet to come!
Annette Cooper

To My Sweet Pea **Sierra,**
".. those who wait on the Lord Shall
renew their strength; They shall mount
up with wings like eagles, They shall run
and not be weary, They shall walk and
not faint." Isaiah 40:31
Continue to chase your dreams!
Love you always, Mom

Sierra, You've blossomed into a
beautiful and intelligent young lady.
Our prayer is that you continue to
walk a righteous path as you journey
through life. We wish you much success
in your collegiate experience and future
endeavors.
-Teea, Tehimeka and Taureca
Little People's Reading Club

Sierra,

Sierra, "I will instruct you and teach
you in the way you should go; I will
counsel you with my eye upon you."
Psalm 32:8
GOD has his arms around you!
Annette Cooper

Smart, Beautiful, Talented, and most
importantly, a child of the Risen King!
We are so proud of you and all you've
accomplished. Continue to let God
order your steps and there is no stopping
you!
Love, Tiffani and Tamia

Sierra,

We are proud to see the lovely young
woman you have become.
Remember to always "stay grounded in
the Word and seek the Lord first."
Matthew: 6:33
Love You, Tiffani, Erica, Dana and
Toyha

Sierra- As you start your college
journey remember...

"The most courageous act is still to
think for yourself. Aloud." - Coco
Chanel.

I pray for you all life has to offer.
Annette Cooper

Congratulations **Sierra!**

You are destined for greatness.
"Do not follow where the path may lead.
Go instead where there is no path and
leave a trail" - Harold R. McAlindon
We Love You,
Ms. Taesha and Jordyn

Sierra,

Congratulations! May God continue to
bless you as you honor Him with your
life. Proverbs 3:5-6
Brother Stockton Carter,
FBCM Sunday School Teacher

Our Supporters

Sierra, I'm so proud of you baby girl!
I love you with all my heart. Stay strong
in your faith and remember that you can
do all things through Christ!

Love, Daddy

Congrats **Sierra**, all of your family,
friends and extended family are proud
of you. You are destined for a bright
future!

O'Neal Jackson, III

M & L Trophies supports
Alexis McCoy!

Contact Martina Babineaux for sales
information on trophies, engraving, etc.
(713) 723 5730 bmltrophies@att.net

Sierra,

I enjoyed coaching you!

You will always have a special place
in Coach Holmes' heart because you
became the leader I always knew you
would be.

Congratulations from the entire
coaching staff.

Coach Holmes, Coach Dionne and
Coach Ross.

We are very proud of you **Sierra**.
Remain focused, stay committed and
your future will be full of success. May
God continue to Bless you and keep you.

Congratulations young lady!

-Carlton Q. Freeman

Sierra-

Yes!!! Another JIW Rattler in the house!
Make sure you represent us well while
on the hill at FAMU!

All the best from your FAMU Alumni
who support you and the entire JIW
family!

-FAMU Rattler Alumni

Dear **Sierra**,

Your megawatt smile matches your
running speed! Harness that talent and
keep following your dreams.

"Our greatest glory is not in never
failing, but in rising up every time we
fail." -Ralph Waldo Emerson

God Speed, Patty Taggart

Sierra

Congratulations and well wishes
on your journey into womanhood.
Remember all the trials and tribulations
that have served as your conditioning
for this endeavor. Keep God first and
your Ego last.

-Coach Murphy

Congratulations Sierra,

"Be strong and courageous. Do not be
afraid or terrified because of them, for
the LORD your God goes with you; he
will never leave you nor forsake you."

-Deuteronomy 31:6

All the Best!

Roshannon and Derrell

Sierra

Congratulations on your rise to
womanhood. Life is just beginning. Live
it fully. Stay focused.

We Love You, The BILLUPS of
Tallahassee

Congratulations **Sierra!** We are very
proud of you. Stay focused, say your
prayers and God will bless you Always!

Your Future is Very Bright.

Deacon Reginald Tolbert

Alexis, I love you and I'm proud of the
woman you are becoming.

Love, Sara Lattimore

Sierra,

Now is the time to open your eyes wide
and see your transition to adulthood.
Embrace all knowledge and make us
more proud!

Love You, Grandma and Grandp'

Congratulations to you **Sierra**,
you have come a long way. Set your
shoulders firm and take advantage of
the many opportunities that will present
themselves. Be Blessed.

Brent D. Sears, DMD

To my cousin **Alexis McCoy**,
Best wishes to you on your special day

Love Always,

Your cousin Jackie Lucas

Our Supporters

Alexis,

May God continue to bless and keep you.
Auntie Sabrina, Joe and Dee Dee

Alexis, Get CRUNCK (Constantly Receiving & Understanding New Knowledge)!
Love - Lucile and Wil Anderson

Alexis, remember: "I can do all things through Him who gives me strength."
Phillipians 4:13
The Belzeski's

Alexis, you are an example of what is possible when girls are loved and nurtured by people around them. You have been surrounded by extraordinary people who have taught you about quiet strength and dignity. It is in your walk, talk, and quiet presence. I'm so proud of the woman you are becoming.
Love, Brandi Robinson

Alexis, If you can imagine it, you can achieve it, if you can dream it, you can become it.
Keep God first in everything you do.
With Love,
Cousins, Donnie, Gail and Tierra Turner

Alexis - This is your time to reach for the stars. I know you can be what God meant for you to be. You will be great at anything you set your mind to do. Don't look left and don't look right. Look straight ahead to where God leads you.
Love - Ms Ruby

Congratulations to the ladies of **Journey Into Womanhood**
From Rev. Dr. Romando James, Ph.D.
President/Founder - Operation Common Sense with P.R.I.D.E. Ministries
Professor Emeritus Clemson University
www.DrRomandoJames.com

Congratulations, **Alexis!** God is taking you on a path that only you can travel. To accomplish great things, we must not only act, but also dream: not only plan, but also believe. I'm so proud of you and excited for your LIFE journey.
With Love,
Auntie Norma Green

Alexis, Ralph Waldo Emerson said: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
I Love you,
Gail Waters

Congratulations, **Amber and Lauren!**
We are proud of your many accomplishments and pray that you will continue to follow your dreams!
Love, Mom and Dad

Congratulations **Alexis!** For if we faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ.
Hebrews 3:14
Linda Townsend & Family

Alexis, I can encourage you. My daughter, to embrace life and reach every height that you can! I know you will do it.
Love Always,
Mama

Alexis, We are proud of the young lady you've grown into. Continue to dream and put God first in everything you do in life. Each and every human being is as unique as every star in the sky. How you see your uniqueness is up to you.
Love, Kimberly and Jiani Trotter

Alexis - "Do not follow where the path may lead. Go instead where there is no path and leave a trail."
-Harold McAlindon
Love,
Raelonda and Jabil Jr

Alexis - Best wishes for a successful banquet. I'm so proud of you and your accomplishments! You can do all things through Christ.
Love Always,
Auntie Taimiko

Our Supporters

Best wishes **Morgan!**
We are so proud of you!
Love,
Uncle Brandon, Tee Shell, Eboni, Elissa,
& Elijah

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Arden,
Make success be your goal. For
Victory is already won.
Love, Debra, Tyrone Jr. & Marcus
Williams

Alexis, I have watched you grow up for
the past 11 years. You have so much
potential to become the person you want
to be. Keep God first and set high goals
for yourself.
Love,
Chance

Arden,
Much Success as you journey into
womanhood...
We are proud of you!
Mrs. Cecil Wright, Mrs. Selma Rutledge
&
St. Stephen Cluster Girl Scouts

Arden,
I'm proud of you; you're doing a great
job on your journey into womanhood.
Keep the work up and continue to
journey.
I love you!
Aunt Verdelle B. Jones,

Dear **Alexis:** My wish for you as life
journey into womanhood present
joy and success. He knows with
opportunities comes challenges. I want
you to remember my love is with you.
All things are possible with faith in god
and believing in yourself.
Love,
Grandma Joyce

Arden,
Congratulations as you continue to
enjoy your Journey Into Womanhood.
God bless and keep you.
Love, Grand and Grandpa
Constance & Perry Faulk

It's **Arden,** "Princess of the Arts"
Before long she'll top all the charts
In singing and dancing
Performance enhancing
I knew that the girl would go
far...
Love, Bergen Crump "BC"

Morgan
We are so proud of you and we love you
so much. Best wishes!
Love,
Nana & Granddaddy!

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Arden,
Always remember to put God first in
Everything you set out to do and He will
show you the path that leads to peace.
Love always, Mommy

Morgan, I am so proud of all that you
have accomplished.
You are such a special young lady. I am
blessed to be you mother.
Loving you Always,
Mommy

Arden,
Congratulations to my beautiful and
talented niece!
Love, Aunt Awanda B. Franklin

Arden,
Much success and my God
Continue to Bless you! "I can do all
things through
Christ which strengtheneth me"
Love, Terri Morris-Jordan & Family

Our Supporters

Arden,

Congratulations on your empowerment journey. You are an exceptional young lady. I am proud of you. Love, Aunt Sheri

Arden,

Congratulations!
We are so proud of you!
Love, Andrea Dixon Harris, Valeria Grant, and Altamease Dixon

Arden,

Congratulations on your 8th banquet! Continue to be the young lady we can always be proud of and remember to always put God first in anything you attempt to do.
Be Blessed.
Love, Auntie Edna Corey

Arden,

Sometimes it's best to watch other people and learn from their mistakes. Your journey will be filled with many peaks and valleys. Never be afraid to fail, never forego your better judgment.
God Speed, Uncle Reggie

Arden,

My Sweet Daughter, May God continue to bless and keep you as grow, mature and advance into womanhood. Always know that your mom and dad will always LOVE you.
Love Dad, Ralph Ward III



SENATOR AUDREY GIBSON
1st District



Congratulations **Arden Ward** and all JIW Participants!

As a member of the Florida Senate, and particularly the Children, Families and Elder Affairs policy committee, I am keenly aware of the need for programs that prepare our young people for success, while strengthening families and involving the community.

I applaud the continuing efforts of JIW and look forward to our continued work together!

Sincerely,

Audrey Gibson, State Senator

TERRELL HOGAN

WAYNE HOGAN

PERSONAL INJURY ATTORNEY & CIVIL TRIAL SPECIALIST

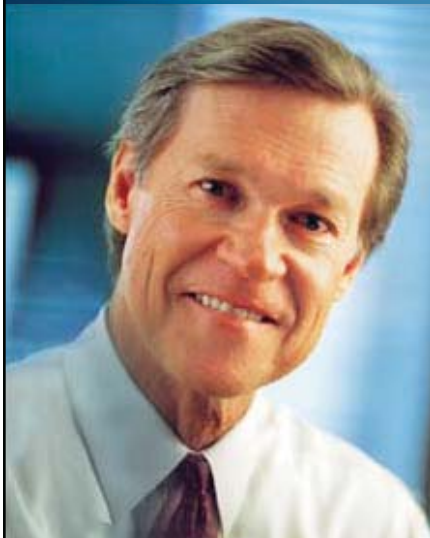
On the occasion of the Eighth Annual Journey into Womanhood Celebration & Awards Banquet:

Programs that take initiative, have continuity, strong leadership and reach to touch hearts and minds make a real difference in the lives of young people. *Journey into Womanhood is a model of stewardship.*

Congratulations; another great year.

Well done!

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