



Empowerment Resources Inc.

presents

9th Annual
Journey Into Womanhood
Celebration & Awards Banquet

*Our Diamonds Sparkle
A Cut Above the Rest*

Sunday, May 5, 2013

2 p.m. to 5 p.m.

Jacksonville Marriott, 4670 Salisbury Road

ALVIN BROWN
MAYOR



OFFICE OF MAYOR ALVIN BROWN

May 5, 2013



Dear Friends:

On behalf of Jacksonville, I want to congratulate the 35 graduates of the Empowerment Resources, Inc. "Journey Into Womanhood" program. This marks the 9th Annual Celebration and Scholarship Banquet, and I couldn't be more proud of the work you have all done.

As mayor, I am committed to empowering those who empower others. This wonderful program utilizes workshops, cultural experiences, and community engagement projects to shape the leadership traits of Jacksonville's young women. The concepts of womanhood around which the program is based are extremely important, and I know that the graduates being honored today have benefited greatly from their time spent here.

Again, congratulations. I wish you all the best in the future, and I look forward to seeing the continued success of this program in the years to come.

Sincerely,

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

Alvin Brown
Mayor






From the Executive Director and Founder

Greetings!

As founder and executive director of Empowerment Resources, Inc. (ERI), allow me to thank you for joining us at our Ninth Annual Journey Into Womanhood Celebration and Awards Banquet. The young ladies participating in Journey Into Woman (JIW), ERI's signature program, are indeed, *Sparkling Diamonds—A Cut Above the Rest*, thus the theme for today's program.

For the first time in JIW's history, seven exceptional high school seniors will graduate from the program, with all seven committed to attending a college or university in the fall. Because of your support, they will be awarded scholarships to benefit them on their college journey. In addition to our seniors, all the ladies of JIW will demonstrate today what they have learned throughout the year. We're proud of them as well as the overall JIW accomplishments over the years. Here are a few program highlights.

-  Since its inception, all seniors have completed high school and attended a college or university
-  One hundred percent participation from JIW young ladies in community service projects where they hone their leadership skills and give back to the community
-  Since 2006, at least one JIW has been recognized as a UNF/Jaguar Community Scholar

Our success wouldn't be possible without our dedicated family of parents, mentors, volunteers, sponsors, and presenters, who heed the call to offer their time, talent and treasure to ERI. If you're interested in supporting ERI and its programs, please refer to page 6 for details. We would love to have you as a part of the team.

Thank you for spending a part of your Sunday with us. Sit back, relax and enjoy an unforgettable afternoon with the young ladies of Journey Into Womanhood.

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

2012-2013 Leadership

Board of Directors

Daphne Colbert
Dr. Oare' Henry
Samanthia Paris
Dee Wilcox

Advisory Council

Stephanie Allen
Audrey Gibson, State Senator
Sanitra Livingston, JIW alum
Kim Miller
Michele Simkulet
Veronica Ward, parent advisor
Cherrise Wilks

Journey Into Womanhood Youth Advisory Council

Tia Clark
Mia Flowers
Morgan Ford
Amber Harrell
Teshara Laster
Jazmine Russ

2012-2013 Year in Review

September 2012 - Parent and Youth Dance Off to Get Moving with Fitness

Two generations came together to get up and moving by showcasing their dance skills. JIW participants and their parents attended a fitness and health session led by a personal trainer. The session concluded with an old school vs. new school dance off between parents and daughters. Once again, parents, the old school won with their old and new school moves. JIW program encourages parental/guardian participation by requiring attendance at parent and youth workshops.

In September, Empowerment Resources Inc. was one of twelve healthy heroes recognized at the inaugural Celebrating Healthy Kids and Active Communities Awards Breakfast during Childhood Obesity Awareness Month. Empowerment Resources received the Heat of the Community ward youth-led initiatives for their youth lead work to combat Childhood Obesity.

November 2012 - Jacksonville Jaguars Honor Rows Program

The Jacksonville Jaguars Honor Rows program gives youth 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. The program consists of goal setting, academic achievement, and performing public service. Youth must be between the ages of 9 and 17 to earn a seat to the game, and do not have to be A-B honor roll student to participate.

In order to earn a game ticket, the JIW young ladies completed several tasks including: participating in a 4-H Expanded Food and Nutrition workshop, pledging to remain alcohol, tobacco and drug free, goal setting and performing community service.

Congratulations to the young ladies who successfully participated in the Honor Rows program: Deyona Burton, Garrielle Bones, M'Kayla Carter, Morgan Ford, Tamia Foston, Arrington Grant, Reina Thayer, Dahjia Hudson, Johnquell Allen, Janae Byrd, Tia Clark, Amber Harell, Niyah Fisher, Mia Flowers, Teshara Laster, Bridarra Lovett, Brianna Major, Ashanti McNeil, Kiana Moore, Tijana Rogers, Jazmine Russ, Akilah Sadiq, Nyla Stanford, Danielle Thomas, Tierra Walker, Arden Ward and Leila Adams.

December 2012 - JIW Group Community Service Project

The girls of JIW ended 2012 with a new initiative focused on their commitment to service and improving their community. The young ladies spent three Saturdays gaining insight on community service learning. They were tasked with using data to identify a specific neighborhood problem, they brainstormed potential solutions, created a workplan and made a real, positive change. Because program days are held at Community Connections, the girls determined the community need they could address was helping a homeless or shelter resident to help break the cycle of poverty or domestic violence by "adopting" and redecorating a room at the Florence N. Davis Center for Women & Children. The JIW girls successfully collected donations of items and cash to implement their plan, and successfully cleaned, painted, furnished and decorated a room for a woman entering the Davis Center program to improve her financial and emotional self-sufficiency.

January 2013 - Relationships, Social Skills and Abstinence "Plus" Workshop

Back by popular demand Girls Inc., talked about relationships and the Duval County Health Department empowered the girls on HIV/AIDS awareness and prevention with a discussion and hands on activities.

February 2013- JA Girl\$ on Budgeting, Creating a Business Plan, and Marketing Products

On February 23rd Junior Achievement of North Florida's Program Director for JA Girl\$, Elizabeth Paulson, facilitated a discussion about creating a business plan, marketing products, and fulfilling the needs of a target audience. Find out what our JIW girl's learned and how they'll apply it with the E-Apprentice Project on page 5.

March 2013 - Career Readiness in Public Relations, Financial Advising and Videography

JIW girls received workforce preparation where they learned the good, bad, and ugly from four local women in business at the JIW Career Day. The day was a lesson on career preparation and entrepreneurship skills. This year's annual career exploration day also brought these four females to help the girls refine their messages for the E-Apprentice campaign as explained on page 5.

April 2013 - Annual Spring Break College Tour

Girls and mentors made their way to Georgia for visits to Emory University, Spelman College and Clark Atlanta University. At Spelman, the young ladies met with students in leadership roles at the college. They spoke with a student who created the first HBCU Toms Club. Once a year, students walk around campus without shoes, which prompts individuals to ask why they're not wearing shoes. With every pair you purchase, Toms will give a new pair of shoes to a child in need. To learn more visit www.Toms.com. The moral of the lesson for the girls was that you can be a leader in college by creating a civic club or group. The annual Spring Break College Tour concluded with a trip to the World of Coke and the historic Martin Luther King Center.



2012-2013 Year in Review

2012-2013 Healthy Jacksonville - Childhood Obesity Prevention Coalition Embrace a Healthy Florida Grant - Each One Teach One Program

Since 2009 the ladies in the Journey Into Womanhood (JIW) program have been active in addressing a critical issue facing our city-- childhood obesity. With more than 24 percent of school-aged children facing health issues related to childhood obesity, the students in the JIW program are working hard to reverse that trend thanks to a partnership with the Healthy Jacksonville Childhood Obesity Prevention Coalition.

Empowerment Resources, an active member of the Healthy Jacksonville Childhood Obesity Prevention Coalition (HJCOPC) is proud to be a three-time recipient of the **Embrace a Healthy Florida** grant sponsored by the Blue Cross and Blue Shield of Florida Foundation. The young ladies tackled the Each One Teach One Program/E-Apprentice Project with the following elements.

Element One: Train-the-Trainer

The ladies of JIW participated in a train-the-trainer nutrition and physical activity education session conducted by the University of Florida Cooperative Extension Service. The JIW girls and female caregivers participated in a hands-on discussion, became educated on the MyPlate guidelines and ended the day with healthy cooking demonstrations.

Element Two: Outreach

JIW members applied to become Peer Nutrition Educators (PNE). The students conducted youth-led outreach events in the Jacksonville community. At the end of the events, the PNEs conducted a brief evaluation of their efforts. Out of 101 fair participants, 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 JIW PNEs are: Morgan Ford, Nyla Stanford, Arden Ward, Lelia Adams, Deyona Burton, Mia Flowers, Ashani McNeil, Danielle Thomas

Element Three: The E-Apprentice Project

In February 2013, the organization launched E-Apprentice; a three-month marketing campaign contest that captured the spirit, creativity and network of influence the students possess to advocate for healthy eating, exercise and lifestyle choices among their peers. The teams were tasked with creating an electronic service announcement that can be promoted through social media.

The girls were split into two teams and began their campaign planning with a lesson on entrepreneurship. Through a partnership with JA Girl\$, an organization that helps young women build skills in financial planning, career preparation, and entrepreneurship, the girls learned how to create a business plan, market products and fulfill the needs of a target audience.

Our annual career exploration day brought female marketing and communications professionals from around Jacksonville to a JIW meeting to help the girls refine their messages for the students' campaign.

In April, the students' marketing campaign received a boost from Dr. Fitness and 93.3 The Beat. Each team developed and submitted talking points to Dr. Fitness, who promoted the campaign on his radio show. Additionally, the girls promoted their video through their personal social media channels to campaign for votes.

Help us applaud the winner of the E-Apprentice campaign during the 2013 Journey Into Womanhood Scholarship Banquet. Each team will deliver their final presentation before a panel of judges live at the banquet.

A special thank you goes out to the following individuals and organizations who helped make the E-Apprentice campaign a success!

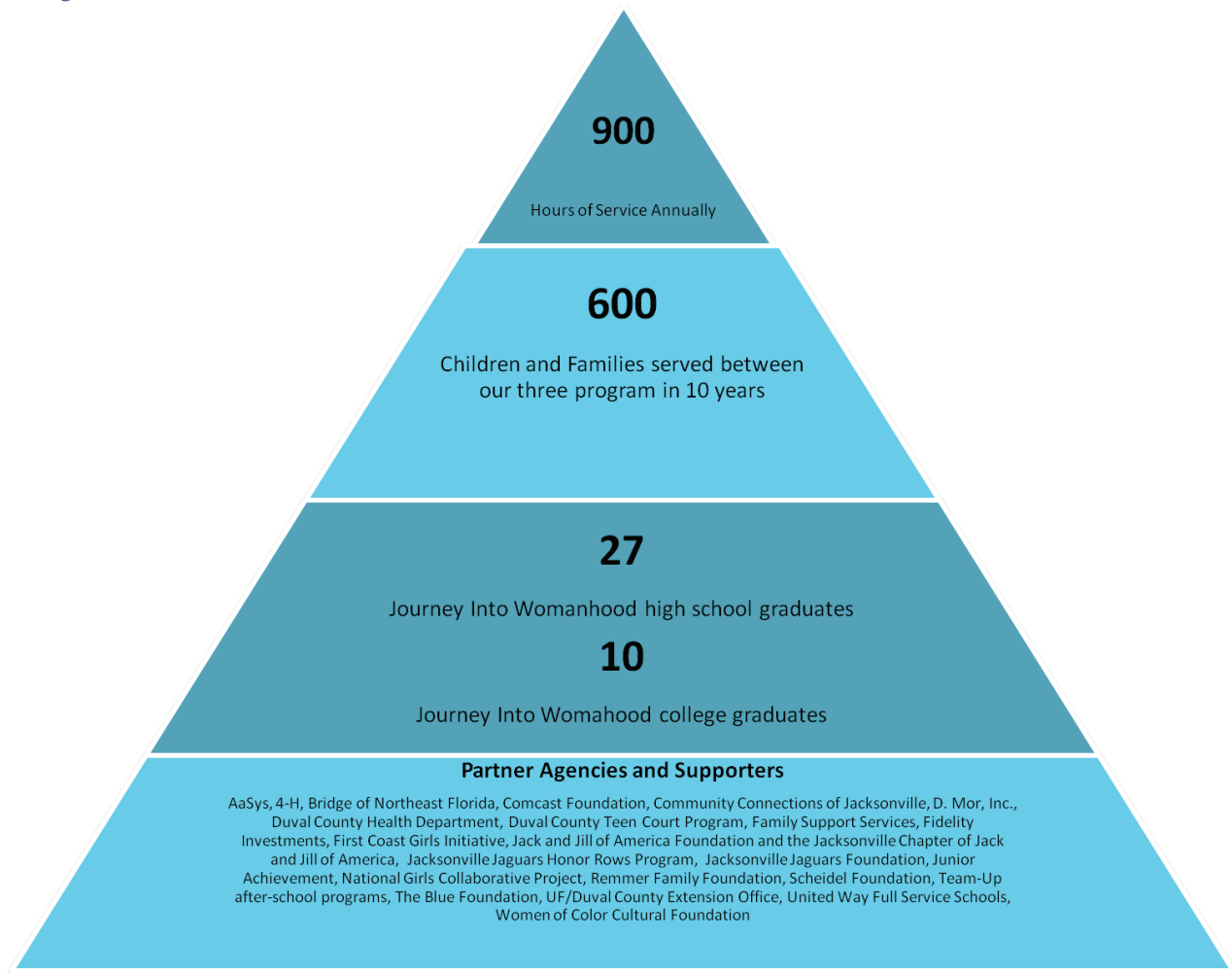
Danielle Thomas, JIW Team H2 Assistant Manager
Amber Harrell, JIW Team HEAL Program Manager
Blue Cross and Blue Shield of Florida Foundation
Dr. Fitness and Fitness Pursuits Training Team
T-May and 93.3 The Beat
Duval County Health Department

Elizabeth Paulson, JA Girl\$
Healthy Jacksonville Childhood Obesity Prevention Coalition
Kelly Senteno, ruckus. advertising + public relations
Susan Masucci, ruckus. advertising + public relations
Erica Benson, New Energy Productions
Jevetta Stanford, Ed.D, volunteer consultant on project
Jacqui Lowe, volunteer consultant on project

THE *Healthy*
e-APPRENTICE



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.

Year In Pictures



Clark Atlanta University

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



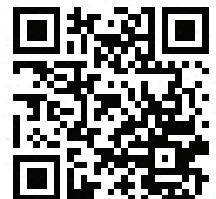
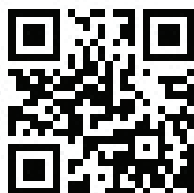
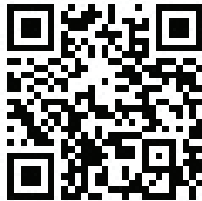
Why Donate?

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 www.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

Dee Wilcox (WOC/BCBS)
Dr. Harrelle Duncan (Shands)
Dr. Jevetta Stanford (community
volunteer)
Elizabeth Paulson (Junior Achievement)
Erica Benson (New Energy Productions)
Errol Stewart (Fitness Pursuits)
Gloria McNair (DCHD)
Jasmine Allen (UNF)
Juanita Forman (Girls Inc.)
Kelly Senteno (ruckus)
Madeline Scalles Taylor (Jack and Jill of
America)
Molly Wahl (JCCI)
Natasha Parks (UF/EFNEP)
Rainni Lacy (NEFCOADA)
Semone Blair Walker (Meobachi)
Susan Masucci (ruckus)
Wendy Chindra (CHI'ology)
William Jackson (E3)

Banquet Committee

Daphne Colbert (co-chair)
Dee Wilcox (co-chair)
Angela C. Mack
Ashley Trapp Woodard
Andi Kemp
Veronica Ward
Gail Patterson
Jacqui Lowe
Joyce Artis
Kamren Stowers
Marsha Grant
Michelle Simkulet
Molly Wahl
Sylvia Burgess
Nikki Young
Ale'ta Tuner
Kerri Dillet
Ebony Johnson
Sanitra Livingston

ERI volunteers & JIW Mentors*

*Ashley Trapp Woodard
Andrea Kemp
Angela C. Mack
Jacqui Lowe
Ale'ta Turner
Tiffany Adams
Cherrise Wilks
Chiquita Powell
*Ebony Johnson
*Gail Patterson
Jacqui Lowe
*Joyce Artis
Kaila White
Keri Dilet
*Nikki Young
Renee "Stephanie" Allen
Sanitra Livingston
*Sylvia Burgess

In-Kind Donations

Affinity Consulting Group
(grant writing assistance)
Clinton Paris
(legal)
D. Mor Inc./McDonald's
Fidelity Investments
(program printing)
Jacksonville Children's Commission
(meeting room)
JCCI
(meeting space)
JIW Parents and Caregivers
Jon Scherf
(Graphic design of JIW logo)
MyGani Design
(branding and company logo)
Molly Wahl
(banquet program and invite design)
First Coast YMCA's
(meeting room)
Community Connections of Jacksonville
(meeting room)

Supporters and Friends

Abdullah-Bolden Family
Andi Kemp
Andy Toelle (4-H)
Angela C. Mack
Annette Williams
B&M Leasing& Management
Bettie Scott
Cherrise Wilks
David and Paula Shigley
Debbie Moreland
Dinah Coleman-Mason
Duval County Teen Court Program
Farisha Hamid
Florida State College at Jacksonville
(Tri-IT)
Gwendolyn Byrd
Healthy Jacksonville
Hortense Johnson
Jack and Jill of America- Jacksonville
Jake and Kathy Moss
Jakey G. Moss
Jacki Singleton
Jason and Laquita Looney
John and Susan Ryzewic
Karol Clark
Livingston Family
M & S Management Services
Matt Thompson
Michael Brown
Michelle Brock
Minnie Coleman
Natasha Clayton
Nokturnal Escape
Northrop Grumman
Pink Lady Charities
Rivera Promotions
Stephane Allen
Susan Burroughs
The Florida Theatre
Tiffany Green
Tracy Alladice
VI01.5 FM and 93.3 FM
Val Brown
Veronica Ward
Victoria Tutt
Whole Foods
William Jackson
YMCA

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

Our Girls



Leila Adams

Age: 10 4th Grade

The Potter's House Christian Academy

Interests: Singing, Song Writing, Playing with Toddlers, and Hanging out with Friends

Motto: "For I am fearfully and wonderfully made..."

Goals for the future: I plan to attend FAMU and major in Drama Education. I will also pursue my singing career.



Johnquell Allen

Age: 16 10th Grade

Englewood High School

Interests: Doing Hair, Dancing, and Flag Football

Motto: "Live the life you love, love the life you live."

Goals for the future: I plan on going to school to obtain a cosmetology license.



Garrielle Bones

Age: 9 3rd Grade

Biscayne Elementary School

Interests: Drawing & Art

Motto: "Don't Worry, Be Happy"

Goals for the future: Be a successful young lady.



Deyona Burton

Age: 10 4th Grade

Hendricks Ave. Elementary School

Interests: Playing tennis, Drawing/Sketching, Participating in Marathons/Triathlons, Dancing, and Hanging out with Friends

Motto: "Life rocks and so do girls."

Goals for the future: I plan to attend college and major in either Fashion Design, Art or Theatre.



Janae Byrd

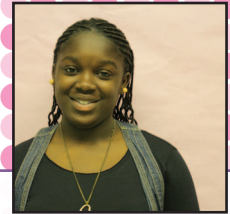
Age: 16 11th Grade

Atlantic Coast High School

Interests: Swimming, Marine Biology, Hair, and Stepping/Dancing

Motto: "I can do all things through Christ who strengthens me."

Goals for the future: I plan to attend Savannah State University to major in business and minor in marine biology.



M'Kayla Carter

Age: 13 7th Grade

Lakeshore Middle School

Interests: Stepping, Dancing, and having fun with my friends

Motto: "Keep going and never give up."

Goals for the future: I plan to go to college and major in Business.



Our Girls



Eboni Durias

Age: 13 6th Grade
Matthew W. Gilbert Middle School

Interests: Basketball and Track

Motto: "I believe that you can achieve anything you put your mind to with God's help"

Goals for the future: I plan to go to college and become a professor



Niyah Fisher

Age: 16 10th Grade
Paxon School for Advanced Studies

Interests: Fashion

Motto: "To live is the rarest thing in the world. Most people exist, that is all."

Goals for the future: I plan to attend Savannah College of Art and Design in Atlanta, GA and major in Fashion and Marketing.



Morgan Ford

Age: 12 7th Grade
Trinity Christian Academy

Interests: Cheerleading and Gymnastics

Motto: "Life is a work of art, so make it a masterpiece."

Goals for the future: I would like to attend college and become a professional photographer.



Tamia Foston

Age: 10 5th Grade
Venetia Elementary School

Interests: Playing Basketball, Running Track and Dance.

Motto: "It's two ways to do things; the right way or the wrong way. I choose the right way."

Goals for the future: I plan to attend Bethune-Cookman University as a criminal justice major and continue on as a Police Officer.



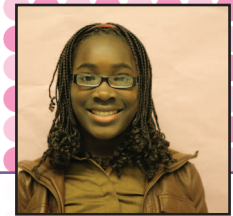
Samantha Giggetts

Age: 13 7th Grade
University Christian School

Interests: Theatre/Drama, Book Club, Choir, Junior Fine Arts Competition (Public Speaking), and Culinary Arts

Motto: "Practice makes Permanent!"

Goals for the future: My road to success lies in pursuing my dreams of becoming a motivational speaker, entrepreneur, and following my passion for theatre on Broadway or becoming a drama teacher.



Arrington Grant

Age: 12 6th Grade
Darnell Cookman Middle School of Medical Arts

Interests: Liturgical Dance, Drama Club, Chorus, Talking with friend, social media

Motto: "Where there is love there is life." –Gandhi

Goals for the future: I would like to be a very successful, hard working Pharmacist or a Doctor. I would like to get my Master's Degree when I grow up and help others.

Mistress of Ceremonies & Speaker

Melanie Lawson has been back home in Florida for 7 years. She grew up in Longwood, FL just two hours south of Jacksonville. She's a new mommy to 9 month old Noah Graceson and married to fellow journalist Tarik Minor.

Melanie is the earliest riser on "The Morning Show" at Channel 4 kicking off the show with the 4:30am newscast. This award winning journalist anchors each morning and also reports daily on health stories in the community. She also investigates local restaurants that have health violations in a wildly popular weekly restaurant report.

Melanie attended Hampton University, in Virginia where she received a degree in broadcast journalism. After graduation she began her career as a weekend and noon producer in Norfolk, VA at WTKR. She left to pursue her true passion one year later as an assignment reporter at WBOC-TV in Salisbury, MD and Dover, DE.

While in Maryland, Melanie received an Associated Press award for a half-hour health special that she wrote, co-produced and hosted. It focused on three deadly health conditions that were identified as local problems.

Melanie loves to serve her community and feels a great responsibility to do so every opportunity she can. She also worked as a community liaison for Duval County Public Schools to help bridge the gap between parents, the business community, and local schools. Melanie also taught an advanced broadcast writing course at Wesley College in Dover, DE. She's passionate about helping a new generation reach their full potential.

Melanie is a board member for Northeast Florida Healthy Start Coalition, Inc.



Jennifer Chapman

Director of Public Affairs, Fidelity Investments

Ms. Jennifer Chapman works as the Director of Public Affairs for Fidelity Investments in Florida. In this role, she manages all regional external relationships, overseeing the company's public relations, government affairs and community relations programs.

In her spare time, Jennifer is the CEO of Mystical Basket, LLC an e-commerce start up aimed at monetizing Pinterest, the online social network for collecting and organizing things you love. It also happens to be the fastest growing website in the history of the Internet. This rendezvous with entrepreneurship began in early 2012 when she entered iStart.org's Jacksonville Start Up Weekend, the global grassroots movement for launching new ventures, and took first place.

Jennifer serves in leadership roles with a number of non-profits including Leadership Jacksonville, Jacksonville Community Council, Inc., the Early Earning Coalition of Duval County, and has served several other nonprofits including Junior Achievement, the Junior League of Jacksonville, United Way, Girl Scouts of Gateway Council among others. She is a graduate of Leadership Jacksonville (class of 2008), Leadership Florida (Class XXIX/29), and was named one of the Jacksonville Business Journal's 40 under 40 in 2010. She and her handsome hubby Josh are constantly trying to keep up with their three high-energy boys. With any time she has left over, she is an avid reader, a part time crafter and an optimistic cook.



Program of Events



Welcome
Melanie Lawson, Mistress of Ceremonies

Entrance of Young Ladies

Blessing
Samantha Giggetts

Lunch is Served

Introduction of Speaker
Dahjia Hudson

Jennifer Chapman
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
Carissa Flournoy, Kecia Love, Tamika S. Stewart and Soloman Stanford, four 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



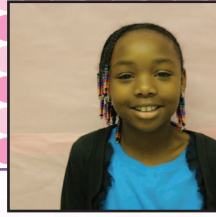
Lauren Harrell

Age: 13 8th Grade
LaVilla School of the Arts

Interests: Acting, Reading, Directing, Singing, and Photography

Motto: "Stay Strong"

Goals for the future: I plan to attend University of North Carolina School of Arts and major in Theatre and then maybe after my second year take a criminal justice class and pursue that as a career path if acting isn't my main job. I want to be a lawyer and then act on the side.



Shaniya Harris

Age: 9 3rd Grade
Sally B. Mathis Elementary School

Interest: Cheerleading, Dancing, and Stepping

Motto: "Always say please and thank you."

Goals for the future: Pass the FCAT.



Dahjia Hudson

Age: 9 4th Grade
Promise Land Academy

Interests: Participating in Girl Scouts and Skating.

Motto: "Be nice to others."

Goals for the future: I would like to go to FAMU and become a veterinarian.



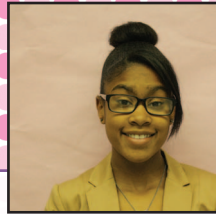
Bridarra Lovett

Age: 17 11th Grade
First Coast High School

Interests: Volunteering, reading, writing, creating visual art

Motto: "Injustice anywhere is a threat to justice everywhere."
-MLK Jr

Goals for the future: Graduate high school in the top ten percent of my class, attend Florida International University in Miami and become a Pediatric Cardiologist.



Ashanti McNeil

Age: 13 8th Grade
Fernandina Beach Middle School

Interests: Doing Nails and Participating in sports and staying active

Motto: "If God be for us, who can be against us." -Romans 8:31

Goals for the future: I plan to attend either UCF or FSU, majoring in Business. After college I plan to open my own nail salon and/or boutique.



Kiana Moore

Age: 16 11th Grade
First Coast High School

Interests: Art Design, Science/ Chemistry, Singing, and Poetry

Motto: "Rest satisfied with doing well, and leave others to talk to you as they please." -Pythagoras

Goals for the future: I plan to attend UCF to pursue a medical career and then become a pharmacist.

Our Girls



Shakira Neither

Age: 13 8th Grade
Southside Middle School

Interests: Playing Basketball, Writing, Poetry, and Computer activities

Motto: "I believe in helping my own community and neighborhood."

Goals for the future: I plan to go to college, get an education and proceed with my life."



Tijana Rogers

Age: 15 10th Grade
Robert E. Lee High School

Interests: Sewing, Video Games, Fashion Designing, Reading

Motto: "Don't just exist; excel!"

Goals for the future: I plan to go to college and major in business and minor in fashion design. I want to own a chain of boutiques around the nation.



Akilah Sadiq

Age: 17 Grade: 11th
Edward H. White High School

Interests: Fashion

Motto: "Nothing's impossible, the word itself says I'm possible"

Goals for the future: I'm going to attend FAMU for the physical therapy program.



Nyla Stanford

Age: 15 10th Grade
Douglas Anderson School of the Arts

Interest: Fiction writing, Music, Screen Plays, and Hanging out downtown with friends

Motto: "Sometimes the best thing is to let go; you can't fix everyone."

Goals for the future: I want to attend Columbia College of Chicago and double major in Fiction Writing and Journalism. After I graduate I want to intern with Rolling Stone magazine, hopefully advancing to an editor.



Reina Thayer

Age: 13 7th Grade
James Weldon Johnson Middle School

Interests: Cheerleading and Writing

Motto: "Live, Love, Laugh"

Goals for the future: I plan to go to college and become an Obstetrician Gynecologist.



Tierra Walker

Age: 14 8th Grade
Eugene J. Butler Middle School

Interests: Doing Hair, Fashion, and Modeling

Motto: "Perfect practice makes perfect."

Goals for the future: I plan to go to college to major in cosmetology and photography.

Our Girls



Arden Ward

Age: 14 9th Grade
Paxon School for Advanced Studies

Interests: Filming, Acting, Photography, Music, and Swimming

Motto: "What you allow is what will continue."

Goals for the future: I plan to study law and music at University of Georgia or University of Miami. I plan to open a video production company.



Niara Ward

Age: 10 4th Grade
Longbranch Elementary School

Interests: Cheerleading and Stepping

Motto: "If at first you don't succeed, try, try again."

Goals for the future: I plan to go to college to be a cosmetologist and own a salon.

Our Seniors



Tia Clark

Age: 17

Years in JIW: 4

Paxon School for Advanced Studies

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

Interests: Painting, Listening to music and hanging out with friends

Goals and plans after high school/career path: I want to major in fashion merchandising and management and business.

Colleges applied to or accepted: Accepted to Florida International University and Florida Atlantic University

Scholarships offered: Bright Futures Scholarship

Activities and Honors: Varsity Fast Pitch Softball

My Most enjoyable JIW experience: Every College Tour

Our Seniors



Mia Flowers

Age: 17

Years in JIW: 4

Paxon School for Advanced Studies

Motto: "Disciplining yourself to do not what you know is right and important, although difficult is the high road to pride, self-esteem, and personal satisfaction" –Margaret Thatcher

Interests: Softball, Chemistry, Spending quality time with my family and friends, and shopping

Goals and plans after high school/career path: I plan to attend FSU or USF and become a medical researcher or a speech pathologist.

Colleges applied to or accepted: FAU, FSU, USF, UNF, University of Tampa, and FAMU

Scholarships offered: USF-Scholars Award, FAMU-Merit Award, UNF-Community Honors Scholarship and UNF Osprey Test Prep Scholarship, University of Tampa-Minaret Scholarship, Florida Bright Futures Scholarship

My Most enjoyable JIW experience: Participating in all the college tours and participating in Michelle Obama's Let's Move campaign. I also enjoyed being awarded the JIW Pearls of Wisdom and JIW's Next Top Model.



Amber Harrell

Age: 18

Years in JIW: 3

Paxon School for Advanced Studies

Motto: "Never give up, your dreams are only a footstep away..."

Interests: Participating in sports, Listening to music, and Hanging out with friends and family

Goals and plans after high school/career path: I plan to attend Florida State College at Jacksonville to receive my AA degree and then transfer to Florida State University

Colleges applied to or accepted: Accepted to University of North Florida

Scholarships offered: Bright Futures Scholarship

Activities and Honors: Basketball, Soccer and Flag Football. Honor Student at Paxon SAS

My Most enjoyable JIW experience: Meeting new people who share the same common goal as myself



Teshara Laster

Age: 18

Years in JIW: 6

N. B. Forest High School

Motto: "I'll say things that are serious and put them in a joke form so people can enjoy them. We laugh to keep from crying."

Interests: Music, Fashion, Sports, ad Social Media

Goals and plans after high school/career path: I plan to attend Savannah State to study criminal justice

Colleges applied to or accepted: Accepted to Savannah State

Scholarships offered: Bright Futures Scholarship

Activities and Honors: Senior Class president, Starbucks Youth Action Program, and Head Football Manager

My Most enjoyable JIW experience: College tour rooming with Mrs. Elexia

Our Seniors



Brianna Major

Age: 17

Years in JIW: 5

Andrew Jackson High School

Motto: "With God in your life, you're not an accident, nor an incident; you're a magnificent gift unto the world, a divine masterpiece, signed by Him..."

Interests: Dancing, Bible Club

Goals and plans after high school/career path: I will be attending a 4-year state college working toward a Bachelor degree in Nursing. Thereafter, I will become a NICU nurse.

Colleges applied to or accepted: UNF, UCF, and Florida State College at Jacksonville

Activities and Honors: Golf, Tennis, & a Dancer

Most enjoyable JIW experience: Every candid & unexpectedly hilarious moment with Mrs. Elexia



Jazmine Russ

Age: 18

Years in JIW: 3

Robert E. Lee High School

Motto: "I can do all things through Christ who strengthens me."

Interests: Fashion, Music and Dancing

Goals and plans after high school/career path: I plan to attend college and major in business management.

Colleges applied to or accepted: Norfolk State, USF, and Valencia College

Activities and Honors: Yearbook, Football Manager, Honors classes

Most enjoyable JIW experience: beauty talks



Danielle Thomas

Age: 18

Years in JIW: 3

Paxon School for Advanced Studies

Motto: "Keep your eyes on the finish line and not on the turmoil around you" –Rihanna

Interests: Writing, Reading, and laughing with others

Goals and plans after high school/career path: I plan to attend UNF and earn a PhD in child/developmental psychology.

Colleges applied to or accepted: University of North Florida

Scholarships offered: WJCT

Activities and Honors: Youth Advisory Council of Jacksonville Health Department

Most enjoyable JIW experience: the Mayor's Holiday Festival



Our Supporters

Congratulations to Arden on your
Journey into Womanhood. Love, Royce,
Tyreshia & Mrs. Emanuel

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

Arden, Good Luck & Best Wishes!
Love, Aunt Dot, Aretta, Keith & John

Reach for Magnificence, Arden.
Choice is a dive teacher: for when we
choose to learn that nothing is ever put
in our path without a reason.
IYANLA VANZANT
Love, the Franklin Family

To my Granddaughter, Arden:
"Trust in the Lord with all thine
heart; and lean not to unto thine
own understanding. In all thy ways
acknowledge him, and he shall thy
paths."
Love, Ralph Ward, Jr.

Arden,
Much success and may God
continue to bless you!
"I can do all things through Christ who
strengthens me."
Love, Terri Morris, Jordan & Family

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

Arden
My sweet daughter. May God always
bless and keep you as you grow, mature,
and advance into womanhood. Always
know that Daddy will always love you.
Ralph Ward III

Congratulations to our niece, Arden.
Continue to strive for excellence and
success will be yours.
Love – Crystal James & Family

Arden,
I am so proud of you. You are a smart
& talented young lady. Keep it up. I
love you!
Emily Ward (MaMa)

Arden, We are so proud of you. Mrs.
Cecil Wright, Mrs. Selma Rutledge &
St. Stephen Cluster Girl Scouts

Much Success Arden Ward!
One's Journey down the right path
leads to a round of many wonderful
opportunities!
I love you, Mommy

Arden, Congratulations as you continue
your Journey. We love you!
The Shepard Family

Arden, Best wishes on your
empowerment journey. I am proud of
you. You are an exceptional young lady
and loved very much.
Aunt Sheri Davis

Much success, Arden!
In all the great things you aspire to do.
I am proud of you!
Dalana Collins, We R People 2, Inc.

Our Supporters

Arden

Congratulations and best wishes on your special day. I am very proud of you. Love, Grandpa Perry Faulk

Arden, you are doing a great job on your Journey into Womanhood. I am very proud of you. God loves you and so do I. Love, Aunt Verdelle Jones

Morgan,

Much success as you Journey into Womanhood. We are proud of you! Mr. & Mrs. Charles Albert

Arden, Congratulations to the "Princess of the Arts" for the completion of another outstanding quest. So now that you've passed this year's test, you've proven that you're better than the rest. In the words of Drake, "You're the Realist on the rise, bump those who criticize. You even gave me the chance to decide, now its something they know. They know, they know, they know." Love, Bergen "BC" Crump

Arden, Congratulations and best wishes on your annual banquet. You are a young lady I am very proud of. Put God first in everything you do. Love, Auntie Edna Corey

CONGRATULATIONS
"To A Sweet Young Lady"
MORGAN GABRIELLE FORD
When Duty whispers low,
"Thou must" the youth replies, "I can".
I am very proud of you.
Love, Aunt Helen
Fort Lauderdale, FL

Best wishes, Arden Ward on your Journey into Womanhood, remember "I can do all things through Christ which strengthened me." Phillippians 4:13

Much Success on your journey,
Arden Kirsten Ward
If you can imagine it,
You can achieve it,
If you believe it,
You can obtain it.
I am extremely proud of you!
Love, Cathy Simmons Bartley &
Family

Morgan, Congratulations and Best Wishes on your Journey into Womanhood!
Love, Mr. & Mrs. Richard Burton

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

Arden

I am very proud of you, wishing you the best in everything you do. God continues to be with you on your Journey into Womanhood. Continue to follow your dreams. Love Grand, Constance Faulk

Morgan,

God has blessed me with a wonderful gift and that gift is you. You are a source of my joy and I love you so much. Congratulations on your Journey into Womanhood this year. Love, Mommy

Congratulations Morgan!
We are very proud of you! May God continue to bless and keep you.
Prince Chapel AME Church Family

Arden

You are a special young lady, still on your Journey into Womanhood. Enjoy yourself. Love, Aunt Awanda Franklin

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

Morgan, Congratulations! We are so proud of you!
Epsilon Mu Lambda Lambda Women's Group, "The Butterflies"



Our Supporters

Congratulations to Morgan Ford as she
Journeys into Womanhood.
Rev. & Mrs. Godfrey Taylor, Her
Pastor & First Lady
Prince Chapel AME Church

Niyah & Reina
Best wishes for a bright and successful
future!
Love, Resa

Congrats to the JIW girls!
-Jake's mom and Dad

BEST WISHES My "Sweet Pea"
MORGAN GABRIELLE FORD
Always remember
All people smile in the same language.
Love and Kisses,
Aunt Leola
Cape Coral, FL

Congratulations to our "favorite" and
"only" daughter, Mantha!
Dad, Mom, and Tuesday (Mantha's
dog) are honored to witness your
maturation towards womanhood.
Thanks for the blessings! Continued
success in public speaking and theatre.
Move over Halle and Oprah!
Nicholas and Andrea Giggetts

Congrats to not only the JIW senior
girls but to Ms. Joyce on her Doctorate
in Physical Therapy, DPT and Mrs.
Elexia on her MPA!
Happy 10 years as an organization
Empowerment Resources!
And congrats to all the JIW girls and the
special 7 grads
-Mr. Jakey

CONGRATULATIONS

MORGAN GABRIELLE FORD
Attitude, more than aptitude,
determines altitude.
Love, Uncle Spencer
Tampa, FL

Congrats JIW's on a successful year, I'm
sooooo proud of you!
Special shout out to our graduating
seniors!!
I Miss you and love and good luck on
your journey
-Love Ms. Renee

Much Success Tia , We Love You!
ULTIMATE LOOKS
By Tracy
6010 N Pearl St, Jacksonville, FL 32208
Salon (904) 766-7678
Tracy Cell (904) 568-5595

Congratulations Danielle. I am so
proud of the young woman you have
become! Love Mom."

Brianna- We've watched you grow
from a very active baby into a beautiful
young lady & we love you so much!!
- Love the family

The Future is Yours Tia
HAIR BY
Lo
6010 N Pearl St, Jacksonville, FL 32208
Salon (904) 766-7678
Appointments (904) 514-9357

Niyah & Reina
May God bless you both in all you do.
Love Faye Diamond

Niyah & Reina
We love you and are so proud of
both of you! Love, Mom & Dad

Brianna- You've accomplished so much
despite your struggles & adversities, &
we're so proud of you for that!! We love
you. Love- Grams & Porscha

Congrats God Mommy/Auntie Lexy!
We love you!!!
Jadon and Jagger Looney

Our Supporters

Amber, Words cannot express how proud we are of all your accomplishments! Humility, kindness, compassion, perseverance, and commitment are things you cannot win or earn. These are traits that make you shine bright like a diamond and we have been so blessed by your sparkling light!

All of our Love, Mommy and Gabriel

Mia, You have blossomed into an awesome young lady. Continue to let your light shine before everyone that they may see the beauty that God has placed on the inside of you to be known to all.

Love, Aunts Faye and Lorrie

Mia,
Dare to Believe: That you are a wonderful, unique person. That life is not a problem to solve but a gift to cherish. You will be able to stay on top and achieve the impossible.

Congratulations!
From you Mimi's teammates



Mia,
Perseverance is a great element of success. If only you knock long enough you are sure to wake somebody up. You deserve your dreams. Don't be afraid to travel the unknown roads. Remember all things are possible.

Love, Your cousins, Corey, Alysia and Tre'Ana

Mia,
There is nothing in this world more powerful than a positive attitude. A positive outlook gives confidence you needed to take the chances in life to achieve your goals. A positive attitude allows you to believe in who you are.

Duval County Public Schools
Supporters,
Juliette, Susan and Regina

Mia,
Go confidently in the direction of your dreams. Live the life you have imagined. As you simplify your life, the laws of the universe will become simpler. Follow your dreams.

Love,
Duval County Public Schools
School Social Workers



Mia,
We are overjoyed that you have accomplished so much at a young age. We always knew you were going to succeed in everything that you set your affections on. We are extremely proud of your dedication to fulfilling your dreams. Congratulations.

Your DCPS Social Work Family,
June, Vanessa, AJ and Kia

Mia,
"What lies behind us and what lies before us are tiny matters compared to what lies within us. (Ralph Waldo Emerson) And I know you have it in you to succeed in whatever you do.

Best Wishes,
Your extended family from Duval
County Public Schools
Melissa, Crystal, Shelly and Von

Mia,
God truly answered our prayers when he Blessed us with your presence. You have brought immeasurable joy to all who know you. We are grateful to God for the beautiful, intelligent, poised and delightful young lady you have become. Continue to nurture your rich imagination. Always reach beyond what has been done and execute the impossible.

Mia, You're the kind of niece who does sweet and thoughtful things, and may not know the happiness your kindness always brings. You're that kind of niece every aunt wishes for and although you often hear it, you couldn't be loved more.

Your loving Aunts, Cynthia and Gina

Mia,
Success comes to those who try to achieve. You are one of those people. Keep up the good work and good luck in your future endeavors.

Love,
Brooke, Morgan and Sean Your Mimi's
Family

We Love You More than Words can say,

Mom, Dad and Nigel



THE FLORIDA SENATE

Tallahassee, Florida 32399-1100

May 5, 2013

SENATOR AUDREY GIBSON

9th District

Congratulations 2013 JIW Participants!

It is again my pleasure to congratulate all of the participants, parents and organizers of the annual "Journey Into Womanhood" Scholarship Banquet. Each of you is a "sparkling" example of what makes our community strong and our youth successful. I commend you for your creativity and sacrifice of time, talent and treasure to make this event spectacular.

I will continue to do all I can to support this event and Empowerment Resources, Inc. as the organization creates more and more diamonds!

Sincerely,

A handwritten signature in cursive script that reads "Audrey Gibson".

Audrey Gibson, State Senator
District 9



Florida House of Representatives

Tallahassee, Florida 32399-1100

May 5, 2013

REPRESENTATIVE MIA L. JONES

District 14

Dear JIW Participants:

It is with great pleasure that I congratulate Empowerment Resources on the 9th Annual Journey Into Womanhood Celebration and Scholarship Banquet.

Empowerment Resources, Inc. has shown a great example of commitment and dedication to the young ladies that have been part of this program: teaching them how to be a woman of character and building high self-esteem for the last nine years. I commend you and the Empowerment Resources board for your selfless dedication and service to the First Coast community and the State of Florida.

Once again, congratulations, I wish you much success in the future. If I can be of any assistance to you, please do not hesitate to let me know.

Sincerely,

A handwritten signature in cursive script that reads "Mia L. Jones".

Mia L. Jones, Florida House of Representatives
District 14



Special Thanks to our Sponsors



**JAGUARS
FOUNDATION**



William Stark Jones Foundation

Remmer Family Foundation

The Clark Family



Gold

Jasmine Harris
JIW alumnae and creator of JIW
servant leadership award

Table

Michelle Simkulet
Affinity Consulting Group
Sanitago and Shirley Livingston
The Grant and Harris Families
Senator Audrey Gibson and Arden Ward
Friends of Daphne Colbert
Kimberly Miller
Patricia and Dave Hannan
Make it Happen Bail Bonds, Inc.
Sherry Blue- President and CEO

Friends

Stephanie Renee Allen
David and Paula Shigley
Pink Lady Charity
CSI- Geo, Inc.
William "Bill" Price, President
Sanitra Livingston, JIW alum
MLXL Productions, Inc.
Michael Brown

Printing provided by:

