

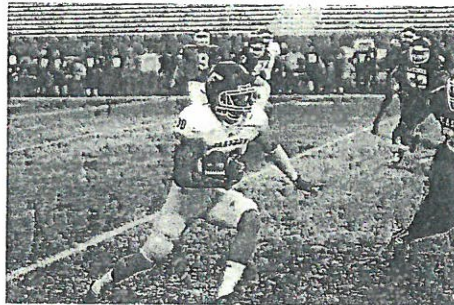


Testimonials from One Plus One Equals U, Inc. Graduate Participants

Derius Jones

1+1 gave me guidance in high school when I needed it the most. During my hardest times in high school I was clueless about a lot of things I had a 0.5 GPA and a 12 on the ACT. My football dreams started to fade away. There wasn't a college coach that wanted me. I had my days where I wanted to give up. Ms.

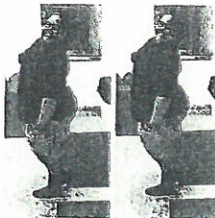
Demmaree is one of the few who didn't give up on me, even when I wanted to give up on myself. 1+1 helped me stay focused on the prize and taught me to never give up even in your darkest moments.



Jordan Daghtery

1+1 gave me an outlet when I didn't have one. The program helped me to learn different things about myself they I probably wouldn't have been able to find in high school! Also the program gave me a lot of guidance in high school!

Now I am going into my SR year at Morehead State University I am a 3.0 student and am very active in school I am now in a program called much more 2 me here on campus and I love it!



The logo features the text "1+1=U" in a large, bold, red serif font. Below it, the phrase "Giving Youth A Chance" is written in a smaller, red, sans-serif font. A small trademark symbol (TM) is located to the right of the text.

Giving Youth A Chance

ph. 502.500.0433
fax 502.339.1563
P.O. Box 22561
Louisville, KY 40252
margaret@1plus1equalsu.com
www.1plus1equalsu.com
1+1=U is a 501 (C) 3 Organization

Margaret Dunbar-Demaree
Founder

Keith Smith

"1+1=U" has been nothing but good to me . This program lead me to meet some great people in the world with good hearts. 1+1=U also helped my buddy's and me on numerous events like prom and sport events . 1+1=U is a good program for every young man and women because the mentors can and will show you the way ! I love 1+1=U



Dominique Thompson

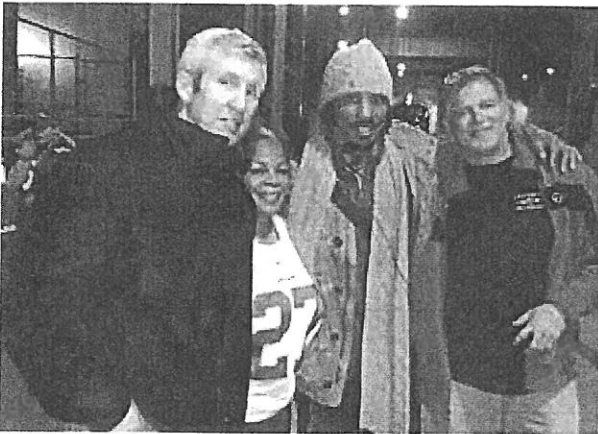
Well 1+1 helped me decide what I wanted for myself. And not just the program but Ms. Demaree has been an impact onto road to success and if she hadn't stopped me before I went the other way I wouldn't be able to explain. 1+1 also helped me realize that you can't do it all by yourself and that help is needed at some point in time. Lastly it influenced me to want to help others and and become a leader of my generation. I am a junior on honor roll/ dean's list at Northern Kentucky University, physical education major w/ a minor in health.

Former Central High star C.J. Spillman to play in Super Bowl for 49ers

Written by Antoinette Konz | The Courier-Journal

Feb. 05

courier-journal.com



Zoom

Spillman with Gutmann, Serotte and Demaree after the NFC championship game in Atlanta.

Spillman with Gutmann, Serotte and Demaree after the NFC championship game in Atlanta.

Ten years ago, C.J. Spillman was a star football player at Louisville's Central High School whose blazing speed and intense hitting made him a potential pro prospect.

"Any time he touched the ball, you knew he could conceivably go the distance," said Steve Serotte, who coached Spillman at Central.

"He stood out from anyone else because of that speed and because he loved to compete."

But for all his potential, few at Central had faith that Spillman would excel at anything. He didn't take school seriously — often skipping classes — and his grades were dismal. College recruiters would come to see him, only to find he wasn't in school.

"I wasn't really fond of school — I felt that what they were teaching me in the classroom really didn't apply to what I wanted to do later in life," Spillman said last week. "I never really got in serious trouble or anything like that, but I was stubborn. I wanted to do things my way."

Even as some began to lose faith in Spillman, a group of Central teachers refused to give up, pushing him to apply himself through high school and college — and watching him blossom into a NFL athlete who will take the field Sunday at the Mercedes-Benz Superdome, playing defensive back for the San Francisco 49ers in Super Bowl XLVII.

"They have played a tremendous role in my life," Spillman said of his Central mentors. "I wouldn't be where I am today without those teachers."

Growing up

Claude Spillman Jr., 26, was born and reared in Louisville with sisters Cherisse and Claudia.

Their father, Claude Spillman Sr., played football at Western Kentucky University and later became a Louisville Metro Police officer. His mother, Sabrina, worked for the telephone company.

"His dad had him running track at a very young age," Sabrina Spillman said from her home in Bowling Green.

The Spillmans divorced in 1992, and two years later, a job transfer took Sabrina Spillman and her three children to Pembroke Pines, Fla. In 1999, Cherisse Spillman decided to move back to Louisville, and 12-year-old C.J. pleaded to go with her because he wanted to attend Central High School.

"It was a hard decision to make, but I knew that he wanted to attend Central, and I knew he would be in good hands with Cherisse, plus his father was there too," Sabrina Spillman said. "And I was just a phone call away."

In 2003, Spillman was a lackluster junior turning in blank tests and assignments at Central when he walked into Margaret Dunbar-Demaree's special education classroom and asked if he could become a student aide.

Serotte had told Spillman about Demaree, recognized as a motherly figure at Central, but she initially turned him away.

"I thought he was trouble because so many other teachers had said they were done with him because of his silliness, and I really didn't have time for all that," she said

She reconsidered after a chorus teacher told her Spillman would be a good mentor for her students.

"He started to work with my kids, and he was bringing a lot out of them that we couldn't do," she said. "Other kids would ask him why he was coming in and out of my room, and he would tell them that he would rather be in my room with my kids than out in the hallway with them."

Shawn Canaday, Spillman's computer science instructor, also saw the potential in Spillman.

"To get him to do what he was supposed to do academically, you had to stay after him," Canaday said. "It took a lot of reassuring. We all wanted him to do well."

But Spillman wasn't applying himself, often skipping class, so Demaree decided to take matters into her own — very firm — hands.

"I would take him to class, make sure he was there, and about five minutes before the bell would ring for the next class, I would be standing outside the door and I would walk him to next class," she said.

Spillman remembers those days well.

"Man, she didn't play around," he said. "There were a few times where I would be asleep at home, she'd call me and show up at my house and make me go to school."

Serotte, meanwhile, got involved by occasionally benching Spillman to make him take his classwork more seriously.

"Many times, it hurt us because he was so talented, but he knew that if he didn't respect his teachers and do well during the week, he wasn't going to play," Serotte said.

By the second semester of his junior year, Spillman said, he realized that he "had been taking a path that I didn't want to take."

Demaree said getting better grades inspired Spillman to work harder, recalling a day at the end of his junior year where she told him he'd gotten all B's and C's.

"I looked at him, and he had tears in his eyes because this was the first time he would not have to go to summer school" to stay eligible for sports.

"Once he got it, he was good," Demaree said. "He just had to get it first. We had to get that light bulb to go off."

Although Spillman was recruited by several colleges and universities, his grades and ACT score were too poor for Division I football after his graduation from Central in 2004.

"It was hard for me to take," Spillman said. "I didn't want to go the junior college route."

He approached Serotte, Demaree and his family and told them he wanted to go to military school for a year to build up his academics.

“It shocked me,” Cherisse Spillman said. “We knew it wasn’t going to be easy. There would be lots of discipline.”

Spillman was interested in two schools — Hargrave Military Academy and Fork Union Military School — both eight hours away in Virginia.

Demaree drove him to Hargrave to meet with school officials, but it didn’t go as well as Spillman had hoped.

During that trip, Spillman talked about his dreams of playing professional football, and Demaree talked about the things he needed to do to get there.

“I told him that there are a lot of C.J. Spillmans out there,” she said. “I told him he had to set himself apart from all of those other kids. I told him I believed in him and that I knew he could do it, he just had to go out there and push harder and believe in himself.”

The same week, Serotte drove him to Fork Union, and they offered him a scholarship.

He played a year and then was offered a full scholarship at Marshall University, where he was a standout free safety. He finished his four-year collegiate career with 319 career tackles and three interceptions in 46 games.

Trying to go pro

He entered the 2009 draft and was projected to go in the late rounds — but his name was never called.

“It was a long weekend,” Spillman recalled. “I think those were the longest days of my life, watching the whole draft go by and not having your name called.”

Cherisse Spillman said her brother was devastated, but refused to give up.

“We had three teams call and said they’d like him to work out — it was Dallas, Cleveland and San Diego,” she said.

The Chargers signed Spillman as an undrafted free agent, but cut him in the middle of the 2010 season. San Francisco signed him the day after he was released.

Last year, the 49ers signed Spillman to a three-year, \$6 million contract extension with \$1.8 million guaranteed.

“It feels great to have some security and stability, but you never know how things are going to go,” he said. “You have to have a will to not be denied.”

Super Bowl bound

Spillman, who lives in San Jose, Calif., with his fiance, Domini, and two children, has kept his connections to Central, donating football equipment and making several unannounced visits to talk with students. .

He has maintained contact with his Central teachers too, especially Demaree. She speaks of Spillman like a proud mother — her desk is filled with photos of him from his time at Central, Fork Union and at Marshall. There are postcards he sent her, thanking her for her kindness.

“When I first started my journey, no one really wanted to help me,” Spillman said. “But these teachers and my family — it was a group effort — they all helped get me where I am today.”

At Christmas, Spillman donated more than \$10,000 in gift cards and food for 80 Louisville families, Demaree said.

“We got thank you cards from mothers who said that C.J. saved Christmas for their children,” she said.

Spillman said he plans on doing something “bigger and better” this year.

“It’s something I have been wanting to do,” he said. “I’m blessed to be in the position I’m in, and I want to try to help others. I just want to try to do things to make life easier for others.”

Two weeks ago, Serotte, Demaree and law magnet teacher Joe Gutmann attended the NFC championship game against the Atlanta Falcons with Spillman’s family — thanks to tickets provided by their former student.

“It meant the world to me that they were there to watch me play,” Spillman said.

His teachers said they are proud of the man Spillman has become.

“It’s great that he’s heading to the Super Bowl and all, but the fact that he is a productive citizen is even better,” Serotte said. “He recognizes where he came from, he cares about people, and he’s willing to give back. He has come full circle. We are awfully proud of him.”

Gutmann said Spillman’s success “just adds to the heritage of Central High School.”

“As a teacher, the reason we come to work is to see our successes with our students,” Gutmann said. “I think the biggest part of this story is about C.J. and many of our other students who do succeed.

“This isn’t going to show up in a test score ... but we have real successes, day in and day out,” Gutmann said. And it’s not only with students who make it to the Super Bowl. ... It’s also about students who are working productive jobs and making positive contributions in our community.”

Reporter Antoinette Konz can be reached at (502) 582-4232.

Expanding Horizons

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for ways
to make
your mind
and body
stronger
and avoid
unnecessary
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all you do.



By Betty Coffman

In 2003, **Margaret Dunbar-Demaree** was mentoring a young man at **Central High School** by the name of **C.J. Spillman**.

Demaree, a special education teacher at Central, had always spent time with students who needed extra guidance to stay on track. Spillman, however, was a challenge.

Spillman's mother had moved to Florida for her job and he was living with his 23-year-old sister.

"He was a very talented football player, but no coaches were coming to see him because he would leave school all the time. We would have to call him to come back to see the coach ... and they don't want that," says Demaree.

"He was a wild deer," she remembers.
"If he didn't listen to me I would call his mom.

He would walk in my classroom and say, 'You called my mom, didn't you.'"

Finally, after a particularly difficult discussion with Demaree, Spillman decided he was going to pay attention.

"He started listening to other adults. He had to have that determination that he wanted to make it," says Demaree.

After high school, Spillman attended **Fork Union Military Academy**, then **Marshall University** with a football scholarship.

Now he is a safety with the **San Francisco 49ers**.

Although he has made it past some difficult times, Spillman stays in touch with Demaree and the organization she founded to help other students like him, 1+1=U.

Officially begun in 2007, 1+1=U works to help young men and women take advantage

of educational opportunities after high school by offering tutoring, mentoring, ACT assistance and perhaps most importantly, encouragement.

"God gave it to me, but it is his program," says Demaree. "I have to give him the props because sometimes I don't understand why kids listen to me. A lot of other adults don't understand."

To achieve their goals, 1+1=U students attend tutoring sessions, ACT workshops and inspirational outings, as well as a three-day retreat in the spring with workshops in academics and life skills. Demaree's organization also sponsors a college fair at Central in the fall, which is open to all students.

While most of the program's 35 current members attend Central, others attend **Doss, Ballard, Western** and **Butler**. Some are part of the 1+1 music group, which was formed after last spring's retreat.

Demaree says her gift is seeing the potential in the kids that come through her program.

Anthony Wales is a Central senior under Demaree's tutelage. A stellar running back, Wales finished his senior season as the state's third highest all-time leader in rushing yards. Many people could see Wales' potential on the football field, but not everyone could see his obstacles.

"I was getting off track and I had a lot of behavioral problems at school," explains Wales. "They were talking about kicking me out. One day [Ms. Demaree] just grabbed me in her room and she was like, 'Alright, you're gonna stop this!' She just kept it real with me. That's why I feel like she's that type of mother for me."

On February 1st, Wales signed his National Letter of Intent with **Western Kentucky**, after also considering an offer from the **University of Louisville**. That same day, 1+1 members **Korry Cornelius** and **Cornelius Bolden** also signed letters of intent to play at **Campbellsville University**.

Korry Cornelius appreciates the extra guidance he received from 1+1. "Last summer, they gave almost everyone a mentor. Every time I needed something or I was getting down, it was always someone I could call and talk to or if we needed to get away," he says.

Many of the 35 students in the program are athletes, but not all. Demaree brings students she meets at Central into the program, and some are introduced to Demaree by their friends when they encounter tough times. **Holland Branch** was a Central student and came to Demaree when she was having difficulty at home.

"A couple of years ago, my mom and I were on bad terms and I went to live with Ms. Demaree. Then I became a mentor to the younger girls in the program," says Branch. She now attends **Brown Mackie College**, where she is close to earning a nursing degree. She also helps with administrative work for 1+1=U.

"She helped me get my grades back on track," Branch says of Demaree. "I was discouraged about things. My mom and I were not on the best terms. When I was with [Ms. Demaree] I was going to church with her every Sunday. She became my best friend. I could tell her everything."

1+1=U
Giving Youth A Chance

If you or someone you know could benefit from 1+1=U, contact Margaret Demaree at 502-500-0433 or visit the web site at www.1plus1equalsu.com.

"She told me I didn't have to be scared to do anything."

Demaree hopes to instill in these students the idea that there are opportunities for them beyond high school. That with determination and a little help, they can achieve their dreams.

Demaree's dream is for 1+1=U to have a place where kids could gather to study, create and feel at home.

"I would love to have my own building with computer labs, with a recording studio. I would like to have a little café where the kids would actually run it. It would be for kids only. They could come in and do graphic design, claymation, or whatever."

Members of 1+1=U never graduate from the program. Demaree stands by her students even after they leave high school ... ready to help them through whatever "glitches" they may encounter. She also asks that they give of their time to other students.

"We still deal with our kids. You never get out of 1+1 because once we get them in college we have to keep them there. They know that if they have a situation that comes up they can call us." •

Ask Wipee



Hey Wipee,
I have an iMac computer and have downloaded a lot of music for iTunes. My computer runs a lot slower now and I'm wondering what I can do to make it faster?
— Alex (St. Xavier)

Dear Alex,
Wipee recommends (whether you own a Mac or a PC) you purchase an external hard drive for your music, which will free up your system to operate as it did before. A one (1) terabyte external drive would be good. They can be purchased online or at retail stores (usually costing about \$150). If you need help feel free to give us a call at either Wipee & Restore location!
— Wipee

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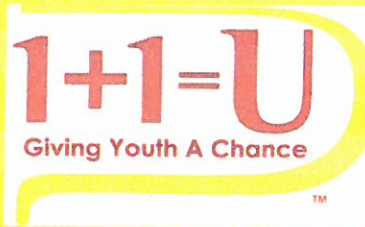
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SUMMARY

1+1=U, Inc. is a tax exempt, not for profit 501(c)3 youth serving organization located in the City of Louisville, Kentucky. The goal of 1+1=U, Inc. is to target middle and high school youth who seek discipline, encouragement, and mentorship as they pursue their educational goals. Services include tutoring, mentorship, ACT/SAT prep, and college fairs. 1+1=U, Inc. has received funding from community grants such as the Metro United Way, Gheens Academy, and the University of Louisville.

1+1=U, Inc. focuses on the following target populations:

- ◆ Youth who are overcoming stressors, such as poverty, abuse, addictions, fragile families, and academic tensions are the primary targets for 1+1=U, Inc. Tutoring services, academic and career planning, and family involvement promote positive outcomes for youth through goal setting, self-discipline, skill development, and friendship.
- ◆ Families are also a target population in order to decrease the stressors in the lives of their youth and to promote family support in the youths' academic and life achievements. When applicable, 1+1=U, Inc. may work with the families in order to improve relationships at home.



Objectives:

Each student entering the program has a set of personal goals he or she strives to achieve. Mentors work closely with each student to ensure he or she is working towards their personal goals. Upon completion, youth are rewarded for setting and achieving goals. A student who has completed the 1+1=U, Inc. program will have achieved the following:



- Increased verbal and written communication skills
- Increased American College Test (ACT) or SAT test scores in preparation for college
- Enrollment in a military academy, vocational school, or college

Service Features and Benefits

MISSION

The mission of 1+1=U, Inc. is to impact the lives of youth by assisting them with future preparation in order to further their education beyond high school in a holistic environment that promotes leadership and responsibility.

GOALS

The overarching goals of 1+1=U, Inc. are divided into three different areas (1) Health and Well-being; (2) Academics & Extracurricular Activities; and (3) Family Involvement.

Book Club

The book club program is designed to foster critical thinking as well as reading comprehension and discussion skills. In the U Girls Book Club, youth choose, read, and talk about books that are relevant to their lives as young women. In the U Guys Book Club, youth choose, read, and talk about books that are relevant to their lives as young men.

College Expo

The annual two-day College Expo currently takes place at Louisville Central High School Magnet Career Academy in Louisville, Ky. beginning on a Friday and continuing on Saturday. The event is open to the public and there is no charge to attend. However, pre-registration is required for youth who wish to attend workshops.

Music Program

The 1+1=U, Inc. music program is dedicated to activating youth potential through innovative music education and artist development. Youth are immersed in the hands-on laboratory of mixing and mastering and learning how to transform their vocal training, and stage performances into inspiration for their audiences. The aim is to be a nationally recognized resource for gifted up-and-coming and underserved artists.

Summer Youth Enrichment Program (SYEP)

In partnership with the Shawnee Arts and Cultural Center, Shawnee High School, PNC Community Development Foundation, and the Gheens Foundation, the SYEP is an out-of-school time program that responds to the potential summer learning loss of youth and will provide tutorial academic support in math, writing and reading comprehension. Youth ages 13-19 are encouraged to attend this program which also focuses on health and fitness, cultural and performance art, life skills, and conflict-resolution. On-site campus tours will introduce youth to post-secondary educational opportunities and career exploration.

Tutoring

The 1+1=U, Inc. tutoring program is intended to support and encourage academic growth and excellence in struggling but motivated youth. 1+1=U, Inc. provides ACT Test Prep, and tutoring in the subjects of English, Spanish, Science, and Math. In addition, 1+1=U, Inc. offers free ACT workshops two Saturdays prior to each locally scheduled ACT exam. These free workshops provide youth with two weeks to study the strategies acquired during the ACT workshops provided.

Service Features and Benefits cont'd

BENEFITS

Because this program is an alternative to gangs, there will always be long term benefits to participating in the 1 + 1 = U program. The program serves as a new family, a new beginning and a new way of life for participants and their families, and upon college graduation, they are still part of the 1 + 1 = U, Inc. family. It will then be their turn to come back to educate and mentor students of the 1+1=U, Inc. Program. In short, the 1 + 1 = U program hopes to take what would have been a long term mistake for some of these kids and provide them with a long term benefit torch that is passed from one generation to the next.

ANNUAL EVENTS

Youth Retreat

Golf Scramble

College Expo

Youth Lock-In Retreat

Over the course of one weekend, youth participate in various activities, including nine hours of workshops – three hours Friday night, three hours Saturday morning and three hours Saturday afternoon. Males and females are divided into separate workshop groups and participate in activities that enhance self-development and life skills. The retreat is free to youth. Food and transportation are also provided. The retreat takes place during the summer at Harrods Creek Baptist Church's Salter-Dunbar Family Life Center. Youth have access to workout facilities, a track, classrooms, and a game room.



Margaret Dunbar-Demaree, Founder and Executive Director

Margaret Dunbar-Demaree is the founder and Executive Director of 1+1=U, Inc., a 501(c)3 organization. She received her Bachelor of Science degree from Eastern Kentucky University and her Master of Arts degree from the University of Louisville, both in Special Education. In addition, she holds an administration certification from Western Kentucky University. Margaret currently teaches at the historically black Louisville Central High School Magnet Career Academy where she founded 1+1=U, Inc. in 2007. Her non-profit has been featured in several publications including the Courier Journal, Business First, and Today's Women Magazine. Margaret has also appeared on "Connections with Renee Shaw Show" and interviewed on radio talk shows such as "Big Talk on Small Business," on radio stations such as B96 & 101.3 FM and 1350 AM for the work 1+1=U, Inc. is doing to help youth in the community.

Her passion is in helping all youth who want a chance to succeed in life, and who seek mentorship and discipline from a program that truly cares about youth. Not only does Margaret mentor teens, her program attempts to help them improve academically so they can attend the colleges or universities or pursue a career of their choice. Margaret's vision for 1+1=U, Inc. is to help youth develop goals and guide them to the next step, whether it be a college, a vocational school, or a military academy. Margaret knows it takes an education to change a reputation, so 1+1=U, Inc. is just "Giving Youth a Chance!"

