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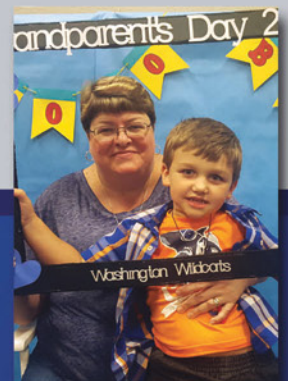


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## ***DON'T FORGET THE GRANDPARENTS DAY SWEEPSTAKES!***

September 8 - 27, 2017



1. Visit one or more grandchildren at school and take a photo of your visit.
2. Upload the photo (s) between Sept. 8 and Sept. 27 to our Facebook contest page.  
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Cali Madkin, 4, Brooklyn Theodore, 7, Saiyan Sitaram, 6, Ian Swinford, 8, and Kai Newburn, 5, are ready for exciting field trips this school year. Special thanks to the North Little Rock School District for use of the school bus.

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# School Field Trips

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**On the Cover:** Cali Madkin, 4, was the winner of *Little Rock Family's* first-ever Cover Kid Contest. Follow along at [LittleRockFamily.com](http://LittleRockFamily.com) and look for details about next year's contest in the spring!



**MICHELE ROWE** is a Licensed Certified Social Worker with eight years of experience in school-based and outpatient therapy, primarily with children and adolescents. She is currently working as a therapist at Methodist Counseling Clinic in Little Rock. She is a wife and the mother of an amazing 8-year-old daughter. Michele enjoys attending book club meetings with her friends, baking and watching Razorback football. In this issue of *Little Rock Family*, she addresses myths and facts regarding the important and sensitive issue of suicide.



**MOLLY RAWN** has been the executive director of Experience Fayetteville since August 2016. She oversees Fayetteville's Convention and Visitors Bureau, the Advertising and Promotions Commission, the Fayetteville Town Center and the Clinton House Museum. She sits on the board of the Northwest Arkansas Tourism Association, the Northwest Arkansas Film Commission and is active at St. Paul's Episcopal Church. Molly is an Arkansas native and a University of Arkansas alum. She and her husband have lived in Fayetteville for 12 years and have three children.



**BETSY SINGLETON SNYDER** is a pastor, writer and blogger. She is the author of "Stepping on Cheerios: Finding God in the Chaos and Clutter of Life," and blogs at [www.WomenadeStand.com](http://www.WomenadeStand.com), a sassy and spiritual spot to dish on the tartest and sweetest pieces of life, stand up together, and reach out in love. Betsy and her husband, Dr. Vic Snyder, who formerly served in the U.S. House of Representatives, live in Little Rock with their four sons. This month, Betsy continues her insightful and relatable column series — "Parent-ish."

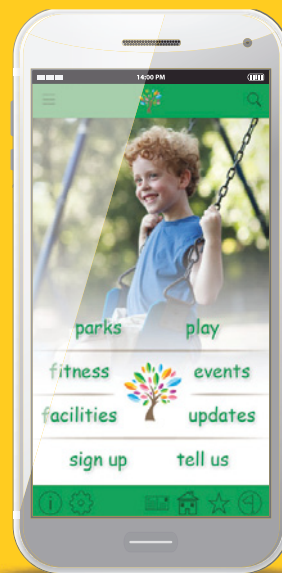


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# Celebrating Grandparents

**M**y grandma is not stereotypical. I don't think there has ever been a grey hair on her head — instead she adds a couple pink highlights because "it's just hair!" And she's not the type to sit around knitting all day (although she does make a mean apple pie).

She and my grandpa are evidence that opposites do indeed attract. He's calm and quiet and only gives his opinion when you ask. My grandma, on the other hand, must be who I got my bluntness from. She speaks her mind and is sure to bring a few laughs into the conversation.

She and my grandpa spend many of their days road tripping around the country — often heading toward Arizona where they hang out watching Cubs spring training games and escaping the Wisconsin snow and cold.

Since they live in Wisconsin and can't grab a copy of the magazine off a stand themselves, I got them a subscription to *Little Rock Family* when I became the editor. She'll tell me about stories she enjoyed, browse through the pages and enjoy an afternoon reading latest issue.

However, rather than adding it to a dusty stack on the coffee table or throwing the magazine away when she's finished, my grandmother has found a new use for these publications.

"I believe that once you've read something you should pass it on," she told me on the phone several weeks ago. So what does she do with the magazines? My grandma, as she said in one of her Facebook posts recently, takes her name and address off of the front cover and takes it to a doctor's office and leaves it so others get to see it as well. "No point tossing such a great magazine!" she wrote.

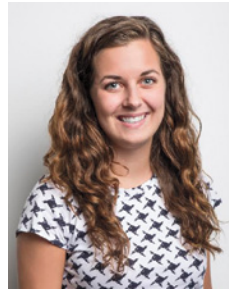
So, if you live in southern Wisconsin and are wondering why there's a magazine from Little Rock, Arkansas sitting on the table in your doctor or dentist's waiting room, well, now you know. And, Grandma, thanks for giving this magazine a wider geographical reach than I ever thought possible. Hopefully you Wisconsinites find some useful tidbits in these pages.

This year, Grandparents Day falls on Sept. 10. What do you love about your grandparents? What stories have you told your kids about them? What do they do that makes you laugh?

Write a note, make a call or send a text this month to let them know that they're loved. Happy September!

*Alexis Crowe*

Alexis Crowe, Editor



## little rock family

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# OPEN UP AND SAY "AWWWWW!"

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## Parent Tips

### BRUSH (AND FLOSS) EARLY.

Use a baby toothbrush to keep little mouths clean – even before teeth come in! Start flossing when two teeth are side-by-side.

### GIVE CUDDLES, NOT CAVITIES.

Children should not be put to bed with a bottle or cup of milk or juice, unless you plan to brush teeth before they nod off.

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# Fayetteville Favorites

## 7 Things To Do When In Town For a Hogs Game

BY MOLLY RAWN

**A**h ... September! It's the month we kick off fall and, speaking of kick-offs, it's also Razorback football season.

Little Rock families and Hog fans from every corner of the state will don their cardinal and white, break out their pom poms, hog snouts, Razorback cheek tattoos, mammoth barbecue grills and big screen TVs for a tailgating experience on "The Hill" that's among the best in the SEC.

The Razorbacks play two home games in September. Sept. 9 vs TCU at 2:30 p.m. and Sept. 30 vs. New Mexico State, time TBD. While in Fayetteville, Razorback fans love to live like the locals and take in some new experiences the entire family will enjoy! Here are a few options to consider.



## 1 Terra Studios

This whimsical six-acre “art park” features the work of hundreds of regional artists to create a make-believe experience for children and adults! Life sized art in various mediums includes gnomes under bridges, elves and bears having a tea party, fountains, murals, a giant chess set as tall as some children and more. The Wizard’s Cave invites children inside to explore its glass stalactites and crystals that compliment this world of enchanting pieces. Terra is also the home of the popular Bluebird of Happiness which is hand blown on site. Children can observe glass blowing and take part in half hour classes to create different art projects.

## 2 112 Drive-In

Enjoy today’s box office hits in the open air of the Ozarks at one of America’s last operating drive-in theaters. Drop the tailgate, watch from your car, or bring some lawn chairs – you’ll always have the best seat in the house! There are two “musts” – you must pay in cash, and you really should visit the concession stand, as it offers everything from burgers, burritos and dogs - to fresh baked items and state fair fare!

## 3 Razorback Regional Greenway

Take in the scenery of the Ozark Mountains on this paved shared-use trail that weaves through six cities for 36 miles, all the way to the Missouri border. The family-friendly and ADA accessible greenway welcomes those who want to walk, jog or bike – and bike rentals are available! Jump on or off the greenway at any point, but be sure to enjoy the sights along the way, as it leads you across bridges and by lakes, parks, restaurants, shops and numerous attractions.



Enjoy classic arcade games at the Arkadia Retrocade near University of Arkansas campus.

## 4 JBGB

Looking for a place to eat and still looking for the thrill of competition? Visit JBGB in the Uptown District of Fayetteville. The JBGB houses a large gaming area that includes shuffle board, baggo, ping pong, bocce ball, sand volleyball and a wading pool! And while you’re waiting for your turn on the court, visit the JJ’s Brew & Que food truck for authentic, pit-smoked meats prepared in the traditional technique of smoking on oak wood.

## 5 Burton’s Creamery (in Shulertown)

Celebrate a win, or recover from a (shhh) loss, at Burton’s Creamery in Fayetteville’s Shulertown Food Truck Court off Dickson Street. This food truck boasts heaping soft serve ice cream cones with a unique array of mixed toppings. If you’re feeling brave, try the Spicy Kat – chocolate ice cream dusted in cayenne pepper and rolled in crushed Kit Kat bars, or go for the Salty Dog – vanilla ice cream drizzled in salted caramel and rolled in crushed pretzels!

## 6 Arkadia Retrocade

If the energy of the Hog game is still in your veins, take the family to the retrocade and enjoy endless play for \$5 per person! Located on College Avenue, just a football throw from the U of A campus, Arkadia offers guests access to some old favorites such as Pac-Man and Centipede. There are also more recent gaming systems visitors can enjoy. Take your pick!

## 7 Botanical Garden of the Ozarks

Stretch your legs and enjoy all that’s in bloom year-round at the Botanical Garden of the Ozarks. The garden’s 100 acres include 12 themed gardens, colorful bridges, water features, art structures, a peace arbor and areas and programs created specifically for children to enjoy. The garden’s Native Butterfly House is a sight to see and was recognized by HGTV as a “best kept secret” among botanical gardens across the country.

Learn more about these attractions at [www.ExperienceFayetteville.com](http://www.ExperienceFayetteville.com).

Terra Studios features a wide variety of art, including these glass birds.

On the left-hand page, clockwise from top left corner: A trail in the Razorback Regional Greenway, art at Terra Studios, ice cream from Burton’s Creamery, a snapshot of the Botanical Garden of the Ozarks, bikers on the Razorback Regional Greenway and the 112 Drive-In during a film.



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# Health Class101

## School Nursing Supervisor Shares Her Advice for Staying Healthy

BY ALEXIS CROWE



**K**ids are back in school, which means they're around lots more germs, bacteria and sick classmates. But with the right precautions and habits, it's easy to stay healthy all year long.

Mandy Stuckey, nursing supervisor for the North Little Rock School District, manages all the nurses in the district as well as substituting and helping out at schools each week. She talked with *Little Rock Family* and shared her wellness wisdom for the school year.

### **Little Rock Family: How important is it to frequently wash hands and use hand sanitizer?**

**Mandy Stuckey:** Washing hands with soap and water is the absolute best way to prevent especially back-to-school bugs. The kids come back to school and they haven't been around other classmates for a while and come back with germs. They've been around their immediate families and not strangers ... so we have those back to school bugs that we try to fight. The best way to do that is hand washing. Hand sanitizer works good, too, but not as well as the friction from soap and water.

### **LRF: What other factors affect a students' health and overall well-being?**

**MS:** The main thing they do in the summer that kind of messes them up is their sleep patterns. They get in habits of staying up all night and sleeping late and their sleep pattern gets messed up which affects the immune system. High school students require about six to eight hours of sleep and the younger students require about eight to 10.

### **LRF: When should kids stay home from school and when should they power through and head to class?**

**MS:** If they have a fever of above 100 they are absolutely contagious and should not be around other children until they are fever free for 24 hours without the use of medication. That's a big misconception — lots of people think that just because you don't have a fever from (taking) Tylenol or

ibuprofen, you are no longer contagious. But when I say fever free, I mean fever free on your own — not with the use of medication.

As far as throwing up and the stomach bug goes, you need to be vomit free and diarrhea free for 24 hours or you can still spread that and it's so easily contagious.

### **LRF: What's one myth about everyday health you'd like to debunk?**

**MS:** The lice situation is a big, big thing right now. That's another thing that happens when we come back to school. Parents don't want their kids to get lice and they think lice are going to jump onto them. But it's actually not that easy for it to spread — you have to have direct contact.

We send kids home as soon as we know that they have live bugs but we don't necessarily send kids home that just have the eggs. That's a controversial issue right now, but the CDC recommends that they are allowed to stay in school as long as they don't have the live bugs.

Kids can return to school when they have proof that they have been treated. They have to bring us the box or prescription from the doctor and the nurse re-checks their hair before entering back into the classroom.

### **LRF: What should parents realize about school nurses and the job they do?**

**MS:** There's a whole lot more than just band-aids and fevers. I think they expect us to be on call for those things, but we have several chronic illness kids that we see every day and sometimes that's more urgent than a scrape on a knee.

For instance, at the middle school right now we have nine diabetics that come in at the exact same time for us to calculate their insulin. Sometimes we may have to say to a kid, 'you're going to have to hold off on your scraped knee right now, buddy, because I'm trying to calculate insulin.' No one really realizes how much of the chronic illnesses we're dealing with at the same time we're dealing with the emergencies. 🌈



# Little Rock's Newest Actors Take a Bow- Wow

BY DWAIN HEBDA  
PHOTOGRAPHY BY DEAN WHEELER







For Ruby Reeves (Annie), it was love at first sight when she met her fellow furry actors, Skye and Caledonia, who both play the role of Sandy in Wildwood Park for the Arts' upcoming production of the classic, toe-tapping show.





The dogs' owner, Vicki Lind, adopted Skye and Caledonia as puppies. Their training to become therapy dogs helps them remain calm on stage as they work with Ruby Reeves and rehearse for "Annie."

**T**here's not a lot of difference between Skye and Caledonia (Cali) Lind and any other budding pair of actors. Both thoroughly size up an interviewer before settling into the process of dealing with the press. Both face long hours of rehearsal to develop chemistry with their fellow performers. And both feed off of the rewards that come with a job well done.

In fact, if not for their being dogs, you might not notice them as different at all.

"Skye is more energetic; she's like always panting, bouncing up and down. Cali's calm and collected," said Ruby Reeves, who plays the lead in "Annie" with the two Collies. "When I was training with them I could see the difference of how they were because of who they were."

The actress and her canine co-stars couldn't be more different from an experience perspective. Reeves, 12, has been appearing in shows for three years in Benton and Little Rock and has an eye on a career in musical theatre. She topped a field of 40 would-be Annies who auditioned for the production, to be presented this fall at Wildwood Park for the Arts in Little Rock.

Three-year olds Cali and Skye, co-cast as Annie's dog Sandy, are rank novices to the stage and were invited to the project when artistic director Dr. Bevan Keating contacted his friend and co-worker Vicki Lind, the pups' owner.

"Dr. Keating and I work together at UALR; I teach music education, he's the choral director," Lind said. "He's followed



the dogs since I got them. He's watched what we've done and has always been really encouraging about it. When he wanted to do 'Annie' he asked if I'd be interested in having the puppies participate."

Keating said the role of Sandy is a more substantial animal part than other productions, therefore, he needed canines that could stay calm and follow commands before a crowd.

"Lots of times in live theater when you use animals they have one small role. Dog walks across the stage, hug dog, get off the stage quick before something happens kind of idea," he said. "In this case, Sandy has been a character that has been in the comics all the way back in the 1930s and '40s. Without having a Sandy you're actually taking away from what people's expectations are as an audience. So I really like the challenge of the expectation that Annie and Sandy are integral to the story and not to be a distraction to that story."





Ruby Reeves, 12, is no rookie to the stage. Some of her favorite past roles include Jasmine in "Aladdin Jr.", Grace Farrell in "Annie Jr." and Little Timoune in "Once on This Island". She also appeared last year at The Rep in "A Christmas Story". Reeves is a sixth grade student at Little Rock Christian Academy in addition to her love for theater, enjoys playing guitar, piano and ukulele.

Lind adopted Skye and Cali as puppies with the intention of turning them into therapy dogs and both animals have undergone extensive training for that purpose. Cali already holds therapy certification and is set to test to become a crisis response dog in September. Skye has a few more classes to go, but both are at ease in situations that would bother many animals, reducing the chances they'll succumb to doggie stage fright.

"What I've done with these two since the beginning is take them into every situation I can where dogs are welcome," she said. "They love Bass Pro Shop; I love taking them there because it's a highly stimulating environment and they get to meet a lot of people there and there are a lot of noises."

Therapy dogs differ from service dogs in that service dogs are specifically trained to help people with physical challenges such as blindness live independently. Therapy dogs are used to calm humans in highly stressful situations such as hospitals or crisis shelters. In Little Rock, therapy dogs are used in nursing homes, at some counseling centers and in schools.

Central Arkansas Library System even brings service dogs into some library branches as part of the Tail Waggin' Tutors program whereby children can read to a dog, helping them improve their reading skills and confidence.

"If there's an earthquake, a fire or a flood, the crisis shelters invite therapy dogs in just to be a presence. Therefore, they're training for an environment which is very noisy," Lind said. "They both passed the Canine Good Citizenship test and one

of the things they do on that is make loud noises to see how the dogs react."

"(At rehearsals) we'll have people in the audience walking and making noise. I do jumping jacks in front of them, I use squeaky voices, I do all these things around them to purposely desensitize them to things going on around them. And we'll have Ruby do the same thing; she's going to have to teach Sandy to stay on the stage and not move for a while."

Reeves met the dogs at audition callbacks where the four Annie finalists were judged in part on how well they interacted with the pups. Having two dogs of her own, she said it was love at first sight.

"I immediately felt comfortable since I've been around dogs for a while," she said. "They were just so sweet and easy to work with. It wasn't hard to get used to them."

Even so, everyone admits there's a chance the dogs could spook during a performance and run right through the audience.

And if that happens?

"Well, that's why Ruby's our choice for Annie; she's shown she can ad lib," said Keating with a big laugh. "Just chase him through the audience and it'll be the highlight. It'll be great."

"Annie" opens at Wildwood Park for the Arts Oct. 27, with additional performances Oct. 28 and 29. 🌈





# LOCKER Emergency Kit

Heading back to school is already difficult — especially starting middle or high school. This kit is perfect for every girl to keep in her locker all year long and it's cheap to put together. Add these items to your next shopping list and your teen (or tween) will be ready to tackle the school year.



**Tissues:** Powering through and going to school while you have a cold is hard enough. Having to get up in class every few minutes to grab a tissue makes it worse. Throw a mini pack in your backpack on those days when your runny nose is getting the best of you.

**Bag:** First things first — a cute bag or container (a large makeup bag or pencil box will do the trick) for all of the items is key. Lockers already get messy enough, so it's important to be able to keep everything contained.



## **Bobby Pins:**

Sometimes your hair just won't do what you want it to. Keep a pack of spare bobby pins handy for those days when they fall out during gym class or you just need to pin back flyaways.



**Floss:** Because who wants to walk around with food in their teeth all day?

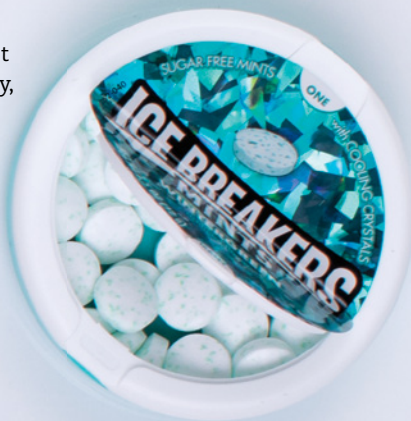


## **Mophie Powerstation Plus 12000 with Switch-Tip**

**Cable:** This handy device can save the day when you forget to charge your phone overnight. Plug your phone into the Powerstation and leave it in your locker for a couple hours to charge so that when you need to call mom for a ride home after practice you're good to go.



**Mints:** Maybe onions on your burger wasn't such good idea at lunch today. But don't worry, you're covered with an extra pack of mints (because taking gum out in class means the whole pack will be gone the second your friends notice).



### Chapstick:

It's one of those things that you don't miss until you don't have it. In other words, it's more important than you realize. Keep a spare.



**Pen:** Keep a couple spare pens and pencils handy because they somehow disappear faster than anything else in your backpack.



**Tide To Go Stain Remover:** Those spills at lunch, your leaky pen, the messy science experiment — there are bound to be times you'll need this handy pen.



**Safety Pins:** For the one day where your button pops off, now you're prepared.



### Oil Absorbing Sheets:

What teenager doesn't struggle with oily skin? These sheets blot away that oil and shine while leaving makeup in place.

### Deodorant:

Did gym class get a little intense today? This one doesn't need much explaining.



**Hair Ties:** Because the one in your hair is going to snap at some point and it's good to have spares.





# SEPTEMBER

Your curated calendar of family events to keep the whole crew busy and entertained this month.



SEPTEMBER 2 & 4 FROM 9 A.M.-2 P.M.

## Canoe Float and Kayak Float

Paddle your way through Pinnacle Mountain State Park's majestic lowland river while viewing large cypress trees and a variety of wildlife. Boaters should meet at the Big Maumelle Boat Ramp for the floats. Canoe float is on Sept. 2 and kayak float is on Sept. 4. Registration and advance payment of \$40 per canoe or kayak is required. Visit [www.ArkansasStateParks.com/events](http://www.ArkansasStateParks.com/events) for more details.

SEPTEMBER 2-4

## Arkansas Travelers vs. Northwest Arkansas at Dickey Stephens Park

These are the very last games of the regular season, so get in your last dose of baseball until next spring. The Travelers play at 7:10 on Saturday, Sept. 2 and 2:10 p.m. on Sunday and Monday, Sept. 3 and 4. At Saturday's game, the first 1,000 fans receive a free frisbee. On Sunday, bring your church bulletin to the game from the service that day and your family (two adults and up to four kids 14 and under) will be admitted for \$10. Regular tickets are \$6-\$12 each game. For more information, visit [www.Travs.com](http://www.Travs.com).

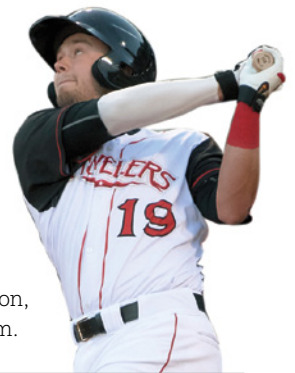


Photo by Mark Wagner



EVERY FRIDAY AT 3:30 P.M.

## Family Movie Day

The Maumelle Library gives you a cool, relaxing way to spend your Friday afternoons: a free movie! The lineup is "Matilda" (PG) on Sept. 1, "Babe" (PG) on Sept. 8, "Shaun the Sheep Movie" (PG) on Sept. 15, "Monsters University" (G) on Sept. 22 and "Despicable Me" (PG) on Sept. 29. Parents are strongly encouraged to attend with their kids. Attendees will all receive free snacks. For more details, visit [www.CALS.org/events](http://www.CALS.org/events).



SEPTEMBER 9 AT 11 A.M.

## Little Rock Paper Airplane Festival

Hosted by the Lymphomaniac Society at the Clinton Presidential Park, this family-friendly event raises money to help those currently being treated for cancer. The event will feature various exhibitors talking about the mechanics of paper airplanes, what it takes to create the perfect paper aircraft, sustainability and recycling. Kids can then compete in three age groups to see whose paper craft flies the furthest. Visit [www.LRPaperAirplane.com](http://www.LRPaperAirplane.com) for more info.



SEPTEMBER 9-10

## Arkansas Comic Con 2017

This two day experience at the Statehouse Convention Center is family friendly with a variety of exhibits, vendors and more. The event goes from 10 a.m.-6 p.m. on Sept. 9 and 10 a.m.-5 p.m. on Sept. 10. Tickets are \$15 per day or \$25 for the weekend; kids ages 2-10 are \$5 per day and children under 2 are free. For more information or to purchase tickets, visit [www.Eventbrite.com](http://www.Eventbrite.com) and search for "Arkansas Comic Con."



SEPTEMBER 10 AT 12:30 P.M. AND 3:30 P.M.

### Princess Tea Party with Cinderella, Beauty and Sleeping Beauty

Enjoy a horse-drawn carriage ride from the parking lot to the castle door at the Castle on Stagecoach. Each attendee receives a tiara and wand. Inside the castle, a professional photographer will take photos of each girl with her favorite princess. Then, enjoy tea and sweet treats as princesses visit each table and perform songs and dances. The price is \$60 for adults and \$50 for children. Call Walter at (501) 960-0658 to make a reservation and visit [www.CastleOnStageCoach.com](http://www.CastleOnStageCoach.com) for more details.



SEPTEMBER 14 FROM 6-9 P.M.



SEPTEMBER 16 FROM 8 A.M.-NOON



SEPTEMBER 16 FROM 9 A.M.- 3 P.M.

### Date Night: Zoo Brew

Head to a craft beer fest at a venue you might not expect — the Little Rock Zoo. Attendees will receive a souvenir cup and be able to taste dozens of brews as they visit new animal friends and listen to live music. Zoo Brew takes place in and around the pavilion and inside Cafe Africa and also features food trucks serving-up tasty local cuisine (food sold separately). Visit [www.LittleRockZoo.com/eventcalendar](http://www.LittleRockZoo.com/eventcalendar) to purchase tickets (\$30) and for more info.

### Thea Paves the Way

Thea Foundation's annual sidewalk chalk event will be held on the front lawn of the William J. Clinton Presidential Library, where dozens of school, family, church, and community groups will share in the creative effort to cover the sidewalks in vibrant chalk art. Participants also get to enjoy face painting and entertainment on the grounds. It's free to participate but groups must register in advance to reserve a spot. Visit [www.TheaFoundation.org/thea-paves-the-way](http://www.TheaFoundation.org/thea-paves-the-way) to register and for more details.

### Tinkerfest

Get ready for a day of science fun at the Museum of Discovery. At this annual event, tinkering takes over the entire museum and neighboring streets for a day-long event with more than 40 hands-on, interactive activities. Each activity engages children and adults, teaches visitors how everyday objects such as cars and computers work, and provides opportunities to explore the engineering and science behind building objects. Regular admission (\$8-\$10) applies. Check out [www.MuseumOfDiscovery.org/event/tinkerfest-2/](http://www.MuseumOfDiscovery.org/event/tinkerfest-2/) for details and to purchase tickets in advance.

# GARDEN For All Ages



Garvan Woodland Gardens  
Fay Jones School of Architecture + Design  
University of Arkansas

550 Arkridge Rd. | Hot Springs, AR 71913 | 800-366-4664 | [garvangardens.org](http://garvangardens.org)



[f](#) [p](#) [t](#) [i](#) @garvangardens





**Boo**  
AT THE ZOO

**FUN & FRIGHTS  
& LOTS OF LIGHTS!**

**October 21- 31**  
[littlerockzoo.com/boo](http://littlerockzoo.com/boo)

**GET EARLY BIRD  
TICKETS**  
\$10 members  
\$15 non-members

rides | dance party | treats  
hay maze | zombie paintball  
train | costume contests



Photo by Daniel Moody

**SEPTEMBER 16 FROM 5-8 P.M.**

#### Harvest Night

This family friendly event at the Arkansas Foodbank includes a southern-style dinner, local craft beverages, live entertainment and children's activities. A relaxed atmosphere provides a night of fun for the whole family, while raising awareness about the Arkansas Foodbank's work. Single tickets are \$40 per adult for dinner and two drink tickets; children under 12 are free. The party happens from 5-8 p.m. Head to [www.ArkansasFoodbank.org](http://www.ArkansasFoodbank.org) for more information.

**SEPTEMBER 17 AT 3 P.M.**



@ExperienceLR

#### U.S. Air Force Concert Band Performance

Head to the First Security Amphitheater for a free, patriotic show for the whole family. The concert is part of the "Little Rock Salutes" series, put on by the Little Rock Convention & Visitors Bureau. Expect popular military tunes as well as pop, jazz, rock, and classical tunes from the band. Members of the Little Rock Police Department and Little Rock Fire Department will also provide educational demonstrations activities for the whole family. Visit [www.LittleRock.com](http://www.LittleRock.com) for more details.



**SEPTEMBER 20-24**

#### ACANSA Arts Festival

This five day festival in locations across Little Rock and North Little Rock features live performances, exhibits, art education programs and more. The event encourages public appreciation of the arts and showcases and increases awareness of the arts in the region. They'll also be commemorating the 60th anniversary of the Little Rock Nine at Central High School. Visit [www.ACANSA.org](http://www.ACANSA.org) for details on the performances, exhibits, tickets and more.



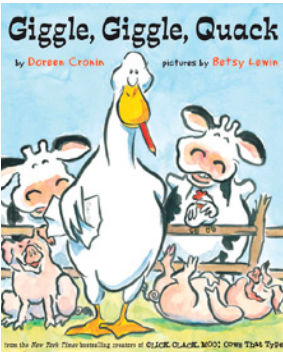
STARTING SEPTEMBER 22

### "Giggle, Giggle, Quack" at the Arkansas Arts Center Children's Theatre

"Giggle, Giggle, Quack" is a delightful children's play based off the book by Doreen Cronin and illustrated by Betsy Lewin. In this barnyard adventure, Farmer Brown is off on a much-needed vacation, leaving his brother Bob in charge with one crucial word of advice:

"Keep an eye on Duck.

He's trouble." What could possibly go wrong? Find out at the show, which takes the stage every Friday at 7 p.m. and Saturdays and Sundays at 2 p.m. through Oct. 8. Tickets range from \$10-\$12.50. For more information and to purchase tickets, visit [www.ArkArts.com/giggle-giggle-quack](http://www.ArkArts.com/giggle-giggle-quack).



Courtesy of Arkansas Arts Center

SEPTEMBER 23 FROM 9 A.M.-1 P.M.

### Superhero Dash-N-Bash

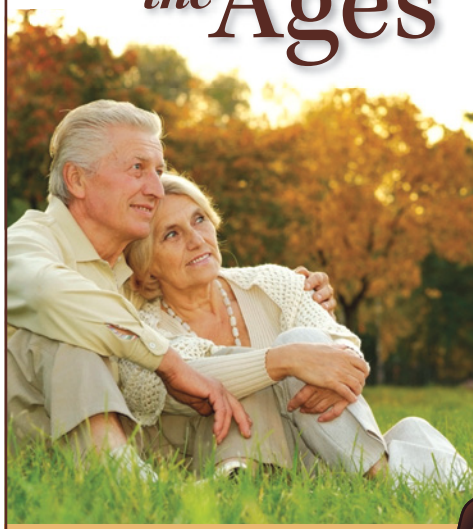
This fourth annual event takes place at Murray Park in Little Rock. Attendees will get to enjoy food, music, bounce houses, games, activities, head shaving and much more! All proceeds go to support the families of children who are being treated in the Hematology and Oncology Department at Arkansas Children's Hospital. Visit [www.Facebook.com/superheroDNB/](http://www.Facebook.com/superheroDNB/) for more information.

SEPTEMBER 30 AT 8 A.M.

### Bubble Run Little Rock

You don't need to be athletic for this fun and foamy 5K — it's 100 percent for fun and not even considered an official race. Clad in white T-shirts, adults, kids and strollers can run, walk, dance and play across three miles of absolute fun! At each kilometer, participants will run through the Foam Bogs where there is enough colored foam to cover you from head to toe! The event takes place at the Arkansas State Fairgrounds and registration is \$50 per person. Kids 4 and under are free with fully paid adult registration. Head to [www.BubbleRun.com/upcoming-locations/little-rock-ar-2017/](http://www.BubbleRun.com/upcoming-locations/little-rock-ar-2017/) to register and for all the details.

# Through the Ages



 The BridgeWay  
Children • Adolescents • Adults • Seniors  
[www.TheBridgeWay.com](http://www.TheBridgeWay.com)

For over 30 years, The BridgeWay has been caring for Arkansans of all ages. Now, The BridgeWay offers Senior Care to adults, 55 and older, struggling with mental health concerns. In honor of those who raised us, we provide the following:

- New, state-of-the-art facility
- 24-hour nursing care
- Medication management and physician care
- Discharge and aftercare planning
- Neuropsychological testing
- Safe, serene environment in central Arkansas

Here we treat each patient with dignity and care that may bring hope, help and healing to those seeking a sense of wellness.

*If you or a loved one is experiencing difficulties, it is important to find out if a serious problem exists.*

*To schedule a confidential, no-cost assessment, call 24 hours a day, 7 days a week.*

**1-800-245-0011**

TICKETS go on Sale SEPTEMBER 5<sup>th</sup>

The Magical Music of

# Harry Potter

OCTOBER 7 & 8, 2017  
ROBINSON CENTER



ARKANSAS  
SYMPHONY  
ORCHESTRA  
Philip Mann  
Music Director

**TICKETS START AT ONLY \$15**

Enjoy your favorite musical moments from the entire Harry Potter series. Please note the films will not be shown.

**All Kids are FREE on Sundays using the Entergy Kids Ticket!**

**CALL (501) 666-1761 TODAY FOR TICKETS**  
[ARKANSASSYMPHONY.ORG/MAGIC](http://ARKANSASSYMPHONY.ORG/MAGIC)





## Pumpkin Patch on Wye Mountain

*Open September 23 to October 29.*



In the Fall, kids can learn about raising pumpkins, flowers and berries. Admission includes a mini pumpkin to take home as well as a barrel train or hay wagon ride. In the Spring, learn about locally grown flowers and berries as children make and decorate their own berry basket and pick berries for snacking or to take home. Visit the barnyard petting area and take a ride on the berry choo-choo.

- Explore a pumpkin patch next to beautiful sunflowers!
- Enjoy the funland with a tractor tire mountain, swings, maze, games, lots of slides and more!
- Ride the berry choo-choo or choose a tractor-pulled hayride.
- Children can visit a barnyard petting area with rabbits, goats, chickens and more.
- Mini pumpkin for field trip attendees in Fall.
- Make a basket and pick fresh berries when they are in season!

**WWW.WYEMOUNTAIN.NET**

20309 Hwy. 113, Roland  
501-330-1906

Ages: 5-10. Rates: \$8 per child (minimum 20), one adult free with every 10 children.



# AMERICA'S PREMIER BIG CAT REFUGE

**Donate & Volunteer  
Camping & Lodging  
Trolley Tours & Education  
Motorcycles & Groups Welcome**



**TurpentineCreek.org**

**479.253.5841**



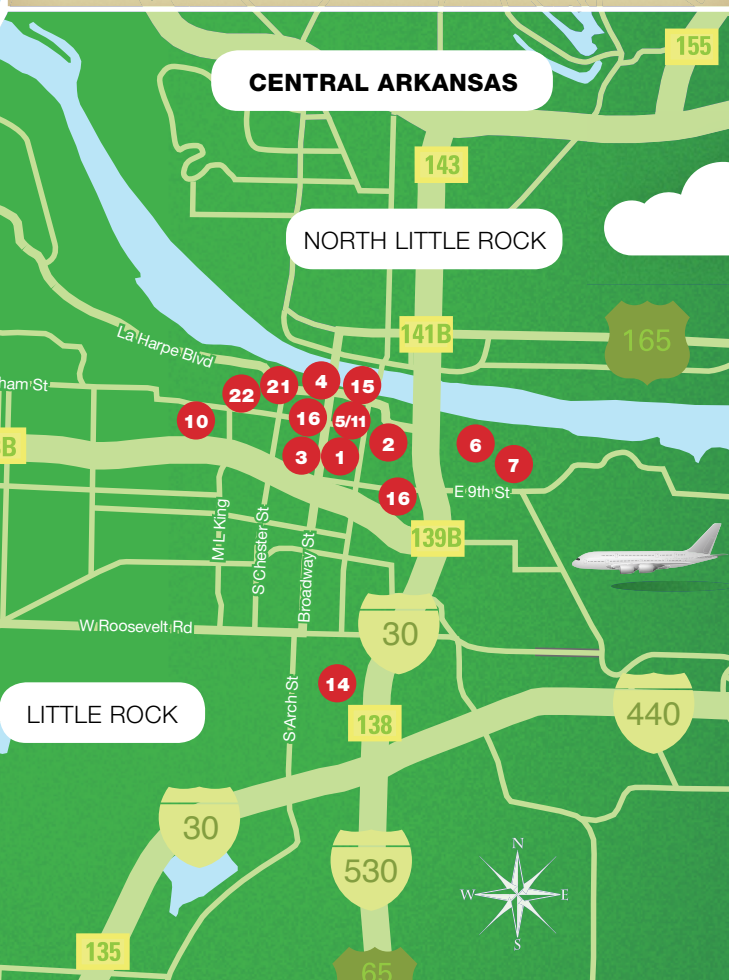
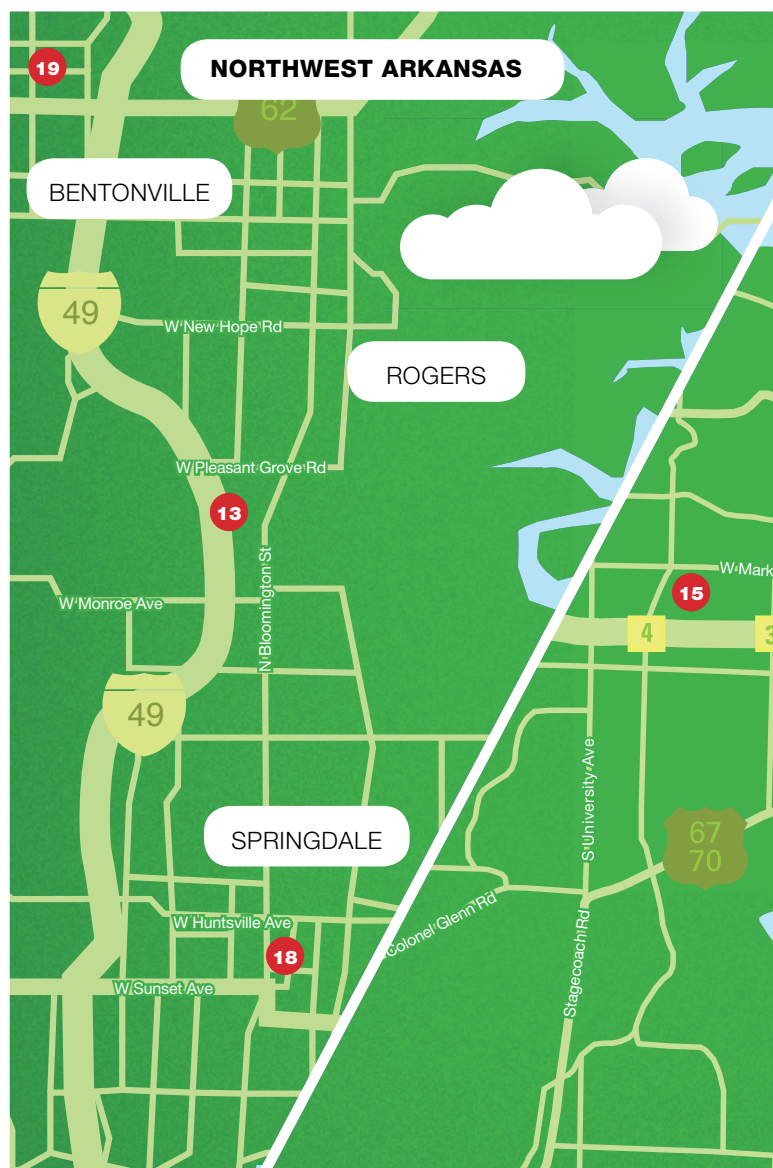
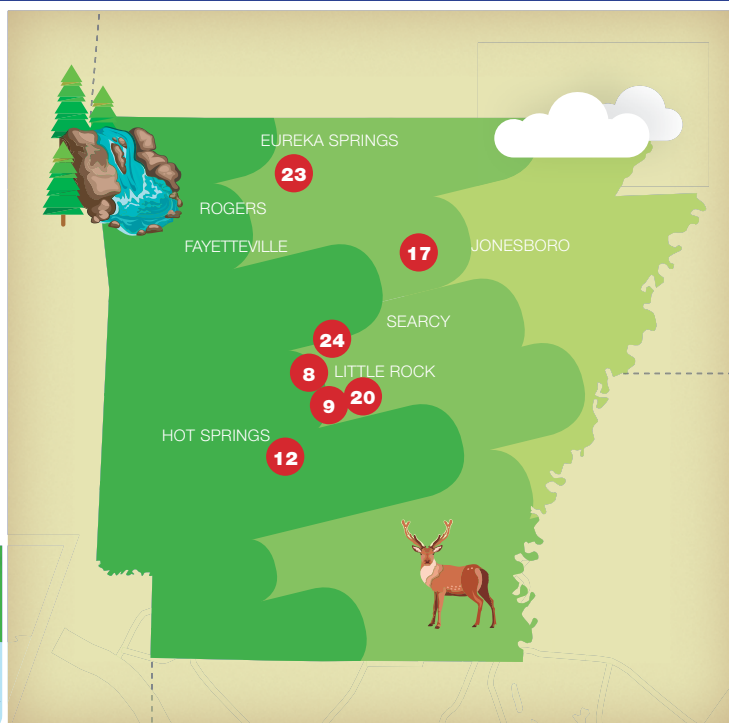
**7 Miles South of  
Eureka Springs on Hwy 23  
239 Turpentine Creek Lane, Eureka Springs, AR 72632**



# FIELD TRIP Profiles

2017 | 2018

A SPECIAL ADVERTISING SECTION



- 1 Delta Cultural Center
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- 20 Third Realm
- 21 World Fest
- 22 Little Rock Convention & Visitors Bureau
- 23 Turpentine Creek Wildlife Refuge
- 24 Wye Mountain

# Delta Cultural Center

A musical mecca for blues fans and a playground for history buffs, the Delta Cultural Center is an award-winning museum.

## Heritage and Culture

- The museum's locations – the Depot and the Visitors Center – offer exhibits featuring topics from the great Mississippi River flood to the Civil War.
- The King Biscuit Time radio show is broadcast daily. The Delta Cultural Center also encompasses several Civil War sites and historic homes.
- Make education come alive at one of our locations or in your classroom by downloading the teaching tools on our website.
- Our education department will create a hands-on experience just for your students.



"A Cast of Blues" is one of many exhibits with hands-on activities for students at the Delta Cultural Center.



### PLAN YOUR VISIT

**Company:** Delta Cultural Center  
**Contact:** Richard Spilman  
**Address:** 141 Cherry St., Helena  
**Phone:** (870) 338-4350  
**Website:** DeltaCulturalCenter.com  
**Cost per person:** Free.  
**Age range:** All ages.  
**Hours:** 9 a.m.-5 p.m. Tuesday-Saturday



# Historic Arkansas Museum

Take students where their heritage comes to life – where they can see, smell, taste and interact with the past that shaped Arkansas into the fascinating place it is today.

## Travel Back in Time

- Ask us about the availability of free field trips!
- During Living History interactions, witness William Woodruff print the Arkansas Gazette, interact with a blacksmith forging metal and aid a pioneer woman churning butter.
- Discover important Arkansas Made objects from Arkansas's territorial days and a world-class collection of handmade knives.
- Students can explore some of the state's earliest homes and buildings.



Go back in time at Historic Arkansas Museum exploring Little Rock's oldest neighborhood and learning how the state's first settlers lived.



### PLAN YOUR VISIT

**Company:** Historic Arkansas Museum  
**Contact:** Bailey Lowrey  
**Address:** 200 E. Third St., Little Rock  
**Phone:** (501) 324-9351  
**Website:** HistoricArkansas.org  
**Cost per person:** Guided house tours \$1, hands-on programs \$4, spring and fall fairs \$6.  
**Age range:** All ages.  
**Hours:** Museum Center: 9 a.m.-5 p.m. Monday-Saturday, 1-5 p.m. Sunday. Historic Grounds: 10 a.m.-4 p.m. Monday-Saturday, 1-4 p.m. Sunday.







# Mosaic Templars Cultural Center

From the Arkansas Black Hall of Fame to an exhibit dedicated to Little Rock's historic West Ninth Street District, we invite visitors to explore the struggles, victories and complete history of African Americans in Arkansas.

## Celebrating Arkansas' African American History

- The heritage of African Americans in Arkansas is a riveting story told eloquently at the Mosaic Templars Cultural Center.
- Special opportunities are available for school groups, including Major to Minor, What's the Buzz? and Speaking Up, Speaking Out.
- Focusing on the achievements and contributions African Americans have made to art, music, science, business and politics, educational programs include lively discussions and activities.
- Let students dive into the past and explore inspiring groups of Arkansans by touring the museum or have our education department come to your classroom.

- Teaching materials are also available for online download. Schedule your visit or check out our website for more information.



Our heritage is meant to be experienced, and it lives at the Mosaic Templars Cultural Center.



### PLAN YOUR VISIT

**Company:** Mosaic Templars Cultural Center

**Contact:** Education Department

**Address:** 501 W. Ninth St., Little Rock

**Phone:** (501) 683-3593

**Website:** MosaicTemplarsCenter.com

**Cost per person:** Free.

**Age range:** All ages.

**Hours:** 9 a.m.-5 p.m. Tuesday-Saturday



# Old State House Museum

This National Historic Landmark has seen Arkansas' transition into statehood, the Civil War and President Bill Clinton's election night celebrations. Relive these moments through exhibits, tours and programs.

## History is Beautiful

- We feature everything from dinosaur bones to Arkansas-made instruments. The building is a pristine example of Greek Revival architecture popular during its construction.
- We feature an outstanding collection of Arkansas memorabilia, including the first ladies of Arkansas' inaugural gowns and portraits of important Arkansans.
- The grounds here are full of our rich heritage just waiting to be explored.
- Call to speak with our education department about creating an engaging experience for your students when you visit.
- Our education department can come to your classroom. Schedule a visit or see our website to learn more.



Under construction before Arkansas became a state, the Old State House laid the foundation for the state's government and is a cornerstone of history curriculum.



### PLAN YOUR VISIT

**Company:** Old State House Museum

**Contact:** Georganne Sisco

**Address:** 300 W. Markham St., Little Rock

**Phone:** (501) 324-9685

**Website:** OldStateHouse.com

**Cost per person:** Free.

**Age range:** All ages.

**Hours:** 9 a.m.-5 p.m. Monday-Saturday, 1-5 p.m. Sunday

**Extended hours:** Every second Friday of the month, open 9 a.m. to 8 p.m.





1: Honey harvest at the Children's Library & Learning Center. 2: The Main Library Level 4 Teen Center. 3: The Hillary Rodham Clinton Children's Library & Learning Center.

# Central Arkansas Library System

Feed a child's love of reading and learning at the library. CALS' 14 branches have books, DVDs, computers and much more. The Main Library's Youth Services department and Level 4, a teens-only area, have terrific programming and services. The Children's Library & Learning Center offers a teaching kitchen, greenhouse, computer lab, theater and outdoor spaces to explore.

## At the Main Library:

- The Level 4 Teen Center is 9,700 square feet devoted to strictly teens.
- At the Teen Center, find books, DVDs, and audio books geared to teen readers. Level 4 offers computers and a gaming garage. Programming includes gaming, college-prep and technology.
- In Youth Services, get a complete tour of the Main Library and instruction on how to look for books in addition to great activities and events.
- For a virtual field trip, visit [CALS.org](http://CALS.org). Explore new places or get homework help through our databases in one convenient place.

## At the Children's Library:

- Explore the six-acre site with walking trails. Take time to check out our greenhouse with hands on activities.
- Check out our teaching kitchen that offers weekly programs. Culinary learning comes full circle with garden to table learning.
- Our maker lab and recording studio are two of the newest features. Stop by for special events and programs throughout the year.



**CENTRAL ARKANSAS  
LIBRARY SYSTEM**

### PLAN YOUR VISIT

**Company:** Central Arkansas Library System

**Phone:** (501) 918-3000

**Website:** [cals.org](http://cals.org)

**Cost per person:** Free.

**Age range:** All ages.

#### MAIN LIBRARY

**Address:** 100 Rock St., Little Rock

**Hours:** 9 a.m.-8 p.m. Monday-Thursday; 9 a.m.-6 p.m. Friday & Saturday; 1 p.m.-5 p.m. Sunday.

#### HILLARY RODHAM CLINTON CHILDREN'S LIBRARY & LEARNING CENTER

**Address:** 4800 W. 10th St., Little Rock

**Hours:** 9 a.m.-6 p.m., Monday-Saturday; 1 p.m.-5 p.m. Sunday.







- 1: A full-scale replica of the Oval Office displays the room and its furnishings as they appeared during the Clinton Administration. A commemorative photo is available for purchase.
- 2: A reconstruction of the White House Cabinet Room utilizes interactive screens to introduce visitors to critical decisions and how they were made.
- 3: A timeline exhibit puts the Clinton Administration in historical perspective, presenting key international, domestic and economic events.

# Clinton Presidential Center

The Clinton Presidential Center is a world-class educational and cultural venue offering a variety of special events, exhibitions, and educational programs. They present a unique perspective of the work — past, present, and future — of the 42nd president of the United States, William Jefferson Clinton. The Clinton Center's exhibits and programs provide a multidisciplinary learning experience for educators and students.



## PLAN YOUR VISIT

### Visiting the Center

- The educational staff of the Clinton Foundation has created grade-specific educational programs and tours to accompany the permanent and temporary exhibits at the Clinton Center.
- The Clinton Center presents unique temporary exhibits featuring a variety of historical and cultural topics with coordinating educational programs and events. Upcoming temporary exhibits include *Art of Africa: One Country, Limitless Vision*, Aug. 26, 2017-Feb. 11, 2018; *Mandela: The Journey to Ubuntu*, Sept. 24, 2017-Feb. 19, 2018; and *Louder Than Words - Rock, Power, and Politics*, March 10, 2018-Aug. 5, 2018.
- The Anne Frank Tree Installation* surrounds a sapling taken from the chestnut tree that was visible from the Secret Annex where Anne Frank hid.
- The Clinton Center's Orientation Theater shows a 12-minute film that presents President Clinton's life and political career.
- Learn about life in the White House through the splendor of state events and gifts, the spirit of holiday festivities, and celebrations with family.
- The Clinton Museum Store is located inside the lobby of the Clinton Center and offers a diverse selection of unique memorabilia and selection of educational books, fun toys, and unique gifts.
- Forty Two, the Clinton Center's award-winning restaurant, can provide healthy lunches for school visits for an additional fee.

**Company:** Clinton Presidential Center

**Address:** 1200 President Clinton Ave., Little Rock

**Phone:** (501) 374-4242

**Website:** [ClintonPresidentialCenter.org](http://ClintonPresidentialCenter.org)

**Cost per person:** School groups and home-school groups are free with a reservation.

**Hours:** 9 a.m.-5 p.m. Monday-Saturday, 1-5 p.m. Sunday.





1: Heifer Ranch tour. 2: Class program in exhibits. 3: Urban farm tour.

# Heifer International Learning Centers

Visit one of our Arkansas learning centers today, and come away from each destination knowing how rural communities lift themselves out of poverty through farming. Make a reservation for your group to experience our programs and explore our learning centers. For reservations, call 855-3HEIFER (855-343-4337) or visit [www.heifer.org/visit](http://www.heifer.org/visit).

## Heifer Village & Urban Farm DOWNTOWN LITTLE ROCK

- Request one of our free programs to explore the impact of Heifer's work.
- Explore the village to learn about global issues and sustainable agriculture.
- Visit the urban farm to explore our extensive gardens and meet our animals.
- Tour the award-winning Heifer International Headquarters and learn how we turned a former industrial waste site into a thriving wetlands habitat.
- Visit Shop@Heifer for fair trade items from around the world.
- Box lunches are available for pre-order from Cafe@Heifer.

## Heifer Ranch PERRYVILLE

- Get your hands dirty working with our pasture-raised livestock.
- Experience the issues of hunger and poverty at Heifer's Global Village – a collection of international homes modeling many of the countries where Heifer works.
- Learn about sustainable agriculture working in our organic gardens at Heifer Ranch.
- Visit the shop for Heifer logo merchandise, fair trade items and other unique items that encourage the support of Heifer's work.



**HEIFER®**  
INTERNATIONAL

### PLAN YOUR VISIT

**Company:** Heifer International Learning Centers  
**Phone:** 1-855-3HEIFER  
**Website:** [Heifer.org/visit](http://Heifer.org/visit)  
**Age range:** All ages.

**HEIFER VILLAGE & URBAN FARM**  
**Address:** 1 World Avenue, Little Rock  
**Cost per person:** Free.  
**Hours:** 9 a.m.–5 p.m. Monday-Saturday.

**HEIFER RANCH**  
**Address:** 55 Heifer Rd., Perryville  
**Cost per person:** Tours and overnight experiences have associated fees. Please call for information.  
**Hours:** 9 a.m.–5 p.m. Monday-Saturday.







# Altitude Trampoline Park

There are all sorts of ideas for field trips, but not all of them are fun. We have a suggestion for Little Rock and surrounding areas planning a field trip: Altitude Trampoline Park in Little Rock is a simple and cost-effective way to add fun to your class outing!

## Test Your Jumping Skills

- Altitude Trampoline Park offers over 200 interconnected trampolines.
- Main Court: Go ahead and bounce off the walls in the Arena. The Arena is Altitude's largest trampoline area with more than 125 interconnected trampolines. Here you can freestyle jump like an Olympian! See how high you can jump, try some basic tricks or invent your own signature moves.
- Foam Pit: Experience the exhilaration of being airborne while tumbling off one of three trampolines and launch yourself into a 60-foot pit of foam. Or test your skills diving into Arkansas' largest foam pit from the wall trampoline!
- Dodgeball: Altitude has not one but two enclosed dodgeball courts that allow for

age-appropriate games with no down time. It's just good, clean, Arkansas family fun.

- Kids Zone: Altitude has an area just for jumpers under 70 pounds. Relax and let the little ones show you how it's done.



Join in a fun game of trampoline dodgeball on one of our two fully enclosed dodgeball courts!



### PLAN YOUR VISIT

**Company:** Altitude Trampoline Park

**Address:** 15707 Chenal Parkway, Little Rock

**Phone:** (501) 353-1281

**Website:** [AltitudeTrampolineParkLR.com](http://AltitudeTrampolineParkLR.com)

**Field trip rate per person:** \$9.50

**Age range:** All ages.

**Hours:** 10 a.m.-9 p.m.

Monday-Thursday, 10 a.m.-10 p.m.

Friday, 9 a.m.-10 p.m.

Saturday, noon-8 p.m. Sunday.



# Arkansas 4-H Center Programs

Education your students will never forget! Our programs offer exceptional learning in a natural outdoors setting. We provide hands-on learning adventures for thousands of students each year.

## Learn by doing!

- The Arkansas Outdoor School teaches communication, teamwork and other life skills. Activities include rock climbing, archery, canoeing, fishing, nature photography, wildlife, stream ecology and more.
- ExCEL does team building for youth and adults, eighth grade and above. We help teams build trust and learn to communicate effectively.
- ExCEL options include but are not limited to: ground based team building, rock climbing, zip line and our high ropes course.
- We offer on-site and off-site programs.



Participants reach the top of the climbing tower and celebrate.



### PLAN YOUR VISIT

**Company:** Arkansas 4-H Center Programs

**Address:** Arkansas 4-H Center, 1 Four-H Way, Little Rock

**Phone:** (501) 821-6884

**Websites:** [uaex.edu/aos](http://uaex.edu/aos), [uaex.edu/excel](http://uaex.edu/excel)

**Cost per person:** Varies

**Age range:** All ages.

**Hours:** Varies



# Arkansas State Capitol

To schedule a guided tour of the Capitol, call the Visitor Services Specialist, at 501-682-5080. Free guided tours of the building are offered at the top of the hour Monday-Friday from 9 a.m. -3 p.m. Tours last about an hour.

## Visiting the Capitol

- Students will tour the Capitol Rotunda, Governor's Reception Room, Old Supreme Court Room, Senate/House Galleries and Treasurer's Office, provided that all rooms are available.
- Check out our scavenger hunt tour options on our website for a more hands-on, cross-curricular tour experience!
- Take a self-guided tour of the Capitol Mall grounds. Enjoy and learn about the many monuments as well as the flora and fauna.
- Hungry? Bring sack lunches to eat under some shade trees at our picnic tables or book a group lunch in our newly renovated café, 500 Grill!

- Can't make it to the Capitol Building? Try one of the virtual tours on our website!



The Arkansas State Capitol Building.  
Secretary of State Photographer Danny Harris



## PLAN YOUR VISIT

**Company:** Arkansas State Capitol

**Contact:** Aaron McNeil

**Address:** 500 Woodlane St.,  
Little Rock

**Phone:** (501) 682-5080

**Website:** [sos.arkansas.gov/educational/Pages/default.aspx](http://sos.arkansas.gov/educational/Pages/default.aspx)

**Cost per person:** Free.

**Age range:** All ages.

**Hours:** 8 a.m.-5 p.m.



# Central Arkansas Library System's Butler Center for Arkansas Studies

Assembled by guest curator Professor Sarah Wilkerson Freeman (of Arkansas State University), this exhibition displays images taken in 1945 by Paul Faris at the Rohwer Relocation Center. These photographs capture the community created by Japanese Americans during their incarceration in Arkansas during World War II.

## Know Before You Go

- Grants are available to public, private, and charter schools for grades 4-12. Funding is prioritized for Title I schools and underserved audiences.
- Take guided tours and participate in exhibit activities.
- Students and visitors will learn about Arkansas' involvement in the Japanese American incarceration during World War II through the lens of art.
- Lesson plans are available to help your students get the most out of their visit — before, during and after.
- This project was funded, in part, by a grant from the U.S. Department of the Interior, National Park Service, Japanese American Confinement Sites Grant Program.



Paul Faris, Sadayuki Uno carving noh masks, 1945.  
Image courtesy of Tim Faris and Mary Ann Thurmond.



## PLAN YOUR VISIT

**Company:** Butler Center for Arkansas Studies

**Contact:** Kim Sanders

**Address:** 401 President Clinton Ave.,  
Little Rock

**Phone:** (501) 320-5734

**Website:** [ButlerCenter.org/rohwer](http://ButlerCenter.org/rohwer)

**Cost per person:** Free.

**Age range:** 8 & up.

**Hours:** 9 a.m.-6 p.m. Monday-Saturday.

**Exhibit Date:** August 11-December 30.







# Garvan Woodland Gardens

Garvan Woodland Gardens offers 210 acres of beautiful gardens on the shores of Lake Hamilton. Options include a self-guided walking tour, a mobile app with an audio-visual tour or a docent guided-tour available for school groups of all sizes.

## Know Before You Go

- New free mobile app, “BeaconSage,” offers visitors their own personal audio-visual tour guide.
- Students can explore the Evans Children’s Adventure Garden with rock climbing, a cave, waterfall and boulder maze.
- The Model Train Garden and picnic areas provide more fun areas for kids.
- Visit a half-acre koi pond in the Garden of the Pine Wind, which features ornamental Asian plants.
- Garvan Gardens is home to the world-famous Anthony Chapel.



The Evans Children’s Adventure Garden.



**Garvan Woodland Gardens**  
Fay Jones School of Architecture + Design  
University of Arkansas

## PLAN YOUR VISIT

**Company:** Garvan Woodland Gardens

**Contact:** Susan Harper, Groups Director

**Address:** 550 Arkridge Road, Hot Springs

**Phone:** (501) 262-9300

**Website:** GarvanGardens.org

**Cost per person:** \$5 students; \$10 chaperones

**Age range:** 4-12.

**Hours:** 9 a.m.-6 p.m.

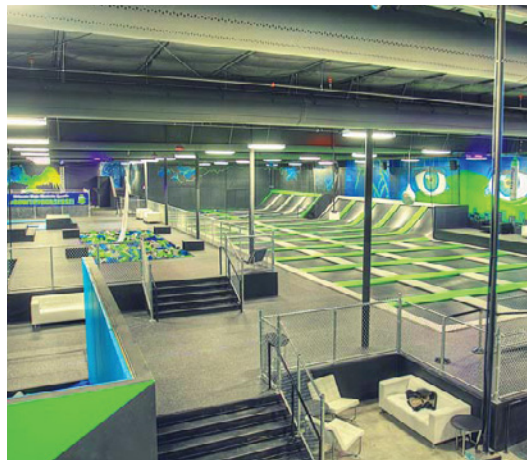


# High Rise Extreme Air Sports

Sixty trampolines in an 18,000 square foot facility, including the famous super trampolines, launching pads, dodgeball, trapeze, basketball, and a high flying American Ninja Warrior course. Give your group a field trip they will talk about all year!

## The Ultimate Extreme Air Experience!

- Walk on walls with our Super Tramp!
- Play on two high flying Ninja Warrior courses.
- Fly off the trapeze and our launch pads into huge foam pits!
- There’s also dodgeball, basketball, aerial silks and slack lines to try.
- Mention “Field Trip Guide” when booking to receive an additional \$1 off each jumper!



High Rise offers the most epic field trips ever, with something for everyone to enjoy!



## PLAN YOUR VISIT

**Company:** High Rise Extreme Air Sports

**Contact:** Manager.

**Address:** 699 S. Dixieland Road, Rogers

**Phone:** (479) 802-0140

**Website:** HighRise.us

**Cost per person:** \$11.

**Age range:** 4-25.

**Hours:** 9 a.m.-9 p.m. Monday-Wednesday, 3:30-9 p.m. Thursday, 9 a.m.-midnight Friday & Saturday, 11 a.m.-7 p.m. Sunday.



# Little Rock Tours

From Space Camp, Marine Camp and the Alamo to local destinations like the pumpkin patch and Fort Washington, there are dozens of great field trip destinations in store. Little Rock Tours has a great safety record and a commitment to making your trip go smoothly.



## Don't Miss the Next Bus

- Our luxury coaches have Wi-Fi, 110 outlets, bathrooms, DVD players, microphones and more. Organize a field trip your students will remember for a lifetime.
- We provide historical city tours in Little Rock and North Little Rock.
- Ask for the "Special School Discount" offered Monday through Thursday. Prices are often comparable to school bus rates.
- Popular destinations include the Clinton Presidential Center, Central High School, the Old State House Museum, Museum of Discovery, Space Camp, SeaWorld Camp in San Antonio, Texas and GulfQuest National Maritime Museum in Mobile, Alabama.

- Our sales reps can help you plan your trip, create hotel packages and get your tickets to attractions.
- Use code "Super Bus" when you book your next field trip to get an extra \$50 off the price!



Little Rock Tours can take you on affordable local field trips, like this one to the State Capitol.

## PLAN YOUR VISIT

**Company:** Little Rock Tours

**Contact:** Karen Dunne

**Address:** 3100 Interstate 30, Little Rock

**Phone:** (501) 868-7287

**Website:** LittleRockTours.com

**Cost per person:** The cost depends on the tour.

**Hours:** 8:30 a.m.-5 p.m. Monday-Friday.



# Little Rock Zoo

The Little Rock Zoo provides the opportunity for children to explore nature in a safe, fun environment. A field trip includes encounters with hundreds of animals representing species from all around the world such as penguins, elephants, gorillas and more.



## We're Where Learning Lives

- Discover endangered species at the Laura P. Nichols Penguin Pointe and the Cheetah Outpost and pet goats at the Arkansas Heritage Farm.
- Chat with a keeper to learn fun facts about our gorillas, bears, rhinos, tigers, otters, zebras, monkeys, ostriches, lions, elephants, alligators, chimpanzees, lemurs and more!
- Play in our Zoo that features dozens of animal exhibits, two playgrounds, the Diamond Express Train and historic Over-the-Jumps Carousel (train and carousel are additional cost).
- Lunch is \$5.25 plus tax and must be ordered in advance. Choose from pizza, ham sandwich, or turkey sandwich. Meals include a drink and fruit, applesauce, or both.

- Make the trip extra special! Pick two animal areas for guided tours (\$3) or book an amphitheater program. Reserve 3 weeks in advance at (501) 661-7229.



The Little Rock Zoo is home to tigers as well as 250 other species, including many that are endangered or threatened in the wild.

## PLAN YOUR VISIT

**Company:** Little Rock Zoo

**Contact:** Group Reservations

**Address:** 1 Zoo Drive, Little Rock

**Phone:** (501) 661-7200

**Website:** LittleRockZoo.com

**Cost per person:** \$6 for groups of 15 or more that make reservations at least 10 days in advance.

**Age range:** Toddlers to adults.

**Hours:** 9 a.m.-5 p.m.







# MacArthur Museum of Arkansas Military History

The MacArthur Museum of Arkansas Military History is located in the Arsenal Building, constructed in 1840 as part of a frontier military post, and offers exhibits and programming covering a wide range of topics in Arkansas, U.S. and World History.

## Relive Our Military Past

- Explore what makes a building historic, events that occurred at the Little Rock Arsenal, and what it was like to be a Civil War soldier.
- Examine U.S. entry in the Great War and the role propaganda posters played in building support through "First Call: American Posters of World War I."
- Become a history detective and learn how museums use artifacts and documents to interpret the past; then go on a museum or park scavenger hunt.
- Other programs include Food for Thought, the Reading Brigade, Flags of our Fathers, and Remember Me; visitors can also ask for a guided tour of our exhibits.

- The museum offers grants of up to \$500 to visit the museum for a program or tour. Visit our website or call for more information.



Conveniently located in downtown MacArthur Park, the museum is housed in a National Historic Landmark and the birthplace of General Douglas MacArthur.



## PLAN YOUR VISIT

**Company:** MacArthur Museum of Arkansas Military History  
**Contact:** Shane Lind  
**Email:** alind@littlerock.gov  
**Address:** 503 E. 9th St., Little Rock  
**Phone:** (501) 376-4602  
**Website:** ArkMilitaryHeritage.com  
**Cost per person:** Free.  
**Age range:** All ages.  
**Hours:** 9 a.m.-4 p.m. Monday-Saturday, 1-4 p.m. Sunday.



# Ozark Gateway Region & Loco Ropes!

Experience six state parks, float a beautiful river, discover Blanchard Springs Caverns, the Ozark Folk Center, unique museums, fish hatcheries and aquarium in Mammoth Spring and other fun attractions to keep your students happy for hours. Then visit Loco Ropes, the newest adventure in Mountain View, Arkansas. Loco Ropes is a state-of-the-art treetop adventure park experience. The thrilling high wire adventure rope course with three segments totaling more than 30 challenges tests your nerves, endurance, agility and strength.

## Escape to the Ozarks

- Loco Ropes! was named one of USA Today Travel's "10 Excellent Outdoor Adventures for Families."
- Whether you're looking to develop your leadership and team building skills or enjoy a purely recreational event, Loco Ropes! is fun for all.
- "The program gives students a chance to overcome fears and build self-confidence in a positive, natural environment," said a recent participant and sports team coach.
- Enjoy our 6 fun state parks, interesting museums, & the Mammoth Spring NFH award-winning aquarium



Come to Loco Ropes for an adventure you'll long remember, talk about, and want to experience all over again!

*Advertisement paid for with state and Ozark Gateway Region funds.*



## PLAN YOUR VISIT

**Company:** Ozark Gateway Region & Loco Ropes!  
**Address:** Ozark Folk Center State Park Ave., Mountain View  
**Cost per person:** Group rates available.

**OZARK GATEWAY REGION**  
**Phone:** (800) 264-0316  
**Website:** OzarkGateway.com

**LOCO ROPES**  
**Phone:** (888) 669-6717  
**Website:** LocoRopes.com



# Shiloh Museum of Ozark History

Come experience Ozark living from historic days to the present. The Shiloh Museum of Ozark History focuses on the Northwest Arkansas Ozarks and the everyday people who lived here. Welcome to our modern museum, seven historic buildings and shaded grounds.



## Sharing Stories of Life in the Arkansas Ozarks

- All field trips meet Arkansas Social Studies and Common Core State Standards curriculum frameworks. Optional writing assignments are available. Program activities vary based on grade/age.
- Topics vary from month to month and seasonally. Check our website for the 2017-2018 field trip topics ([www.shilohmuseum.org/education/program-topics.php](http://www.shilohmuseum.org/education/program-topics.php)).
- Sample topics include Native Americans in the Ozarks, the Civil War, the WWII homefront, 1930s farm chores and covered wagons and log cabins.
- For groups of 90 or more, please divide your group for multiple time slots. While one group visits us, other groups can visit other area attractions.

- We offer Arkansas Department of Education-approved professional development opportunities. Trainings cover various topics, including using museum resources in the classroom and skills-based workshops.



Imaginative play and hands-on activities help youngsters get a real feel for Arkansas Ozark history.

### PLAN YOUR VISIT

**Company:** Shiloh Museum of Ozark History

**Contact:** Judy Costello

**Email:** [jcostello@springdalear.gov](mailto:jcostello@springdalear.gov)

**Address:** 118 W. Johnson Ave., Springdale

**Phone:** (479) 750-8165

**Website:** [ShilohMuseum.org](http://ShilohMuseum.org)

**Cost per person:** Free.

**Age range:** All ages.

**Hours:** 10 a.m.-5 p.m. Tuesday-Friday; other hours for field trips may be arranged in advance.



# The Walmart Museum

Come see where it all began at The Walmart Museum! Enjoy a three part experience with a world-class exhibit gallery, Walton's 5&10, as well as a 1950s style soda fountain, The Spark Café.



## Experience the Story of Walmart

- Step back in time at Walton's 5&10. Find toys, candy and memorabilia similar to what you would have seen in the 1950's.
- Walmart has accepted many interesting returns over the years. Check out some of the most famous, or infamous, in the returns exhibit.
- Take a picture with Sam's original 1979 Ford F150. Legend has it, if you touch the door handle, you will receive the gift of frugality.
- Want to put a little "spark" into your trip? Call ahead for a guided tour or ask about a scavenger hunt.
- The Spark Café is the only place in the world that serves blue and yellow swirls of the delicious flavor, Spark ice cream.



Visit The Walmart Museum and take a trip through the history of Walmart, from Sam Walton's humble beginnings to the present.

### PLAN YOUR VISIT

**Company:** The Walmart Museum

**Contact:** Rikki Manen

**Address:** 105 N. Main St., Bentonville

**Phone:** (479) 273-1329

**Website:** [WalmartMuseum.com](http://WalmartMuseum.com)

**Cost per person:** Free.

**Hours:** 8 a.m.-9 p.m. Monday-Thursday, 8 a.m.-10 p.m. Friday and Saturday, noon-9 p.m. Sunday.







# Third Realm

Take the most epic field trip ever! Bring your educational group during the week for special pricing. Play on more than 30,000 square feet of connected, world-class trampolines, ninja warrior course, extreme dodgeball, air dunks, aerial silks and much more!

## The Ultimate Extreme Air Experience!

- Now is your shot to see if you have what it takes to conquer the **ninja obstacle course**. Ninjas ... prepare for war!
- Have you ever experienced a **trapeze**? Sail through the air and into a bed of foam as you become a circus extraordinaire.
- Keep your balance and don't look down! **Slack lines and battle beam** — suspended over thousands of foam cubes, this attraction is sure to test your skills.
- **Dodgeballs** + cage + wall-to-wall trampolines = intense fun!
- Launch yourself through the air and into our massive **foam pits**! Perform tricks on our special waterfall trampolines and experience extreme landing at its finest.



Bow to your sensei! How far can you make it on our epic ninja obstacle course?



### PLAN YOUR VISIT

**Company:** Third Realm

**Contact:** Manager

**Address:** 4711 Talley Road,  
Little Rock

**Phone:** (501) 313-0100

**Website:** 3rdRealm.us

**Cost per person:** \$12 (includes socks)! Mention this ad for \$1 off per jumper!

**Age range:** All ninjas!

**Hours:** 9 a.m.-10 p.m. Monday-Thursday, 9 a.m.-midnight Friday & Saturday, 11 a.m.-7 p.m. Sunday.

Check website for specifics.



# World Fest

A multicultural festival that offers students a variety of learning experiences. This is accomplished by providing students with a safe, fun and stimulating environment infused with diversity education. This award-winning festival provides students with global perspective and cross cultural interaction.

## A Cultural Experience

- The World Cultural Fair Contest allows students to research, learn and present cultural facts and information about an international country – presentations are judged.
- In the Global Village, cultural agencies provide information for students to learn about their respective countries. Students interact directly with individuals from other cultures.
- At the Global Imagination Stage, students deliver an on-stage, cultural performance allowing them to demonstrate their cultural learning through expressive arts.
- Students can enjoy a petting zoo and pony rides at the festival.
- A Scavenger hunt is designed to drive students to some of the cultural exhibitors amidst all the other informational booths and activities at World Fest.



International Cultural Exchange.



### PLAN YOUR VISIT

**Company:** Racial & Cultural Diversity Commission

**Contact:** Juanenna Williams

**Address:** 500 W. Markham St.  
#220W, Little Rock

**Phone:** (501) 244-5483

**Website:** LittleRock.gov/worldfest

**Cost per person:** Free.

**Age range:** All ages.

**Hours:** 9 a.m.-2 p.m.

**Date of Festival:** October 6, 2017



# Building Bridges

## Communicate and Connect With Your Child's Teacher

BY JANEEN LEWIS | PHOTOGRAPHY BY DANIEL MOODY

**D**o you feel intimidated when you think of talking with your child's teacher? What if your child complains about problems with his or her teacher? What do you do then?

I'm a parent and a teacher, so I've been on both sides of the teacher's desk. Here are some tips to help you communicate and connect with your child's teacher so that all involved can have an amazing school year.

### Meet and Greet the Teacher

Teachers like to meet parents at the beginning of the school year so that if a problem does occur, a teacher's first encounter with a parent isn't a call about misbehavior or academic struggles. If your school hosts a Back-to-School Night in the days before school starts, make it a priority to attend. Introduce yourself and show your support for the teacher. There will probably be several parents waiting to meet the teacher, so you may not be able to have a lengthy discussion, but making this initial contact helps break the ice.

### Be Involved

One of the best ways to get to know your child's teacher is to be involved in what is going on in the school and classroom. When school starts, let the teacher know if you can volunteer. Because the beginning of school is a busy time for teachers, wait the first couple of weeks until the class is settled in, and then contact the teacher and ask "How can I help?"

If you can't volunteer during the day, offer to organize donations or supplies for projects or parties by setting up a parent sign-up list online. Ask if you can cut out items the teacher has laminated or track down supplies for a lesson. Come to after-school events, school productions and parent-teacher conferences so that you are visible and can touch bases with your child's teacher.

If your career is related to something your child's class is studying, offer to come in and answer questions. Many employers build in time for employees to volunteer in schools so they don't have to take time off from work.



It's important to advocate for your child, but also to remember that teachers have many students and a lot on their plates.

### Be an A-Plus Chaperone

During the year your child's class will more than likely take a field trip. Teachers really appreciate the help of parents when they venture outside school grounds with a group of students.

Show up on time so you can get information from the teacher and meet your group. If possible, take a picture of your group so that if someone becomes separated, you know what they are wearing and can show the picture to other helping adults. Learn the names of all the students in your group, and encourage them to pay attention, be on task and stay together.

If a child is consistently ignoring the rules, alert the teacher. Take head counts often, especially after bathroom breaks and lunch. Keep your cell phone with you at all times. Get the teacher's number and numbers of other parent chaperones so that you can stay in contact if you split up. And remember, you are there to help the teacher and students foremost. While you should model participation and have a positive attitude about the trip, don't slip away to that new exhibit you've been dying to see and leave your group.

### Keep Communications Open and Positive

Teachers welcome questions and concerns and are proactive. As a teacher, I would much rather know about a problem early so that I can deal with it in the best way for all concerned. Your child's teacher should be open to your questions and suggestions, so don't be too intimidated to ask.

Keep up with written teacher notes, field trip permission slips, report cards and any other written communications the teacher sends home. Sending a quick response to the teacher's requests makes the teacher's job easier.





Chaperoning a field trip is a great way to connect with other parents and contribute to your child's education in a tangible way.

Most of the teachers I know are caring individuals who want to make a difference in the lives of the children they teach. – *Janeen Lewis*

Remember to keep communications positive. If you have concerns or think the teacher has dealt unfairly with your child, don't dash off a negative note and send it first thing in the morning. For sensitive conversations, call and set up a time to meet after school.

Of course, encouraging notes brighten a teacher's day!

### **Advocate for Your Child**

Don't be afraid to speak up if a problem in your child's class becomes pervasive. If your child's grades start to slip, he or she is continually unhappy or you suspect your child is being bullied by a classmate, work with the teacher to devise a plan to help.

### **Try to Understand Both Sides**

Teachers have a lot to manage in their classrooms, and with twenty-five or more students to supervise, sometimes they make mistakes or don't see every problem. Your child may think something happened in class that wasn't fair, and it's easy as parents to react emotionally and blame the teacher. But support the

teacher as much as possible while you gather information about what happened. Try to help your child see the teacher's point of view, and talk about how people can have differences and still work together to succeed.

### **Understand That Teachers are Human**

Most of the teachers I know are caring individuals who want to make a difference in the lives of the children they teach. Often, they are parents too, and although it is hard to imagine, at one time they were students who lived through awkward growth spurts, problems with peers, lost homework and braces. They understand what parents and kids are going through, and they strive to build a positive connection between school and home.

---

*Janeen Lewis is a teacher, writer and mom to Andrew and Gracie. She has been published in several parenting publications across the country, and in "Chicken Soup for the Soul: Teacher Tales."* 🌈



# Field Trip Guide

## ANIMALS

### Arkansas Alligator Farm & Petting Zoo

847 Whittington Ave., Hot Springs  
623-6172 | AlligatorFarmZoo.com

**Ages:** All ages.

**Rates:** Adults \$9, children 12 & under \$7, children 2 & under free.

See more than 200 alligators and many other animals, including lions and monkeys and learn about them in the museum. Watch alligator feedings from May to October on Thursdays, Saturdays and Sundays at noon. Guided tours are provided for groups of at least 20.

### Holtzman Riding Academy

4618 Highway 5 South, Benton  
860-2378

**Ages:** Up to age 10.

**Rates:** Call for details.

The academy emphasizes the care, health, and responsibility of owning a horse and each child will have a chance to interact with one.

### Lichterman Nature Center

5992 Quince Road, Memphis  
(901) 636-2221 | MemphisMuseums.org

**Ages:** All ages.

**Rates:** \$4 per adult chaperone; \$6-\$7 depending on program

Visitors can enjoy nature walks, wildlife programs and many other entertaining activities designed to put students in touch with nature.

### Little Rock Animal Village

4500 Kramer St., Little Rock  
376-3067, 565-6098 | LittleRockAnimalVillage.org

**Ages:** 4-17.

**Rates:** Free.

Visit and tour the Little Rock Animal Village, which is the animal shelter for the city of Little Rock. The tour can last from 30 minutes to an hour.

### Little Rock Zoo

1 Zoo Drive, Little Rock  
666-2406 | LittleRockZoo.com

**Ages:** 3-12

**Rates:** Mini tours: \$3 per visitor, group rate: \$6 per visitor (includes students, teachers, parents and bus drivers).

Going to the zoo is a great way to expose students to more than 700 different species of animals. Lunches can be provided upon request for an extra fee.

### Turpentine Creek Wildlife Refuge

239 Turpentine Creek Lane,  
Eureka Springs  
(479) 253-5992 | TurpentineCreek.org

**Ages:** All ages.

**Rates:** Adults \$20; teenagers \$15; kids 4-12, seniors and veterans \$10. Group discounts from \$1-\$5 per ticket.

Turpentine is one of the largest big cat sanctuaries in North America and provides care and a lifetime home to neglected and abused victims of the exotic pet trade. Admission includes a guided walking tour as well as access to the self-guided area.

## ARTS

### Arkansas Arts Center

501 E. Ninth St., Little Rock  
372-4000 | ArkansasArtsCenter.org

**Ages:** 6-18.

**Rates:** Free guided tours; Children's Theatre performances: \$8 per student, \$10 per adult. The Arkansas Arts Center features an impressive collection of drawings and contemporary craft, as well as a Children's Theatre and a museum school. School groups can take guided tours of special exhibitions and the collection.

### Arkansas Repertory Theatre

601 Main St., Little Rock  
378-0405 | TheRep.org/Education

**Ages:** 10-18

**Rates:** Musical \$10 per person, non-musical \$8 per person.

Student Matinee Program performances have reduced-price tickets, study guides and talkbacks with cast and crew. Check The Rep's website for a list of designated productions. The season runs from August to June. Tours of the theater let students explore backstage magic and talk with the production crews.

### Arkansas Symphony Orchestra

P.O. Box 7328, Little Rock  
666-1761 | ArkansasSymphony.org

**Ages:** 8-12.

**Rates:** Demos vary, children's concerts \$6. ASO offers in-school, 30 minute quartet demos that are tied to the teacher's curriculum with options such as an "Instrument Petting Zoo" or "Recorder Karate."

### Arts & Science Center for Southeast Arkansas

701 Main St., Pine Bluff  
(870) 536-3375 | ASC701.org

**Ages:** 5 & up.

**Rates:** Free.

School groups, day camps and daycare centers are welcome for a one-hour guided tour with hands-on activity.

### Crystal Bridges Museum of American Art

600 Museum Way, Bentonville  
(479) 657-2395 | CrystalBridges.org

**Ages:** Grades K-12.

**Rates:** Free for school groups.

Visitors can experience and take inspiration from the art collection, the museum's architecture and its surroundings. Tours focus on subjects such as the Wild West and Modernism, and specific artists like Georgia O'Keeffe and Alfred Stieglitz. Teachers can submit applications to visit the museum on the website; each year, school groups are selected in a lottery.

### Belz Museum of Asian & Judaic Art

119 South Main St., Memphis  
(901) 523-2787 | BelzMuseum.org

**Ages:** Grades 1-12.

**Rates:** Group rates are available. Tour and Chinese lunch box: \$12.

Educational programs give students the chance to learn about important aspects of Chinese history and culture. There is also a Judaic art tour available to older students.

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PG. 21

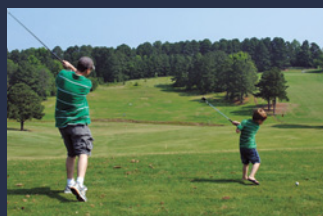
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## REFLECTIONS OF PROGRESS WITH A SOUTHERN ACCENT.™



In 1957, nine African American students were escorted into the formerly all-white Little Rock Central High School by members of the 101st Airborne. Those students were the fulfillment of efforts for equal rights which dated back for centuries. During September 2017, a series of events will look back at what led up to the integration of Little Rock Central High and the resulting impact of the those events over the past six decades.



REFLECTIONS of PROGRESS  
LITTLE ROCK  
CENTRAL HIGH INTEGRATION  
1957-2017

*Little Rock*

Learn more and get  
event information >  
**CentralHigh60th.org**



## COMMUNICATIONS

### AETN

350 S. Donaghey Ave., Conway  
682-2386 | AETN.org

**Ages:** All ages.

**Rates:** Free.

Visit the studios and production facilities where local programs about Arkansas are created. Technical-oriented tours can be arranged for secondary school or college broadcasting classes.

## ENTERTAINMENT

### Altitude Trampoline Park

15707 Chenal Parkway, Little Rock  
353-1281 | AltitudeTrampolineParkLR.com

**Ages:** All ages.

**Rates:** \$9.50.

School groups are invited to bounce around in a court of more than 125 interconnected trampolines, launch into a 60-foot foam pit, play dodgeball and more.

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PG. 29

### Arkansas Skatium

1311 Bowman Road, Little Rock  
227-4333 | ArkansasSkatium.com

**Ages:** All ages.

**Rates:** \$8 per child.

Open year round for roller and ice skating activities. Group reservations must be made in advance.

### Big Rock Fun Park

11411 Baseline Road, Little Rock  
455-3750 | BigRockFunPark.com

**Ages:** 5 & up.

**Rates:** Group rates vary by group size and activities.

The amusement park offers mini-golf, bumper boats, lazer frenzy maze, arcade games with prizes, go-karts and more. Counting, adding, following directions, and more educational features are incorporated into the activities.

SEE AD  
PG. 7

### Celebrity Attractions

426 W. Markham, Little Rock  
244-8800, 492-3312 | CelebrityAttractions.com

**Ages:** 4 & up (varies by show).

**Rates:** Varies by production.

The 2017 productions for groups include "Les Miserables" and "Mannheim Steamroller Christmas."

### High Rise Extreme Air Sports

699 S. Dixieland Road, Rogers  
479-802-0140 | HighRise.us

**Ages:** 4-25.

**Rates:** \$11.

Sixty trampolines in an 18,000 square foot facility, including the famous super trampolines, launching pads, dodgeball, trapeze, basketball, and high flying American Ninja Warrior course.

SEE AD  
PG. 31

### Josephine Tussaud Wax Museum

250 Central Ave., Hot Springs  
623-5836 | HotSpringsWaxMuseum.com

**Ages:** All ages.

**Rates:** Varies by group size.

Check out wax sculptures of famous politicians, entertainers and historical figures.

### Jump!Zone

9250 Commerce Cove, North Little Rock  
907-5867 | JumpZoneParty.com

**Ages:** 2-12.

**Rates:** Varies by group size.

This party-and-play center features an arena with seven massive inflatable areas. Come jump, slide, climb and experience fun-filled obstacle courses.

SEE AD  
PG. 33

### Loco Ropes!

Ozark Folk Center State Park,  
1025A Park Ave., Mountain View  
(870) 269-6566 | LocoRopes.com

**Ages:** All ages.

**Rates:** Varies.

Loco Ropes is a heart-pumping adventure of more than 35 obstacles located at the Ozark Folk Center State Park. Loco Ropes offers group, team-building and high adventure events. Discounts are available for school groups.

### Magic Springs Theme and Water Park

1701 E. Grand Ave., Hot Springs  
624-0100, 318-5370 | MagicSprings.com

**Ages:** All ages.

**Rates:** Varies by group size.

During "Education in Motion" in May, the park is open only to pre-booked school groups on select dates. The event is perfect for year-end class celebrations and field trips. Select water attractions will be available.

### National Park Duck Tours

418 Central Ave., Hot Springs  
321-2911

**Ages:** All ages.

**Rates:** Call for details.

Come climb aboard and enjoy a sightseeing tour of Lake Hamilton and Hot Springs National Park. This tour will entertain, educate and humor you in a way found only on a duck ride.

### Silver Dollar City

399 Silver Dollar City Parkway, Branson  
(800) 417-7770 | SilverDollarCity.com

**Ages:** All ages.

**Rates:** Vary.

Travel back in time to the simplicity of 1880s America and enjoy the best in Branson entertainment plus a host of festivals and events.

### Verizon Arena

1 Verizon Arena Way, North Little Rock  
340-5660 | VerizonArena.com

**Ages:** All ages.

**Rates:** Free.

Tour the state's largest arena and see the arena bowl, backstage area, meeting rooms and the suites. Tours last about 30-45 minutes and are not available on event days.

### Wild River Country

6820 Crystal Hill Road, North Little Rock  
753-8600 | WildRiverCountry.com

**Ages:** All ages.

**Rates:** \$12.50.

Make a splash in this 26-acre water park in North Little Rock. It reserves three days each year when it is open only for school field trips.

### The Wonder Place

10301 N. Rodney Parham Road, Suite E2,  
Little Rock  
225-4050 | TheWonderPlace.com

**Ages:** 0-8.

**Rates:** \$6.75.

A creative play space for kids featuring interactive stations for imaginative play, including water tables, a tree house, artist studio, drama stage and puppet area, a mock River Market, sand table, infant/toddler area and more.

### Third Realm

4711 Talley Road, Little Rock  
313-0100 | 3rdRealm.us

**Ages:** All ages.

**Rates:** \$12 (includes socks), mention this ad for \$1 off per jumper!

Bring your educational group during the week for special pricing. Play on 30,000 square feet of connected trampolines, a ninja warrior course, dodge ball, air dunks and more!

SEE AD  
PG. 35

## FOOD

### Arkansas Food Bank

4301 W. 65th St., Little Rock  
565-8121 | ArkansasFoodBank.org

**Ages:** 10 & up.

**Rates:** Free, lunch not provided.

Student groups can sign up for three-hour shifts to sort and box donated food in the salvage room. Groups of volunteers ages 8-17 must bring one adult for every five youth. Groups of up to 30 volunteers are able to work in the warehouse.

### Kilwins Little Rock

415 President Clinton Ave., Little Rock  
379-9865 | Kilwins.com/LittleRock

**Ages:** All ages.

**Rates:** \$10-\$20.

Come experience the nostalgia of an old time soda fountain from the making of handmade fudge to dipping super premium ice cream. All kids get to be a part of the process and make their very own tasty treat to enjoy.

## GOVERNMENT/CIVICS

### Arkansas Governor's Mansion

1800 Center St., Little Rock  
324-9805 | ArkansasGovernorsMansion.com

**Ages:** 5 & up.

**Rates:** Free.

Tour of the grounds, gardens and public rooms of the Governor's Mansion are available by appointment on weekdays only.

### Arkansas Secretary of State

500 Woodlane, Little Rock  
682-5080 | SoSKids.Arkansas.gov

**Ages:** 5 & up.

**Rates:** Free.

The Secretary of State's Education Department uses traveling classroom presentations, workshops and guided tours of the Arkansas State Capitol to teach the young and young-at heart about Arkansas history, the importance of voting and how elections are conducted throughout the state.

SEE AD  
PG. 30



**Arkansas State Capitol**

500 Woodlane Ave., Little Rock  
682-5080 | [SOS.Arkansas.gov](http://SOS.Arkansas.gov)

**Ages:** All ages.

**Rates:** Free.

A tour guide will take students on a 45-minute tour around the State Capitol to several historic points of interest throughout the building. Guests will visit the Governor's Reception Room, the Old Supreme Court, the Senate and House galleries and bronze doors custom made by Tiffany & Co. in 1910.

SEE AD  
PG. 30

**Clinton Presidential Center**

1200 President Clinton Ave., Little Rock  
374-4242 | [ClintonPresidentialCenter.org](http://ClintonPresidentialCenter.org)

**Ages:** Grades PreK-12.

**Rates:** Free with reservation.

The Clinton center offers a variety of exhibits, programs, special events, and lectures throughout the year. Permanent and temporary exhibits and educational programming provide learning opportunities for students of all ages.

SEE AD  
PG. 27

**Little Rock Fire Department**

624 S. Chester St., Little Rock  
918-3780 | [LittleRock.org/CityDepartments/Fire/](http://LittleRock.org/CityDepartments/Fire/)

**Ages:** All ages.

**Rates:** Free.

The department offers fire safety programs to public and private schools. Groups can tour a fire station, talk to the firefighters, and check out the trucks and the station.

**HISTORY****Arkansas Inland Maritime Museum**

120 Riverfront Park Drive, North Little Rock  
371-8320 | [AIMMuseum.org](http://AIMMuseum.org)

**Ages:** 5 & up.

**Rates:** Reduced rates are available for groups of eight people or more.

Enjoy a tour of the USS Razorback submarine and the Maritime Museum. The submarine tour is not recommended for children under 5. Ask about the museum's new Navy vessel, the tugboat Hoga.

**Arkansas Post National Memorial**

1741 Old Post Road, Gillett  
(870) 548-2207 | [NPS.gov/ARPO](http://NPS.gov/ARPO)

**Ages:** All ages.

**Rates:** Free.

Arkansas Post Visitor Center provides a museum, educational tour and a 22-minute orientation film. Historical sites related to more than 300 years of Arkansas history are situated on the park grounds, as well as a picnic area and three miles of walking trails.

**Arkansas State University Museum**

320 University Loop, Jonesboro  
(870) 972-2074 | [ASate.edu/Museum](http://ASate.edu/Museum)

**Ages:** All ages.

**Rates:** Free.

Come see Native American artifacts, war memorabilia, a replica of a mastodon skeleton

and how the early settlers once lived. Students can also do some tinkering in the Tinkering Studio.

**Little Rock Central High School National Historic Site**

2120 W. Daisy L. Gatson Bates Drive,  
Little Rock

374-1957 | [NPS.gov/CHSC](http://NPS.gov/CHSC)

**Ages:** Grades 4-college.

**Rates:** Free.

The National Park Service visitor center offers exhibits and ranger-led programs that explore the history of the 1957 desegregation of Central High School, a landmark event in the American Civil Rights Movement. Tours are by reservation only.

**Delta Cultural Center**

141 Cherry St., Helena  
(870) 338-4350; (800) 358-0972  
[DeltaCulturalCenter.com](http://DeltaCulturalCenter.com)

**Ages:** All ages.

**Rates:** Free.

The museum tells the history of the 27 counties of the Arkansas Delta and the history of its people. Topics include exhibits on Native Americans, European explorers, the Mississippi River, the Civil War, Delta towns and music of the Delta.

SEE AD  
PG. 24

# PUBLIC EDUCATION:

## PROVIDING OPPORTUNITIES

### Pulaski County Special School District

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## HISTORY

**Historic Arkansas Museum**

200 E. Third St., Little Rock  
324-9351 | [HistoricArkansas.org](http://HistoricArkansas.org)  
**Ages:** Grades K-12.

**Rates:** Varies by program.

Historic Arkansas Museum offers many field trip programs that bring pioneer Arkansas to life. The multilevel programs progress as students advance in school so they can come back each year for new experiences.

SEE AD  
PG. 24**Historic Curran Hall-Little Rock Visitor Information Center**

615 E. Capitol Ave., Little Rock  
371-0075 ext. 3 | [Quapaw.com](http://Quapaw.com)  
**Ages:** All ages.

**Rates:** Free.

Tour the garden (depending on the season) and home, while hearing a short talk on the home's history and occupants.

**Historic Washington State Park**

103 Franklin St., Washington  
(870) 983-2625 | [HistoricWashingtonStatePark.com](http://HistoricWashingtonStatePark.com)  
**Ages:** 8 & up.

**Rates:** \$5.50 plus tax (basic programming), \$10 (extended programming), \$80 (overnight all-inclusive programming).

Historic Washington offers "in-park" basic student tours, extended learning programs and overnight programs.

**Hot Springs National Park Visitor Center and Museum**

369 Central Ave., Hot Springs  
620-6715 | [NPS.gov/Hosp/](http://NPS.gov/Hosp/)  
**Ages:** All ages.

**Rates:** Free.

Students can discover bathhouses and hot springs through group tours. Reservations should be made at least three weeks in advance.

**Jacksonville Museum of Military History**

100 Veterans Circle, Jacksonville  
241-1943 | [jaxmilitarymuseum.org](http://jaxmilitarymuseum.org)  
**Ages:** 6 & up.

**Rates:** Adults \$3, seniors and military \$2, under 18 \$1; no charge for bus driver and chaperones.

The museum focuses on local and regional military history from the Civil War Era to current day engagements.

**MacArthur Museum of Arkansas Military History**

503 E. 9th St., Little Rock  
376-4602 | [ArkMilitaryHeritage.com](http://ArkMilitaryHeritage.com)  
**Ages:** All ages.

**Rates:** Free.

Take a guided tour of the historic arsenal, learn about the contributions that many Arkansans have made during military conflicts and see the birthplace of General Douglas MacArthur.

SEE AD  
PG. 33**Mosaic Templars Cultural Center**

501 W. 9th St., Little Rock  
683-3593 | [MosaicTemplarsCenter.com](http://MosaicTemplarsCenter.com)  
**Ages:** Grades 4-12.

**Rates:** Free.

The Mosaic Templars Cultural Center is dedicated to telling the story of Arkansas' African American history and using those stories to encourage understanding and excite the imagination. Reservations are required three weeks in advance.

**Museum of the Arkansas Grand Prairie**

921 E. 4th St., Stuttgart  
(870) 673-7001 | [GrandPrairieMuseum.org](http://GrandPrairieMuseum.org)  
**Ages:** 5 & up.

**Rates:** Free.

With more than 10,000 artifacts, the museum has exhibits ranging from waterfowl to agriculture and all points in between.

**National Civil Rights Museum**

450 Mulberry St., Memphis  
(901) 521-9699 ext. 2224 or ext. 8904  
[CivilRightsMuseum.org](http://CivilRightsMuseum.org)  
**Ages:** 4 & up.

**Rates:** Groups of 20 or more: adults \$13, ages 4-17 \$10, college students \$11, bus drivers free. One free adult admission for every eight children. The National Civil Rights Museum at the Lorraine Motel, the assassination site of Dr. Martin Luther King Jr., chronicles key episodes of the American civil rights movement and the legacy of this

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movement through its collections, exhibitions and educational programs.

### Old State House Museum

300 W. Markham St., Little Rock  
324-8641 | OldStateHouse.com

**Ages:** Grades K-12.

**Rates:** Free.

The Old State House Museum's guided tours are an exciting way to learn about Arkansas history. Tours feature the museum's permanent exhibits, changing exhibits and the history of the Old State House.

SEE AD  
PG. 25

### Ozark Folk Center State Park

1032 Park Ave., Mountain View  
(870) 269-3851 | OzarkFolkCenter.com

**Ages:** 9 & up.

**Rates:** \$2 discount per ticket; teachers and bus drivers: free; one chaperone for every 15 students is admitted for free.

Revisit the history of the Ozarks of yesteryear.

More than two dozen artisans demonstrate crafts of the Ozarks, circa 1900. There is live string band music and storytelling and nightly music shows.

### Parker Homestead

16944 Homestead Road, Harrisburg  
(870) 578-2699 | ParkerHomestead.com

**Ages:** All ages.

**Rates:** Call for details.

In the fall, students can experience how Arkansans once lived by visiting genuine log buildings, a general store, grist mill and more. Students can also observe the preparing and cooking of sorghum. In spring, classes can experience an old-fashioned school day in the E. Sloan Heritage School.

### Plantation Agriculture Museum State Park

4815 Arkansas Highway 161 S., Scott  
961-1409 | ArkansasStateParks.com/  
PlantationAgricultureMuseum

**Ages:** All ages.

**Rates:** \$3 for reserved field trips.

Exhibits and programs interpret the history of cotton agriculture and farm life in Arkansas.

Learn about growing and picking cotton, as well as ginning and storing the seeds. Tour the 1912 museum building, Dortch Gin Building, and Seed Warehouse #5.

### Scott Settlement Tours

County Road 84 & Alexander Road, Scott  
351-5737 | ScottConnections.org

**Ages:** All ages.

**Rates:** \$3 per person, children under 6 are free. Teachers, bus drivers, parents and chaperones are also free.

Scott Connections was begun by a group of concerned friends who wished to create a special setting depicting early settlement life in Scott, Arkansas. Visit the restored Scott train station, a plantation owner's home, a working blacksmith shop, a plantation office and more.

SEE AD  
PG. 34

### Shiloh Museum of Ozark History

118 W. Johnson Ave., Springdale  
(479) 750-8165 | ShilohMuseum.org

**Ages:** All ages.

**Rates:** Free.

Come experience Ozark living from historic days

to the present. The Shiloh Museum of Ozark History focuses on the northwest Arkansas Ozarks and the everyday people who lived there. Visit a modern museum, seven historic buildings and shaded grounds.

### The Walmart Museum

105 N. Main St., Bentonville  
(479) 273-1329 | WalmartMuseum.com

**Ages:** All ages.

**Rates:** Free.

Come see where it all began at The Walmart Museum! Enjoy a three part experience with a world-class exhibit gallery, Walton's 5&10 and a 1950s-style soda fountain, The Spark Café.

SEE AD  
PG. 34

### Toltec Mounds Archaeological State Park

490 Toltec Mounds Road, Scott  
961-9442 | ArkansasStateParks.com/  
ToltecMounds

**Ages:** All ages.

**Rates:** \$3 per student, teachers and bus drivers free.

A field trip to this Native American site and its facility will greatly enhance your students educational activities. Schedule annual visits to the park and take full advantage of the wide selection of program opportunities.

### War Eagle Mill

11045 War Eagle Road, Rogers  
(479) 789-5343 | WarEagleMill.com

**Ages:** All ages.

**Rates:** Free.

Students take a guided tour of the Mill, the historic bridge, see how the grist mill operates and hear stories about battles, legends and ghosts. A group menu is available if students wish to have lunch in the Bean Palace Restaurant.

## MISCELLANEOUS

### Arkansas State Fair

2600 Howard St., Little Rock  
372-8341 | ArkansasStateFair.com

**Ages:** 4-18.

**Rates:** Group rates for 20 or more are \$5 each.

FFA Barnyard tours feature livestock and agriculture and livestock shows and displays are held during the fair. There is free entertainment on the outdoor stage, magic shows, petting zoo, arts and crafts displays, exhibitions and activities.

### Little Rock Convention & Visitors Bureau

101 S. Spring St., Little Rock  
376-4781 | LittleRock.com

**Rates:** Varies.

The bureau is happy to work with groups and provide assistance with planning your next field trip in Little Rock. Whether it be touring some of the city's top attractions and museums, or developing a truly "one-of-a-kind" itinerary, the LRCVB can help.

SEE AD  
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### Pine Bluff Convention Center

500 E. 8th Ave., Pine Bluff  
(870) 536-7600 | PineBluffCVB.org

**Ages:** All ages.

**Rates:** Varies.

Pine Bluff offers school groups a chance to learn about Arkansas history and art at its museums and cultural centers.

### Pink Palace Family of Museums

3050 Central Ave., Memphis  
(901) 636-2362 | MemphisMuseums.org

**Ages:** All ages.

**Rates:** Varies.

Enjoy hands-on student inquiry and discovery with a variety of educational programs and activities for groups.

### War Memorial Stadium

1 Stadium Drive, Little Rock  
663-6385 | WMStadium.com

**Ages:** All ages.

**Rates:** \$5.

Guided tours focus on the history of War Memorial Stadium, from its rich history in college football to being a living tribute to Arkansas military personnel. A tour of the facilities includes access to the field and Press Box. Lunch is included.

## OUTDOOR/NATURE

### Arkansas Frontier

1625 Wesley Chapel Road, Quitman  
589-3122 | ArkansasFrontier.com

**Ages:** All ages.

**Rates:** \$8-\$10.

Arkansas Frontier is a living history farm open in October. Field trip activities include a dinosaur dig, large water wheel and gemstone mining, a pumpkin patch, hayride around farm viewing live animals, and a trip through an enchanted forest of storybook characters. There are interpreters in period clothing at the Indian Village, the pioneer homestead, and the one-room school house.

### Arkansas Game and Fish Commission

2 Natural Resources Drive, Little Rock  
223-6300 | AGFC.com

**Ages:** 4 & up.

**Rates:** Free.

AGFC nature and education centers across the state use hands-on experience and education to focus on the natural elements and ecosystems found in its region of the state.

### Arkansas Outdoor School

Arkansas Four-H Center, 1 Four-H Way,  
Little Rock  
821-6884 | UAEX.edu/AOS

**Ages:** Grades K-12.

**Rates:** Varies.

These classes combine an outdoor setting (indoor options available) with hands-on, experiential activities including canoeing, archery, Arkansas wildlife, orienteering, rock climbing, astronomy, nature photography, geocaching and more.

SEE AD  
PG. 29

### BoBrook Farms

13810 Combee Lane, Roland  
519-5666 | BoBrookFarms.com

**Ages:** Elementary grades.

**Rates:** \$7 per child. Teachers admitted for free.

Educational field trips include a short presentation on crops, hayrides, a sunflower maze, farm zoo, hay pyramid, corn pit and more. The fee includes a small pumpkin for each student to take home.

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- Sensory processing intervention
- Applied Behavior Analysis
- Structured teaching methods
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## OUTDOOR/NATURE

### Crater of Diamonds State Park

209 State Park Road, Murfreesboro  
(870) 285-3113 | [CraterofDiamondsStatePark.com](http://CraterofDiamondsStatePark.com)  
**Ages:** All ages.

**Rates:** Groups 15 or more \$3-\$5 per person, free for ages 5 & under, teachers, bus drivers and chaperones.

Groups may request a mining demonstration or other program when making reservations (available depending on date of visit). When visiting the Crater of Diamonds, dress for the weather, wear comfortable walking shoes or boots and bring extra drinking water.

### Forrest L. Wood Crowley's Ridge Nature Center

600 E. Lawson Road, Jonesboro  
(870) 933-6787 | [CrowleysRidge.org](http://CrowleysRidge.org)  
**Ages:** Grades K-12.

**Rates:** Free.

The center offers programs in six themes including wildlife, outdoor skills and Arkansas natural resource history.

### Garvan Woodland Gardens

550 Arkridge Road, Hot Springs  
262-9603 | [GarvanGardens.org](http://GarvanGardens.org)  
**Ages:** 6-12.

**Rates:** \$5 per student, \$10 chaperones, free for bus drivers and one teacher per 10 students. Take a walking tour of the 210-acre botanical garden and explore a nature preserve and children's adventure garden. Topics of discussion might include forest ecology and plant identification.

SEE ADS  
PG. 19 & 31

### Good Earth Learning Center

511 Ernie Davis Road, Austin  
732-0321 | [GoodEarthLearningCenter.com](http://GoodEarthLearningCenter.com)  
**Ages:** Grades preK-6.

**Rates:** \$10 per child.

This learning center, located on a family farm outside of Cabot, offers school groups the chance to gather eggs and feed chickens, hand-feed lambs and watch them play in the field, pet rabbits, learn how worms create compost, plant or harvest veggies or berries (depending on the season), tell a story in a real teepee and go on a nature walk.

### Gov. Mike Huckabee Delta Rivers Nature Center

1400 Black Dog Road, Pine Bluff  
(870) 534-0011 | [DeltaRivers.com](http://DeltaRivers.com)  
**Ages:** Grades K-12.

**Rates:** Free.

On-site visits can include a trail tour, outdoor skills or animal programs. The staff will work with teachers to develop customized programs, specific to their curriculum needs.

### Janet Huckabee Arkansas River Valley Nature Center

8300 Wells Lake Road, Fort Smith  
(479) 452-3993 | [RiverValleyNatureCenter.com](http://RiverValleyNatureCenter.com)  
**Ages:** All ages.

**Rates:** Free.

The center offers groups a chance to enjoy interesting exhibits, nature trails and native plants on the grounds.

### Joe Hogan State Fish Hatchery

U.S. 70, Lonoke  
(877) 676-6963 | [AGFC.com](http://AGFC.com)

**Ages:** All ages.

**Rates:** Free.

The Joe Hogan State Fish Hatchery provides a place for children to learn how fish are raised and provides an aquarium for the kids to see them up close. Hatchery grounds are open year-round from daylight to dark for birding and walking.

### Lake Ouachita State Park

5451 Mountain Pine Road, Mountain Pine  
767-9366 | [ArkansasStateParks.com/LakeOuachita](http://ArkansasStateParks.com/LakeOuachita)

**Ages:** All ages.

**Rates:** Varies but several programs are free. Boat tours \$5 per student.

Park interpreters offer year-round programming to provide recreational opportunities and interpretation that forge emotional and intellectual connections. The park offers barge and kayak tours, nature talks, hikes, activities and crafts for all ages.

### Ozark Gateway Region

453 Batesville Blvd., Batesville  
(870) 793-9316; (800) 264-0326  
[OzarkGateway.com](http://OzarkGateway.com)

**Ages:** All ages.

**Rates:** Varies depending on attraction. Escape to the Ozarks to experience six state parks, float on a beautiful river, discover Blanchard Springs Caverns, have treetop adventures and enjoy scrumptious dining.

SEE AD  
PG. 33

### Petit Jean State Park

1285 Petit Jean Mountain Road, Morrilton  
727-5441 | [PetitJeanStatePark.com](http://PetitJeanStatePark.com)

**Ages:** All ages.

**Rates:** Free, unless otherwise noted.

The regular programs include tours of Bear Cave, Rock House Cave and Cedar Falls Overlook. Students can learn about the legend of Petit Jean and take the C.C.C. History Stroll of Petit Jean State Park.

### Pinnacle Mountain State Park

11901 Pinnacle Valley Road, Little Rock  
868-5806 | [ArkansasStateParks.com/PinnacleMountain](http://ArkansasStateParks.com/PinnacleMountain)

**Ages:** All ages.

**Rates:** Free.

The park offers a variety of interpretive programs ranging from guided trail hikes to native animals to canoe and kayak floats on the local rivers to boat cruises on Lake Maumelle.

### Ron Coleman Mining

211 Crystal Ridge Lane, Jessieville  
984-5396 | [ColemanQuartz.com](http://ColemanQuartz.com)

**Ages:** 5 & up.

**Rates:** \$5 per child for groups.

Students get to dig in a quartz mine and keep everything they find. They can also take a tour and ride the Army truck into the mine to see where and how crystal form. Fly across the mine on a zip line for extra excitement.



### Roseberry Farms

12223 Hwy. 9, Benton  
722-8545 | Roseberry-Farms.com

**Ages:** All ages.

**Rates:** \$5 per child.

Roseberry Farms offers hayrides, barrel rides, a hay fort, swings, a bean bag toss, farm animals and much more. There are also educational activities such as learning how to grow pumpkins and other fall crops.

### Wildwood Park for the Arts

20919 Denny Road, Little Rock  
821-7275 ext. 259 | WildwoodPark.org

**Ages:** Grades K-5.

**Rates:** Free.

Tours of the theater, garden, nature and art gallery are available.

### Witt Stephens Jr. Central Arkansas Nature Center

602 President Clinton Ave., Little Rock  
907-0636 | CentralArkansasNatureCenter.com

**Ages:** All ages.

**Rates:** Free.

The center offers exhibits on the history of wildlife in the state and the Arkansas Game and Fish Commission's role in conservation of our natural resources.

### Wye Mountain Farm

20309 Hwy. 113, Roland  
330-1906 | WyeMountain.net

**Ages:** 5-10.

**Rates:** \$8 per child (minimum 20), one adult free with every 10 children.

In the fall, learn about raising pumpkins, flowers and berries and take home a mini pumpkin. Groups can ride the berry choo-choo or take a hayride. In the spring, along with learning about flowers and berries, children make and decorate their own berry basket and pick berries. Admission always includes a barnyard petting area, a ride on the berry choo and a funland with a tractor tire mountain, swings and more.

SEE AD  
PG. 22

## READING

### Central Arkansas Library System-Main Library

100 Rock St., Little Rock  
918-3000 | CALS.org

**Ages:** All ages.

**Rates:** Free.

Tour the library and participate in great programs and events for all ages.

### Faulkner County Library System

1900 Tyler St., Conway  
327-7482 | FCL.org

**Ages:** All ages.

**Rates:** Free.

Visit one of eight locations with weekly activities and story times. Students can obtain library cards with the proper verification and take a tour of the library with a behind the scenes look at what the staff does and what the library has to offer. There is storytime for younger children and help searching for books if the group wants to borrow them.

SEE ADS  
PG. 28 & 30

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## READING

### Laman Library

2801 Orange St., North Little Rock  
758-1720 | LamanLibrary.org

**Ages:** All ages.

**Rates:** Free.

Discover exciting new ways to teach your class about information resources through Laman Library's Children's Department, Teen Center, Exhibit Hall, state-of-the-art computer room and more.

### Saline County Library

1800 Smithers Drive, Benton  
778-4766 | SalineCountyLibrary.org

**Ages:** All ages.

**Rates:** Free.

Saline County Library welcomes schools, daycares and other community organizations on field trips. Visiting groups are welcome anytime the library is open. The library can offer tours, storytimes, crafts, puppet shows, database training and scavenger hunts for groups.

## SCIENCE

### Coon Creek Science Center

2983 Hardin Graveyard Road, Adamsville  
(901) 636-2362 | MemphisMuseums.org

**Ages:** 8 & up.

**Rates:** Call for reservations or more details.

Enjoy an adventure in fossils and paleontology at Coon Creek Science Center in rural McNary County, a two hour drive east of Memphis.

### Henderson State Planetarium in Donald W. Reynolds Science Center

1100 Henderson St., Box 7784, Arkadelphia  
(870) 230-5162 | HSU.edu

**Ages:** All ages.

**Rates:** \$3 per person or \$50 for groups up to 45.

The Reynolds Planetarium is open to the public for shows, star-gazing events, field trips and private functions. The planetarium accommodates school and community groups throughout the year that wish to schedule a show.

### Little Rock Wastewater

11 Clearwater Drive, Little Rock  
376-2903 | LRWU.com

**Ages:** Grades 6 & up.

**Rates:** Free.

Little Rock Wastewater holds field trips at our three wastewater treatment facilities: Adams Field Treatment Facility, Fourche Creek Treatment Facility and Little Maumelle Treatment Facility. Students are walked through the treatment process; it is an industrial site so closed-toe shoes are recommended.

### Mid-America Science Museum

500 Mid-America Blvd., Hot Springs  
767-3461 | MidAmericaMuseum.org

**Ages:** All ages

**Rates:** \$7 per student, prices vary for additional educational classes; one adult admitted free for every 10 children.

Mid-America prides itself on being a major destination for educators and teachers both

in the community and outside of the state.

Discover great possibilities that are available for encouraging hands-on science education.

### Museum of Discovery-Donald W. Reynolds Science Center

500 President Clinton Ave., Little Rock  
396-7050 | MuseumOfDiscovery.org

**Ages:** All ages.

**Rates:** Varies.

Ignite students' imaginations with more than 40 educational programs on science, technology, engineering, math, health and social science. All classes are taught by trained museum educators and are hands-on.

### Ozark Natural Science Center

1905 Madison 1305, Huntsville  
(479) 202-8340 | ONSC.us

**Ages:** Grades 4-12.

**Rates:** \$35-\$332, varies depending on length of program

Experience science and nature in the Ozarks.

Students explore, discover, experiment, question, and observe in this 15,000 acre classroom without walls. Programs last from one to five days. Instruction, overnight accommodations in heated/air-conditioned lodges, food service, student field journal and program T-shirt are included.

### Scott Family Amazeum

1009 Museum Way, Bentonville  
(479) 268-4542 | Amazeum.org

**Ages:** All ages.

**Rates:** Varies. Groups are eligible for discounted admission if they book in advance. Some exhibits require an additional fee.

The Amazeum offers a different take on the traditional school visit. The Unfield Trip is a hands-on experience driven by a strong learning agenda by using the museum as a curricular platform connecting back to the classroom.



Museum of Discovery  
By Sarah Bingham.

### The Arkansas Regional Innovation Hub

201 E. Broadway, North Little Rock  
907-6570 | ARHub.org/For-Youth/Learn/  
**Ages:** Grades 4 & up.

**Rates:** \$6 per child for all field trips except screen printing which is \$12 per child. The Innovation Hub offers educational experiences that support each class that comes through its doors. Field trips include: electricity, additive and subtractive manufacturing, computers, fabrication, printmaking, ceramics, fibers and textiles and image transfers.

## SIGHTSEEING TOUR

### Little Rock Tours & Travel

3100 Interstate 30, Little Rock  
868-7287 | LittleRockTours.com

**Ages:** All ages.

**Rates:** Based on itinerary and field trip destination.

Little Rock Tours & Travel offers affordable motor coach transportation to any destination plus historical tours of Little Rock and North Little Rock. Popular destinations include the Clinton Center, Museum of Discovery, Space Camp in Huntsville, Alabama, and Sea Camp in San Antonio, Texas.

SEE AD  
PG. 32

## SPORTS

### Arkansas Travelers Baseball Club

400 W. Broadway St., North Little Rock  
664-1555 | Travs.com

**Ages:** All Ages.

**Rates:** \$6 per student, free for children under 4; discounts for groups over 20. Field Trip packages are available for the two Kids Day Games.

## WORLD CULTURE

### Heifer Ranch

55 Heifer Road, Perryville  
889-5124 | Heifer.org/Ranch

**Ages:** All ages.

**Rates:** \$10.

The ranch offers tours, overnight experiences, service-learning programs and more. Heifer Ranch's experiential approach to teaching about hunger and poverty inspires and challenges participants to become the change that creates a better world.

### Heifer Village and Urban Farm

1 World Ave., Little Rock  
907-2697 | Heifer.org/Village

**Ages:** All ages.

**Rates:** Free.

Heifer Village and Urban Farm will increase your awareness of the realities of life for much of the world through a variety of tours and programs. Come away with the knowledge of solutions showing how rural communities lift themselves out of poverty through farming.

SEE AD  
PG. 28



# Never, Ever Quit Learning

BY BETSY SINGLETON SNYDER

**M**y children do not believe, as I do, that the first day back-to-school is, for some people, a national holiday. Sadly, parental celebration excludes the amazingly dedicated teachers who show up to greet their new halfings for the year. In acknowledgement and appreciation of these Lions of Education, many parents will volunteer hours in school, including slipping yummy treats into the lounge.

While the kids may complain about getting up earlier and the new routine of school, there is another, simple reason to observe this annual ritual: education is a privilege. Most Americans are fortunate to have access to organized learning that has not been disrupted by war, famine or is completely unaffordable. Some families even create their own schools at home. Bring out the balloons, kazoos and cake!

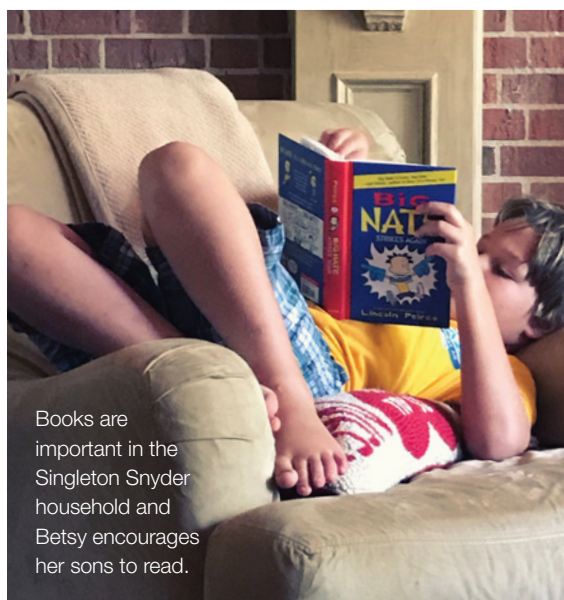
So that our children understand this gift and our unwavering support for it, parents should model the importance and privilege of learning by the way we continue to learn.

One way I show my kids I want to learn is by reading.

My father had an eighth-grade education, but he devoured the newspaper every day. He knew the world. I also read news in print, and I access in-depth, global news sources because I have a very smart phone. I scrutinize the news for my own knowledge, but that's not all. I recently shared a story with my kids about a boy in New Mexico who literally stumbled into a fossil while hiking with his family. That boy learned, and we learned.

While on vacation, I bought Roald Dahl's "Boy: Tales of Childhood." Soon, I was slapping my knee and snort-laughing, my boys begging me to read about the author's escapades. A few days later, the book was missing, swiped by our oldest, compelled to join Dahl's hilarious world.

At our house, we also read aloud, a tradition that began with board books for little hands. Last year, we added 20 minutes a day for our kids to read to us, having had some stumbles at school. That was before I read recently that a superintendent in Florida eliminated elementary school



Books are important in the Singleton Snyder household and Betsy encourages her sons to read.

homework this year in place of—you guessed it—twenty minutes of reading at home. Do you see me high-fiving? Even my retriever, a new therapy dog, is known as a Tail Waggin' Tutor. (Ask your CALS librarian.)

I still go to school too. In July I traveled to a writer's conference for several days. My kids knew I was going to learn more about putting dark marks on a page. While there, I visited a cool, local bookstore owned by author Anne Patchett. Yep. I came home with more books, books for everyone.

When school starts, there are many important supplies: paper, pencils, new crayons—oh that smell—and computers. But no one will ever convince me that books aren't the best, the greatest tool for learning. Just ask Hermione Granger, who frequently shared the knowledge she gained from books with her less avid bookworm friends, Harry Potter and Ron Weasley, sighing often, "How will you ever learn?" 🌈



— *Know the Facts* —

# About Suicide Prevention

BY MICHELE ROWE, LCSW

**M**any people know someone who has expressed thoughts about suicide, attempted or maybe even completed suicide. Rates of suicide continue to rise, but it is still often difficult for people to discuss suicide and become educated about how to help. Knowing the facts about the warning signs and prevention of suicide may help save a life.



**Myth: People who threaten suicide are just seeking attention.**

**Fact:** All suicidal threats or comments must be treated as though the person has the intent to carry out the threat. If a person is seeking attention, it may be that a need is unmet.

**The attention that they get may save their life.**

**Myth: People who talk about suicide don't complete suicide.**

**Fact:** Many people who die by suicide have given warning signs to family and friends of their intentions. **Always take any comment about suicide seriously.** Warning signs may include: talking about suicide or making plans, expressing hopelessness about the future, displaying severe or overwhelming emotional pain or distress such as anxiety or extreme sadness, and behavioral changes such as withdrawal, changes in sleep, and increase in anger or irritability.

**Myth: Once a person has decided to commit suicide, there is no way to stop them.**

**Fact:** Suicides can be prevented. People can be helped. Suicide is a permanent solution to what is usually a temporary problem and suicidal people often feel a loss of control or believe that their problem is inescapable. Immediate practical help such as staying with the person, encouraging them to talk and helping them build plans for the future can make a difference. Such immediate help is valuable in a time of crisis, but usually professional counseling is needed to prevent future attempts and address underlying causes of suicidal thoughts.

**Myth: Talking about suicide or asking a depressed person about suicide will encourage them to act on their plan to commit suicide.**

**Fact:** Studies have shown that talking about suicide does not increase the risk of a depressed person acting on suicidal thoughts. In fact, talking about suicide provides an individual with an opportunity to communicate and share their feelings with someone who cares. When talking to a person that you believe is suicidal, it's important to show you care by listening carefully and being genuine so that the person feels heard and knows that they are not alone. Then, get help by seeking assistance from professionals. You can call a hotline such as the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 if it is an immediate crisis.

**Myth: The only effective intervention for suicide comes from professionals such as mental health therapists.**

**Fact:** All people who interact with a suicidal person can help them by providing emotional support, helping them stay safe, and helping them connect with the professional treatments they need. Prevention may be a matter of a caring person with the right knowledge being available in the right place at the right time. Once connected with professionals, treatment often includes identifying strengths and supports such as family and friends.

If you or someone you know needs more information about prevention or warning signs of suicide, there are multiple online resources, including Suicide Prevention Resource Center ([www.sprc.org](http://www.sprc.org)) and American Foundation for Suicide Prevention ([www.afsp.org](http://www.afsp.org)) or call Methodist Family Health at (501) 661-0720.



## One Mom's Story

BY SARAH TEETER JOHNSON

I was blessed twice by God when he gave me the two greatest gifts I could ever dream of. My daughter, Anna Katharine, was born March 6, 1997 and my son, Jeffrey Alexander was born Oct. 7, 1998. My children have been the most important people in my life since before they were born.

Anna was a calm, quiet child that had the wisdom of a much older soul while Alex was spirited, strong willed and very kind. When Alex was a baby, he was very different than Anna. Anna was easily soothed while Alex took much more patience. He would get angry over small things and hold onto that anger for years.

As Alex grew into a teenager, the anger issues became more intense. We tried disciplining him but finally realized this was not a disciplinarian

problem. It was a mental health issue. You cannot discipline a child with mental health issues like you discipline most adolescents.

After years of struggling, therapy, loving conversations and support from



family and friends, Alex decided to end his life. He took his father's gun, came home and took his life on Dec. 19, 2015. He was 17 years old.

Our lives have been forever changed without that charming, loving, hysterical boy here to share our lives with. We will never recover from that split second decision Alex made that day.

Our family's mission is to talk about mental illness, bring awareness and help those both struggling with the aftermath of suicide and those contemplating it. Through our non-profit, Alex's Army, we hope to encourage people struggling with mental health issues and offer them and their families hope. Suicide is not the answer. Lets #talkaboutit and make a difference. Visit [www.facebook.com/alexarmy17](https://www.facebook.com/alexarmy17) for more information. 🌟



# We Planned Your Date Night

## Dinner, Climbing and a Frosty Dessert are Headed Your Way

BY ALEXIS CROWE

Planning a date night can be hard. There's already a to-do list before you even get out the door: call the babysitter, pick an outfit, make sure the kids are going to behave while you're gone ... the list seems to go on and on. So possibly the last thing you want to do is figure what exactly you and your husband or wife are going to be doing on your night out. Same old burger place again? Nope. It's time to try something new. That's where *Little Rock Family* comes in. A great date night gives you time to relax, talk and also to enjoy an activity together. So here's a delicious and fun Friday night we've planned just for you.



Dinner:

### Petit and Keet Bar & Grill

This new dining destination (it opened in May) is the perfect spot for dinner. It's not over-the-top fancy but it's classy, chic, modern and has a menu bursting with unique options and dishes.

Some menu highlights include hot chicken, Panko-crusted avocado, barbecue shrimp and rice grits, fried cauliflower and charred miso salmon. And if you're not wanting to venture out of your comfort zone, you can always go for a classic burger.

With temperatures finally beginning to cool off, there is cozy outdoor seating available if you'd like to enjoy your dinner with some fresh air.

Petit and Keet is located at 1620 Market St. in Little Rock and more info is available at [www.petitandkeet.com](http://www.petitandkeet.com).



Activity:

### Indoor Rock Climbing

So you had the burger for dinner and didn't try anything new. Well, it's time to get out of your comfort zone. Bring a change of clothes and head over to the Little Rock Climbing Center for one of their weekly Friday Cheap Date Nights. You and your partner can snag two day passes, gear rentals and belay lessons for \$45 from 7-10 p.m.

The Little Rock Climbing Center features over 5,000 square feet of 30-foot textured climbing walls with angles for all abilities. There are also 10 auto-belay stations that do not require a partner or special training.

The Climbing Center is located at 12120 Colonel Glenn Road #7000 in Little Rock; find more info at [www.LittleRockClimbingCenter.com](http://www.LittleRockClimbingCenter.com).



Dessert:

### Loblolly Scoop Shop

You just worked hard at rock climbing for a couple hours. And you probably burned a lot of calories. You deserve a treat. So don't worry — this last part of your date night is much easier.

Loblolly Creamery, formerly housed in the Green Corner Store, recently opened its own ice cream shop with more flavors and longer hours and if you haven't been yet, now is your chance.

The shop has all the classic flavors as well as those you won't find in the grocery store: coffee and cream, honey green tea, buttermilk and more. For more on the Scoop Shop, located at 1423 South Main Street in Little Rock, visit [www.loblollycreamery.com](http://www.loblollycreamery.com). 🍦



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