

# LITTLE ROCK Family

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JANUARY 2019 LITTLEROCKFAMILY.COM

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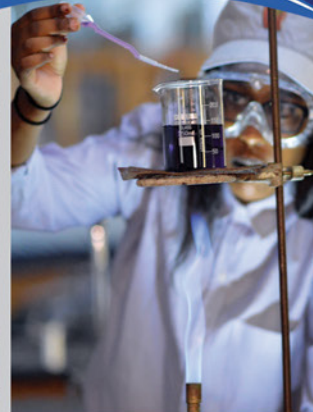


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Photography by Sarah Oden

Thanks to Indigo at The Promenade at Chenal for Stephanie's wardrobe.

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# Have a family day outdoors IN LITTLE ROCK? Here's how to spend it.



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# Fresh Beginnings



This year marks a significant milestone for Little Rock Family — we're 25 years old! And in honor of the magazine's 25th birthday, we've gotten a bit of a makeover.

You may have noticed that we revealed a new logo last month. We got responses from readers and colleagues telling us that it was sophisticated, classy, grown-up and clean — all words that I would love to make synonymous with our brand.

We're also implementing a new monthly section called Book Club (page 8) with help from the Central Arkansas Library System and in honor of our 25 years, we'll also be doing a "25-list" (page 30) each month. One section that I'm happy to say we haven't changed much is our Amazing Educators features (page 21).

Each year, we get to honor four incredible teachers in central Arkansas and I was overjoyed to present two of this year's awards — each including a \$1,000 check. I teared up each time watching the shock and disbelief on the winning teacher's face and listening to cheers of students who truly understood the magnitude of that teacher's impact.

As we start 2019, I wonder what you'd like to change and what you'd like to keep the same in your family. We came up with 25 New Year's resolutions ideas for you to peruse (page 30), but before you flip back there, here are a few ideas that I think your whole family could put into place.

## 1. Unplug

It's easier said than done, but putting technology down means more valuable family time. Try using the "Screen Time" settings on your iPhone and adjusting the app limits and downtime options to restrict how much time you and the kids are spending on Facebook, YouTube or any other app.

## 2. Volunteer

Make a regular, monthly commitment so that it's on your calendar all year long from day one. Find an organization where your kids can also participate, such as the Arkansas Foodbank or Friends of the Animal Village, and see where they need the most help. The season immediately following the holidays is often the most difficult for nonprofits in regards to fundraising and volunteer recruitment, so they're sure to appreciate your help this time of year.

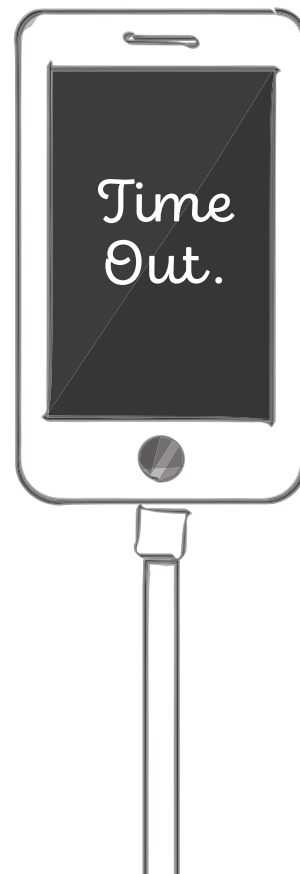
## 3. Compliment Each Other

Don't dismiss this one too quickly! The people we love the most are often the people we forget to thank and affirm. Make a point of sharing words of affirmation with your kids and spouse and encourage them to do the same. Whether it's through handwritten notes in a lunchbox or a simple compliment on your way out the door, remember that a little goes a long way.

Happy New Year!

*Alexis Crowe*

Alexis Crowe, Editor



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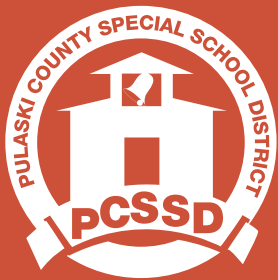
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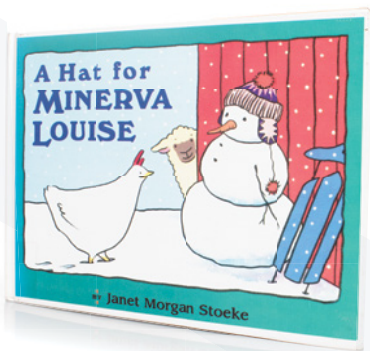
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# bookclub

# SNOW DAY

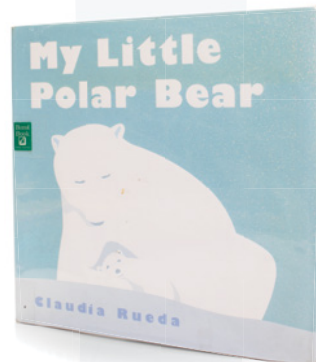
While we may only see snow a few times a year here in Arkansas, it's always fun to read about! Curl up and enjoy a cozy read with one of these books, all available through the Central Arkansas Library System.



## A HAT FOR MINERVA LOUISE

By Janet Morgan Stoeke

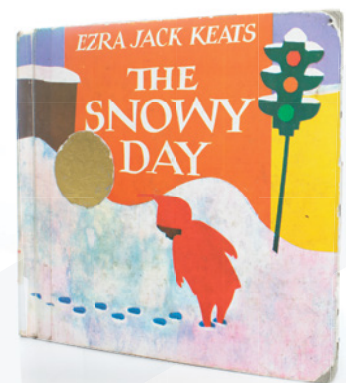
The story of a silly (and cold) chicken for **ages 2-6**.



## MY LITTLE POLAR BEAR

By Claudia Rueda

A soothing story about the bond between parent and child for **ages 3-5**.



## THE SNOWY DAY

By Ezra Jack Keats

A true winter classic that captures the delights of the season for **ages 3-8**.



## BUNNY SLOPES

By Claudia Rueda

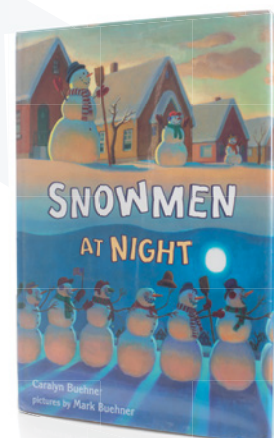
Kids **ages 5-8** can shake, turn and tilt the book to help bunny ski the slopes.



## OWL MOON

By Jane Yolen

A poetic story with beautiful watercolor illustrations takes readers **ages 3-6** out in nature.



## SNOWMEN AT NIGHT

By Caralyn Buehner

These snowmen are having a slip-sliding good time in this book for kids **ages 4-8**.



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# Culinary Kids

## 7 Places Where Your Kids Can Learn to Cook & Bake

By Alexis Crowe

**L**earning to cook is one of the most fun and practical skills kids can master. Cooking teaches kids science concepts, fractions, the importance of attention to detail and more. Plus, it's an incredibly rewarding process because after some work and patience, they'll end up with a delicious dish or tasty treat.

So where do you start? Locations around Little Rock offer kids cooking classes and we've rounded up seven cool places that offer either regular classes or special camps perfect for your food-loving kids.

### 1. KIDS COOK!

[www.KidsCookArkansas.com](http://www.KidsCookArkansas.com)

Kids Cook! bases its lessons on the ideas that kids will like food better if they make it themselves, and that anything they make themselves will be healthier than candy, soda and chips. In class, kids make everything from scratch in a hands-on environment. The classes and programs are open to kids as young as 8 years old and take place in a variety of locations, including Whole Foods Market, Wildwood Park for the Arts and Arkansas Children's Hospital.

### 2. ART IS IN CAKES BAKERY & SUPPLY

[www.ArtsInCakes.com](http://www.ArtsInCakes.com)

If sweets are more your kids' style, let them try cake and cookie decorating, bake macarons and make other sugary treats. For kids 8-11 years old, parents must purchase a \$15 non-participatory adult seat so that they can accompany and assist the child in class. Kids 12 and older can participate in classes on their own.

### 3. UNIVERSITY OF ARKANSAS — PULASKI TECHNICAL COLLEGE

[www.UAPTC.edu/community-and-continuing-education-catalog/culinary](http://www.UAPTC.edu/community-and-continuing-education-catalog/culinary)

At UA-PTC, kids can try baking, cookie decorating and cook other delicious dishes. Classes are scattered throughout the year and mixed in with the more regular schedule of adult classes and during the summer, kids ages 10-17 can choose between culinary camp, baking camp or cake camp.

### 4. CLINTON PRESIDENTIAL CENTER

[www.ClintonFoundation.org/culinarycamp](http://www.ClintonFoundation.org/culinarycamp)

The Clinton Center offers annual summer culinary camps for kids in grades three through 12. With four levels available, students can build on their skills each summer by learning proper culinary techniques, discussing nutrition and visiting local farms. The week-long camps end with a special reception to reveal culinary skills to family members and guests.

### 5. EGGHELLS KITCHEN COMPANY

[www.EggshellsKitchenCompany.com](http://www.EggshellsKitchenCompany.com)

Classes are offered from January through September at this shop in The Heights. The lineup changes each month and features guest instructors from various restaurants as well as Eggshells staff members. The kids classes are generally recommended for ages 7-10, but check the website for updated listings and pricing each month.

### 6. BEARDEN PRODUCTIONS CENTER FOR THE ARTS

[www.BeardenProductions.com/kids-cooking.html](http://www.BeardenProductions.com/kids-cooking.html)

The mission of the cooking classes at BPCA is to "educate and empower children to make healthy food choices through hands-on learning with fresh, affordable foods." Kids can enroll at as young as 7 years old and learn how to read nutrition labels and work with fresh fruits and veggies. Older kids (through age 17) can take higher level classes where they're divided into groups by age.

### 7. HILLARY RODHAM CLINTON CHILDREN'S LIBRARY

[www.CALS.org/event](http://www.CALS.org/event)

The Children's Library is home to its very own teaching kitchen, where kids and parents can learn about healthy foods and cooking together. Lil Kids in the Kitchen happens every Monday morning and parent or caregiver involvement is required. There are also seasonal and summer programs and every single class is completely free.





PHOTO BY SIERRA WHEELER



PHOTO BY JASON BURR



PHOTO BY MAUREN KENNEDY

■ Top right: Eggshells Kitchen Company offers classes for both kids and adults and sells a wide variety of kitchen tools.  
Center right: University of Arkansas-Pulaski Technical College boasts a huge, modern space for cooking classes and summer camps.  
Bottom right: A kitchen in the Hillary Rodham Clinton Children's Library provides space for kids to learn about healthy eating and try new foods.



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# KITCHEN GADGETS

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PHOTOGRAPHY BY DEAN WHEELER

■ = AT EGGSHELLS KITCHEN CO. / ● = AT ART IS IN CAKES



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■ Joseph Joseph Nest 7 Plus  
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● **R&M International Individual Pie Baking Set**

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■ **Chef'n Stem Gem Strawberry Huller**

Easy for kids to use / \$8.95



■ **5-inch Razorback Cookie Cutter**

Woo pig sooie! / \$11.95





🍴 | BUSY RESTAURATEURS FIND  
WAYS TO KEEP FAMILY FIRST



■ When the Keet family isn't eating at one of their own restaurants, they usually like to have a homemade meal. Stephanie and Jake's sons Holden and Dashiell are learning to eat healthy since mom, Stephanie, is Type 1 diabetic, which means lots of low-carb meals. *Special thanks to Indigo at The Promenade at Chenal for Stephanie's wardrobe.*





# M E E T   T H E KEETS

By Alexis Crowe / Photography by Sarah Oden

Jake and Stephanie Keet do pretty much everything together. Like any family, they're living together and raising kids together, but they also both work for the family business, meaning nearly every part of their day is intertwined in some form or fashion.

But they wouldn't have it any other way.

Their sons, Holden, 9, and Dashiell, 3, are their number one priorities, and a little ways behind come the group of central Arkansas restaurants — Petit and Keet, multiple Taziki's locations, Paninis & Co. and Watercolor in the Park — that Jake runs alongside his father and brother.

With Jake recently promoted to chief operating officer and Stephanie running the company's marketing and advertising as vice president of marketing, the two have a few tricks up their sleeves to help them stay organized and keep family first.

## ■ A WORKING FAMILY

**When your family is also part of your work,** it could be easy to let work take precedence in day-to-day life. But Jake makes a conscious effort to keep it the other way around.

"I drop my kids off in the morning, every morning. I eat dinner with my family every single night," Jake said. "Work-life balance right now is really good."

While it can be easy for work topics to overrun conversation at home, the Keets say that they've learned when to put the brakes on restaurant talk.

"Every few days we have to say 'that's enough,'" Jake said, laughing.

But the duo counts it a blessing that they get to work together and alongside Jake's dad and brother. Jake started working with the family business when

he was 22, and while he has no expectations for his sons, he and Stephanie would love to see them involved in JTJ Restaurants some day.

"We would be thrilled if (Holden and Dashiell) joined us or we were able to partner with them later in life in some sort of business venture," Stephanie said. "I think Holden is probably a natural. He's really good with people."

Jake said it would be a joy to work with his kids someday and, already, the boys have been part of the family business. Occasionally, Holden will go with his dad to Petit and Keet to help greet guests and check on tables and both he and Dashiell have been in commercials for the restaurants.

Jake summed it up: "At the end of the day, family is very important to me."

## ■ 5 THINGS THE KEETS LOVE

**1. Free Play** Jake and Stephanie say they were immediately drawn to their current home when house shopping a few years ago because as soon as they entered the gated neighborhood, they saw kids running around and playing.

"We just love getting outside and having Holden play basketball, throwing the football with Jake or taking a walk. We really enjoy taking a break from screen time," says Stephanie.

**2. Movies** Jake is a bit of a movie guru — he says he owns more than 10,000 (and that was after he got rid of his VHS collection in college). Jake writes Blu-ray reviews for what Stephanie calls "his just-for-fun job."

**3. Working Out** Stephanie plans ahead for classes she's interested in because she says she hates working out when she doesn't have a specific direction. Just walking into the gym isn't her jam, but she knows fitness is important and they've found ways to make working out fun for each of them.

"We go to the gym all the time; that's probably my favorite thing to do," Jake said. "I love the (Little

Rock) Athletic Club. They do a great job with the kids so we can drop them off and work out."

**4. Travel** Jake and Stephanie's organizational skills come in clutch when planning trips for the family. One of their favorite vacation spots is Destin, Florida, where they stay at their condo several times each year. Stephanie said they also enjoy weekend getaways to closer destinations like Dallas.

"We love traveling — we've got it down to an art as far as the organization, the packing, what you need," she said laughing.

**5. Nonprofits** Jake is on the junior board of Easterseals Arkansas where he serves alongside other young professionals on a team called The Guardians. Stephanie works alongside ACCESS to help run the HOPE program, which stands for herbs offering personal enrichment.

Through the initiative, students at the Mississippi location of ACCESS Academy grow a variety of herbs that Taziki's then uses in several of its locations.

"They've grown rosemary, oregano, cilantro — it kind of varies but they always grow something and we partner with them and they supply a couple of our stores," Stephanie said.

■ The Keets are particularly fond of the outdoor space surrounding their Little Rock home. Stephanie says they realize the importance of unplugging and spending quality family time playing and enjoying one another's company. Dashiell, 7, doesn't play any organized sports yet but he enjoys running around and playing catch with Holden, 9, and his dad Jake.



## ■ THE KEETS TO SUCCESS

Like any working parent, Stephanie basically has two full-time jobs on her plate: mom and vice president of marketing for JTJ Restaurants. But her key to balancing it all is simple: organization.

"I live off of my Google Calendar," Stephanie says. "I even have my workouts that I would want to go to even if I can't make it planned out in my Google Calendar."

She keeps all of the kids' activities in her shared calendar as well and says she is constantly inviting Jake to events so he stays on top of things as well.

"Working full time and being a mom of two is a lot," she said. "I'm always going and always planning!"

In Jake's eyes, one of the reasons the family works so well together in the business realm is their willingness to joke around. He says that everyone has a good sense of humor and they're able to work hard while having fun.

"That's probably the defining thing in our family — taking everything with a little bit of humor makes everything a joy," Jake said.







## ■ WATERCOLOR IN THE PARK

**The Keets' latest restaurant project** is the revamped restaurant inside the Arkansas Arts Center, now called Watercolor in the Park, which opened in late November 2018.

They plan to host opening night dinners for some of the Children's Theatre shows and offer kid-friendly options on the menu. The Keets are members of the AAC and enjoy bringing Holden and Dashiell to visit the museum.

"I'm just excited about getting the kids more involved in the Arts Center as well," Stephanie said. "I grew up doing theater at my high school at Parkview and I love the arts. I'm excited to have them exposed to that."

Stephanie said she'd like to also plan other seasonal and kid-friendly events at Watercolor in the Park such as holiday brunches or a princess event. Stay up to date on events at the restaurant at [www.ArkansasArtsCenter.org](http://www.ArkansasArtsCenter.org).





## RECIPE

**W**hen the Keets aren't eating at one of their restaurants, they usually cook for themselves. Stephanie has Type 1 diabetes, which means she eats low carb.

"Jake's actually gotten really, really good at low-carb cooking and providing meals for us where it actually tastes good!" she said.

They love stopping by Taziki's for lunch and still consider a dinner at Petit and Keet a special treat. When they're at home, collard greens is one of their favorite side dishes to whip up.

# Jake Keet's Collard Greens

## INGREDIENTS

- 3 slices of bacon
- 1 large onion, chopped
- 1 tablespoon garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups chicken broth
- 1 pinch red pepper flakes
- 1 pound fresh collard greens, cut into 2-inch pieces

## INSTRUCTIONS

Add bacon to a medium sized pan and cook until crisp on medium-high heat. Remove bacon from pan, crumble and set aside. Add onion and cook in the bacon grease until tender. Add garlic. Add collard greens, and fry until they start to wilt (just a few minutes should do it). Add the crumbled bacon back into the pan.

Pour in chicken broth, and season with salt, pepper and red pepper flakes. Reduce heat to low, cover and simmer for 45 minutes, or until greens are tender. Try not to cook them for much longer than this so that they are slightly firmer than purchasing standard canned collards. These are great for any occasion but make a barbecue meal at home even better. 🍴



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Bryant High School

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Dunbar Magnet Middle School

**Leslee Tell**

Conway High School

Congratulations to you all for the amazing work you do everyday!  
Delta Dental is honored to partner with *Little Rock Family* magazine  
to present the **2019 Amazing Educator Awards** as a thank you to  
these and all the other amazing educators in Arkansas.



# LITTLE ROCK Family



Little Rock Family is proud to present the sixth annual class of Amazing Educators, sponsored exclusively by Delta Dental of Arkansas. With help from our sponsor, we gave awards to four impressive teachers in central Arkansas who work hard every day to inspire their students to learn, reach goals and dream. They spark imaginations, see students' potential, give hope and tirelessly encourage.

These educators were nominated by peers, family members, parents of students and community members to be considered for the award. An independent panel of local education experts reviewed nearly 200 nominations and chose a winner in each category: Elementary School, Middle School, High School and Special Needs. While our judges must remain anonymous, we can't thank them enough for

their involvement and expertise in choosing this year's honorees.

Winners were recognized in the fall of 2018 through surprises at assemblies and in the classroom — all of these were set up by proud principals and caring co-workers. During the ceremonies, each educator received a \$1,000 check. Plus, Delta Dental donated hundreds of toothbrushes for health centers and students at each of the schools.

Congratulations to our sixth class of Amazing Educators and thank you to Delta Dental for investing in education! We appreciate each reader who nominated a teacher. Do you know a teacher who deserves recognition? We'd love for you to fill out the nomination form our 2020 Amazing Educator Awards at [www.LittleRockFamily.com/AmazingEducator](http://www.LittleRockFamily.com/AmazingEducator).

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ELEMENTARY SCHOOL

# Burkes Brings Library To Life

BY TODD TRAUB

Chrystal Burkes literally tries to give the students at Parkway Elementary School an appetite for learning. Burkes makes it a part of her mission to take a lesson plan from the paper it's written on and flesh it out as much as possible into a fully hands-on experience. One of her favorite recent projects was a "book tasting" in which she set her library up like a restaurant, with table settings that each featured a different book, and allowed the students four minutes to get a "taste" of each book.

"I try to think 'How can I make lessons fun for kids?'" says Burkes, library media specialist at the Bryant school. "Even some topics or subjects might not seem fun on a piece of paper but I try to make them come alive."

Responsible for K-5 students, Burkes, a former third-grade literacy teacher and an Arkansas Teacher of the Year semifinalist for 2019, begins her planning by asking herself what she would have wanted to do in the library at that age.

Burkes is a graduate of University of Central Arkansas, where she majored in early childhood education. She earned a master's in educational theory and practice from Arkansas State University and a library and media specialist master's degree from Southern Arkansas University.

But in a way, Burkes says, she has always felt like a teacher.

"I just love helping people learn new things and I love kids, so it was like a perfect combination," Burkes says. "In high school I was in cheerleading and the captain and the co-captain and I loved teaching dancing and the routines. I babysat and



■ Chrystal Burkes is the library media specialist at Parkway Elementary School, which just opened its doors in fall 2018. Burkes was also a semifinalist for 2019 Arkansas Teacher of the Year.

then I started teaching them things I didn't know were teaching techniques, so it's kind of led me here."

She previously taught third grade, so Burkes has had to adapt to providing a broader range of techniques and styles to address the different age groups she sees in the library.

Kindergarten and first grade teaching, for example require a bit more structure and hands-on than with the older grades. While she enjoys crafting lessons that bring concepts to life, Burkes said her most gratifying moments come when her students or their parents, sometimes a few years later, stop to visit or say thanks.

"You hear the good things and it makes you feel good, like you're here for a reason and you're impacting lives," Burkes says.

Burkes says she plans to use at least part of her Amazing Educators prize money to buy more materials — stackables like Legos or building blocks, for example — to further enhance her hands-on lessons.

"I'm very honored and I was surprised," she says of the recognition. "But it does feel great because sometimes the only things we hear are the things we need to improve on or when a parent is upset about one thing. So it does feel really good to get recognized for the hard work that you do." 🍌







SPECIAL EDUCATION

# Hays Uses Inclusion to Teach Life Skills

BY LYDIA MCALLISTER

Carolyn Hays never pictured herself as a teacher when she was young. But after high school, Hays landed a job with the Conway Human Development Center, where she helped young adults learn to do tasks that most take for granted.

This job showed Hays that she could make a difference in the lives of others, simply by doing something that came naturally to her. And while working there, she quickly realized her calling — helping teach and guide young people with developmental disabilities.

Thirty-three years later, that calling has turned into a passion that lingers long after the final busload of students departs Bryant High School after a busy day of teaching. Hays has been teaching with the Bryant School District for 28 years and before that, she taught in North Little Rock for five.

“The most fulfilling part would be when you’ve worked really really hard with the student, and you see it click,” Hays says. “You see that light go off and they can do it. You see how happy they are and you feel their pride.”

Hays works with students who have a range of developmental disabilities. She teaches all subjects, but also focuses on functional life skills, which will help them become as independent as possible as adults.

While teaching special education isn’t always a walk in the park, Hays has had many moments in her career that make the bad days worth it. One story involved a boy she taught



■ Carolyn Hays sponsors Bryant High School's Partners Club, which promotes relationships between students with and without disabilities. She's been a teacher for 33 years.

in elementary school who had a tendency to act out in the classroom. During Hays’ time teaching him, he went from being in a self-contained classroom to only needing a few resource classes. Years later, he visited Hays’ classroom and she asked him why he had behaved so badly toward other teachers.

“He said, ‘Because they let me,’” Hays says. “And just before he walked out the door, he said, ‘Mrs. Hays, thank you for loving me enough to make me mind.’ It still brings tears to my eyes. Because a lot of times, the teachers and parents will feel sorry for the students. But the more you expect, the more you’re going to get from the kids. And that’s the key to teaching.”

Hays is also the sponsor of Bryant High’s Partners Club, which invites students without disabilities to participate with special education students, helping them play sports and learn life skills. The club has a unified basketball team that competes through Special Olympics and won state in the AAA high school division last year. The club plays volleyball, basketball, floor hockey, track and field, and bowling.

“In the past, some of the partners would just take their picture with the student and go, ‘Oh look what I’m doing,’ Hays says. “But it’s not that way anymore. The partners know the students and when they pass them in the halls, they give them high fives. It’s really helped our school be more inclusive.” 🌈





MIDDLE SCHOOL

# Holloway Pushes Kids to Excel Through Music

BY DWAIN HEBDA

Throughout his growing up, Jose Holloway was challenged to make the most of his opportunities. Nowhere was that more pronounced than when he arrived at Little Rock Central High School as a 10th-grader.

“When I got to Central, I met someone who is my idol today, Dr. Sam Meredith,” he said. “He was very hard on me to the point of saying, ‘Why did they put you in my band?’ Like, he just ran me down. I was about ready to cry, you know what I’m saying?”

When Holloway told his mother about the scathing treatment, she was initially upset at the band director. But when Holloway wanted to quit, the tide turned quickly.

“She said, ‘Oh no. We’re going to prove everybody wrong,’ and she got me in lessons and she got me a new instrument, a nice silver Yamaha (trumpet),” Holloway said. “The rest is history.”

Holloway grew into a polished musician who landed at Henderson State University on scholarship. He returned to his hometown determined to return the favor to a new generation.

“If it wasn’t for (Meredith), you know, I wouldn’t have anything I have today,” he said. “He forced me to work hard and finally be excited about something and be excellent at it. My whole life is centered around music and I want to do for every kid what Dr. Meredith did for me.”



■ Jose Holloway is the band director at Dunbar Magnet Middle School, which is the same place where he first picked up an instrument as a student.

Holloway found no shortage of challenges. When he took over the band program at McClellan Magnet High School, the roster had withered to a paltry 14 players. It was a situation he attacked with what would become his trademark passion.

“You need a skill in your life to help you get where you want to get. Academics alone won’t do it. You need a skill on top of it,” he said. “When I think about how I sold it, it was basically, you need this to save your life.”

Day after day, he preached, pushed and prayed the best out of his students and the urgency was contagious. Numbers went up. His ragtag squad grew into accomplished musicians who participated in all-region and all-state ensembles. Many attended college thanks to music.

Now he seeks to replicate that success at Dunbar Magnet Middle School, where he himself first picked up an instrument. In three years, he’s developed a jazz curriculum and musicians who have played in regional and state ensembles. Less known is how, seeing a little bit of himself in nearly every student, he digs into his own pocket to buy supplies, hustles used instruments and strives to be a difference-maker in young lives.

“You ask what I see in five years, my vision is basically a band that could compete on the level of any band in any state,” he said. “My attitude is that no matter what you look like, you have to be competitive because life is competitive.” 🌈





HIGH SCHOOL

# Tell Finds Funds to Fight for Nutrition

BY TODD TRAUB

Eating right and establishing proper nutrition is hard — especially for young people.

So Leslee Tell is not afraid to ask for a little help.

Tell teaches advanced nutrition and dietetics at Conway High School. She says many young people are already dug in with a dislike for certain foods and it's a challenge to open their minds to something good for them.

"It's probably breaking the cycle that they're in, that's probably the hardest thing," Tell says.

In her quest to find tasty and interesting ways to interest students in good nutrition, Tell has become something of a grant expert.

In addition to her Amazing Educator prize money, Tell has gotten funds from the Food and Drug Administration, Baptist Health Medical Center, even some money from the Silver Dollar City "Dream Big, Do Good" initiative in 2018.

She will spread the money around for classroom supplies and put some toward the courses and programs she has begun within the district and the Conway community, including a night course in cooking and finance for expecting teen parents.

"That's kind of a really cool, fun thing," Tell says.

Tell says she first taught home economics, then was a family consumer science teacher. But as awareness about nutrition has increased, such courses have evolved and become specialized.



■ Conway High School teacher Leslee Tell works hard to obtain resources for her kitchen-style classroom. She's earned funds from the Food and Drug Administration, Baptist Health Medical Center and other organizations — all to help her students.

She works or coordinates with Healthy Active Arkansas and the Arkansas Center for Health Improvement, along with Baptist Health, which provides a clear picture of underlying problems stemming from obesity.

She says high school may be the most important battleground in fighting obesity by establishing good habits.

"Our last ditch chance is kind of high school," Tell says. "If we don't get them on board we probably won't."

Over the summer Tell was one of 15 educators selected to go to Washington, D.C., for an FDA food science program, a 10-day course heavy on science, which she is incorporating into her class.

Recently, Tell has put to work a grant to start an Advanced Dietetics and Nutrition program at Conway. Students "ladder up" from food safety and nutrition to food chemistry to an advanced dietetics class that Tell describes as an "internship."

The course includes a job usable certification recognized by the food and hospitality industry.

"This is our first year so this is a brand new program," Tell says. "It's only the second one in the state."

Even Tell admits to indulging the lesser angels of her appetite from time to time, but she says that makes it more important to have a baseline of good nutrition so the occasional cheats don't become bad habits.

And whether she's indulging at a local restaurant or at the store stocking up for class, she says she is happiest when she bumps into her former students and gets to hear about how they're doing. 🍌



# familycalendar january

## **Tapes and Tunnels Exhibit at Museum of Discovery**

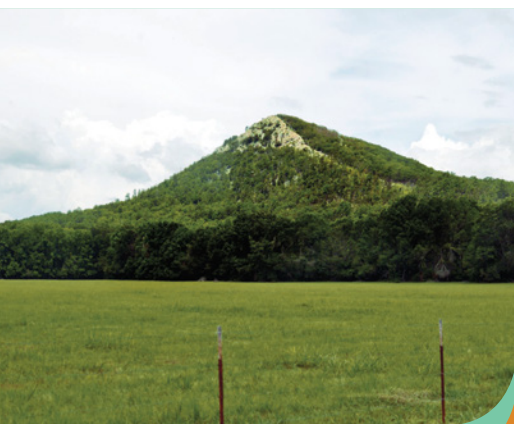
ALL MONTH

Visit the new temporary exhibit at the Museum of Discovery through March 24. Come climb, crawl, scoot, and slide through a collection of interconnected sculptures created completely out of packing tape. Exhibit is included in regular admission. Visit [www.MuseumofDiscovery.org](http://www.MuseumofDiscovery.org) for more details.

## **First Day Hike at Pinnacle Mountain State Park**

JAN. 1 FROM 10 A.M.-NOON

Meet at the West Summit Trailhead to start the new year on a beautiful hike up Pinnacle Mountain! Make sure to bring plenty of water and wear sturdy shoes. Hot chocolate will be provided at the pavilion in the West Summit Picnic Area afterwards. The hike is part of a national celebration in all 50 state park systems to celebrate healthy parks and healthy people for the new year. Visit [www.ArkansasStateParks.com](http://www.ArkansasStateParks.com) for more information.



## **Eagle Lake Cruises at Pinnacle Mountain State Park**

JAN. 6, 12, 19 & 26

Join park interpreters for a cruise on Lake Maumelle to seek wintering bald eagles. Have a chance to see eagles and migratory waterfowl. Dress in layers for extreme cold and windy lake weather. Meet at the Jolly Rogers Marina. Cost is \$15 for adults and \$8 for children ages 6-12. Call 501-868-5806 to register and pay in advance.

Photo courtesy of Pinnacle Mountain State Park



## **Heifer Hour at Heifer Village**

JAN. 12 AT 10 A.M.

Heifer International hosts Heifer Hour on the second Saturday of every month and each session provides a hands-on learning opportunity aimed at kids in grades two through five. Kids will get to enjoy storytime, a craft, a game and an activity. Call 573-576-2124 for more information.

## **Eagle Awareness Weekend 2019 at Petit Jean State Park**

JAN. 12 & 13 FROM 8:30 A.M.-5 P.M.

Two days are devoted to the country's national symbol: the bald eagle. A variety of programs are planned including field trips to nearby Holla Bend National Wildlife Refuge to watch for wintering eagles and other birds. Contact the park at 501-727-5441 for a full schedule.

## **Super Sunday Free Family Funday at the Arkansas Arts Center**

JAN. 13 FROM NOON-3 P.M.

Enjoy a few hours of free family fun at the Arts Center. A special art activity will be planned and kids can try their hand at a new art form and learn more about artists and their technique. Visit [www.ArkArts.com](http://www.ArkArts.com) for more information.

## **Mother-Son Dance at Tyndall Park**

Jan. 18 from 6-8 p.m.

Moms and sons ages 3-12 can have a fun evening together in the Gene Moss Building at Tyndall Park in Benton. Take pictures at a photobooth and enjoy snacks, games and prizes during this event. Tickets are \$30 per mother-son duo and \$7 for each additional son. Visit [APM.ActiveCommunities.com/bentonrec](http://APM.ActiveCommunities.com/bentonrec) to purchase tickets and call 501-776-5970 for more information.



## Wild Kratts Live! at Robinson Center

JAN. 19 AT 1 P.M.

The Kratt Brothers are coming to Little Rock to host "Wild Kratts Live 2.0 – Activate Creature Power!" Based on the PBS Kids series "Wild Kratts," the show follows Aviva and the rest of the Wild Kratts team, who will be animated and on screen at the Tortuga HQ. Tickets start at \$27.50 and more information is available at [www.RobinsonCenterSecondAct.com](http://www.RobinsonCenterSecondAct.com).

## The Harlem Globetrotters at Verizon Arena

JAN. 19 AT 2 P.M.

A star-studded roster will have fans on the edge of their seats to experience the ball handling wizardry and one-of-a-kind family entertainment that thrills fans of all ages. Prepare to be amazed as the Globetrotters showcase basketball's first 4-point line, located 30 feet from the basket – 6 feet, 3 inches beyond the top of the NBA's current 3-point line. Tickets start at \$29. Visit [www.HarlemGlobetrotters.com](http://www.HarlemGlobetrotters.com) for more information.

Photo courtesy of Harlem Globetrotters



# DATE NIGHT

SINCE JANUARY IS A SLOW MONTH FOR EVENTS, WE'RE SHARING A FEW RESTAURANTS WORTH VISITING FOR YOUR NEXT DATE NIGHT.

## ALLSOPP & CHAPPLE RESTAURANT + BAR

311 MAIN ST., LITTLE ROCK

This downtown spot is the rebranded and refreshed former Ira's Restaurant. They released new menus, added executive chef Bonner Cameron to the team and the spot has been renamed after the historic Allsopp & Chapple Bookstore. Diners can enjoy a full bar with signature cocktails created by bar manager Michael Hollis and the dinner menu features specialties such as shrimp and grits, grilled salmon, parmesan crusted chicken and other delicious entrees.

## TAE 625 WEST CAPITOL AVE., LITTLE ROCK

Located in the first floor of the historic Hotel Frederica, TAE is short for "True Arkansas Eatery" (also EAT spelled backwards). You may know owner and chef Justin Patterson for his previous work with The Southern Gourmasian food truck. The restaurant boasts fun, Southern cuisine including Arkansas-shaped cornbread, a grilled mac & cheese sandwich, sTAEk+shrimp cheese fries and a whole bunch of tasty desserts.

Photo by Angelo Felix



## DOS ROCAS BEER AND TACOS

1220 SOUTH MAIN ST.,  
LITTLE ROCK

Founded by the same folks who run The Root Cafe, this restaurant tells you what it's all about in the name: beer and tacos. With 15 taps featuring local craft beers, there's no shortage of choices for guests. The menu features tacos (of course), queso, salsa, guacamole, pupusas and other classic Mexican entrees.



## Pay What You Can Night: "This Little Piggy Went to Market" at Arkansas Arts Center Children's Theatre

JAN. 30 AT 7 P.M.

When Mama Piggy sends her precious piglet off to Boudreaux's Bayou Market for flour and sugar and eggs, Little Piggy trots off to town, promising to be good. But can such a fun-loving little pig keep her promise? Tickets must be purchased in person on the day of the show between 10 a.m.-5 p.m. at the Stephens Inc. Visitors Center, atrium level, or from 6-6:45 p.m. at the Children's Theatre Box Office, lower lobby level. The maximum ticket purchase is six tickets per person. For more details, visit [www.ArkansasArtsCenter.org/pwyc](http://www.ArkansasArtsCenter.org/pwyc).

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# aHead of the Game

NEW VIRTUAL REALITY PROGRAM EDUCATES  
HIGH SCHOOL STUDENTS ON CONCUSSIONS / By Alexis Crowe

Concussions are incredibly common, especially among young athletes, but a surprising number of students are unaware of the dangers of the brain injury or how to know if they've suffered a concussion.

In fact, according to TeachAids, 60 percent of high school students do not report their concussions or are unaware of them at all.

On Dec. 1, Gov. Asa Hutchinson announced that Arkansas will be the first state in the country to implement CrashCourse, a concussion education program, in every high school. The program utilizes virtual reality technology combined with an abundance of research and information about prevention and treatment of concussions.

"Arkansas is setting a precedent for the rest of the nation in providing cutting-edge VR education to its students," Hutchinson said in a press release. "This groundbreaking concussion education experience will empower young people to solve real-world problems in our increasingly technology-driven society."

CrashCourse is the first virtual reality program of its kind and is designed to motivate a digitally-native generation to as they learn through hands-on experiences.

According to Dr. Piya Sorcar, founder and CEO of TeachAids, CrashCourse places the student "on the field" during a football game and that student takes the role of a player. The VR technology allows students to feel



Photo courtesy of TeachAids

■ CrashCourse allows students to do a "brain fly-through" where they explore a 3D representation of the brain to better understand injuries and its complexity.

immersed in the learning experience.

"The learner sustains a concussion and is faced with a decision: stay in the game, or step out," Sorcar said. "The curriculum's story then branches to reveal what happens as a result of their choice. This approach allows non-athletes to understand the stakes and difficult decisions athletes face when they are injured."

CrashCourse will be instituted into schools throughout the beginning of 2019 through a collaboration between the Arkansas Department of Education, Arkansas Department of Health, Arkansas Activities Association and TeachAids.

For more information on the program, visit [www.TeachAids.org/for-concussions/crashcourse/](http://www.TeachAids.org/for-concussions/crashcourse/).

## THE 411 ON CONCUSSIONS

According to Dr. Gerald Grant, Chief of Pediatric Neurosurgery at Stanford Children's Health and one of the lead CrashCourse Medical Advisors, a concussion is a type of traumatic brain injury caused by a blow to the head, body or neck creating whiplash that jostles the brain.

### Symptoms of a concussion vary but can include:

Headaches  
Dizziness  
Fogginess  
Impaired Vision  
Light Sensitivity  
Ringing Ears  
Irritability  
Confusion  
Difficulty Sleeping

"With proper care, most concussions can heal within 10 days, but the overwhelming majority of students, parents, and coaches are unaware of the latest science about the prevention and treatment of concussions," says Sorcar. "If not treated properly, a concussion may have lasting physical, emotional, and cognitive effects."

For more medical information on the symptoms and treatment of concussions, visit [www.CDC.gov/headsup/index.html](http://www.CDC.gov/headsup/index.html)

## ELEMENTS OF CRASHCOURSE

CrashCourse consists of four main educational elements:

### 1. Interactive Film

A short film shares the latest medical knowledge about concussion prevention and treatment. The VR version will be released early 2019, followed by concussion education designed specifically for other sports.

### 2. Symptoms Simulator

This element helps students recognize the signs and symptoms of a concussion. Participants can also share about their own personal experiences on an interactive and public story wall.

### 3. Brain Fly-Through

Advanced technology allows learners to explore a 3D representation of the human brain and better understand its complexity.

### 4. Empowering Short Films

"Training Secrets of Sports Heroes," a series of short films featuring respected athletes, helps to shift the conversation from fear to knowledge.



# This year, set a goal you will want to keep!



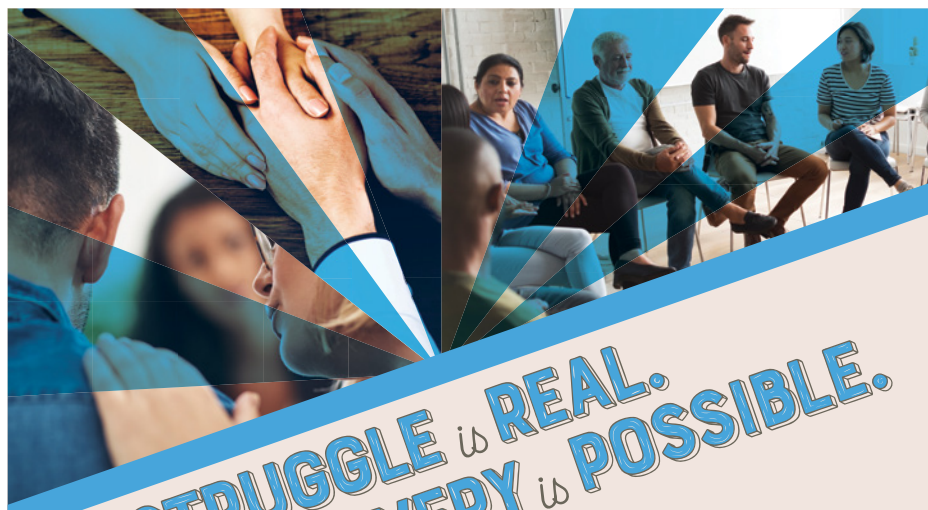
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# 25 REALISTIC RESOLUTIONS

By Alexis Crowe

With the New Year comes pressure to improve, refine and adjust your life and habits. And while change can be healthy, there's only so much one person can do — and stick to. So here are 25 resolutions that we're confident you can handle.

Choose a few to tackle and take on 2019 with determination.







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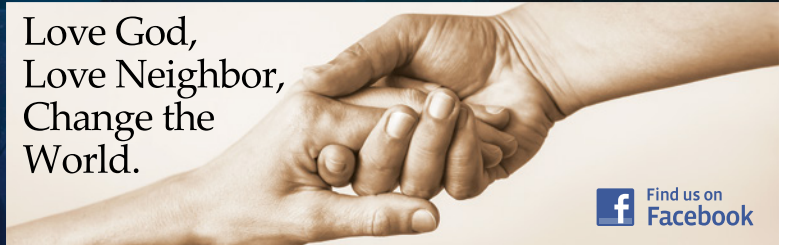
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