

APPLYING FOR (SELECT ONE)  
Bronze Medal



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## PARTICIPANT RECORD BOOK

### PARTICIPANT INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Date of Birth \_\_\_\_\_ School \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Employed? Yes, Part-Time  Yes, Full-Time  No   
If Yes, List Employer \_\_\_\_\_

What I have gained by participating in The Congressional Award:

I have learned to go way past my areas of comfort and to explore new things.  
I have gained the knowledge of travel and making plans for my entire family.  
I have never made plans for a trip before, planning ideas for 6 people is difficult.  
I found the zoo is great for exercise.

I have set goals and met the requirements to earn The Congressional Award as outlined in this submission.

Participant Signature \_\_\_\_\_ Date 01/07/2020

### ADVISOR INFORMATION

First Name Valerie Last Name Seefeld  
Address 2301 South University Ave City Little Rock State AR Zip 72204  
Email vseefeld@uaex.edu Phone 501-551-8740  
Are you a parent or relative of the participant? Yes  No

Advisor comments regarding the participant's pursuit of The Congressional Award:

I certify that the participant established goals, completed hours, and recorded the activity stated herein.

Advisor Signature Valerie Seefeld Date 01/16/2020

Submit the completed Record Book to The Congressional Award national office.  
The Congressional Award | PO Box 77440 | Washington, DC 20013

Only submit your Record Book after you have completed your goals and the required hours/months in all four program areas.

# VOLUNTARY PUBLIC SERVICE

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name \_\_\_\_\_ Did you receive any class credit for this goal? Yes  No

What is your goal?

My goal is to collect and donate books to Children's Hospital and Little Free Libraries.

Describe your activities to achieve your goal:

I donated my books. I did a fund raiser for books and money. I received 50 books and \$100. I delivered used books to Little Free Libraries. I purchased new books and delivered them to Children's Hospital.

What did you learn?

I learned that starting and operating a fund raiser is hard work, but the benefits are wonderful. I had several people to donate books, but more people sent money.

How did you serve the greater community at large?

I am helping kids and adults to increase their ability to read and promote literacy. Reading is proven to increase test scores and decrease stress. I am helping my community in both of these areas.

TOTAL MONTHS for this goal: 8 TOTAL HOURS for this goal: 112

Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		6	18	16	10	14	20	16	12			

## VALIDATOR INFORMATION

First Name Alta Last Name Lockley

Email alockley@uaex.edu Phone 870-946-3231

Are you a parent or relative of the participant? Yes  No

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature Alta Lockley Date 1/6/2020

# PERSONAL DEVELOPMENT

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name \_\_\_\_\_ Did you receive any class credit for this goal? Yes  No

What is your goal?

I will work to improve my art skills, focusing on painting and sketching.  
 I would like to be able to show great detail on sketches, and to be able to show three dimension in my painting.  
 I have loved art as long as I can remember but just haven't been good at it.

Describe your activities to achieve your goal:

I practiced on easy areas such as drawing shapes and objects with pencil. Then made those areas more detailed. I worked with pencil and paper for shapes and details, then moved to painting houses on canvases.

What did you learn?

I learned that improving art skills takes a lot of patience, practice and focus.  
 I learned that sketching objects and painting houses with great detail takes hours instead of minutes, and that you have to see the details in your mind to be able to put them on paper.

TOTAL MONTHS for this goal: 8 TOTAL HOURS for this goal: 78  
 Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		4	10	12	8	14	12	10	8			

## VALIDATOR INFORMATION

First Name Alta Last Name Lockley  
 Email alockley@uaex.edu Phone 870-946-3231

Are you a parent or relative of the participant? Yes  No

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature Alta Lockley Date 1/6/2020

# PHYSICAL FITNESS

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name \_\_\_\_\_ Did you receive any class credit for this goal? Yes  No

What is your goal?

My goal is to run a mile in under 7 minutes.  
I currently run a mile in 8 minutes.

Describe your activities to achieve your goal:

I ran every afternoon. I did a jog, walk, run series until I accomplished a full run. I kept doing this until my goal speed was acquired.

How did your skill level change / advance?

I increased my speed weekly. I can now run a mile in 6 minutes and 57 seconds.

TOTAL MONTHS for this goal: 8 TOTAL HOURS for this goal: 70  
Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		10	15	15	10	5	5	5	5			

## VALIDATOR INFORMATION

First Name Alta Last Name Lockley

Email alockley@uaex.edu Phone 870-946-3231

Are you a parent or relative of the participant? Yes  No

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature Alta Lockley Date 1/6/2020

# EXPEDITION / EXPLORATION

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name \_\_\_\_\_ Did you receive any class credit for this goal? Yes  No

What is your goal?

My goal is to plan and execute a trip from Arkansas to Tennessee to learn more about the history and cultural centers of Memphis and Nashville.

Spending the night, locating landmarks, exploring parks, studying murals and visiting zoos.

I intend to learn about their history and culture.

Provide a brief overview of your planned activities to achieve your goal:

I plan to travel from DeWitt to Memphis Tennessee. Stopping for lunch and to visit the Memphis Zoo. Then travel from Memphis to Nashville. Stopping for dinner and staying the night. Visiting murals, Centennial Park, the Parthanon, Nashville City Park, Walk of Fame and the Nashville Zoo. Then return home to Arkansas.

## TRIP DETAILS

Location of Expedition/Exploration: Memphis and Nashville Tennessee

Trip Duration: 3 Days, 2 Nights \*Must show at least 6-8 hours of activity to earn a day

Trip Dates: 03/22/2019 to 03/24/2019

In addition to the information above, please provide a detailed write-up of your Expedition or Exploration by using the prompts on the next page.

## VALIDATOR INFORMATION

First Name Alta Last Name Lockley

Email alockley@uaex.edu Phone 870-946-3231

Are you a parent or relative of the participant? Yes  No

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature Alta Lockley Date 1/6/2020

Name:

### Expedition/Exploration

- 1) I planned an exploration trip. I researched cultural experiences and chose to visit Nashville Tennessee. I planned the visit during the spring so it would not be too hot and I could do more outside. I researched the Parthenon, Centennial Park, Hollywood Stars of Fame, and murals.

I knew these were places I wanted to experience. I mapped out places to visit and places to eat. I planned the drive, hotel, cultural experiences and restaurants. The drive was 334 miles and took 5 hours and 24 minutes. I chose a hotel on the outside of Nashville so I could see the differences between outside the city limits versus inside the big city. I found that the room rates were actually lower outside of Nashville. I wasn't able to book the room myself, I had to get an adult over the age of 18 to help. I knew I would have time in March to travel so I chose to go at that time. I was very careful as I traveled and explored to leave as little trash as possible, and to help the small businesses when available.

- 2) I had never seen murals in person, I was amazed at the size of these beautiful displays of work and of all the details. I had seen the Stars of Fame on TV in California but never in person, it was a lot of fun to look for people I recognized. I love art so I knew the Parthenon would be full of interesting culture. It had photos, local art, carvings, and sculptures, not seen anywhere else in the U.S.A.

- 3) I found that I was challenged with time and distance. I noticed that it takes a lot longer to drive 1 mile in a big city than it does in a small town. I was not able to do as much in one day as I wanted and had to move things around to make them all happen. I spent an hour longer at the Parthenon and Centennial Park than I had planned, due to all the culture and size. I moved Hollywood Stars of Fame to the third day to fit it in, so I was also able to include a visit to the Tennessee State Capitol by doing that. I also found when walking to look at murals that you find small eating places along the way, that I hadn't seen during my planning. I chose to stop in at Milk and Honey in downtown Nashville for a snack and hold off on dinner until after looking at murals.

- 4) Day 1

8am – Wake up and drive to Memphis Tennessee

11am - Stop and eat lunch at Cracker Barrel

11:30 - Stop at the Memphis Zoo to get some exercise and explore

6pm – Drive to Olive Garden for dinner

8pm – Drive to Hyatt Place Memphis and stay the night

Day 2

7am – Wake up and eat Breakfast

8am – Drive to Nashville Tennessee

11am – Visit Centennial Park and the Parthenon

11:30 – Eat lunch at the Aquarium  
1pm - Drive to downtown Nashville  
1:30pm – Walk downtown Nashville and look at murals  
3:30pm – Milk and Honey for a snack  
4pm – Walk look at murals at the Gulch and the Nashville Wings  
6:30pm – Drive to Nashville Mall  
7pm – Dinner at Rainforest Café  
9pm – Drive to Hyatt Place Nashville for the night

### Day 3

7am – Wake up and eat breakfast  
8am – Drive to Nashville City Park  
9am – Walk to the park from the Parking Garage  
9:30am – Look at the Hollywood Stars of Fame  
10:30am – Walk the streets and look at the local country music buildings  
12pm – Eat lunch at Jimmy Buffets  
1pm – Visit the Tennessee State Capitol  
2pm – Drive to the Nashville Zoo  
2:30pm – Walk around the zoo and explore the old home and medical center  
5pm – Drive back to DeWitt Arkansas  
8pm – Stop for dinner at Browns  
10pm – Arrive home

- 5) I left out at 8am. It was 120 miles to Memphis Zoo from my house. It took 2 hours and 12 minutes to get there. I arrived at Cracker Barrel at 11am, eat and head to the Memphis Zoo. I go inside and look at the wonderful architecture, it is so beautiful. The detail work is just unbelievable. I walked the entire zoo and saw most of the animals, the Prairie Dogs and Meerkats weren't on exhibit. I watched the very entertaining Sea Lion Show. I was amazed at how much work they must have put into that enclosure and training the sea lions. I found all the Lego Creations, there were so many pieces used to build each one. I read all the signs and note how much time it took to carefully construct each one. I was amazed by the craftsmanship. After looking at them all, my favorite was the Peacock. I went to see the stingrays at Stingray Bay, they were my favorite to see. The enclosure was a very large shallow concrete pool and I could see them up close. They were just so majestic looking in person. I went to explore the main gift shop and chose a stingray shirt for a souvenir. I left the zoo and ate Dinner at Olive Garden and got a hotel room in Memphis. I stayed at the same hotel chain in Memphis and Nashville.
- I got up at 7am, showered, ate breakfast, and drove to Nashville's Centennial Park, it took 3 hours and 6 minutes. I walked around the Parthenon looking at the beautiful exterior. There was so much detail carved in the building and it seemed huge. I went inside through the bronze doors to the desk and paid my way in, it was \$5 to enter. I made my way to the hallway to look at the paintings and photographs. No cameras were allowed there. I made my way to the Art display room. There were about 200 art exhibits

on display for sell. They ranged from \$100 to \$10,000 each. I love art and to me they were amazing. Most were made from recycled materials. Some were 4 inch square tiles that had been decorated with animals, faces and tiny landscapes. Some were 8x10 and they were just random decorations, nothing that resembled any animal or person, but still phenomenal. A few pieces were inside display cases, my favorite was the piece that looked like a 3D animal skull with horns. It was made out of millions of tiny seed beads and shards of colored glass. Then I moved on to the statues and pieces of the original Parthenon in Greece that have been saved as it weathered away. The bronze doors were massive that are in this room. I moved on to the next room which featured a 42 foot tall Athena, Goddess of War, covered in a beautiful gold sheeting. She was holding a bronze shield on her left side with so much detail it was just beautiful. Her right hand was flattened out and she was holding Nike, Goddess of Victory, on her palm. This was probably the most amazing thing I had ever seen. The Parthenon was definitely worth the drive, they even had the marble and screen play book on display from the movie "Percy Jackson: the Lightning Thief". As I left, I drove around and look at the beautiful displays and flowers planted around Centennial Park. I decided to go to lunch at The Aquarium, this was not something I had seen when doing my research. It did not disappoint, it has a giant aquarium in the center of the restaurant and the food was different and very tasty. Then I drove to downtown Nashville to look for the murals, I parked in a Parking Garage and walked many blocks to view the different buildings that were covered in murals. First I located one building that is called The Gulch and it was completely covered in bright blues, greens, yellows and reds, it was so eye catching. Beside it was another building covered in an ivy, leafy theme. It was mostly shades of greens and blues. They were both so pretty and had tons of detail, it must have taken weeks or months to paint each one. I crossed the street and visited a little shop named "Milk and Honey". I decided to have a snack so I could continue to explore the murals. They had coffee, breads and pastries and it smelled so good in there. I got a t-shirt for a souvenir and the waiter gave me Milk and Honey stickers. As I left out I noticed a pair of mural wings that stood 40 feet tall, beside them were a pair that stood 2 feet tall. The wings were covered in guitars, music notes, stars, and foot prints. It was called "What Lifts You" and they were covered with tons of details. They were designed by Kelsey Montage Art. I waited in a long line to get photos, everyone around seemed to love this mural, the line had 34 people waiting.

I left there and went to the Opry Mills Mall. It was 11 miles and took 16 minutes. While there I decided to do a little shoe shopping. I walked so much the shoes I brought started hurting my feet. That was not planned so I decided to move Walk of Stars to the next day. I ate dinner at the Rainforest Café located in the mall. I got seated at 6 pm and went look at the decorations and gift shop while we wait for our food. This restaurant was amazing. It was covered in trees and vines all over the walls and ceiling. It had many animated animals from small butterflies to life size Elephants. I also found out it is owned by the same company as The Aquarium, they did an amazing job creating the atmosphere in both of these places. I got a t-shirt souvenir when I got ready to leave

there. I left the mall at 8pm and went to the hotel. I stayed at the Hyatt Place in Brentwood Tennessee. It was 17 miles and took 26 minutes to get there.

I woke up and ate at the hotel. I drove to the City Park to see the Stars of Fame. It was 9.9 miles and took 17 minutes to get there. I walked to the city park from the parking lot. It was a very interesting sight, I had only seen these Stars of Fame on TV in Hollywood California. Here they had the Country Music stars. I am a country music fan, so I recognized many names. Then I walked down the street to the Jimmy Buffet restaurant for lunch. I went to look around the gift shop while I waited for our table. They had lots of entertainment and decorations in there. I got to watch music videos of Jimmy Buffet while I ate and heard his music playing. I left there with a souvenir shirt and walked the street. They had so many different shops and restaurants, most named after country singers and famous people. I left there and went to the Tennessee State Capitol. I only got to see the outside but it had beautiful architectural design. It was shaped different than the Arkansas State Capitol. I was so happy to go see it and note that they are different in every state. I left there and went to the Nashville Zoo. It was 6.1 miles and took 18 minutes to get there. This was my last stop before driving back home to Arkansas. This zoo was so pretty, it was mostly made of bamboo buildings and most of the enclosures were very large. I walked all of the marked paths and saw all the animals. I walked to the animal hospital and saw the beds and equipment, also the new animals who are adapting to being in their new surroundings were kept there. I left the zoo to start the long drive home.

It is 334 miles and takes 5 hours and 24 minutes. I stopped in Jonesboro Arkansas and ate dinner. I arrived home at 10 pm.

- 6) This was an amazing trip. I had never seen the Stars of Fame until now. I now I love to visit zoos and see murals. I would love to go back and see Nashville in Christmas lights. The Nashville mall was so big, it would be a good place to go on rainy days. Memphis Zoo was bigger than the Nashville Zoo however, I feel like the Nashville Zoo is more natural for the animals than the Memphis Zoo. Centennial Park is so beautiful, I would definitely like to return to visit it again. Next time I would like to walk the park more to see all the detailed artwork. Next trip I plan I am thinking I would like to go to Hershey Pennsylvania, Washington D.C. or New York. I am also thinking I would like to include a train ride.