

The Congressional Award Record Book

I am applying for:

Certificate Medal
 Bronze Silver Gold

Office Use Only

Prior Approvals: _____

Date of Birth: ____ / ____ / ____

I have moved - please update my address (below)

Record Book

(Please print or type)

Name: _____

Address: _____ / / _____
Street Address City, State, Zip

Phone: ____ / ____ - ____ Social Media Handle: _____

Email: _____ *Include the email that you use the most

Attending School: YES NO Year of Study: _____

School: _____

Employed: YES NO If Yes: Part-Time Full-Time

Employer: _____

What I have gained by participating in the Congressional Award:

By participating in the Congressional Award Program, I have learned the importance of record keeping and goal setting. Through goal setting, I see that no matter how large the end result may be, one can work at it for a given period of time and achieve anything you set your mind to. Most importantly, I have learned that there are opportunities every day to serve others in my community. My goals and requirements to earn a Congressional Award have been achieved as stated herein.

Signed: _____ Date: _____

ADVISOR INFORMATION:

Name: Valerie Seefeld Email: vseeefeld@uaex.edu

Address: 2301 S University Ave Little Rock / AR / 72204
Street Address City, State, Zip

Phone: 501 / 671 - 2352 (H) 501 / 551 - 8740 (W)

Relationship: _____ Occupation: 4-H Youth Program Associate

I certify that the candidate established goals in accordance with program guidelines and has satisfactorily completed all goals and requirements for the Congressional Award.

Signed: Valerie Seefeld Date: 01 / 31 / 2020
Advisor Signature

Submit this six-page Record Book after you have achieved your goals and completed the required hours and months. Please print legibly; Electronic Record Book Pages are Available at www.congressionalaward.org

Full completed Record Book to: The Congressional Award, PO Box 77440, Washington, DC 20013

The Congressional Award Record Book

Candidate: _____

VALIDATION OF ACTIVITY HOURS VOLUNTARY PUBLIC SERVICE

Describe your goal:

Please see attached

Describe your **activities** to achieve your goal:

Please see attached

Describe what you **learned**:

Please see attached

Describe how you served the **greater community at large**:

Please see attached

Months of Activity (denote hours logged by month ↓)

Total Hours (only report NEW hours): 418.5

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018		14.5	18.5	24	27.5	3	25.5	55	15.5	14.5	7.5	4.5
2019	6.5	21	16	9.5	12	64	21	3	10.5	24	5.5	12.5
2020	3											

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: _____ Email: _____

Address: _____
Street Address City, State, Zip

Phone: _____ (H) _____ (W)

Relationship: Mentor Occupation: Extension Agent

Validator **Comments**:

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ **Date:** _____
Validator's Signature

*Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than **four** goals are allowed in Voluntary Public Service per submission.*

Describe your goal:

I am going to dedicate 400 hours of voluntary public service under the direction of my County Extension agents and the 4-H program.

Describe your activities to achieve your goal:

Through my involvement in 4-H I was able to participate at the local, county, and national level. My local club is dedicated to serving our community and we strive to do so every month. Over the past two years, we have visited nursing homes and provided tray favors for residents as well as homebound people through the Meals on Wheels program. Each year we bake cookies and deliver them to local businesses and to the public servants in our community.

As a member of my County Council, I am part of a group that is responsible for planning and running county activities such as a fashion review, talent show, and banquet. At the national level, I was able to volunteer in an inner-city school while on a trip to Atlanta and helped prepare bags of basic necessities like soap, shampoo, and toothpaste for the homeless in Washington D.C.

4-H has allowed me to form relationships that have provided opportunities for me to serve as an individual. Each fall I volunteer at a local church for a Disaster Preparedness event. I'm able to talk to families about the importance of having food staples and keeping food safe during power outages and natural disasters. I have also baked over a dozen pies for civic groups to auction off at fundraisers. Last year a chocolate pie of mine brought over \$150!

Describe what you learned:

Through my voluntary public service I have learned the importance of giving back to my community. One of my service projects was to help a local church prepare box lunches for the homeless and less fortunate in the area. We spent the morning preparing healthy meals and then went to the downtown area to hand them out. It was very humbling to see a parent come up to get meals for her and her children. The gratitude in their eyes is something I will never forget.

I also have learned the importance of having and being a positive role model. In an effort to help new high school students' transition, I served as a freshman mentor. I also served as a camp counselor for our county 4-H camp and as a Jr. Staff Member for HOBY (Hugh O'Brien Youth Organization) in my state. Working with teens close to my own age, I formed relationships and developed a deeper understanding of some of the struggles that others face. This experience also taught me that no matter how different we seem, we are all very much alike.

Describe how you served the greater community at large:

I served people in my community from ages 5 to 85. From picking vegetables so a man wouldn't lose his crops to being a camp counselor I have found ways to connect with all types of people. Being able to provide basic needs like food and toiletries to others made me aware of how fortunate I truly am.

The Congressional Award Record Book

Candidate: _____

VALIDATION OF ACTIVITY HOURS Personal Development

Describe your **goal**:
Please see attached

Describe your **activities** to achieve your goal:
Please see attached

Describe what you **learned**:
Please see attached

Months of Activity (denote hours logged by month ↓) **Total Hours** (only report **NEW** hours): 914

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018		3	7	6	24.5	20.5	21	15.5	45.5	7	18.5	20
2019	19.5	9	17	10	14	80	141	103	62.5	67.5	59	74
	69											

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: _____ Email: _____

Address: _____
Street Address City, State, Zip

Phone: _____ (H) _____ (W)

Relationship: Mentor Occupation: Extension Agent

Validator **Comments**:

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ Date: 1 / 2

Validator's Signature

Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than two goals are allowed in Personal Development per submission.

Describe your goal:

While being a full-time student, I will work part-time to improve my communication, money handling, and time management skills. I will deposit 30% of each check into my savings account to help with college expenses.

Describe your activities to achieve your goal:

I have obtained employment as a babysitter for a school counselor and a local doctor. The doctor that I babysit for has two young daughters who follow a regular nighttime schedule and who are limited on how much time they spend on electronic devices and watching TV. While babysitting them, I am responsible for preparing their dinner, engaging them in play – both independently and together, and making sure they are bathed and in bed on time.

I also worked at a local pizzeria, Bariola's Pizza, from May 2018 – May 2019. While at Bariola's, I was a hostess and busser. My responsibilities at the restaurant required me to communicate with customers, other wait staff, and the kitchen staff. When assigned as a busser, I would help the waitresses by delivering food from the kitchen, refilling drinks, and clearing tables. As a hostess, I would work the front counter. While at the counter, I would seat customers, take call in orders, and help in areas needed.

I now am employed as a teller with Grand Savings Bank. The change in my job has guaranteed not only more hours, but a more consistent paycheck. As a bank teller, I assist customers with deposits, withdrawals, loan payments, and account inquiries. I am responsible for accuracy and have to have a balanced drawer at the end of each day. With online banking, my customers are not only ones that walk in the branch, but those that call in with questions.

Describe what you learned:

I was able to learn time management skills by planning my schedule around school, extracurricular activities, and work. I also learned the importance of planning ahead and communicating obligations that I had to my managers so that they could schedule me more effectively. With work schedules coming out one to two weeks in advance, it was important for me to know what I had scheduled. While working at the pizzeria, there were times that co-workers would call in last minute and leave us shorthanded for a shift. This affected everyone in the restaurant.

I've learned to budget my wages efficiently and to save for big ticket items. My original plan was to deposit a set amount of money each check, for instance \$75.00. I soon learned that depending on the hours I worked, I might not have enough money for gas if I deposited the full amount. Instead, I changed to a percentage of my check.

Depositing 30% of my check and having a more consistent schedule has allowed me to budget more efficiently. Having a more consistent check has also allowed me to put money back for school and save money for extra things I want to do (like concert tickets). This summer, while working more hours, I hope to put more than the 30% in my savings account to help support me my first semester.

The greatest skill I have developed is my ability to communicate with all types of people and how to ensure customer service. My customers range in age from 2 – 82 and depending on who I am serving, I have to do so in an appropriate manner. I also know that age isn't the only difference in my customers. No matter what someone's education level or financial state, they all deserve to be treated kindly and with respect.

The Congressional Award Record Book

Candidate: _____

VALIDATION OF ACTIVITY HOURS

Physical Fitness

Describe your **goal**:
Please see attached

Describe your **activities** to achieve your goal:
Please see attached

Describe how your **skill level changed**:
Please see attached

Months of Activity (denote hours logged by month ↓)

Total Hours (only report **NEW** hours):

425

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018	7	21	6	3	6	18	20	13	31.5	46.5	14.5	19.5
2019	20	25	17	14	17	21	23	13	14	15.5	12	13.5
	14											

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: _____ Email: _____

Address: _____
Street Address City, State, Zip

Phone: _____ (H) _____ (W)

Relationship: Mentor Occupation: Extension Agent

Validator Comments:

I certify that the hours, activities ^{and} goal as stated above were completed by the candidate:

Signed: _____ Date: / /

*Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than **two** goals are allowed in Physical Fitness per submission.*

Describe your goal:

I will increase my abdominal and leg strength to be a better base and team member. I will become more physically active to promote a healthier lifestyle. I will become personally responsible for my fitness level by planning my own workouts.

Describe your activities to achieve your goal:

I was a cheerleader for most of my school career. This year, I decided to work at a local bank which required me to give up cheering. As a cheerleader, I had a coach who planned our weekly workouts and practice schedules. When we were competing, the scheduled time was almost double. Since I no longer have a coach making my decisions, I joined a local gym and found workouts that I could do at home.

When I go to the gym, I work on strength training by using the leg and arm machines. My gym has an ab circuit and leg circuit that works all muscle groups. I also work on my cardiovascular strength by running on the treadmill, using the stair climber, and sometimes the bicycle. There are days that I can't go to the gym so I use the treadmill at my house, do pilates from online videos, and basic core strength exercises like crunches and planks. When the weather is nice, I like to use the high school track for running and walking.

Describe how your skill level changed:

As I said earlier, I cheered for several years. My fitness training was focused on strength training so that I could be a solid base. The base is the person on the bottom of any cheerleading stunt. As a base, the strength to perform stunts comes from your legs and abdominal muscles. In order to do higher level stunts, the foundation has to be strong. I was able to advance from the secondary base to the main base. As the main base, the stunt begins with you and often you are the only person under the flyer. Our stunt group was able to do liberties, bow and arrows and arabesques. These are stunts where the base only has one of the flyer's legs and the other is in the air in different positions.

This summer, I decided to begin focusing on fitness skills that could continue after high school and cheerleading. My gym membership has allowed me to do this. It has also allowed me to workout independently and on my own time.

The Congressional Award Record Book

Candidate: _____

VALIDATION OF ACTIVITY HOURS AND OVERVIEW Expedition/Exploration

Describe your goal:

My goal is to plan a summer vacation to North Carolina for me and two of my friends. Planning this trip will help me develop skills such as budgeting, travel arrangements, and activities. I will learn to be responsible for myself, my funds, and experience a vacation without the supervision or direction of adults.

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

Please see attached

PLANNING INFORMATION *Planning and Preparation Dates and Hours*

Planning Dates: 12 / 04 / 2018 - 06 / 27 / 2019 Planning Hours: 23

ACTIVITY INFORMATION *ACTUAL Expedition/Exploration Activity Location & Dates (start to finish)*

Where did you go: Charlotte, North Carolina & North Myrtle Beach, South Carolina
When did you go: 07 / 10 / 2019 - 07 / 16 / 2019
Days: 7 Nights: 6 *Must show at least 6-8 hours of Activity to Count as a Day

VALIDATOR INFORMATION:

Name: _____ Email: _____
Address: _____
Street Address City State, Zip
Phone: _____ (H) _____ (W)
Relationship: Mentor Occupation: Extension Agent

Validator Comments:

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed:  Date: 1 / 2019
Validator's Signature

How did you plan or prepare for this activity?

December of 2018, my three friends and I talked about how fun it would be to take a road trip through several southern states. They would be graduating in May of 2019 and all going in different directions to college. We decided to travel through Arkansas, Mississippi and Alabama. We would end the trip in Pensacola, Florida and spend a few days. We talked about the different museums we could visit, state parks, the different food we could have, as well as just stopping and touring local shops in small towns. On our trip, my goal was to immerse myself in the local culture, see popular sites, and have the food that the locals called their own. To prepare for this trip the first step was convincing our parents that this was a good idea. In order to do this, we knew we had to have our ducks in a row. The internet was very important in my planning. I was able to use google maps to plan a route and calculate mileage. In order to plan a budget, meal decisions were made with a breakdown of which meals would be eaten out and which meals we would prepare and eat in. This process helped to meal plan and calculate grocery costs. The information collected allowed us to make a PowerPoint presentation for our parents. In the PowerPoint we included: maps with our stops marked, an overview of each day and location, information on an Airbnb that fit in our budget, an overall budget for the trip with a breakdown per person, the vehicle cost, meal plan, grocery list, and packing list. As time passed, two of my three friends backed out due to work and trying to save money for college. I had put a lot of work into planning this trip and my parents were actually on board so I didn't give up. I found another friend that was able to travel with me and Abby. Our plans changed due to limitations of our ages that we did not expect. However, we were able to change our location and transportation in order to make our trip happen.

How was this activity unique and unlike anything you have ever done before?

This trip was most unlike any other that I had been on because I was in control of everything from what locations I visited to what I ate on a daily basis. I also was trusted to travel on my own. I have traveled with my family as well as chaperoned trips, but flying on my own was a unique experience.

How were you challenged?

The first challenge I faced was my age. Due to being younger than 25 years old, we were unable to reserve an Airbnb or even a hotel room. This one challenge almost cancelled the trip. Luckily, a friend of our family had a beach house that he was willing to let us rent. Unfortunately, it was in South Carolina. We knew that our parents would not let us drive that far. This led to the challenge of how we would get there. We immediately started researching flight costs. The closest direct flight from Northwest Arkansas was to Charlotte, North Carolina. This happened to be where the family friend lived. We were able to book our flight at a fairly low rate due to how early we made reservations.

The next challenge we faced was again due to age. In order to rent a car, someone had to be 25. Mr. Robbie agreed to pick us up at the airport and provide transportation for the three and a half

hour drive to Myrtle Beach, South Carolina. When we arrived in Charlotte, we found out that the company vehicle we were planning to use was unavailable. Again, Mr. Robbie came through. His wife Jill agreed to drive us to the beach the following day and help us get set up before returning to Charlotte. The only problem we faced with this plan was changing some of our planned activities. Without a vehicle, we would be limited to where we could visit within walking distance or by uber.

The change in transportation caused me to have to rework my budget. The plane ticket was going to be more expensive than one-fourth of the gas cost. Luckily, the rental fee for the condo offset a lot of that cost increase. I had saved money while working and was able to meet my budgeting goal.

The third day of our trip, I had a problem with my debit card. I tried to use it and it was declined. The cashier told me that the message stated that my card had been compromised. I had used my card the night before and I was afraid my waitress had stolen my number. It was late in the day Friday and I didn't know how I was going to make it through the rest of the trip. I was able to reach my bank and found out that they had frozen my card due to it being used outside of my local area. They were able to enable my card and I didn't have any further problems.

I felt like when planning our trip, we all agreed on what we wanted to see and do. Once we arrived, everyone had their own idea of how things would go. We had to agree and even disagree sometimes on what we were going to do each and every day. One of the biggest things we had to agree on was what we were going to do on Sunday morning. Abby wanted to attend a church service, but the closest one was over 30 minutes away. We looked into how much it would cost to uber and decided it didn't make sense. It turned out that we were able to connect to a live broadcast of our home congregation.

Itinerary

Day 1: Wednesday, July 10

7:30 AM: Wake up and have breakfast

8:00 AM: Check luggage for everything on packing list

8:30 AM: Leave for the airport

8:50 AM: Arrive at XNA, Bentonville, Arkansas

9:00 AM: Say goodbye and head to security check in

10:00 AM: Depart XNA

2:00 PM: Arrive Charlotte International Airport & get luggage

2:30 PM: Mr. Robbie meet us outside airport for pick up

2:35 PM: Leave airport and drive around Charlotte

4:30 PM: Arrive at Lewis home

5:00 PM: Dinner

6:00 PM: Cabarrus Country Club – swim and relax

Day 2: Thursday, July 11

8:00 AM: Wake up and pack
9:00 AM: Leave for Myrtle Beach
12:30 PM: Arrive Myrtle Beach
5:00 PM: Dinner
7:00 PM: Grocery Shopping

Day 3: Friday, July 12

9:00 AM: Wake up and have breakfast
11:00 AM: Parasailing
1:00 PM: Lunch
2:00 PM: Cherry Grove Ocean Front Park
6:00 PM: Dinner and downtown shops

Day 4: Saturday, July 13

9:00 AM: Wake up and have breakfast
9:30 AM: Get ready for day at Barefoot Landing Boardwalk
11:00 AM: Leave for the boardwalk
7:00 PM: Return from the boardwalk

Day 5: Sunday, July 14

10:00 AM: Church service
12:00 Noon: Lunch
1:00 PM: Cherry Grove Fishing Pier
2:00 PM: Cherry Grove Ocean Front Park
7:00 PM: Dinner

Day 6: Monday, July 15

8:00 AM: Wake up and have breakfast
10:00 AM: Visit local stores and Ocean Front Park
6:00 PM: Dinner
7:00 PM: Bookstore and boutiques

Day 7: Tuesday, July 16

8:30 AM: Wake up and finish packing
9:30 AM: Load the car and pick up condo
10:00 AM: Leave for Charlotte
1:45 PM: Arrive at Charlotte International Airport
4:10 PM: Depart Charlotte International Airport
5:22 PM: Arrive at XNA, Bentonville, Arkansas

Day-to-Day

Day 1: Wednesday, July 10

I worked Tuesday, but once I got home I finished packing. Wednesday morning, I got up to breakfast that my mom had made. I finished packing and made sure I had all of my power cords and books for the trip. We left for the airport, which is about 20 minutes from my house. When we got to the airport, both of my friends were already there. We went to the airline counter, checked our bags, and got our boarding passes. As we rode the escalator to the second floor, I looked over my shoulder and waved at my mom and dad. We were headed to South Carolina! XNA is a small airport and it doesn't take very long to get through security. We gathered our belongings and went to wait at our gate. The flight was a good flight and I had a window seat. We arrived in Charlotte around 2:00. We lost an hour due to the different time zone. Once we landed, I texted Mr. Robbie to let him know we were on the ground and headed to baggage claim. I had only met him once since I was older, so I was a little nervous about finding him outside the airport. He texted and let me know exactly where he was and what he was driving. After we loaded our bags and got in his truck, he drove us around Charlotte and showed us some of the sports arenas and other landmarks. He had a late meeting, so he took us to their house. Mrs. Jill, his wife, took us to grab dinner and then headed out to the same meeting. We were at their house most of the evening, but had time to relax, swim, and play with their dogs.

Day 2: Thursday, July 11

Thursday morning we got up a little later than we had planned, especially since we were ready to be at Myrtle Beach. We left the Lewis home around 10:00 am and stopped for gas. We grabbed breakfast and got back on the road. The drive to South Carolina was what I expected. Most of the highway was two lane through small towns. Palm trees and sand started to appear so I knew we were close to the beach. Once we got to Myrtle Beach, we unloaded our bags and got settled in our room. The condo was a two bedroom. One of the bedrooms was at the very front and the other towards the back. We decided that all three of us would stay together in the room in the back. There was a full size bed with a trundle. After we had unpacked, we left the condo and drove around. We stopped and had lunch at Tropical Smoothy. Mrs. Jill showed us around town and made suggestions on places we should eat at and visit while we were there. We went back to the condo to rest and get ready for dinner. That night we had dinner at Rockefeller's Raw Bar. There was a short wait, but we didn't mind. They had music and the atmosphere was very fun. It was fun to watch people and try to decide who was local and who was on vacation. Rockefeller's is an oyster bar and Mrs. Jill tried to convince us to try them. I didn't! Instead, I had the blackened grouper. It was very good. One of my friends had a steamer basket and it looked good. I really like fresh fish and don't get it very often in Arkansas, so I decided to stick with the fish.

After dinner, we went to Wal-Mart to buy our groceries for the week. In our meal planning, we decided to buy eggs, bacon, bagels and muffins for breakfast. We bought sandwich meat, peanut butter and jelly, and salad stuff for our lunches. We also bought chips and some junk food along

with bottled water and juice. Anytime we bought something that all of us needed to chip in on, one of us would pay and the others would pay them through the Cash app. This app was an easy way to transfer money and not have to worry about having the exact cash. We also did this when we paid for an uber. When we left Wal-Mart, we unloaded our groceries at the condo and then walked to Sugar Life which was an ice cream and candy store. There was a lot of people out at night walking around and visiting shops.

Day 3: Friday, July 12

Friday morning we got up and had bacon and eggs for breakfast. Mrs. Jill had already left to go back to Charlotte. We wanted to parasail so we called and confirmed our appointment. Aloha Watersports was a close walk so we left the condo around 10:00 so that we could get there on time to fill out the paperwork. After a safety course, we rode a banana boat out to a boat offshore. It took about 20 minutes to reach the boat. This was my second time to parasail. It was so much fun! I loved floating in the air and seeing the ocean below me. We could see the shoreline off in the distance and the buildings looked like tiny specks. The captain thought it would be funny to dip us in the ocean and scare us when we were being pulled back to the boat. When we got back to the beach, we were all tired so we took a nap. We walked down the shoreline and looked at the area. There were several condos on the beach, but there was also spots with no buildings. It looked like they had marked areas for sea turtle nests, but we didn't see any. We went back to the condo around 4:30 to have a snack, shower, and get ready for the evening.

Friday night we walked a few blocks to the downtown area. We visited several gift shops and local businesses. After we walked around, we decided to have dinner at Duffy's Seafood Shack. Duffy's looked just like a shack, but the ratings online were good. And they were right! I enjoyed the setting, it was hard wood floors with peanut shells on the floor – nothing fancy. But the food was very fresh.

Day 4: Saturday, July 13

Our original plan was to spend the day at Barefoot Landing. Barefoot Landing is located approximately 7 miles from where we were staying. We planned to uber and spend the day there exploring the local shops and listening to live music. Alligator Adventure is also located there. This is an animal park that not only has alligators, but other reptiles and birds. When we woke up, it was raining. It wasn't the typical rain shower that blows out after a few minutes at the beach. It was cloudy and rained all morning. We thought it would clear out and we would still be able to go. However, it rained all day and since most of the shops were outside, we had to cancel our plans. We ended up spending the morning and early afternoon inside watching Netflix movies and reading. Late Saturday afternoon the rain cleared out. We got ready and took an uber to Buoys on the Boulevard. This is a seafood restaurant that was close to another Ferris wheel and carnival type area that was about two miles from where we were staying. It was a neat restaurant with open dining and live music. I had the Oceanside flounder. The fish was very

fresh, even though it was served fried. My friends had seafood dishes and I tried the crab meat. It was also very fresh and seasoned very good. After dinner, we walked around the boardwalk and out to the pier. There was an arcade with games and several souvenir shops that we visited. The atmosphere was fun and a lot like a busy fair. Around 10:00 we decided that we would head back home. The uber ride didn't seem that far, so we decided to walk. The walk took a little longer than we thought it would, but the street was busy and there were a lot of people. On the way home, we stopped at Melts Ice Cream and had ice cream.

Day 5: Sunday, July 14

Sunday morning was a little tense. We had looked for a church of our denomination in North Myrtle Beach, but there wasn't one. We found one 30 minutes away. When we calculated the cost of an uber, it didn't seem like a good financial decision. Two of us decided it made more sense to watch our home congregation's service on their live feed. Abby really wanted to attend a service, but finally agreed with our decision. I watched for a few minutes, and then decided to take my bible down to the beach. There was hardly anyone there and I was able to spend time reading and reflecting. After a couple of hours on the beach, I went back up to the house for lunch. The rest of the day, we spent on the ocean front. We walked down the Cherry Grove Fishing Pier and saw several people catching fish. It was fun to watch the little kids with their dads. I also enjoyed being out over the water and watching the waves. After spending most of the day out in the sun, we were all pretty tired. That evening, we ordered from Yelp and had our food delivered. We were kind of ready for a break from seafood at this point and didn't know how good it would be delivered, so for dinner that night we had Fuji Japanese Grill. I had teriyaki chicken and rice. We shared a sushi roll. The food tasted a lot like what we would have had at home.

Day 6: Monday, July 15

Monday morning I woke up and had a bagel for breakfast. This was our last day in Myrtle Beach, so we wanted to spend as much time out as we could. We walked down the pier which wasn't as busy as it had been earlier in the week. We picked up seashells and enjoyed the park. Mrs. Jill came back and spent the afternoon with us. After leaving the beach, we got ready and had dinner at Chesapeake House. It was a little farther from the condo, but since we had a vehicle, we were excited to try something a little further out. For dinner I had the catch of the day, snapper. It was very good and was probably my favorite meal of the week. The restaurant wasn't anything fancy, but like the other's we had been to the food was very good. After dinner we visited two local book stores. Book Ends and Books a Million. Books a Million was my favorite of the two! I was able to buy a poetry book and the next book in the series I was reading. After leaving the book store, we stopped for ice cream and then went back to the condo to pack.

Day 7: Tuesday, July 16

Tuesday was a full day of travel. That morning I woke up and finished packing my suitcase and backpack. After packing, I went through the condo and made sure I hadn't left anything behind. We loaded the car by 9:45 and spent a few minutes taking our last pictures. We wanted to make sure we were at the airport on time, so we left Myrtle Beach before 10:00 am. The drive to Charlotte was pretty quiet because we were all very tired. Mrs. Jill dropped us at the airport. It didn't take very long to get through security and find our gate. Bad Daddy's Burger Bar was close to our terminal so we decided to grab something to eat before boarding the flight. Our flight was on time and actually arrived back in Bentonville ahead of schedule.

Accomplishments

I think the major accomplishment would have to be that the trip actually happened. When it seemed like it wouldn't, we didn't give up and kept looking for a way to go. I'm very proud that I was able to plan, budget, and afford a weeklong trip. When I go to college, I plan to major in food science so I enjoyed all of the local food and southern seasonings. I have to admit, I was a little nervous about being in such a busy area, but I learned to be aware of my surroundings and be conscious of safety while still enjoying myself. I really enjoyed visiting the East coast. I have been to the gulf coast several times and there is a big difference between the two. It was beautiful and I hope to return.