

three to six

Be Cool After School at the Boys & Girls Club


Power Hour

Empowering Youth Through Education

Research shows that turning in homework on-time and consistently helps youth gain a better knowledge of subject matter while improving grades. Yet, it also provides so much more—kids who routinely complete their assignments develop advanced organizational and time management skills. They take pride in their sense of accomplishment and enter the classroom confident and prepared.

Partnering with the University of Arkansas, the Fayetteville Public School District and the Metro Kiwanis, the Fayetteville Boys and Girls Club is pleased to offer Power Hour to our members. Power Hour is a comprehensive homework help and tutoring program offering members ages 6-18 assistance with daily assignments. Under the guidance of club staff

and volunteers, members get the individualized attention needed to not only complete the assignments but profit from the long term benefits of gaining a healthy attitude of personal responsibility and pride of accomplishment. As an encouraging incentive, when assignments are completed members accumulate Power Points which can be used to obtain Power Rewards in the form of prizes and activities.

This personalized tutoring allows students the opportunity to not only improve their organizational skills but to learn time management. These fundamental building blocks enhance a child's ability to learn to be resourceful and independent thinkers and shapes them to be the leaders of tomorrow. 

Other Youth Development Programs Available:

- > Torch Club
- > Keystone Club
- > Youth of the Year
- > Career Launch
- > Healthy Kids
- > Money Matters
- > Smart Moves
- > Triple Play
- > NetSmartz

For more information visit
www.fayettevillekids.org

2010 Youth of the Year

Kayla Tracy

The Boys and Girls Club is proud to honor **Kayla Tracy** as the 2010 Donald W. Reynolds Boys & Girls Club Youth of the Year. This admirable achievement establishes her as a role model for local children as well as an advocate for the Boys and Girls Club and its contributions to our area.

When Kayla, daughter of James and Surella Tracy of Fayetteville, learned she had been awarded this honor she was elated. Knowing she was in close competition with another applicant, she understood the decision had not been an easy one. Upon finding out she had won she was overjoyed, saying "After winning I felt like I could accomplish anything that I put my mind to. And knowing that I made my parents proud made it even better."

Now that she has earned this title, she looks toward the future by focusing on earning as many scholarships as she can. "It is definitely a huge accomplishment and it looks great on scholarship applications," she says. "My next step is fulfilling [this honor] by being a great role model for those who are younger than me."

Earning this title did not come easy. For Kayla, the process began when her family moved to Fayetteville from Florida in the summer of 2006. Living in Florida for the previous seven years meant she had to leave behind long lasting friendships and start over in a new town.

From the first day she walked into the Donald W. Reynolds Boys and Girls Club, Kayla was excited about meeting new people and involving herself in club activities. With the encouragement of the staff, she became more free spirited and outgoing, discovering in herself a sparkling personality she didn't know she possessed. After a few weeks, she

no longer missed Florida and was excited about her new friends and starting the new school year. Fast forward four years and Kayla had immersed herself in the activities at the Boys and Girls Club. She began to foster her new love of volunteering by participating in events with other Club members including: Fayetteville's Mardi Gras Parade, Cumulus Chili Bowl, A.B.A.T.E. Toy Run and Club sponsored lock-ins. When she wasn't donating her time to Club events, she was there playing with the kids, meeting new friends and interacting with staff members. This dedication led to her involvement in the Keystone Club, a Boys & Girls leadership program for high school students, and to her eventual role as its president.

This love of Club activities drew her further into community service. She participated in numerous civic events such as the Martin Luther King Jr. Day parade and worked with the African American Heritage Association learning about African American history in northwest Arkansas. In addition, she has also taught young children about global warming and the environment and served as a member of the school safety patrol. Volunteering allowed Kayla the opportunity to express how much she cared about her community. "No matter what volunteer work I may do," she states, "I always believe that I am putting a smile on someone's face; a stranger, friend or maybe even myself." In 2010, Kayla began the lengthy application process to become the Club's Youth of the Year. The application consists of extensive written responses as well as numerous letters of

"My next step is fulfilling this honor by being a great role model for those who are younger than me."

recommendation. The categories are: home and family, moral character, community, school, service to club and life goals. For Kayla, the past several years at the Boys and Girls Club had given her a multitude of relatable experiences that fueled her written responses.

Family has always been very important to Kayla. Her parents have instilled a strong work ethic in both her and her younger sister. Even the simplest thing such as assigning daily chores taught Kayla

that keeping organized today can make things easier tomorrow. She also embraced her capacity as a role model for her younger sister by setting a positive example. Studying hard, maintaining good grades and being respectful of others are just a few ways she continues to strive to be a positive big sister. She admits that her sister is a role model for her and she admires her confidence and determination.

A strong sense of family has molded Kayla's character into a young lady who is active in her Club, community and church as well as compassionate to the needs of others. This strong sense of self has led her away from the temptations of peer pressure. "My parents always told me that if you're doing something that you can't tell them about then you don't need to do it," she says. Over time, she learned that the best way to interact was to treat others with the same respect that you would wish them to treat you. With this, she has learned to be receptive to the ideas of others while also having the strength to voice her own. It is with this strength that she found the ability to be even more successful in her endeavors.

As a student, Kayla has always been above average. Aside from being an honor student, Kayla participates in numerous clubs including Fellowship of Christian Athletes, Foreign Language Club and Future Business Leaders of America. In addition, she is active in track, swimming and dance. Fayetteville High School teacher Christine Clark describes Kayla as a student you look forward to having each and every day. "She

leads by example and her example sets her apart from others...she has been one of my favorite students and I have been teaching for 12 years."

However, Kayla admits some things do not come easy for her. A fear of public speaking is an obstacle she has worked hard to overcome. Her role as president of the Boys and Girls Keystone Club meant speaking in front of a group. Although unnerved at first, she is now comfortable, describing it as "a piece of cake for me." She was even allowed the opportunity

to present her speech for Youth of the Year to a group of employees from Proctor and Gamble. When not participating in school activities, Kayla can be found at the Boys and Girls Club. “It gives me energy, security, happiness and a sense of belonging,” she shares. She is nearing the end of her first year as an employee at the Club, serving as a youth development counselor. Giving back what she has been given, she mentors children, mainly from kindergarten through third grade, but always has time to help anyone with homework, play a game, or just be a friend. Through her more mature perspective, she enjoys watching the kids grow and change positively. Now that she is completing her senior year of high school, Kayla is excited about the future awaiting her. Aware of the conditions of the world today, she sees immense value in a secondary education, knowing that this is the most effective way to secure successful employment. She and her family were pleased when the University of Arkansas sent her a letter of acceptance that arrived on Christmas Eve. A fitting gift for such a hard working young lady. She plans to major in mechanical engineering but is entertaining the idea of working in the medical field. Either way, the life skills she has learned since moving to Fayetteville and becoming active in her community and the Boys and Girls Club will carry her toward success no matter which career path she follows.

Among the things this honor has taught her is that “if I speak from the heart people will listen to me.” Another thing she learned was her own strength of character and the need for others in her life. “I found out that even under pressure I am still able to overcome adversity but that sometimes you need help to do this.” Although she admits her life hasn’t changed too much, she acknowledges the responsibility that goes along with the title of Youth of the Year. “The way I act in certain situations and events reflects the Boys and Girls Club so I must be on my best behavior at all times. To know that another set of people are expecting this of you, other than your parents, definitely tells me how important this is to them and to me.”

To any other youth in the area that have never visited the Boys and Girls Club, Kayla offers these words of advice: “I would encourage them to check out the Club and see what it is like. I was that kid a long time ago that had never been to a boys and girls club. Once I got involved, it definitely opened my eyes to bigger and better things in life.”

Congratulations, Kayla!



“After winning Youth of the Year I felt like I could accomplish anything that I put my mind to. And knowing that I made my parents proud made it even better.”



This work was supported by a grant from the Donald W. Reynolds Foundation



Help Kids Be Great!

We are proud to be a place where our community youth and families can play, laugh, and learn about themselves and the larger world they live in. There are many ways to support the Boys & Girls Club of Fayetteville ranging from financial contributions, to in-kind donations, to volunteering your time as a coach or mentor.

By making an investment in the Boys & Girls Club of Fayetteville, you are making an investment in the future. Your gift will allow the Club and its programs to remain accessible to the families who need us most, today and for years to come.

For more information please visit
www.fayettevillekids.org or contact
Autumn at 479.442.9242



70 years...

The Boys and Girls Club has made 70 years of memories in Fayetteville and we would love for you to share some of yours with us. Let's reminisce over any photographs you may have from our earliest years as well as new memories you might have captured. Please contact Autumn at 479-442-9242 x.146 or autumn@fayettevillekids.org for more information.

Triple Play: Exercising Mind, Body and Soul

Fitness and nutrition are fundamental at any age and the earlier these habits are refined, the better the long term results will be. Alarming as it is, one-third of American school children are overweight or obese and may be at risk for various health concerns such as cardiovascular disease, high cholesterol and high blood pressure. At the Boys & Girls Club we strive to teach kids that eating right, keeping fit and forming positive relationships add up to a healthy lifestyle.

Triple Play is a program dedicated to improving the mind, body and soul of our club members. Good

nutrition, regular health care and improved overall well-being cultivate a healthy and positive mind. Daily fitness activities further overall physical health and nurture the body. By participating in this comprehensive social recreation program, members develop and sustain positive relationships with others, acquire a healthy self-concept and a strong belief in their own self-worth and cope well with positive and adverse situations.

The long term benefits of Triple Play are invaluable. Aside from learning proper nutrition and snack choices, members participate in fitness and recreational activities that develop their coordination and leadership skills. This dedication to a healthy and active lifestyle helps youth with stress management, strengthens character, increases confidence and enhances relationships with others.

Triple Play is open for all Boys & Girls Club members ages 6-18.

→ Upcoming at the Club:

- > Zing! Summer Program information available in Mid-April
- > Easter at the Club Sunday, April 17th 3-5pm
- > 2011 Youth of the Year Celebration Tuesday, April 19th noon