



Rotary
Little Rock



Rotary Club 99: Tuesday, June 18, 2024

11:30 a.m. Buffet Opens | 12 p.m. Program Begins
Great Hall, Clinton Center

Arkansas Staycation: Great Day Trips

While jetting off around the world on summer adventures or sunning ourselves on the "Redneck Riviera" are fabulous ways to celebrate these glorious summer months, it's good to remember all of the FUN things we have right here in The Natural State! We'll explore Arkansas at our next meeting with a "Staycation" panel moderated by KTHV anchor and radio personality Ashley King and featuring Arkansas experts Joe David Rice and Bill Solleder.



Ashley King is currently co-host of THV11's daily 9 a.m. lifestyle show, "The Vine," bringing a mix of entertainment and community information to Arkansas viewers. Her engaging interviews have featured a diverse array of local and national entertainers, philanthropists, as well as esteemed business and community leaders. In addition to her TV role, Ashley showcases her passion for music and fun by connecting with listeners every weekday afternoon on radio stations, Alice 107.7 in Little Rock and 101.7 KISS FM in Jonesboro. The Clinton, Ark., native is an alumna of Arkansas State University, where she pursued a degree in broadcast news. When she's not busy with work, Ashley cherishes spending quality time with her husband, Micah Marsh, and their three lovely daughters.

Joe David Rice served as Arkansas's tourism director under five governors, retiring in 2018. He's also the author of the two-volume "Arkansas Backstories," and has written three novels in the Randy Lassiter/Leslie Carlisle series. A native of Jonesboro, Joe David graduated from McClellan High in Little Rock and later received degrees from the University of Arkansas and University of Illinois. He and wife Tracey enjoy relaxing at their cabin in Newton County.

Bill Solleder grew up in Chicago and moved to Hot Springs National Park in 2003. He serves as the director of marketing for Visit Hot Springs where he manages a multi-million dollar advertising budget that has led to \$1 billion in visitor spending. The current Hot Springs ad campaign, "Soak it Up," was nationally recognized with a Gold Telly and a Platinum Hermes award. Bill is the founder and former executive director of the arts organization, Low Key Arts. He serves as the chairman of the Diamond Lakes Travel Association and is a member of the Hot Springs National Park Rotary Club. Bill is a graduate of the Community Development Institute, Leadership Arkansas and holds a bachelor's degree from Southern Illinois University. He was included in the 50 Over 50 class of 2024 by *Arkansas Money & Politics*. Bill is set to receive his CDME certification this summer at Destinations International. He has two daughters with Shea Childs, Elizabeth and Luna Mae. You can often find him riding his mountain bike at the Northwoods Trails.

Zoom Login for June 18, 2024

Join Zoom Meeting
<https://us02web.zoom.us/j/88168081035?pwd=KFJmhqIHbs7oxadxLuzGdIVSWGbs.1>

Meeting ID: 881 6808 1035
Passcode: 720070

One tap mobile
+13126266799,,88168081035#,,,,*720070# US (Chicago)
+16469313860,,88168081035#,,,,*720070# US

This Week at Club 99

The Anxious Generation: The State of Teens Today

Last week's panel " moderated by Catholic High School Head of School **Steve Straessle** and featuring social worker and play therapist supervisor **Stasia Myers**, along with **Ben Hopper**, area director for Young Life " discussed the negative impact of technology, especially smartphones and social media, on children's mental health and development.

The panel emphasized the importance of in-person socialization and raising awareness about technology's addictive nature. They discussed Jonathan Haidt's book, "The Anxious Generation," which links a 139% increase in anxiety among 18-25-year-olds to smartphone overuse, highlighting it as a wake-up call for limiting children's access to the virtual world. Key points of the book and discussion included:

Disturbance Theory and The Anxious Generation: Comparing the impact on society of Rachel Carson's "Silent Spring" to environmental concerns to Haidt's "The Anxious Generation," which could be a catalyst for significant changes smartphone use among pre-teens and teens.

Impact on Children's Health: Technology use is impairing children's emotional regulation, self-awareness and coping skills â€” prolonging adolescence and increasing anxiety. The panel discussed the need for stricter screen time limits and highlighted the importance of healthy sleep, eating and exercise patterns among teens.

Overprotective Parenting: Helicopter parenting inhibits problem-solving skills and executive functioning, increasing children's anxiety. This is an area the panel said is part of the challenge and needs to be addressed so that teens can learn how to navigate situations on their own.

Social Media: Social media addiction negatively affects children's mental health, social interactions, self-worth and body image, especially among girls. Panelists called for moderation and awareness.

Intentional Conversations: There is a great need for discussions on smartphone use and promoting in-person socialization to counteract negative effects. This will take all of us - parents, educators, relatives and employers.

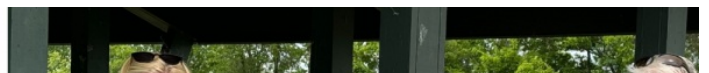
Watch the full meeting [here](#).





Members Caught Having Fun This Week

We had an awesome group of Club 99ers join us for our family picnic last Saturday morning. It was so fun to see all ages of Rotarians - and especially all our littles! Thanks to everyone who came out for a great Saturday along The Arkansas River!





Who's Having Fun This Week

Club 99er Barry Goldberg took us along on a hike up Pinnacle Mountain to show us what he does for fun. Barry couldn't be with us this week when his video played because "wait for it" he was hiking in Yosemite National Park! We're jealous, Barry! Hope you had a great time.

Watch Barry's video [here](#).

The 5th Test: Is It Fun?

President Ghidotti's Power of Fun Tip

Last week's panel discussion drives home part of what we're learning with The Power of Fun. The panel talked about a new book, "The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness," by social psychologist Jonathan Haidt. His book details how the "play-based childhood" began to decline in the 1980s, and how it was finally wiped out by the arrival of the "phone-based childhood" in the early 2010s. And how this shift has greatly impacted the Gen Z generation, especially girls.

So what does this have to do with fun? A lot. Remember, Catherine Price's book, "The Power of Fun," came about because of her first book, "How to Break Up with Your Phone." The first several chapters of her book on fun go into the research she did on how our phones are affecting us mentally, socially, emotionally and even physically. When she learned how to break up with her phone, she realized she could fill all of that time with fun "and not just any 'ole fun, but TRUE FUN.

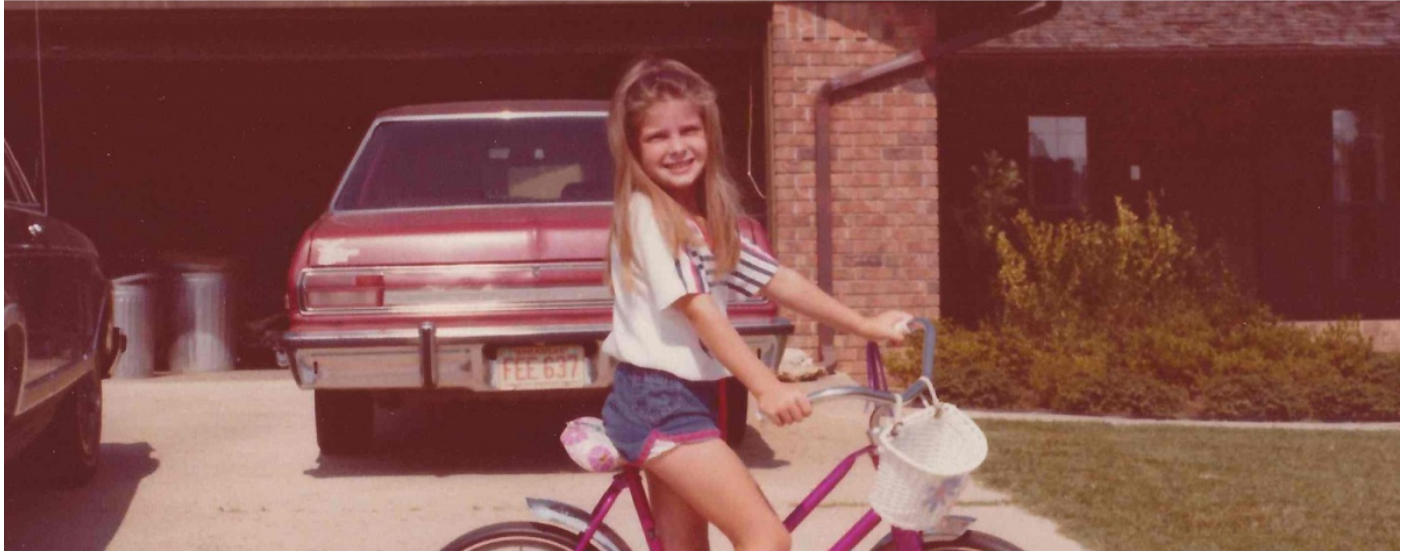
In "The Anxious Generation," Haidt writes, "One of the hallmarks of the great rewiring is that children and adolescents spend far less time outside, and when they are outside, they are often looking at or thinking about their phones. If they encounter something beautiful like sunlight reflecting on water or cherry blossoms wafting on gentle spring breezes, their first instinct is to take a photo or video to most likely post. Few are open to losing themselves in the moment."

Remember one of the 3 important factors to True Fun is FLOW "essentially losing yourself in the moment. Haidt, in his book, gives four recommendations for teachers and parents on how to reverse what is happening to our kids and teens. Our panelists touched on these in their discussion, but his fourth recommendation is directly related to The Power of Fun.

He encourages parents and adults to let kids play and learn responsibility in the real world outside of the bubble. Let them explore, let them walk to the neighborhood park or the grocery store alone. Send them outside to play and tell them not to come back for several hours.

For a lot of you in this room, you remember those days. My mom, who raised five kids, would send us out in the morning and basically lock the door until dinner time! We'd jump on our bikes and have TRUE FUN all day long "Connection, Playfulness and Flow. Plus we rode our bikes to the Texaco, which we were not supposed to do, so that we could buy fun dip and candy cigarettes.





The picture above is of the kids from the hit show set in the '80s, "Stranger Things," but it's definitely what we looked like roaming the neighborhood in Benton. And then there's a picture of me in the early years - training wheels and all - ready to take on some new adventure on my bike.

Connection, Playfulness, Flow - all things that were there when we were out exploring on our bikes, trying new things, meeting new friends, rebelling just a tad bit. Having TRUE FUN!

All this to say - TRUE FUN is the answer to The Anxious Generation and, frankly, some of the anxiety adults feel.

The subtitle of Catherine Price's book is "How To Feel Alive Again." Getting off the phones, going outside, discovering new things, rebelling a little - these are all things that spur TRUE FUN.

I hope that what we've learned over this past year is trickling down to our kids and grandkids, and that you're sharing with them the importance of having fun, playing and finding joy in life. Big hint: It's not going to be found in our phones!!

Instead, it's going to be found among friends and family, sharing a moment together. It's going to be found in learning something new or laughing until our sides hurt. It's going to be found when we're in the moment and losing track of time.

Special Events and Meetings

AFFINITY GROUP GATHERINGS

WOMEN OF ROTARY

JUNE

Friday, June 28

Location: Zoom

Upcoming Programs

June 2024

18 Arkansas Staycation: Great Day Trips

25 Changing of the Guard: Tribute to President Natalie Ghidotti

July 2024

2 No Meeting - Happy 4th of July Week!

9 RY 2024-2025 Kick Off, President Jason Chacko

2023-2024 Club Leadership



2023-2024 Leadership Team

Board of Directors



Natalie Ghidotti
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Jason Chacko
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