



Meet Our Teachers: Richard Cochran '91

Richard Cochran teaches junior and senior English as well as the “Themes in Literature” elective. Because of Richard’s outstanding credentials, students in his Themes class receive college credit for the course. Also an assistant football coach for the Rockets, Richard has been at Catholic High for 23 years. He has a BA in English from Wittenberg University in Ohio and a Master’s in English from UCA.

“I was working in the corporate world right out of college in Columbus, Ohio. I came home from work one evening, and one of my roommates said some old man left a message for me on our answering machine. I listened to it: ‘Richard, this is Father Tribou. Give me a call when you have a moment.’

I haven’t talked to Father in 5 years -- not since I was a senior in high school. I immediately thought things like, ‘Did I break something at the school that they just found out about? Did he review my file and find out I actually missed some credits and never graduated? Did he accidentally call the wrong person? Did I have any leftover D-hall hours that he wanted me to make up? Why would he call me?’

I immediately felt like a little kid again. I called him that evening, thinking I could leave a voicemail with the office. He answered right away. I imagined him never sleeping anyway, so I wasn’t surprised. ‘Richard, your father dropped off a resume that says you’re certified to teach English. I’m wondering if you’re interested in coming back here to interview for the job.’ I never had any intention of returning to Arkansas, not that I didn’t love my home state. I was still in wanderlust mode, but the command in his voice gave me the feeling I was being called.

So, without really thinking about, I said, ‘Yes, sir. When?’ ‘Right away,’ he replied. I caught a plane the next morning. My interview the day after was to teach a couple of classes. Next thing I know, I’m hired. The whole thing happened without really weighing any pros or cons. I just moved. Like I said, it was a calling, just like when the seniors sing, ‘Here I am, Lord,’ during their ring mass every year. I answered a call, and I’ve never regretted this vocation. Twenty-three years later, I feel like I’m still starting out. Therefore, thank you, Catholic High, for this wonderful opportunity to teach these young men in the classroom and on the field.”

Get to know Coach Cochran:

I'm proudest of: Being a husband, father and teacher every day.

If I've learned one thing in life, it's that: No scars, no life: Be a man of quality, not quantity.

My guilty pleasure is: Watching too much football.

My favorite movie is: Breakfast Club.

The last book I read and enjoyed was: Re-reading *The Hobbit*, *The Lord of the Rings* and *The Silmarillion* by Tolkien all together after 30 years.

My favorite meal is: Sweet and sour chicken.

One day, I want to: Visit the Lake District in Wales and see first-hand the inspiration to Wordsworth's poetry.

The best thing about teaching is: Every so often the ENTIRE class is engaged in the topic. I can feel them growing up, contemplating, just for a fleeting moment.

Advice I would give a student: Remember, hard work is what gives something its value. It's hard to respect something that's won too easily.

Sum up in a few words why Catholic High is a great place to work: Because I have grown as a person over the years, and I have joy in what I do. CHS reinforces that joy at work and enables me to challenge myself and others. It is a strong family of faculty members who care for one another very much.

Why Catholic High? I have been called to teach, and this school recognizes and nurtures that call. It takes such vocations very seriously.

Outside of teaching and family, the accomplishment I'm most proud of is: Being the only Master's candidate in English to pass the comprehensive finals for that year. I had to study for it while teaching full-time and coaching football during the season. We candidates were given only two attempts, eight months apart, and I passed on the first try.

Father Tribou told us young teachers that teenagers are delayed time-bombs. What we teach them today will open up their minds later when they're ready. Even if the material is too deep in meaning for some, that material will settle to the bottom and will well up to the surface when the time is right. I guess it was his way of telling us to forge ahead and never stop teaching sincerely.



Meet our Teachers: Coach Chip Reeves

Coach Chip Reeves teaches sophomore Health and Physical Education — PE (aka Crossfit class). An assistant football coach for the Rockets, Chip has been at Catholic High for four years. He has a BSE in Physical Education from Henderson State University and a Master's in Educational Leadership from Harding University.

Chip grew up in Houston, Texas, and moved to Murfreesboro when he was 9 years old. Before coming to Catholic High, he taught Health and PE at Malvern High School for 10 years and was an assistant football and baseball coach. Catholic High always appealed to Chip because of its prestige and uniqueness. He says the traditions, discipline and brotherhood are like no other place he's been a part of.

Coach Tim Ezzi '72 mentored Chip when he first arrived at Catholic High. Chip might have been a little "soft" in PE class, and Coach Ezzi told him to challenge the boys more. Coach Reeves' PE class is now known as a 50-minute Crossfit class — a rite of passage that challenges the boys to finish. Boys who can't run a mile when they begin the class in August but can in December know that they have achieved a goal when they finish Coach Reeves' class.

Get to know Coach Reeves:

I'm proudest of: My family — wife Kitty, son Harrison, and two daughters Kensey and Addison.

The best advice I've ever gotten is: If you put your mind to it, you can accomplish anything.

If I've learned one thing in life, it's that: Relationships matter the most.

My guilty pleasure is: Chocolate chip cookies.

My favorite meal is: Surf and turf (filet and lobster)

But, I would never eat: Cucumbers.

The best thing about teaching is: Seeing the growth of students setting and reaching their goals.

Advice I would give a student is: Don't take anything for granted; do your best every day.

Sum up in a few words why Catholic High is a great place to work: The faculty and staff are the best I've ever been around. They care and support each other to ensure the students here get the very best.

What did you want to be when you were little? A professional athlete.

Outside of teaching and family, the accomplishment I am most proud of: Lettered 4 years at Henderson State University in football.

Someone once told me: Don't count your chickens before they hatch.

A place I love: Being on the lake.

I want to someday: Buy a motorhome and travel the U.S. with my family.



Meet our Teachers: Kim Head

Kim Head is our Dyslexia Specialist which is a part of our Structured Study Hall program. She has a B.S. Doctorate in Physical Therapy from UCA and a Certificate of Dyslexia Therapy from the International Dyslexia Association. Kim came to Catholic High seven years ago to speak to faculty members about dyslexia, and after her seminar, Principal Steve Straessle asked her if she would like to join the team.

Kim became an expert on dyslexia almost by accident. Kim recognized her son learned differently when he was in kindergarten and had trouble memorizing random sequences and rhyming. "It really hit home the day he brought home some little readers. He got one out to show us that he could 'read.' He went through the entire book, picture by picture, painting a story with his words about a cat. He even acted like he was 'sounding out' words on some pages, mimicking what he had obviously heard others do. The whole problem was that he was not reading. His beautiful story did not follow a single word on the page."

Kim later learned that her son was severely dyslexic. According to many studies, including the largest one conducted by the National Institutes of Health, 20 percent of the population has some degree of dyslexia. Dyslexia is genetic.

Dyslexia is a disorder of constitutional origin manifested by a difficulty in learning to read, write, or spell, despite conventional instruction, adequate intelligence, and socio-cultural opportunity. Related disorders include developmental auditory imperception, dysphasia, specific developmental dyslexia, developmental dysgraphia, and developmental spelling disability.

At Catholic High, students learn to read, write, spell, perform math, and organize in different ways. Kim's class provides students with the opportunity to focus on skills that may be weak in the areas of:

- Phonemic awareness
- Graphophonemic knowledge
- Language structure
- Linguistic patterns
- Basic math skills
- Assistive technology skills
- Organizational/Study Skills
- Social/Emotional Skills
- Life/Character Building Skills

Get to know Kim Head:

I'm proudest of My children. They have encountered struggle in their lives and they have learned to overcome.

The best advice I've ever gotten is Hard work beats talent when talent doesn't work hard.

If I've learned one thing in life, it's that All things fade away. Youth, prestige, achievement, material possessions, and even a person's death will drift away. Take hold of this one life and make it the one you desire. Don't hold back. Love, laugh, cry, dance, work, built, stand up and talk to the people in your life. Make a difference. You only have this one.

My favorite movie is Napoleon Dynamite.

The best thing about teaching is Seeing a student's identity change through the years as he sees himself with a different lens.

Advice I would give a student is Don't be so hard on yourself. Your identity is not shaped by your performance on a test or your grades in high school.

Outside of teaching and family, the accomplishment I am most proud of My work in the state of Arkansas regarding dyslexia. I changed my career for this field. I was instrumental in passing seven literacy laws and helping to pass a law for the Succeed Scholarship. I pulled my sons out of the gutter of poor reading instruction and learned how to help them.

Sum up in a few words why Catholic High is a great place to work: Catholic High is about the whole man. It is a bit like a sculptor hammering out a masterpiece from a chunk of marble. The process can be brutal and take many years to shape, and it isn't easy. Not everyone gets a trophy. In the end, Catholic High produces good fathers, good husbands, and good community members. CHS solidifies a character grounded in faith, work, love, and compassion. Catholic High stands for more than a solid academic start.



Meet our Teachers: Father Patrick Friend '07

Father Patrick Friend teaches freshman English and sophomore Biology as well as Religion. Also the chaplain for the school, Father Friend has been at Catholic High for four years. He has a BA in Biology and English from Westminster College, a master's in Catholic Philosophical Studies from St. Meinrad Seminary, and a master's in Theology of Divinity and Bachelor's in Sacred Theology from Sant'Anselmo, Rome.

Father Friend came back to Catholic High after college and taught for one year before entering the seminary. Walking back into the building as a new teacher took a bit of courage. "I would say it is a bit intimidating at first, teaching next to the titans that helped form me," said Fr. Friend, "but there is something perduring at this alma mater that let's her sons know they are home. In a word, I love it."

One teacher during his time here recalled that Father Friend was very studious. "You could tell Father Friend was someone who received a lot of respect from his peers because of how he took to everything. He did not do anything without fully giving himself to the task. I remember how he was always leading the boys during pep rallies, encouraging his friends in homeroom or class, and helping the other students with whatever was bothering them during lunch. It's no wonder why he was elected to a student body office. He's doing now as a teacher and priest what he did as a student: giving himself completely to making the school, his students, and his fellow teachers the best everything could possibly be."

Get to Know Father Friend:

I'm proudest of My dad. He is just rock solid. He has been through so much but has always been a man who demonstrates integrity in his work, fidelity to God and family, and generosity towards all.

The best advice I've ever gotten is Don't make decisions out of fear.

My guilty pleasure is Pop music. Top 20 radio is not good music... but I listen... a lot.

My favorite movie is *Braveheart*.

The last book I read and enjoyed was *Brideshead Revisited* by Evelyn Waugh.

In my spare time, I Fish, kayak, hike — pretty much anything outside.

My favorite meal is Give me red meat and mashed potatoes all day long. Also bacon.

The best thing about teaching is Laughter. Every day is marked by laughter around every corner. It is a real blessing.

Advice I would give a student is Procrastination kills. Work hard first so you can play hard later.

Why Catholic High? Christ is the reason for this school. He dwells at the center of our building in the tabernacle. He adorns every classroom on the cross, always showing our boys how to be sacrificial and loving men.

What did you want to be when you were little? Honestly, I had it in my head that I was going to be a priest from a pretty young age... that or a professional basketball player. Either one.

A place I love Pinnacle Mountain/Little Maumelle River. It is a gift to have that escape to nature so close to the city.

I want to someday Walk the 30-day Camino de Santiago in Spain.

Sum up in a few words why Catholic High is a great place to work: It is pretty simple. We have a faculty that wants nothing more than to serve these boys with everything they have. We are united by our mission and inspired by being a part of something bigger than ourselves.



Meet our Teachers: Bryan Jones

Bryan Jones teaches Algebra I to freshmen and Advanced Algebra II to juniors. Because of his outstanding credentials, students in his Advanced Algebra II class receive college credit for the course. Also an assistant baseball coach for the Rockets, Bryan has been at Catholic High for nine years. He has a BSE in Mathematics from Ouachita Baptist and a master's degree in Math Education from the University of Central Arkansas.

Bryan came to Catholic High in 2010. He left four years later only to return after one year. People frequently ask why he came back. His response, "I believe that we are all on this earth for a purpose. One year away from CHS proved to me that teaching the boys at this school was my purpose. The atmosphere that exists within our walls is like no other place I have ever been. When the opportunity to come home presented itself, I know that was God's way of granting me a 'do over.' I will forever be thankful for the opportunity to come back to CHS and play a role in leading the young men that teach each day."

Get to know Bryan Jones:

I'm proudest of My family...the sacrifices required by a coach's wife and kids are substantial. I am thankful everyday that my family allows me to live out my calling at CHS. However, Rebecca, Dawson Claire and Henry are at the center of my world.

The best advice I've ever gotten is "Anything worth doing is worth doing right." I can remember my grandfather saying this when I was younger. He set the example and I hear his voice often.

If I've learned one thing in life, it's that Find joy in what you do. It is too easy to focus on the bad parts of your world. Look for the good and you will find it.

My guilty pleasure is Mexican food. It is impossible for me to turn down and I have never learned how to control myself when in front of chips and salsa.

The last book I read and enjoyed was *The Seed*, by Jon Gordon.

My favorite meal is A well-cooked filet with grilled asparagus.

But, I would never eat Mushrooms...why would you?

What did you want to be when you were little A professional baseball player.

The best thing about teaching is The relationships we get to form with hundreds of students. My energy comes from them and they provide an avenue for, what I believe, is the purpose God has blessed me with.

Advice I would give a student is Take ownership of your experience in school. What you put into your education will look a lot like what you see in return.

Why Catholic High? Simply put, we have a faculty and staff full of people that come to work each day and teach with the CHS mission and purpose in mind. We are intentional with our actions and believe that they will have a lasting, positive impact on our students. We are different, we are unique, but we are the best at taking a boy and ushering him into manhood.

Outside of teaching and family, the accomplishment I am most proud of Completing my master's degree with a wife, two kids, a full-time teaching job, a coaching job, while being 38 years old (15 years after my undergraduate degree).

A place I love The stands, dugout, coaching box, or playing field at any baseball park. I truly believe it is the greatest game on earth. I feel at home on a baseball field.



Meet our Teachers: Bethany Meadows

Bethany Meadows is in her sixth year of teaching French I and French II to freshmen and sophomores. She also serves as a Quiz Bowl instructor and team sponsor. Bethany earned a BS in French from the University of Central Arkansas and a Masters in Public Administration from UA Little Rock.

Bethany knew she wanted to become a French teacher her sophomore year in high school when she took her first French class. She had an incredible teacher who impressed upon her the importance of speaking another language and experiencing other cultures. This philosophy led her to take her own students to Quebec, Canada, this past summer. She wants them to use the language with native speakers and to see that their lives can impact others around the world. Due to the success of last summer's trip, Bethany will again lead a group to Canada in 2020. It is likely that the Canadian adventure will become a yearly event.

Get to know Bethany Meadows:

I'm proudest of the people I work with. Few people truly understand the strong bonds that are formed amongst faculty members at Catholic High. Some of my best friends are the people I see everyday at work.

The best advice I've ever gotten is to live my life with an eternal perspective. That has undoubtedly changed my life.

If I've learned one thing in life, it's that if a situation can be made awkward, I will find a way to do it.

In my spare time, I travel. I have spent every summer in between school years traveling somewhere new.

My favorite meal is a Coke and peanut butter from the jar. I'm at my happiest when I'm eating like an unsupervised seven-year old.

But, I would never eat macaroni and cheese. Growing up in the South, this has always been my darkest secret.

The best thing about teaching is the stories. I cannot imagine any other profession that provides such priceless anecdotes. When your work environment is filled with squirrely teenage boys, you are guaranteed to laugh everyday.

Advice I would give a student is never find yourself caring only about yourself. You will be rewarded when your life involves serving others.

Sum up in a few words why Catholic High is a great place to work: I am not a number at Catholic High. My co-workers have become like family. If you find yourself genuinely loving the people you work with, you must work at an incredible place.

What did you want to be when you were little? I always thought that I would be a park ranger. Last year's seniors gifted me with my own park ranger hat, so the dream lives on.

Outside of teaching and family, the accomplishment I am most proud of a few years ago, I decided to begin my Master's full-time. It was an exhausting two years of teaching all day and studying all night, but it was so meaningful to finally graduate.

A place I love: Nationals Park in Washington, D.C.

I want to someday visit every continent.



Meet our Teachers: Dr. Jennifer Gilley

Dr. Jennifer Gilley is the chair of the science department and teaches sophomore biology as well as the Anatomy and Physiology elective. Also the sponsor for the Marine Biology Club, Dr. Gilley has been at Catholic High for five years. She has a BA in Biology from Hendrix College and a PhD in Genetics and Development from UT Southwestern.

After earning her PhD, she conducted research identifying and characterizing genes that partially controlled neural stem cell proliferation in mice, and taught at several community colleges in the Dallas/Fort Worth area. She moved to Little Rock with her now-husband and happened to meet science teacher Paul Lincicome '03 at a mutual friend's Cinco de Mayo party. Paul encouraged her to submit her curriculum vitae, and soon Dr. Gilley was a member of the faculty.

Not only is she a die hard Dallas Cowboys fan who never misses a game, she is obsessed with the *New York Times* Crossword which she works daily.

Get to Know Dr. Jennifer Gilley:

I'm proudest of earning my PhD in genetics.

If I've learned one thing in life, it's that no matter how bad it seems, things usually work out.

My favorite movie is *Shawshank Redemption*.

In my spare time, I bowl, fish, play fantasy football, do NYT crosswords.

My favorite meal is anything Italian.

But, I would never eat insects.

The best thing about teaching is when a student comes back and tells me how much he learned.

Advice I would give a student is spread out your studying. Don't cram for an exam.

Sum up in a few words why Catholic High is a great place to work the support from the faculty and administration is unmatched.

Why Catholic High? As a former college professor, I enjoy teaching at a college prep school. I can share my knowledge, help mold the minds of young men and prepare them for one of my college classes.

What did you want to be when you were little? A veterinarian.

Outside of teaching and family, the accomplishment I am most proud of bowling a 211.

A place I love Northern Ireland. It felt like home.

I want to someday retire early, move to another country and travel the world. Top of the list is Uruguay, Costa Rica, or Ireland.