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Rebel Flynn Wilson, Ellen Scruggs, Michele Towne,
Kim Meyer-Webb, Elizabeth Barzizza

"For it is in giving that we receive."
- St. Francis of Assisi

During this season of festive fellowship and fun, it's gifts from the heart that resonate most. Our time, energy and presence create ample opportunity to embrace the moment + celebrate accomplishments. Civic leaders across Central Arkansas share these resources and more with organizations that cultivate community.

This month, Argenta Contemporary Theatre brings *A Christmas Story: The Musical* to the stage with all the expected nostalgia of the Hollywood original. The Wilson family breathe life into four unforgettable characters and realize transformative power of community theater. It is a space that inspires and strengthens a collective sense of belonging among constituents. Allison notes the vulnerability of performance; it reveals powerful emotions and is a gift.

Consider what brings joy to the world and how it makes life more colorful. Take time and realize "presentation" < the gift of giving > is the most meaningful "gift" of all.

#ia_holidaycheer

Kim Meyer-Webb



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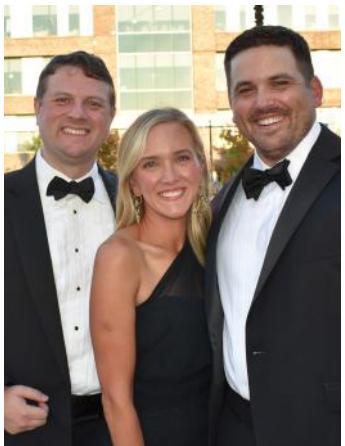
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Helen Cox, Lindsay Cox, Sarah Olds, Britney Harcourt



Andrea & Marcus Lewis



Stuart & Susan Jones, Caleb Parker, Lily Jones



Elicia Dover, Mary Kate Whitmire

THE FINEST GALA

Chairman Mary Nell McBryde welcomed friends and patrons of the Cystic Fibrosis Foundation to the Argenta Plaza for an evening under the stars. Highlights included recognition of the Taste of the Finest honorees as well as Haskell Anderson with the Breath of Life Award; Slater Corbin received the Todd Miles Award as the top fundraiser. Proceeds support research for FUNDing a cure. Cystic fibrosis is a life-threatening, genetic disease that causes persistent lung infections and progressively limits the ability to breathe.

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Wilson & Jenny Anthony, Mary Nell McBryde, Christine & Steve Creekmore



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Randy Jones, David Wood, René Julian, Deb Sefcik, Mary Dandurand



Ray Dillon, Sissy Jones

ARKANSAS SHERIFFS' YOUTH RANCH AWARD

Hosted at the Little Rock Marriott, the Arkansas Children's Award Dinner honored Sissy Jones for her commitment to improving the welfare of children in Arkansas. Guests enjoyed dinner and an award presentation ceremony as well as remarks from former Governor Mike Beebe. Proceeds of \$190,000 support the programs and mission fulfillment work of Arkansas Sheriffs' Youth Ranch: preventing child abuse and creating safe, healthy and permanent homes for children.

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Laurie Whitfield, Wanda Flemister



Kathy Helpenstill, Derek & Darby Gaines



Misty Hunt, Dawn Scott

INSPIRATION GALA

Guests gathered at the Statehouse Convention Center for this style show and dinner. The evening celebrated Arkansas Attorney General Tim Griffin and his wife Elizabeth for their commitment to the welfare of children and Children's Advocacy Centers of Arkansas and featured Barbara Jean + Simkhai. Proceeds support the important work of Children's Advocacy Centers of Arkansas that serves as a liaison between local, regional and national support agencies and provides resources for a more coordinated, comprehensive response to child abuse.

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Lori Wilson, Allison McElroy, Marilyn Sanders, Elizabeth Shackelford, Tammy Lee



Kinsey Guerin, Skye Martin



Peyton Stewman,
Emily Rappe Fisher



Kenneth & Tiffany Hoggan, Sonya & Osi Imomoh



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Clarke Tucker, Denise Ennett, Bryan Hall



Caroline Cox, Bernie & Myrene Cox, Stacey & Brian Cox



Frances Cranford, Chris Cranford

TIGER FOUNDATION DISTINGUISHED ALUMNI RECEPTION

More than 200 alumni, friends and colleagues of Little Rock Central High School gathered at the Ron Robinson Theater for the annual Awards of Excellence reception. The evening celebrated the legacy of alumni Rodger Bumpass (Arts), Coach Bernie Cox (Athletics), Judge LaTonya Laird Honorable (Academics) and Chris Cranford (Citizenship). This event highlights continued work in Citizenship, Academics, Athletics and the Arts as well as the legacy of excellence and education; proceeds support Central High School in these four core areas.

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Muskie Harris, Jimmy Walker, Bernie Cox, Chuck Cleaver, Bert Zinamon, Marcus Elliott



Mike McGibbony, Robert Cortinez, Teddy Atkins



Cara Connors, Tjuana Byrd Manning, Rita Bailey, Nancy Rousseau, LaTonya Laird Honorable, Brenda Stallings, Shanice Johnson



Ryan Davis, Frederick McKindra, Benjamin Lincoln



LITTLE ROCK CENTRAL HIGH SCHOOL

The only high school in the United States designated as a National Historic Site, Little Rock Central High offers a world class education, an award-winning yearbook, newspaper and literary magazine, 37 AP Courses, and the number 2 debate team in the United States. It's no surprise that Central High School leads the State of Arkansas in National Merit Semi-Finalist. With more than 100 Social and Civic Clubs, and students who speak more than 37 languages from 47 birth countries, and boastfully the most recent graduating class received over \$12 million dollars in scholarships; Little Rock Central High School continues to lead with academic excellence.



LITTLE ROCK CENTRAL HIGH SCHOOL TIGER FOUNDATION



Since its inception in 2012, promoting Citizenship, Academics, Athletics, and the Arts has been the core focus of the Tiger Foundation. The Tiger Foundation's mission is to support Central High School in the 4 Core Focus Areas. To date, the Tiger Foundation has awarded over \$600,000 in grants to Little Rock Central High School's Students, Faculty, and Volunteers.

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Hannah McNeill, Scott Varady, Charlotte Downs



Cathy Crass, Kellie Knight, Mathilda Hatsfield



Tyle McDonald, Mandy Davis



Matthew Hankins, Grayson Chilton, Cody Jones, J.D. Ashley



Fred Roberson, Will Bond



Jay Meador, Jennifer Hurst



John Kincannon, Cameron Fuller

BOYS & GIRLS CLUB LEADER OF THE YEAR

Hosted at the Clinton Presidential Center, friends and patrons of Boys & Girls Club of Central Arkansas gathered to celebrate Leader of the Year Charles Robinson. As the University of Arkansas Chancellor, he inspires club members to set goals and work hard. Proceeds support the continued mission fulfillment work of Boys & Girls Club of Central Arkansas: providing youth with a nurturing, safe environment after school and during the summer.

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Carl Vogelpohl, Charles Robinson, Mason Smith, Heath Nelson



Emogene Weathington, Carter Stein, Mary Katheryn Stein



Vanessa Russell, Stacy Paulus, Donna Terrell, Cindy Doramus



Stacy & Howard Hurst

Make Spirits Bright

Boys & Girls Club of Central Arkansas provides a safe space where youth are mentored and encouraged by caring staff to reach their best potential. Programs are centered around ACADEMIC EXCELLENCE, HEALTHY LIFESTYLES, LEADERSHIP & CHARACTER DEVELOPMENT.

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MY TATA TESTIMONY PINK + PREPARED = POWER

Amber Henson welcomed friends and patrons of My Tata Testimony to Crystal Ridge Distillery for an evening of fellowship + fun. Highlights included light bites and libations as well as a fashion show, live entertainment by Gavin Harper and swag bags. Proceeds support My Tata Testimony: providing educational and preparedness resources that empower individuals with cancer knowledge and hope.

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Marty & Gina Wilkins, Lynn & Ron DeJarnette



Amy Hafer, Lisa Taylor



Ben Oxner, Kim Guyor



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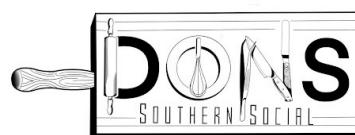
Destiny Ellis, Diane Smith, Barbara Erby

Thank You!

MY TATA TESTIMONY

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Nita Pilkington, Sydney Wolfe



Kenny Byrd, Sara Lynn, Boyce Duncan



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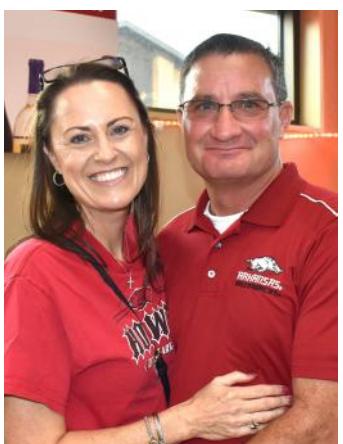
HAWGS FOR A CAUSE

Presented by Centennial Bank, Hawgs for a Cause welcomed more than 200 friends + patrons of Arkansas Enterprises for the Developmentally Disabled for an evening of "hawg wild" fun. Highlights included a BBQ Dinner by Woo Pig-Q-ee featuring the "Big Frank" Razorback Grill, Wild Hog Beverage Bar and entertainment by Craig O'Neill – aka Brother Hogg. Proceeds of more than \$60,000 support programs + services for individuals with developmental disabilities.

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Fletcher Hanson, Todd Larson

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at Pulaski Heights United Methodist Church

December 24

MODERN CANDLELIGHT COMMUNION

12 & 6pm | Wesley Hall

CLASSIC CANDLELIGHT COMMUNION

2, 6 (full choir), & 8 pm | Sanctuary

CHILDREN & FAMILY CHRISTMAS EVE

4pm | Gym

CLASSIC CANDLELIGHT COMMUNION

11pm | Sanctuary

December 25

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ARVEST GRAND OPENING

Arvest Bank President Ron Witherspoon welcomed clients, colleagues and business leaders to the newest Arvest Bank location on Chenal Parkway. Highlights included a ribbon cutting as well as tour of the new facility and lots of camaraderie. With a vision to help every individual create financial solutions, Arvest Bank is committed to building better communities throughout the state.

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Olivia Davis, Maret Cahill Wicks



Kathleen & Jim Cargill



Michael Sparks, Marcus Quinn, Ron Witherspoon



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By Kim Meyer-Webb | Photography by Jacob Allinson
On Location at Alda's Magnolia Hill



The holidays beckon fellowship: it's a time when traditions and parties seem to take priority.

For the Wilson family, it's a season of rehearsals and production preparation for *A Christmas Story: The Musical*. Argenta Contemporary Theatre brings this classic movie to the stage as a musical with all the expected nostalgia and fun of the Hollywood original. The Wilsons breathe life into four unforgettable characters and reflect on the transformative power of community theater.

Craig was introduced to music as a youngster. "I'm a preacher's kid and we moved all over the state. Our life revolved around the church, which was like an extended family." He enjoyed choir practice and even a little rock 'n' roll - noting, "Of course a lot of rock is influenced by gospel." This commitment to the craft afforded him a scholarship to Lyon College. He returned from law school to Arkansas as an attorney but continued to indulge in music and theater.

During a rehearsal for *Gridiron* at The Rep - Craig remembers meeting Allison, "There was an instant connection." She elaborates, "I did not get back on a plane to return to New York. I had my annual Radio City Christmas Spectacular gig all lined up; I just decided to stay home and see what would happen." The couple embarked on an international love affair as performers with Holland America Cruise Line. "We got lucky to land the cruise ship gig. After those two years, we were ready to settle down back in Arkansas," Craig recalls. As Arkansas Center for Health Improvement Director of Health

Policy, his work impacts residents throughout the state. This nonpartisan, independent health policy center serves as a catalyst for improving the welfare of all Arkansans through evidence-based research, public issue advocacy and collaborative program development. These kinds of values also align with community theater. Craig believes theater is incredibly important for young performers. "During high school, it was a place where I could let down my guard and explore who I was in different characters. For a lot of kids, it's the only place they can do that - whether on stage, backstage or in the audience." Allison adds, "There is nothing more powerful and vulnerable than being on

stage and putting yourself out there. ACT is a safe space for this."

At its best, community theater inspires and strengthens a collective sense of belonging among constituents. Under the direction of Anna Kimmell, *A Christmas Story: The Musical* guarantees a good time, reminiscent of a joyful yuletide. The cast of 20+ characters and the audience embark on the adventures of Ralphie and his quest for the ultimate Christmas gift. This year, it's particularly special for the Wilson family. While Allison and Craig have been involved with

Argenta Contemporary Theatre since the beginning, their sons make a debut alongside their parents. Director of Development Alyson Courtney explains, "The boys have participated in our education program, and talent clearly runs in the family." Alyson notes, "They have grown up in a family that performs – not just parents, but grandparents and aunts ... It was natural that eventually they would want to give it a try." And like their father, who juggled baseball and choir throughout his childhood, the boys also play baseball with Junior Deputy and travel teams.

Craig recognizes recent investments in theater education as a critical component to building brighter communities. The Benson/McAdams Argenta Contemporary Theatre Academy hosts 500 students annually for summer camps and classes ranging from singing and dancing to acting and stage production.

"It creates opportunities for kids to find that spark that can generate lifelong creative prosperity." And the comradery of live performances is equally remarkable. "You can feel the care and loving dedication that Vince Insalaco and Judy Tenebaum put into this theater." Allison explains, "When people come together for a shared experience, like theater, it's a chance for the audience to unite and be hopeful ... to just sit back, relax and enjoy the show!" She adds, "This production is extra special because I am getting to have this experience with my family. This might be the one and only time it happens so I am cherishing every moment, and it will be one of my fondest memories for forever."



ARGENTA CONTEMPORARY THEATRE A CHRISTMAS STORY: THE MUSICAL

December 4 - 22 | argentacontemporarytheatre.org



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Zach & Amy Hinkle



Morgan Gary, Cheryl Payne



Jennifer Bartsch, Krista Franks & Tadpole, Allen & Alyson Edwards, Angie Brooks



Whitney Hall, Katie Hall



Wilson Trulock, Shelby Curry, Kristin Trulock, Cade Barnett



Leslie Parnell, Carol Simons



Donna Rippey, Julia Rippey, Becky Hartsfield



Todd & Megan Boswell

HOME FOR HEALING MONSTER BASH

Chairmen Morgan Gary and Dr. Cheryl Payne welcomed friends to the Venue @ Westwind for a SPOOKtacular evening of fun. Guests enjoyed devilish drinks, deviant dancing and monstrous musical entertainment. The Nightingales - Jr. League of Little Rock were recognized with the Community Impact Award for an unwavering commitment to the home and its residents. Kristi Moody received the Heart of the Home Award. Proceeds of almost \$250,000 provide critical support for Home for Healing – offering convenient and no-cost accommodations for patients being treated at area medical centers and their families.

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Phillip & Jamie Norton, Dennis McKelvey, John Steward, Kristi & Scott Moody, Becky Steward, Erin McKelvey



Brock & Niki Thompson



Stephon Hall, Mia Hyman



Stephany Johnson, Joy Johnson, Mandy Johnson, Jacinda Gregory



Justin & Mary Gwin



Give the gift of well-being

Low-dose radiation therapy offers quick, lasting arthritis relief

The holiday season is in full swing, and our to-dos are growing by the minute. Amid the bustle of celebrations with loved ones and friends, last-minute gift shopping and end-of-the-year projects, there's one item not on our wish list—being sidelined by debilitating joint pain, stiffness or swelling. Unfortunately, that's the reality for far too many Arkansans.

Today, more than a third of our state's residents are affected by arthritis. Left unaddressed, the condition can limit their mobility, productivity and, perhaps most importantly, quality of life. The good news is that options are available to temporarily mitigate patients' symptoms, such as prescription medications or steroid shots. There's also an additional, complementary solution that can help deliver longer-term relief: low-dose radiation therapy (LDRT).

Patients often ask me, "Why should I combine LDRT with traditional arthritis treatments?" First and foremost, it's effective. Second, it's noninvasive, quick and easy to undergo. Patients participate in an initial consultation followed by a 30-minute planning session before completing six 10–15-minute sessions administered twice weekly. The total dosage is much less than standard radiation treatment, allowing patients to return to life as usual immediately following the appointments.

As I often tell patients, one of the leading benefits of LDRT for arthritis is that the effects are generally fast-acting and long-lasting. Relief usually starts a week and a half after beginning the process and can last up to two years. If needed, their providers can also combine LDRT with other treatments if individuals are experiencing less severe arthritis-related pain in different areas of the body.

While there is no cure for arthritis, LDRT, available at CARTI, offers patients the hope of extended relief from its pain, discomfort and limitations. Those facing arthritis can give themselves the gift of well-being—during the holiday season and year-round—by talking to their health care providers about including LDRT in their treatment plans. For more information or to schedule an appointment, call 501.906.3000 or visit CARTI.com.

Jonathan Pagan, M.D., M.S. is a board-certified radiation oncologist at CARTI, a not-for-profit, multidisciplinary cancer care provider.

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RESIDENCE OF RECOVERY

By KD Reep | Photography by Lori Sparkman Photography
On Location at CARTI Cancer Center

For more than two decades, Home for Healing has offered reprieve to parents of NICU infants as well as individuals undergoing cancer treatment and their caregivers. Providing convenient and no-cost accommodations in a peaceful + restorative environment in the heart of the Capital City, Home for Healing is a beacon of hope during a journey back to wellness. Maintenance and operation of the facility are reliant on community support. Executive Director Kristin Trulock elaborates, "We run 100 percent on donations, grants and sponsors. It takes more than \$500,000 annually just to house our guests." Proceeds from Monster Bash supplement these expenses. This year, Cheryl Payne, M.D., and Morgan Gary, P.A., welcomed more than 500 guests to the largest costume party in Arkansas. This dynamic mother-daughter duo realize the impact Home for Healing makes for families across the state.

As radiation oncology medical professionals for CARTI, Dr. Payne and her daughter Morgan provide compassionate care coupled with new technology and a holistic philosophy to patients. They also volunteer at Home for Healing and believe removing obstacles is critical during treatment. "If one of our guests needs groceries, volunteers get them groceries," Morgan explains. "Whatever the need, we work to meet it. Maybe it's gift cards to restaurants, a cell phone so they can stay in communication with loved ones or diapers for their kids. Regardless, we know not having to worry about these things is essential to focusing energy to getting better."

The comprehensive approach to hospitality at Home for Healing provides caregivers and patients resources to help them heal. "We are really focused on meeting the whole needs of our guests. We appreciate volunteers like Cheryl and Morgan who are a soothing presence for our guests," Kristin notes. "All of the proceeds from Monster Bash stay in Central Arkansas at Home for Healing to help our guests who are underinsured or uninsured and are in financial need." Since its inception in 2003, Home for Healing has served more than 6,000 patients and families. Although many are from Arkansas, others come to the state to be treated at area medical centers. "If you can care for yourself during treatment, you do not have to have a caregiver. That is one thing that sets us apart. Another is we work with people who are unhoused. They may think they have no resources to assist them with treatment, but all we need is contact with their doctor to start the process with a social worker. The fact that all our guests can stay here without worrying about money, food, care, transportation and a host of other needs helps their healing process."

Dr. Payne is impressed with not only the quality of the accommodations, but the added amenities that bring well-being into the space. Home for Healing boasts 14,000 square feet with two guest wings complete with 15 bedrooms + bathrooms as well as kitchen areas and laundry rooms. She explains, "There is also an office, conference room, meditation area, manager's apartment and a beautiful garden where our guests can sit, relax and feel a little peace."



"We run 100 percent on donations, grants and sponsors. It takes more than \$500,000 annually just to house our guests."

HOME FOR HEALING
www.homeforhealing.org

DIAMONDS & STUDS RECEPTION

Executive Director Kristin Trulock welcomed high school students to this reception for this new Home for Healing initiative. Diamonds & Studs is a program designed for 11th and 12th grade girls and boys to cultivate leadership skills as well as a better understanding of community service. Through educational opportunities, volunteer projects and fundraising – students create their own legacy and earn scholarships.

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Rennie & Brad Jenkins



Kristen Seiter, Bethany Karber,
Jenny Fisk



Alex Hokett, Cris Mammarelli, Stella Mammarelli



Richard & Brandy Harp



Sydney Boaz, Sam Seiter, Abby Rhea Powell, Lila Karber



Ari & Ben Crum



Will McBride, Jeni McBride, Jax Parnell,
Leslie Parnell



Rennie Jenkins
Chair



Ari Crum
Chair

Attention Arkansas High School Juniors and Seniors!

A life-changing opportunity is headed your way!

Diamonds & Studs is more than just a program—it's a movement that empowers both 11th and 12th-grade girls and boys to lead, serve, and make a real difference. Through educational workshops, volunteer projects, community service, and fundraising, you'll gain the skills and experience to support Home for Healing while earning scholarships toward your future education. Build leadership abilities. Strengthen your community. Create a legacy of service that lasts a lifetime.

Get ready to shine brighter than ever—Diamonds & Studs is coming soon!

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For more information: info@homeforhealing.org or 501.978.2900



A NATURAL STATE OF COMMUNITY

By KD Reep | Photography by Sarah Oden

Just Communities of Arkansas is experiencing a resurgence. Established in 1965 as a field office of the National Conference of Christians & Jews, Just Communities of Arkansas became an independent entity in 2009. Executive Director Hilary Trudell believes the vision remains constant and has simply evolved over time. "We are concentrating on creating cultures of inclusion through the workshops, storytelling opportunities, collaborative community building events, and our youth camp." Training programs provide resources to churches, corporations and other nonprofit organizations that help cultivate and create meaningful change.

Hilary notes, the new year guarantees lots of activities and opportunities. Our Town for Teens Summer Camp for high school students will be revitalized with new curriculum, which is centered on personal leadership stories and more respect for every individual's story. "It's about building bridges; we want to bring young people together from rural communities, cities and different lived experiences. If we start now, we can provide them with the tools to emerge as inclusive and empathetic leaders."

"Storytelling helps us understand our perspective and that our lived experiences aren't everyone's lived experiences."

As part of the organization's mission to build inclusive and equitable communities through connections and collaborative action, the Humanitarian Awards recognize remarkable service that reflects these values. Later this month – Just Communities of Arkansas will celebrate The Interfaith Center, Second Presbyterian Church of Little Rock, City Year and the Celebrate! Maya Project for a shared commitment to building better communities. With consideration to the 60th anniversary, Hilary explains a shift in perspective. "Most of the time, we honor individuals for their advocacy work. But this year we are honoring organizations who espouse our values. They are incorporating these values into everything they do for our communities, trying to make sure everyone feels welcome and valued. They're helping cultivate the culture we want to see in our state." While many organizations qualify, the reoccurring theme for the honorees is how they create accessibility for every Arkansan – regardless of socioeconomic, gender, sexuality or race.

This year, Dr. Chris and Jerrilyn Jones will welcome friends and colleagues to the awards banquet. Proceeds support continued and expanded programming in Central Arkansas including anti-bullying experiences, community outreach and leadership development. Hilary insists that every testimonial illustrates our shared humanity. "Storytelling helps us understand our perspective



and that our lived experiences aren't everyone's lived experiences. It's hard to hate someone you know, and the more people feel heard, the more they will listen. The more platforms we can build to make people feel valued and heard, the more spaces we create where everyone feels welcome."

JUST COMMUNITIES OF ARKANSAS HUMANITARIAN AWARDS

Thursday, December 5 | Venue @ Westwind
arkansasjustcommunities.org

PAWS ON THE RUNWAY

Patrons and friends of Central Arkansas Rescue Effort for Animals gathered at Rusty Tractor for this year's Paws on the Runway. Guests enjoyed the PURfect combination of delicious food, bold beverages and live music as well as an opportunity to meet a few of CARE's adoptable dogs. The evening generated support for the organization's mission fulfillment work.



Alexandra Mounger, Angela Strauss



Lori Sparkman, Katelyn Lang, Jill Lang



John Herron & Heather Martin-Herron

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Kristen Hodges & Hippo



Abigail Reaves, Jessie Grobmyer



Beatrice Zargari, Sarah Scharbor, Katherine Rich, Lindsey Landers, Sunni Castleberry, Hailey Nosler



Janelle Ellison, Jocquetta Carter



Andrew Jones & Matt

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ARKANSAS
community foundation



LEARN MORE

HOLIDAY *Cheer*

Photography by Sarah Oden



Cathy Browne believes family and friends make holiday celebrations memorable. She is quite sentimental and embraces the nostalgia of Christmas with traditions that endure. "The icicle tree is a lifetime of stories – from trips to Lord & Taylor with mom and other adventures – when I unpack each one, it's like a time capsule." It boasts 600+ elements, each one placed by her. "Each one is like an old friend ... comforting and joyful."

She enjoys hosting festive gatherings throughout the year and notes this season is always significant. "Whether it's a Women & Children First meeting or getting together with girlfriends, I love





sharing the memories of Christmas past." Even the outdoor décor beckons good cheer + anticipation that something special is sure to ensue.

This home is transformed into a winter wonderland that blends family heirlooms, like the vintage ornaments, with contemporary elements. Love of nature is reflected with the rustic charm of wreaths and reindeer, creating undeniable authenticity. "I like to incorporate wildlife into our urban setting."





EXPECT MORE LEADERSHIP

CHRISTIAN O'NEAL

Vice Chancellor for University Advancement

I chose UA Little Rock because I could expect more unparalleled access to the resources and opportunities of the capital city. Its location allowed me to build connections within a vibrant professional network while benefiting from a campus dedicated to academic excellence. I was also drawn to the university's emphasis on community engagement, which aligned perfectly with my desire to be part of an institution making a tangible impact.

I studied Business at UA Little Rock, earning my degree in a field that has been pivotal to my professional success. The program provided me with a strong foundation in business principles and helped me develop the skills needed to connect with diverse group - essential for my role in University Advancement.

My UA Little Rock education has been a cornerstone of my career. It provided me with practical knowledge, strategic thinking skills, and the ability to adapt to complex challenges. Beyond academics, my time at UA Little Rock inspired a commitment to service and leadership that continues to influence how I advance the university's mission and engage with stakeholders.

UA Little Rock is more than a university—it's a place where students are empowered to grow personally and professionally. The relationships I built with faculty, peers, and mentors were transformative, shaping not only my education but also my career. I encourage others to embrace all the opportunities UA Little Rock offers, from its academic programs to real-world experiences, to set themselves up for success in any endeavor.



Festive Cocktails

Photography by Lori Sparkman Photography

Cranberry Champagne Cocktail

Champagne
cranberry juice
frozen cranberries

add cranberry juice + squeeze of lime
to chilled Champagne flute
top with Champagne
garnish with 3 or 4 frozen berries

O'Looney's Wine & Liquor

Sidecar

This Parisian cocktail begins with simple sweetness, cut by tart lemon and filled out with a fruity body of delicious Cognac.

Courvoisier VS Cognac
Pierre Ferrand Curacao
lemon juice

build all ingredients into a shaker
add ice, shake and fine strain into a coupe glass
garnish with a orange twist



Taco & Tamale Co.

Cider House Mojito

a holiday twist on the a classic

Tuaca
apple cider
lime juice
mint leaves



Local Lime

Bird of Paradise

tropical island holiday

Kings of Ginger Brandy
Mathilde Pear Liqueur
pear juice
lemon juice



Big Orange

Tangerine Whiskey Foxtrot

refreshing holiday spirit

Old Gran Dad Bourbon
Angostura Bitters
tangerine juice
lemon juice
ginger simple syrup



SINGLE PARENT SCHOLARSHIP FUND

Friends and supporters of Arkansas Single Parent Scholarship Fund gathered at City Center for this luncheon. The highlight of the afternoon was the presentation of awards to community partners. The SPSF Pulaski County supports low-income single parent families who are enrolled in local higher education programs, and partners with organizations to provide workshops for personal and professional development opportunities. Proceeds of more than \$85,000 support the organization and its mission fulfillment work.

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Pamella Niell, Christie Prestidge



Charles & Mable Donaldson



Jim & Mary Wohleb, Kwami Abdul-Boy



Ashley Norris, Michelle Hill



Gwen McGhee, Edelma Simes, Wanda Williams,
Thressa Sims, LeCresha Newton



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NLR CONFERENCE CENTER RECEPTION

Business and civic leaders joined North Little Rock Mayor Terry Hartwick for this special reception and unveiling of the North Little Rock Conference Center. Located at 120 Main Street, the facility will accommodate 1,000 dinner guests and 1,500 event attendees. Former Mayor Joe Smith and North Little Rock Chamber of Commerce President & CEO Derrell Hartwick joined in the celebration with fellow residents and business owners.

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Scott Fowler, Cathy McGlothin



Jamie Scott, Carlton Wing



Steve & Cathy Owen, Derrell Hartwick



Mike Davis, Arnessa Bennett



Stacia Chastain, Terry Hartwick, Vincent Insalaco



Layne Hatcher, Paula Juels Jones



Anita Paul, Joe & Missie Smith

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CAMP ALDERSGATE FISH FRY

Chairmen Ashley and Jason Parker welcomed fried catfish enthusiasts and friends of Camp Aldersgate to an afternoon of family fun. Activities included carousel rides, a petting zoo, yard games, face painting and the iconic fishing derby. Proceeds support the programs + services of Camp Aldersgate: offering life-changing experiences for individuals with special needs.

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Jason & Ashley Parker



Robyn Blaylock, Grace Glasbrenner



Pamela Smith, Rick Fleetwood, Ellon Cockrill



Eric McDaniel, Lucas McDaniel,
Chad Rodgers



Kaelyn Moran, Nay & Tametra Phillips, Allison Ingram,
Maybelline & Elston Strong



Steele Matthews, Tyler Hinrichsen



Michael Lanari, MJ the DJ, Fran Lanari



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NIGHT AT BELLA LUNA

Friends of the Cooper-Anthony Mercy Child Advocacy Center gathered at Bella Luna of Mill Creek in Hot Springs for an elegant evening of fun and games. Guests enjoyed musical performances, festive food + beverages and gaming tables. As the advocacy center celebrates 20 years of service, the objective remains steadfast: providing a safe, compassionate place for assessment as a result of child abuse allegations. Proceeds support this continued mission fulfillment work.

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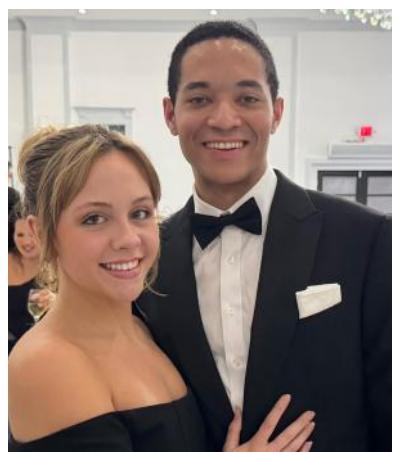
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Brad & Gina Johnson



Katie Hamby, Audrey Smith, Becky Nask



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THE TEA

Talking to Your Doctor About Contraception

It's completely normal to have concerns about starting birth control, but having an open conversation with your healthcare provider can help you find the best method for your body and lifestyle. Let's address some common misconceptions and fears:



Weight Gain and Mood Swings – While some women report weight gain and mood swings, these side effects are not as common as often believed.

Your healthcare provider can help you understand the likelihood of these side effects based on your specific situation.

Fertility Concerns – A common fear is that contraceptives can cause long-term fertility issues. However, most methods do not impact your ability to conceive in the future. It's reassuring to know that you can plan your family according to your schedule without worrying about long-term effects on your fertility.

Understanding Potential Side Effects and Risks – Each contraceptive method comes with its own set of potential side effects and risks. Discussing these potential risks with your healthcare provider to find the safest and most effective option for you is essential.

Choosing the Right Contraceptive Method

Understanding your reproductive goals and the regularity of your menstrual cycles is a vital first step. For instance, if you experience heavy menstrual bleeding, an IUD might be particularly beneficial, as it can significantly reduce your flow and even alleviate menstrual cramps. If your cycles are irregular, certain hormonal methods might help regulate them.

Health conditions like high blood pressure play a significant role in determining the best contraceptive for you. For example, progesterone-only methods are often recommended for those with high blood pressure to minimize the risk of stroke. Your future plans also matter; if you plan to start a family soon, long-term methods like IUDs might not be ideal. Conversely, if you're looking for a shorter-term solution, options like contraceptive shots or daily pills might be more suitable.

Remember, contraception isn't just about preventing pregnancy; it's about finding the right method that supports your overall health and lifestyle. You deserve to feel empowered and informed about your choices when starting birth control. Don't hesitate to connect with a women's health specialist to discuss your options and make the best decision for you.

Stay informed, stay healthy, and take charge of your health.

Warm regards, Melissa



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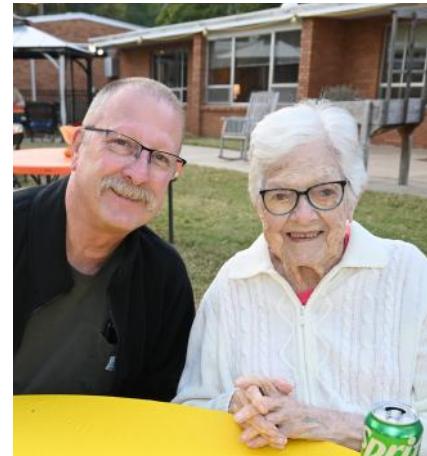
baptisthealthwomen.com



Melissa Keeton, APRN, at the Baptist Health Women's Clinic in Conway, has 25 years of nursing experience dedicated to women's healthcare. She focuses on empowering adolescents and women to live their healthiest lives.



Tom Roy, Anna Roy



Phil Marsh, Louise Bloom



Doug, Eddie & Amelia Ferguson, Joanne Mosley, Halle, Audrey, Davis & Bryan Dillahunt

PRESBYTERIAN VILLAGE FALL FESTIVAL

Friends and families gathered in the Presbyterian Village courtyard to celebrate the season and generate support for the organization. Guests enjoyed light bites and live entertainment by *Runaway Planet*. Proceeds support the critical resources and services that help Presbyterian Village residents maintain quality of life - promoting health + spiritual well being as well as personal dignity and independence.

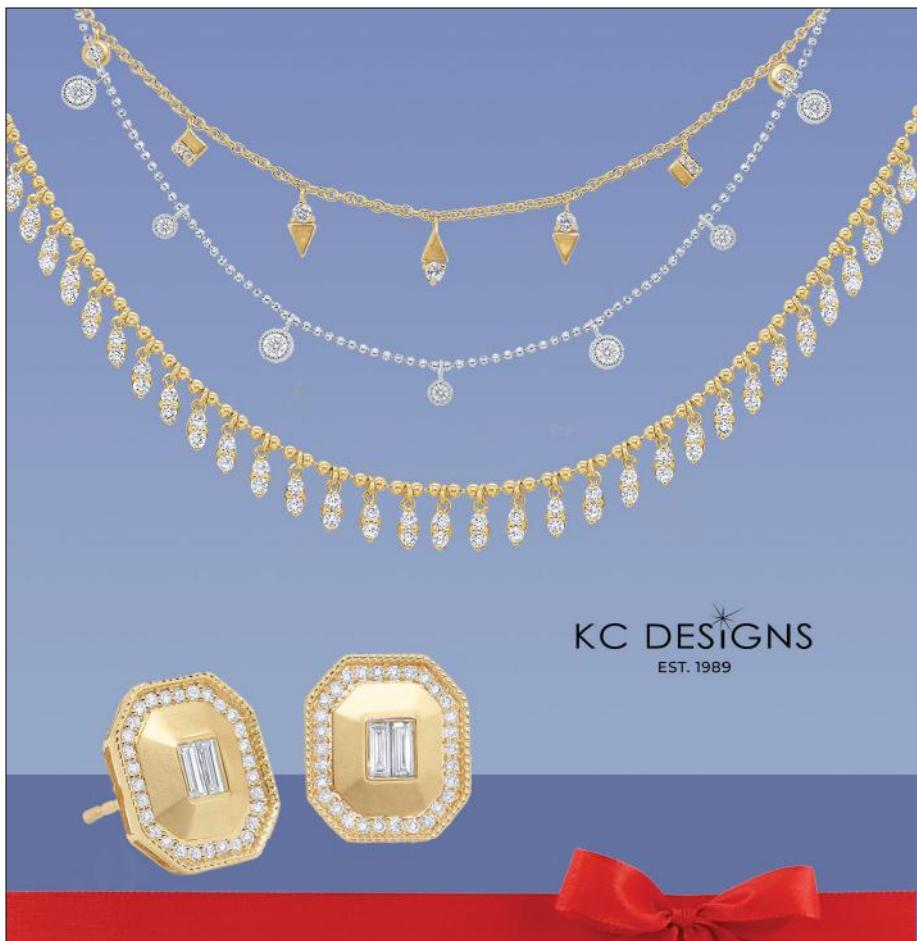


Lisa Jackson, Leah Johnson, Chris Marsh

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Charles Enderlin, Tim & Marty Heiple, Patty Enderlin, Barbara Grafe, Alan Carlson

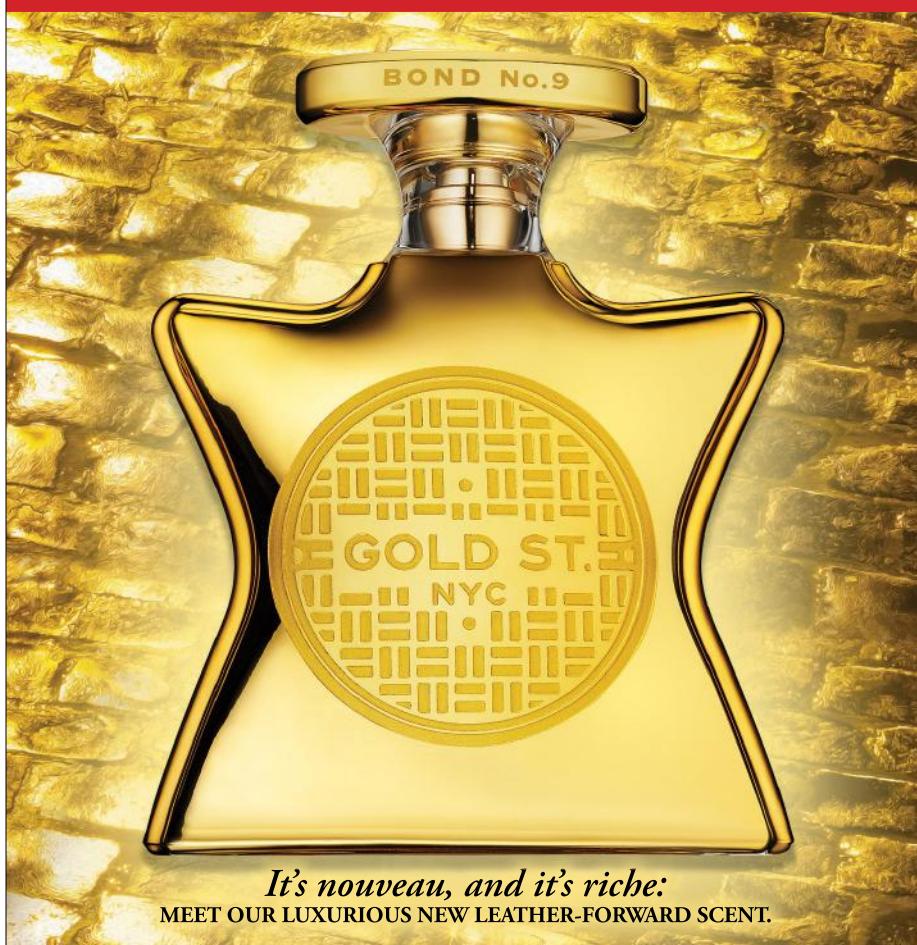


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Adeline Hanley, Alex Sebree



Adele Uekman, Jacqueline Fritchman



Caroline Anderson, Eden Moody, Ellis Glover, Madison McCarroll

ANGELS OF HOPE PINK PARTY

The Angels of Hope gathered at CHI St Vincent Breast Center for the annual Pink Party. The evening showcased the importance of breast cancer prevention + detection through informative videos and games along with ample opportunity to ask questions. Comprised of high school juniors, the Angels of Hope Program promotes an attitude of service above self offering camaraderie to residents of the lodge while promoting cancer awareness, encouraging volunteer work and inspiring girls to be leaders in the community.



Lauren Lasseigne, Reagan Foley

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Tena Buck, Shannon Turner, Kelley Trulone

ARKANSAS ANNUAL ORTHOPAEDIC FORUM RECEPTION

Colleagues of UAMS gathered at the Arkansas Museum of Fine Arts for this welcome reception of the 40th Annual Arkansas Orthopaedic Forum. Guests enjoyed heavy hors d'oeuvres and libations as well as an exclusive opportunity to visit with Douglas Padgett, M.D. and Robert Trousdale, M.D.



Tom Frazier, Sam Overley

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Benjamin Stronach, Douglas Padgett, Lowry Barnes, Robert Trousdale, Jeffrey Stambough



Ryan Anthony, Kasa Cooper, Sophie Hollenberg



Robert Martin, Regis Renard

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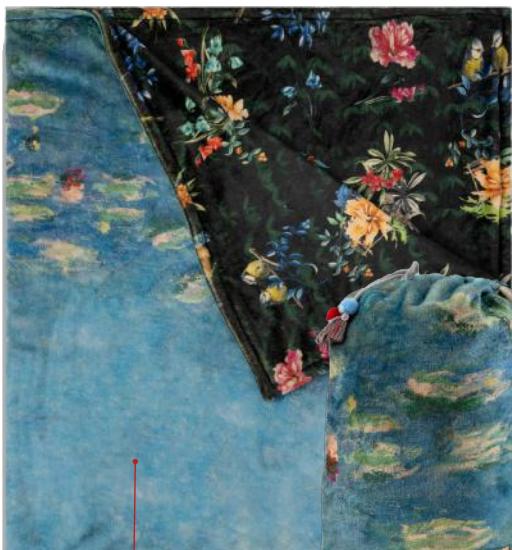


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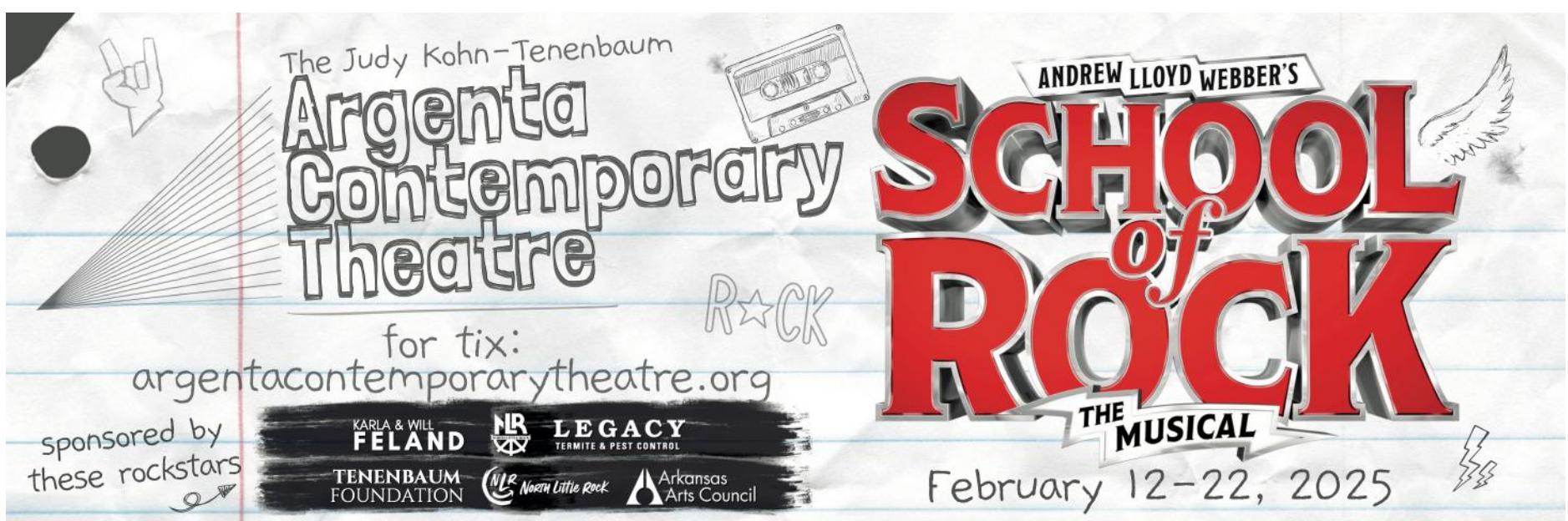
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ROCK

THE MUSICAL

February 12-22, 2025



REVIVE LIFESTYLE MEDICINE WHERE LUXURY HEALTHCARE MEETS ADVANCED AESTHETICS

Photography by Lori Sparkman Photography

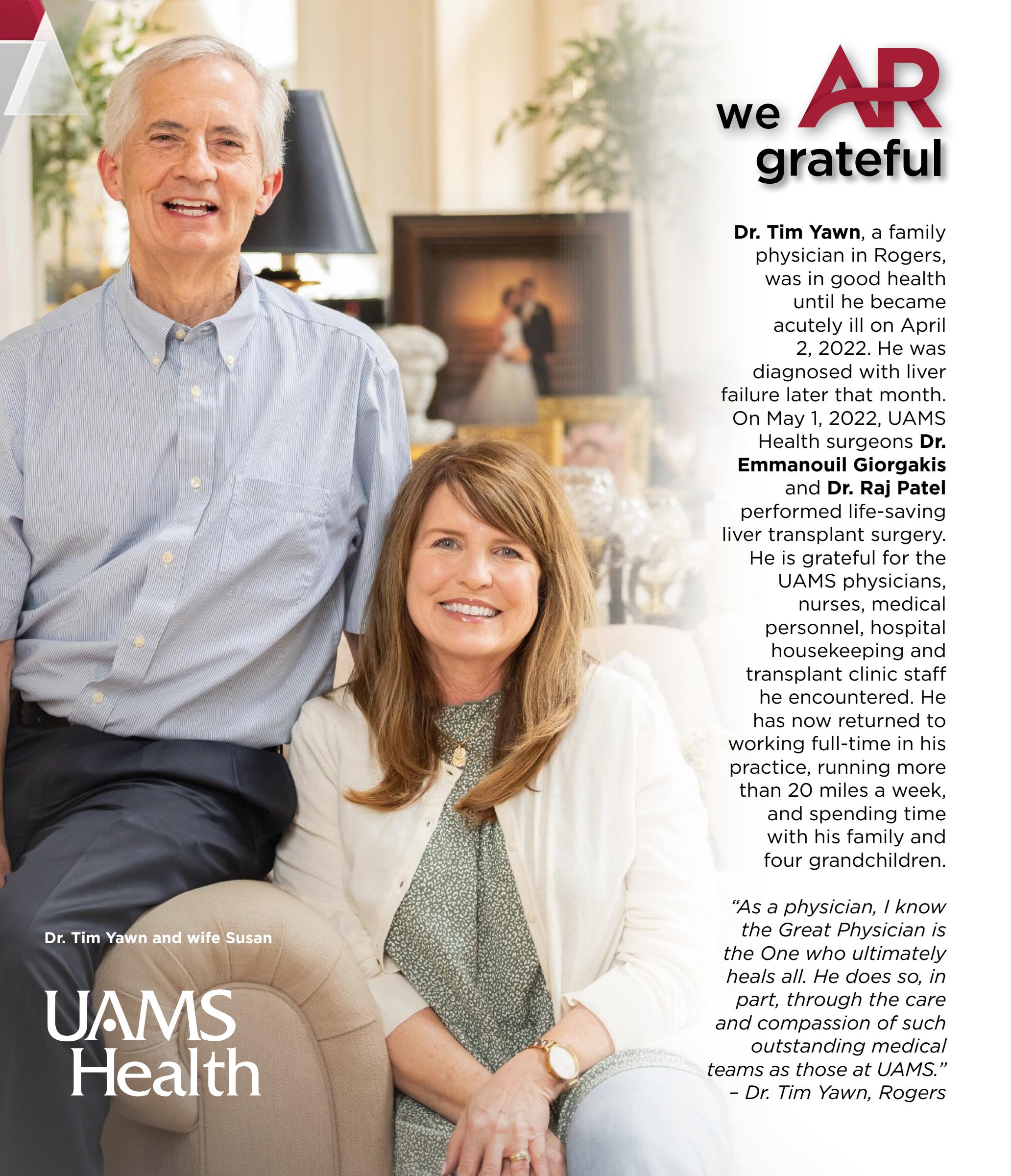
Our team of industry experts provides healthcare that becomes a way of life. Using our experience in both traditional and functional medicine, we offer an upgraded standard of care for our patients. Our services and specialties include bioidentical hormone replacement therapy, weight loss, replenishing IVs, and array of aesthetic services.

We are dedicated to addressing those concerns about your energy levels, your sex drive, weight loss struggles, and aesthetic issues. Our patients deserve to be heard, taken seriously, and worked with to find solutions. Revive Lifestyle Medicine is the most established luxury healthcare setting of its kind in Arkansas.

Bailey Taylor - RN, Randi Rodgers - APRN, Everly Escobedo - RN, Jourdan Quinn - APRN,
Candace Priddy - PA, Lindsey Ponwith - APRN/Owner, Kayla Hayes - RN

8114 Cantrell Rd | Little Rock | 501.779.8554
revivelifestylemedicine.com





Dr. Tim Yawn and wife Susan

UAMS
Health

we **AR**
grateful

Dr. Tim Yawn, a family physician in Rogers, was in good health until he became acutely ill on April 2, 2022. He was diagnosed with liver failure later that month. On May 1, 2022, UAMS Health surgeons **Dr. Emmanouil Giorgakis** and **Dr. Raj Patel** performed life-saving liver transplant surgery. He is grateful for the UAMS physicians, nurses, medical personnel, hospital housekeeping and transplant clinic staff he encountered. He has now returned to working full-time in his practice, running more than 20 miles a week, and spending time with his family and four grandchildren.

“As a physician, I know the Great Physician is the One who ultimately heals all. He does so, in part, through the care and compassion of such outstanding medical teams as those at UAMS.”
- Dr. Tim Yawn, Rogers