

ARKANSAS BRIDE

SPRING/SUMMER 2018

ARKANSASBRIDE.COM

white
HOT!

*164 pages of inventive
details, glowing gowns
and elegant florals*





finish it with Florals

After all the big decisions like the venue, dress and color scheme have been made and your wedding vision is clear, the icing on the cake is always the florals.

While flowers are often the finishing touch, they are crucial to making a wedding vision come to life.

We discovered Arkansas brides are more into their florals than ever. Forty percent of brides surveyed said florals were one of the most important aspects of their big day in our 2017 Arkansas Wedding Report.

We want to make it as easy as possible for you to pick your favorite blooms. First things first, check the wedding floral budget breakdown on page 107 to make sure you know what you're getting into.

Find out what season your favorite flower peaks on page 108 and find a cheaper alternative to pricey blooms (read: peonies) on page 110. And, of course, if you're still shopping for the right florist, browse the list of our favorite floral experts on page 156.

BY MEGAN LEDBETTER

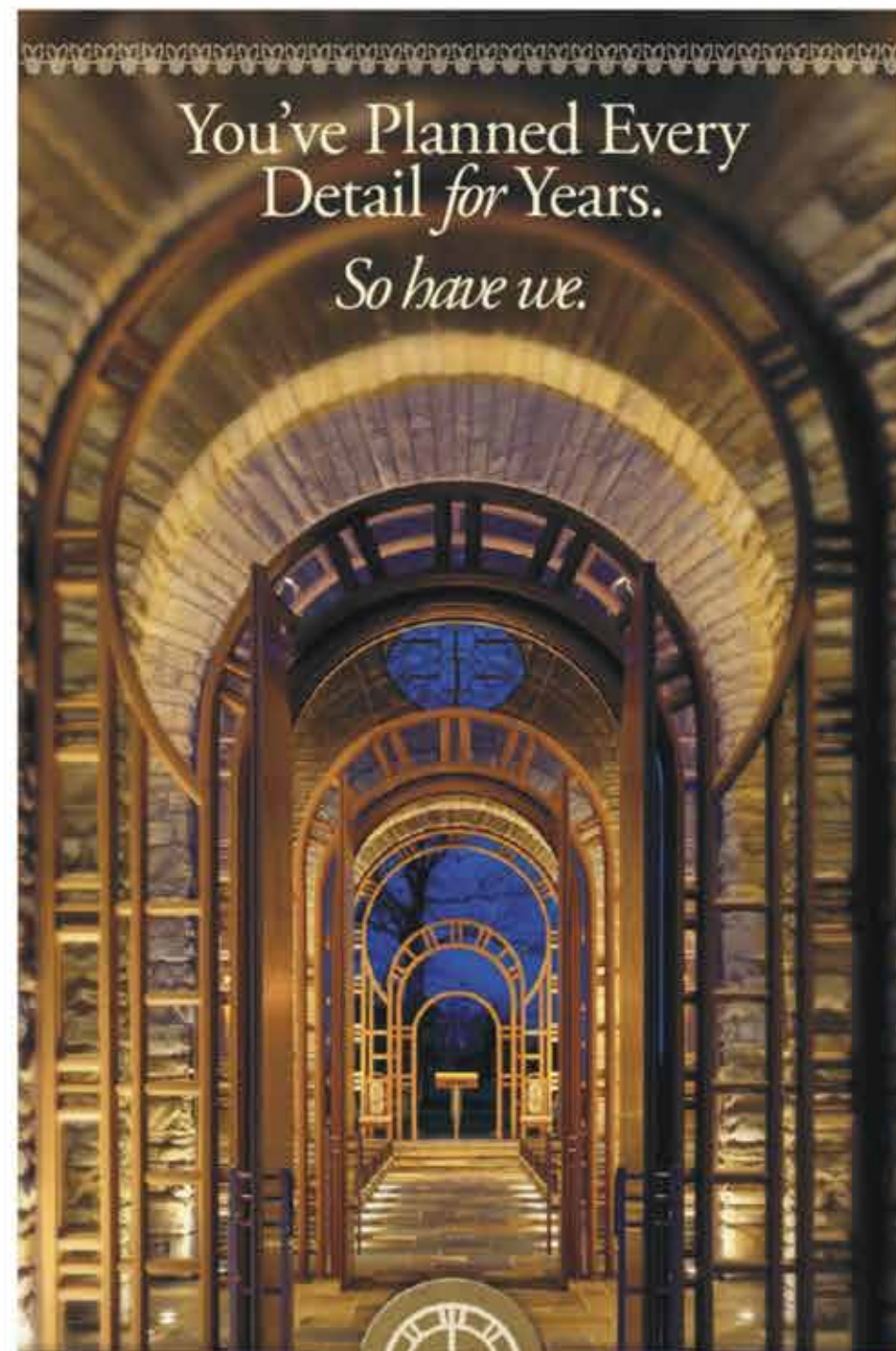


FLORAL BUDGET BASICS

As you may well know, flowers can be expensive. To save you from sticker shock, we talked with a few floral experts who helped compile a basic budget to arm you with numbers going into the planning phase. Our florist friends used their significant expertise to create this mock floral budget including everything from grandmother corsages and altar arrangement to the pew markers and flower girl's petals.*

BRIDAL BOUQUET	\$203
BRIDESMAIDS (5)	\$372
GROOM'S BOUTONNIERE	\$13
GROOMSMEN, FATHERS, GRANDFATHERS BOUTONNIERES (11)	\$134
RINGBEARER	\$9
MOTHER WRISTLETS (2)	\$64
GRANDMOTHER CORSAGES (4)	\$104
PETALS FOR FLOWER GIRL'S BASKET	\$13
ALTAR	\$420
PEW MARKERS (RESERVED ONLY)	\$125
SIGN IN TABLE	\$100
<small>Tipton & Hurst and Events by Debra said they'd repurpose a bridesmaid bouquet or the toss bouquet to cut down on cost.</small>	
HEAD TABLE	\$325
BUFFET TABLE	\$251
CAKE FLOWERS	\$100
GUEST TABLES (17 FOR A TOTAL OF 170 GUESTS)	\$558
<small>Tipton & Hurst said they'd reuse bridesmaid bouquets for the guest tables or cocktail tables.</small>	

*Editor's Note: This mock wedding budget was compiled by asking five local florists (Tipton & Hurst, Events by Debra, Tanarah Luxe Floral, Eminent Planning and Shirley's Flower Studio) to give average line item amounts to fit a floral budget of \$3,500. Florists want to note that the price does not include setup, delivery, design fee, sales tax or rental containers. In addition, brides will need to budget extra cash for high-dollar blooms such as peonies when planning.



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WEDDING FLOWER CHEAT SHEET

BLOOM	SEASON	COLOR	DID YOU KNOW?
	POPPEY	late summer & fall	a shade for every bride from white and pastel to bright, hot colors like the classic red poppy
	HYDRANGEA	spring, summer & early fall	shades of pink, red, green, purple, blues or even multicolored
	CHRYSANTHEMUM	late summer & fall	white, yellow, green, orange, russet, red or burgundy
	COSMOS	summer & fall	grows in shades of pink and magenta on long stems with feathery foliage
	DAHLIAS	summer & fall	white, yellow, orange, pink, red or purple
	DAISY	summer & fall	white
	ZINNIA	summer & fall	yellow, green, orange, pink, red
	AMARYLLIS	winter & spring	white, yellow, green, pink, red, burgundy
	ANEMONE	winter & spring	white, pink, purple, magenta, burgundy
	CALLA LILY	winter & late spring	very yellow, orange, light pink, dark pink, red, dark burgundy
	RANUNCULUS	winter & spring	white, yellow, apricot, orange and pale or dark pink
	DAFFODILS	spring	combinations of white, yellow, apricot, orange
	LILAC	spring	white, pale pink or classic purple
	PEONY	spring & summer	pink, red, white, yellow
	ROSE	spring & summer	wide variety including white, red, violet or yellow
	SWEET PEA	spring & summer	white, cream, apricot, pale pink, dark pink, red, lavender, purple
	TULIP	spring	nearly every color you can imagine from cool hues to deep, rich shades
	JASMINE	summer	buds are pale pink while the blossoms themselves are white
	GLADIOLAS	summer	white, yellow, green, apricot, orange, pale pink, dark pink, red, lavender, purple
	GARDENIA	year-round	very

BEST IN BLOOM

WE ASKED LOCAL FLORISTS WHAT THE TOP FLOWER TRENDS ARE RIGHT NOW. HERE'S WHAT THEY HAD TO SAY.

KELLY EFIRD FLOWER EVENTS



SUCCULENTS

"Most brides want something romantic, and greenery is really the trend right now. Lots of draped greenery with a few pops of color really gives them the romantic look they want. But peonies are still the top pick with brides for a large bloom flower."

—Kelly Efird

FLOWERS & HOME - BENTON



DAHLIA

"Dahlias are a very popular choice for brides because of the colors. Everyone is trying to use the wine tone in their weddings. The burgundy dahlia gives you a little bit of red without being on the burgundy and black side. It has more of a plum undertone and goes great with blush pink. There are just not a lot of blooms that come in that color."

—Tom Bynum

PETAL CHIK DESIGNS



SILVER DOLLAR EUCALYPTUS

"Silver dollar eucalyptus has been in almost every design. It is no secret that greenery has been all the rage for the past few years. With the rising popularity of using greys and blues and the bohemian trend, this greenery has all the right colors and movement to fill the role."

—Autumn Evans Beaulieu

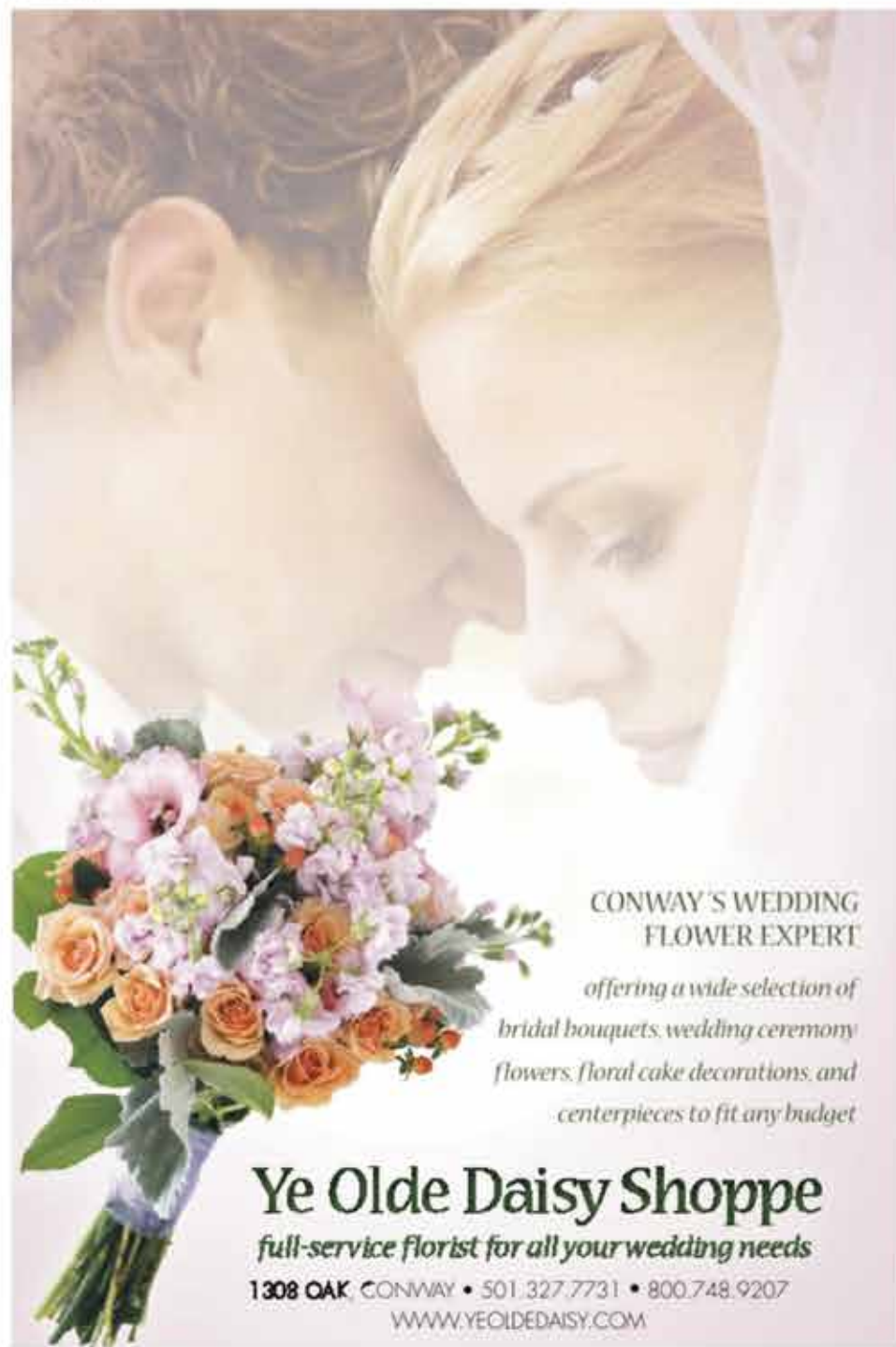


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SPLURGE vs. SAVE

SPLURGE	SAVE
 PEONY \$6 per stem This beautiful blossom is a statement piece and a favorite for many brides because of its texture and depth, but it's undoubtedly pricey even in season.	 DOUBLE-FLOWERING TULIP \$2 per stem The double-flowering tulip is a great, cheaper alternative to the peony because it has the same texture and depth with unfolding layers.
 GARDENIA \$20 per stem While these blooms are popular for their texture and scent, even brides with plentiful budgets have to be careful using gardenias.	 ROSE \$3 per stem It may not have the waxy appearance of the gardenia, but a classic white rose has a very similar bud.
 LILY OF THE VALLEY \$10 per stem This delicate bell-shaped flower is a great filler flower that adds bulk to an arrangement or bouquet. Lily of the Valley is sold in single stalks that can add up quickly.	 BABY'S BREATH \$16 per bunch Baby's breath is another popular filler-flower. Although the price appears daunting, it comes in bunches rather than single stems.

No matter how plentiful your budget may be, there are always ways to save. Trim your budget without sacrificing your vision by using these alternatives to expensive blooms.

SPLURGE	SAVE
 PHALAENOPSIS ORCHID \$50 per stem These beautiful orchids are rich in color and hold multiple blooms per double-stem stalk. Unfortunately, this type of orchid comes with a high price.	 DENDROBIUM ORCHID \$3 per stem They might not look as regal as the high-end orchids, but the dendrobium orchids come in many species, providing endless options in color and shape.
 DAHLIA \$8 per stem This globe-shaped flower with petals galore creates volume and texture in any arrangement.	 CHRYSANTHEMUM (MUMS) \$2 per stem These ball-shaped blooms come in many assortments and colors, allowing more blooms for less money.
 CALLA LILY \$5 per stem This large trumpet-shaped flower is completely one-of-a-kind. It creates a modern, sophisticated vibe that's guaranteed to be noticed by guests.	 STAR OF BETHLEHEM \$4 per bunch This bloom has the appearance of a lily and even comes in pure white. It would make any arrangement equally as striking without breaking the bank.

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DEVAN MALONE & ERNEST ELBERT

APRIL 1, 2017 • MALVERN
FAMILY FARM CHRISTIAN DAY CAMP
BY MEGAN LEDBETTER

Ernie Elbert, a native of Fort Worth, Texas, and Devan Malone, a Benton native, had both lived in Little Rock for several years before meeting at a dinner party Ernie hosted for mutual friends. "It's funny to think about how the moment he answered the door, and we officially met, neither of us realized our entire lives were about to change," Devan said. "I think I knew he was the person I wanted to spend forever with from the very beginning."

Devan knew she wanted to get married somewhere important to her, and after growing up as a camper and counselor at Family Farm Christian Day Camp, the decision to wed on the property was a no-brainer.

To personalize their big day, they treated guests to some of their favorites breakfast foods (a nod to their first date, when Ernie brought Devan breakfast). Chicken and waffles, a cereal bar, a coffee bar with custom coffee sleeves and breakfast tacos, delighted guests. The cake was also layered with coffee and mocha flavors. The custom breakfast-themed reception signs now hang in the Elbert's kitchen.



COLOR STORY:



THE DETAILS

PHOTOGRAPHER: DREW CASON PHOTOGRAPHY, BENTON

VENUE: FAMILY FARM CHRISTIAN DAY CAMP, MALVERN

FLORIST: PETAL CHIK DESIGNS, LITTLE ROCK

DAY-OF COORDINATOR: ALLYSON GATTIN, LITTLE ROCK

CATERER: GINA'S CATERING, LITTLE ROCK

CAKE: STEPHANIE BOYD

WEDDING STATIONERY: WEDDING PAPER DIVAS & VISTA PRINT

VIDEOGRAPHY: ALEX BLANKENSHIP

DJ: CENTRAL ARKANSAS ENTERTAINMENT, LITTLE ROCK

RENTALS: CONFETTI'S PARTY RENTAL, LITTLE ROCK

WEDDING GOWN: LOW'S BRIDAL & FORMAL, BRINKLEY

BRIDESMAID ATTIRE: LIGHTINTHEBOX.COM

WEDDING BANDS: SISSY'S LOG CABIN, LITTLE ROCK

GROOM & GROOMSMEN ATTIRE: MEN'S WEARHOUSE, LITTLE ROCK

HAIR & MAKEUP: LAURA HART

REHEARSAL DINNER VENUE: BENTON EVENT CENTER, BENTON

WEDDING VENDOR WE LOVE

ASHLYN COOK & EVAN JOHNSON

APRIL 22, 2017 • BENTONVILLE • BALLROOM AT I STREET
BY MEGAN LEDBETTER

Ashlyn Cook of Jefferson City, Missouri, has always dreamed of an elegant, timeless and traditional wedding, so her color scheme was an immediate and easy decision. She pictured black bridesmaids dresses and tuxedos standing in stark contrast to an all-white venue. When she discovered The Ballroom at I Street, she knew she had struck gold. The chandeliers, white flowers and an abundance of greenery and gold details added a touch of elegance to the day. The couple also utilized the outdoor courtyard with large white tents for the cocktail hour.

For this couple, their favorite part of the day was the ceremony. Not only was it significant to them because of their faith, but many close friends and family held special roles, making it personal and intimate. "I still get goosebumps every time I think about our ceremony. It will forever be the most meaningful part of our wedding," Ashlyn says.



COLOR STORY:



THE DETAILS

PHOTOGRAPHER: LELA & LYLA PHOTOGRAPHY, LITTLE ROCK

VENUE: THE BALLROOM AT I STREET, BENTONVILLE

EVENT PLANNER: JLK WEDDINGS, BENTONVILLE

FLORIST: JULES DESIGN, FAYETTEVILLE

CATERER: MERMAIDS, FAYETTEVILLE

DRINKS: WALTON BOULEVARD WINE & SPIRITS, BENTONVILLE

CAKE: HARPS FOODS, BENTONVILLE

DONUT BAR: KRISPY KREME, BENTONVILLE

INVITATIONS & CALLIGRAPHY: KAY DANA

VIDEOGRAPHER: KLAYTON SEYLER, LITTLE ROCK

MUSICIANS: TREY KENNEDY; SMOOTHMAN MUSIC PRODUCTIONS, SPRINGDALE

DJ: BROCK ENTERTAINMENT, ROGERS

RENTALS: INTENTS PARTY RENTALS AND EVENTURES PARTY RENTALS, BOTH FAYETTEVILLE

WEDDING GOWN: TESORL, FAYETTEVILLE

BRIDESMAID ATTIRE: AZAZIE.COM, BENTONVILLE

TUXES: MEN'S WEARHOUSE, ROGERS

HAIR: LUXE BEAUTY, FAYETTEVILLE

MAKEUP: MEGAN IRWIN, LITTLE ROCK

JEWELRY: UNDERWOOD'S FINE JEWELERS, FAYETTEVILLE

ALTERATIONS: MATERIAL CONCEPTS, FAYETTEVILLE

RECEPTION STAFF & PARKING LOT SHUTTLE: BOHEMIAN GEEKS, SPRINGDALE

The breathtaking "Hawthorne" gown by Hayley Paige is truly special. The alabaster ombre tulle gown boasts a sexy sweetheart bodice with lace appliques; available at TESORI, FAYETTEVILLE.

Shown with a yellow gold and diamond engagement ring from Blakeman's Fine Jewelry, Rogers. Stackable bands from Sissy's Log Cabin, Little Rock.

WHITE HOT!

RADIANT AND DARING DRESSES TO TAKE HIS BREATH AWAY

PHOTOGRAPHY
HAIR & MAKEUP
FLOWERS
RENTALS
MODELS

JASON MASTERS
ANGELA ALEXANDER
CENTRINA WASHINGTON, EMINENT PLANNING
HANK'S EVENT RENTALS
PATEN DENTON (BRIDE), ALANA LAMBERT (BRIDESMAID)
AND COLTEN JOHNSON (GROOM)

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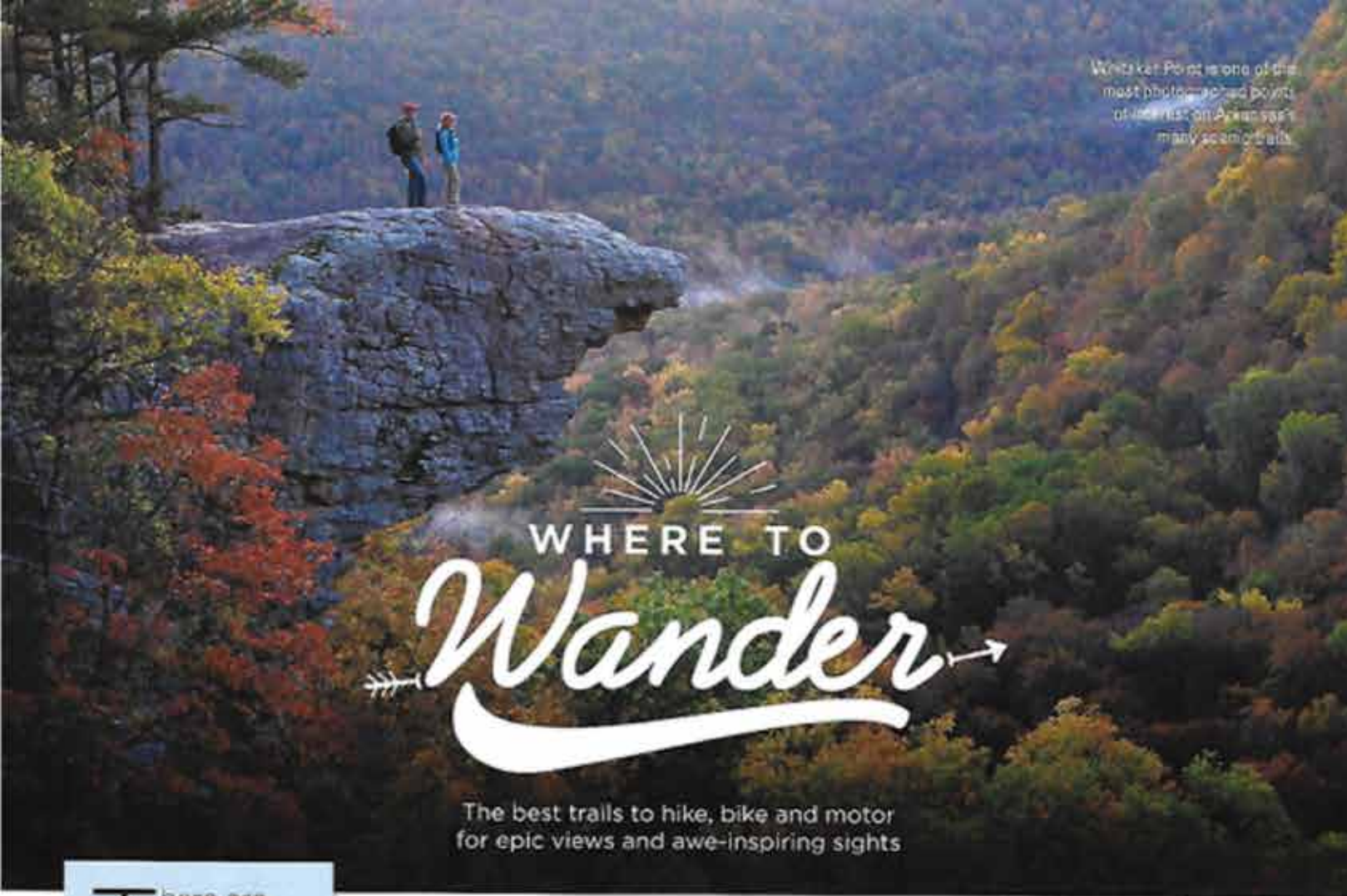
Developments & growth
across Arkansas—Pg. 18

Why we're hailed as a
foodie state—Pg. 59

EPIC VIEWS

The best trails to hike, bike and motor for awe-inspiring sights

↗
Lake
Pinnacle
Mountain
Pg. 65



Whitaker Point is one of the most photographed points of interest on Arkansas's many scenic trails.

WHERE TO Wander

The best trails to hike, bike and motor for epic views and awe-inspiring sights

There are countless trails in Arkansas, especially across the western half of the state, ranging from a few feet to a few hundred miles in length. Listing all the possible hiking, cycling, mountain biking and motorcycling trails would constitute its own publication, but here are a few of our favorites.

Hiking

NORTHWEST

BENCH ROAD TRAIL

Mount Nebo State Park
3.5 miles | Easy

This trail is actually an old wagon road that circles just below the rim of the mountain. *> Detour: If you climb to the top of Mount Nebo, Mount Nebo Falls is located only 100 yards down the trail.*

LOST VALLEY TRAIL

Lost Valley near Ponca
2 miles | Easy to Moderate

This trail, which is one of the most popular trails near the Buffalo National River because of its breathtaking scenery, is home to caves, a natural bridge and 350-foot Eden Falls.

WHITAKER POINT

Near Ponca
3 miles | Moderate
Whitaker Point (also known as Hawksbill Crag) is a favorite among hikers. It's known for being one of the "Best Places in Arkansas to Get Kissed," the backdrop for the opening scene in the film "Tuck Everlasting," and a prime location for engagements and photography.

HEMMED-IN-HOLLOW

Buffalo National River
6 miles | Hard

Find the waterfall via the Compton Trailhead. The falls is the tallest-known waterfall between the Rockies and Appalachians standing at 210 feet tall.

NORTH CENTRAL

MIRROR LAKE TRAIL

Near Mountain View
2 miles | Easy

This trail explores the area outside Blanchard Springs Cavern. The water that flows out of the cavern eventually reaches the Civilian Conservation Corps-era dam and creates Mirror Lake. You will also see a CCC mill and beautiful cascade waterfall.

BRIDAL VEIL FALLS TRAIL

Near Heber Springs
0.5 mile | Easy

A scenic, simple trail with a beautiful waterfall pay off — a bucket list hike in Arkansas.

SUGAR LOAF MOUNTAIN TRAIL

Heber Springs
1.5 miles | Moderate to Hard

The fairly worn path gains elevation rather quickly. Once

you reach the base of the peak, some rock climbing is required in order to reach Sugar Loaf's peak, but once on top, the peak plateaus affording you panoramic views of Sugar Loaf Mountain.

UPPER DELTA

BUTTERFLIES & BLOOMS TRAIL

Lake Charles State Park
0.3 mile | Easy

The trail meanders through wildflowers and a wildlife habitat that changes each week through the season.

DANCING RABBIT TRAIL

Crowley's Ridge State Park
1.5 miles | Easy

This trail leads hikers through a Native American campground with multiple bridges, including a swinging bridge, and explores the hills and valleys of Crowley's Ridge.

GREAT BLUE HERON TRAIL

Lake Poinsett State Park
1.1 miles | Easy

This trail loop leads to beautiful views of Lake Poinsett. Be on the lookout for white-tailed deer, red fox, grey squirrel and wood ducks. *> Detour: This trail walks through different songbird and waterfowl habitats and is a great trail for bird watchers.*

LOWER DELTA

ARKANSAS POST NATIONAL MEMORIAL TRAIL SYSTEM

Near Gillett
2 miles | Easy

Behind the museum, two miles of trails guide hikers through the historic town surrounding the site and the Civil War trenches that still remain from the Battle of Arkansas Post in 1863.



DELTA VIEW TRAIL

Cane Creek State Park
2.5 miles | Moderate

Uniquely sitting between the Gulf Coastal Plain and the Delta, this trail provides the terrain of the plains' rolling hills with the view of Cane Creek Lake in the Delta.

SOUTHWEST

CADDO BEND TRAIL

Near Mountain Pine
4 miles | Moderate

This trail leads to views of wild flowers, large boulders, and quartz, as well as Lake Ouachita and a peninsula on the east side of the lake—offering another beautiful vantage point.

EAGLE ROCK LOOP

Near Caddo Gap
25 miles | Hard

This long trail is used year-round for hiking, camping, fishing, and backpacking. Because there are five trailheads, hiking smaller portions of this trail is also a really great option. One of the five trailheads provides a shorter hike to Little Missouri Falls.

Ozark National Forest's Sam's Throne Trail in the winter (above) and Eden Falls, a 350-foot waterfall located along the Lost Valley Trail (right)



CENTRAL

SEVEN HOLLOW

Petit Jean State Park
4½ miles | Moderate

This trail was called one of the best hiking trails in the state by photographer Tim Ernst, thanks in part to its verdant canopy of hardwood forest. The prime feature, however, is the grotto located halfway through the loop, which consists of a waterfall, water holding area and rock overhang. *> Detour: As you hike along the canyon on the south side of Petit Jean, you'll encounter a natural stone arch, rock shelters and other signs of the Native Americans who used to inhabit the area.*

PINNACLE MOUNTAIN-WEST SUMMIT TRAIL

Pinnacle Mountain State Park
1½ miles | Moderate to Hard

The easier of the two trails to the peak of Pinnacle Mountain (featured on the cover of this magazine!) begins at the picnic grounds and winds up the top of the mountain on a relatively flat path until reaching the area near the top, which becomes more and more rocky.

Arkansas

AT A GLANCE

A peek at everything from rainfall and recreation to produce and politics



State Bird: **Mockingbird**



State Instrument: **Fiddle**



Annual relative humidity **57%**
 Average annual temperature **62.65°**
 Average annual rainfall **49.6"**

52 state parks
13 major lakes
16,000+ publicly and privately owned campsites

17.2 million ACRES OF STATE FORESTS
 More than half of the state is covered by forestland

A Few Famous People from Arkansas:

- Maya Angelou
- Glen Campbell
- Johnny Cash
- Bill Clinton
- John Grisham
- Mike Huckabee
- Douglas MacArthur
- Scottie Pippen
- Mary Steenburgen
- Billy Bob Thornton

#5 in sorghum and grain production in the nation
#6 in cotton production in the nation
#8 in soybean and grape production in the nation

The 4th lowest cost of living in the U.S.
 Behind Michigan, Indiana and Mississippi



Joined the Union in **1836** as the **25th state**

\$111,400 median home cost in Arkansas
\$41,370 Average household income

Famous name brands that got their start in Arkansas:
Walmart | 1962 in Bentonville
Stephens Inc. | 1953 in Fort Smith
Hiland Dairy | 1938 in Little Rock originally known as Coleman Dairy
Tyson Foods | 1935 in Springdale
Dillard's | 1938 in Nashville
Yarnell's | 1932 in Searcy
Riceland Foods | 1921 in Stuttgart

Home of the world's only **diamond mine** open to the public (Murfreesboro)
#1 in rice and poultry production in the nation



Where did Arkansas get its name?

The word "Arkansas" was derived by French explorers from the Native American name for the tribe now known as **Quapaw** (or **Arkansaw**). They called them "Ugakhpah" which means "the people who live downstream." After the pronunciation was slightly changed (or mispronounced) by the French explorers, the spelling and pronunciation has evolved to become "Arkansas."

Population **2.99 MILLION**

2.5% POPULATION INCREASE SINCE 2010

Ranked **32nd** in population
56 people per square mile
 according to population estimate July 1, 2016

49.1% MALE

50.9% FEMALE

52,075 square miles of land + **1,107** square miles of water = **53,182** square miles
29th largest state in the U.S.



Established in 1972 as the first national river, the **BUFFALO NATIONAL RIVER** flows freely for 153 miles and is one of the few remaining undammed rivers west of the Mississippi.

HIGHEST POINT: Mount Magazine at 2,753 feet above sea level

LOWEST POINT: Ouachita River at 55 feet above sea level



arkansas next

a guide to life after high school

2017/2018 | FREE

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Radio STAR

How Arkansas native **Bobby Bones**
turned his radio dreams into reality

Plus:

6 COOL ARKANSAS
COLLEGE TOWNS
- SNEAK PEEK!

EVERYTHING YOU
NEED TO DO BEFORE
GRADUATION

THE FRESHMEN 15
HOW TO STAY PHYSICALLY &
MENTALLY FIT AT COLLEGE

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FRESHMEN

15

STAYING HEALTHY IN COLLEGE IS NOT JUST ABOUT THE NUMBER ON THE SCALE!

College is a unique time of life. For many, it will be your first taste of living on your own and caring for yourself. Your mental and physical well-being are crucial for success. Here are 15 things you need to focus on to remain happy, healthy and safe at college.

by Megan Ledbetter



1 EAT RIGHT.

For many college students, forming healthy eating habits can be difficult because you are often limited to whatever food is available. Although it is easy to eat what you're craving, eating healthy and on schedule is crucial to maintaining proper health and energy.

- Learn portion control. Stress eating is a problem for many students.
- Don't skip meals, especially breakfast. It jumpstarts your metabolism and improves concentration.
- Drink lots of water and limit sugary, caffeinated drinks.



2 STAY ACTIVE.

There are countless ways to stay active on campus including gym and recreation facilities, fitness courses, sports and intramurals, and sometimes even bicycles, camping gear, canoes and kayaks are available for rent. If nothing else, just walking to class can be great exercise and a way to discover more about your campus.

- Establish realistic goals. Expecting too much of yourself can lead to discouragement and self-sabotage. Be consistent.
- Make it fun and bring a friend!
- Use exercise as stress relief.



3 SLEEP MORE!

The No. 1 way to stay healthy is to get enough sleep, says UCA RN Rochelle McFerguson. A lack of sleep can impact energy level, appetite and stress. College demands and social pursuits will interfere, but sleep is essential.

- Taking frequent naps to "catch up" is NOT good enough.
- Follow a routine and get six to eight hours of sleep each night.
- Don't pull "all-nighters."
- Separate your workspace from your sleep space. Don't study in bed.

4 GO TO THE NURSE.

Sometimes you just get sick. Nearly all college campuses have health facilities available that are free to students. These clinics have connections with off-campus doctors when needed, but offer nurses and other specialized staff for treatment of minor illnesses and injuries, allergies, physical examinations, women's health exams, immunizations, health education, health promotion, health maintenance and much more.

"WHEN THE STRESS OF COLLEGE LIFE BECOMES OVERWHELMING, SEEK HELP FROM PROFESSIONALS ON CAMPUS."

- Kristy Davis, associate dean for student wellness at Arkansas Tech University.

6 DON'T IGNORE ANXIETY.

Social anxiety is another thing a lot of students deal with. Being thrown into a new environment is intimidating, but once you get involved, that social anxiety and shyness will slowly melt away. Remember that these feelings are normal. Just because your friends appear to have already adjusted doesn't mean you have to. Take the time you need to adjust.



7 GET INVOLVED.

One of the biggest concerns students have when entering college is getting involved and making friends. "Making key connections in the first year of college is critical to student success," says Shelby Dias, director of news services at Harding University. A lack of good friends and support can create social anxiety and shyness, and that's completely normal! The trick is putting yourself out there.

Every school has new student programs and events to get students together. Go to as many as possible. Greek life is another way to get involved on campus (read more about that on page 50).

8 DON'T BE AFRAID TO ASK FOR HELP!

Bad psychological health refers to the inability to think, express emotions and behave appropriately in social settings. Many college students encounter temporary problems with psychological health and do not seek help. These issues can stem from peer pressure, low self-esteem, lack of sleep and other sources and can show themselves in many ways.

9 BE AWARE OF TOXIC RELATIONSHIPS.

Unhealthy relationships and breakups can isolate you from your support group. It's important to be aware and confident; don't do anything you aren't comfortable with. Seek help from campus counselors if you ever feel like things are getting out of hand with a boyfriend or girlfriend.

10 STICK TO A BUDGET.

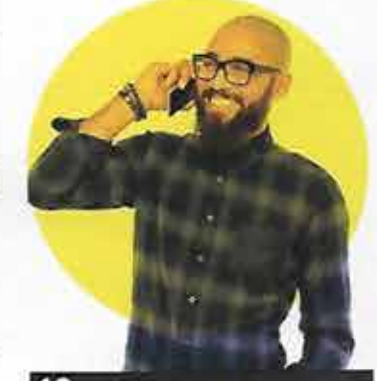
Many students struggle with the stress of paying for tuition, books, housing, meal plans and daily costs like coffee, groceries and going out with friends. Don't let money anxiety overtake you. Get help from campus resources, budget your loose change and focus on academics.



11 TALK TO SOMEONE.

For those living on campus, resident directors and RAs can be a great support when you're feeling emotional, anxious, lost or overwhelmed. Talk to someone before you hit a wall or if you feel depressed. Most campuses have multiple counselors on staff to help students through mental struggles, and there's often an emergency on-call counselor available 24/7.

Remember, always report suicidal or troubling comments made by peers to school counselors or campus police.



12 KEEP IN TOUCH.

Many college students are excited to begin this new phase of life, but after settling in, they realize how much they miss their home, family and friends. Whether you are 50 miles or 200 miles from home, make sure you keep in touch with loved ones to stay encouraged and grounded.



13 LEAVE TIME FOR YOU.

Even if you're juggling a packed class schedule and long list of homework, dedicate some time just for yourself. You will be reenergized and perform better. "Have a good self-care plan ... make time for quiet and fun," says Susan Sobel, director of the Counseling Center at UCA.

14 AVOID ALCOHOL.

Alcohol is prohibited on most college campuses, and the rules are enforced by campus police and safety officers. There are strict consequences. Not only does high-risk drinking negatively impact class attendance, it cuts into study time and hurts your GPA.

15 DON'T TAKE DRUGS.

Drugs are prohibited on all college campuses, and the guidelines are enforced by on-campus police and safety officers. Consequences include probation or expulsion, drug education programs and sometimes more drastic measures, depending on the university guidelines. Even if you are not directly taking part, remember to be aware of those around you in order to stay safe. Keep an eye on your drinks and food. You never know what can happen in unfamiliar surroundings.

JOBS IN ACCOUNTING

WHY IT'S HOT: Employment of accountants and auditors is projected to grow 11 percent by 2024, faster than the average for all occupations. In general, employment growth of accountants and auditors is expected to be closely tied to the health of the overall economy. As the economy grows, more workers should be needed to prepare and examine financial records.

THE MAJOR: Bachelor's degree in accounting or a related field. Certification within a specific field improves job prospects. For example, many accountants become Certified Public Accountants (CPAs).

THE PAYCHECK: The median annual wage for accountants and auditors was \$68,150 in May 2016.

Source: Bureau of Labor Statistics



VINCE PALERMO

JOBS IN DEMAND

ACCOUNTING / STATISTICS

ASHLEY CAMPBELL

JOB: Financial Institution Bond & Specialty Underwriter for Travelers Insurance

AGE: 29

HOMETOWN: Malvern

DEGREES: Bachelor of Business Administration—Accounting Emphasis and a Master of Business Administration

ALMA MATER: Henderson State University

BY MEGAN LEDBETTER

Why did you choose accounting?

I have always been interested in numbers. Not in the sense of algebra or geometry, but in the ins and outs of the numbers of a business: how different businesses make money, their profitability, return on investments, and so on. I took advice from my college adviser who advised that accounting has one of the highest job placements after graduation, and I would also be learning those ins and outs of a business' financial statements.

What would surprise students about your field?

When most people think of accounting, they think of taxes. There is so much more you can do with this degree. Your possibilities are endless!

What is your job like?

My current role is a cross between analysis and sales. I assess a bank or credit union's financial statements in order to develop a premium associated for their bond and specialty insurance. I often meet with the bank or credit union, along with the insurance agent to discuss the insurance policy offerings and how Travelers can bring value to the institution. My favorite thing about my job is that I'm not behind a desk every day. I am out developing relationships with agents and insureds, while still utilizing my analytical background in accounting.

What advice would you give to someone considering accounting?

Accounting is a field in which your career possibilities are endless. My best advice is to do as much job shadowing you possibly can. Ask questions and learn as much as possible about different aspects of jobs and career paths.

IS IT REALLY FOR YOU?

GOING GREEK

by Megan Ledbetter

There's more to Greek life than you might think. They're different at public and private universities. They defy the myths and stereotypes. And they aren't for everyone.

AT A PUBLIC UNIVERSITY:

When you think of the Greek life you see in the movies, it's often a false portrayal. Real Greek chapters consist of national organizations, each with their own rush, recruitment and intake processes.

The National Panhellenic Conference (NPC) is the governing body for female sororities, the Interfraternity Council (IFC) is the governing body for male fraternities, and the National Pan-Hellenic Council (NPHC) is the governing body for historically African-American fraternities and sororities.

Others that exist in Arkansas include United Greek Council (UGC) — the University of Arkansas' governing body for latino chapters — and Independent Greek Council (IGC) — the University of Central Arkansas' governing body for latino chapters and its Christian sorority.



The UCA Panhellenic Council chapter delegates represent each of the five PC sororities on campus: Sigma Sigma Sigma, Alpha Sigma Alpha, Alpha Sigma Tau, Delta Zeta and Sigma Kappa.

AT A PRIVATE UNIVERSITY:

Private schools often have social clubs rather than sororities and fraternities. These clubs are often similar to Greek organizations. Ouachita Baptist University is home to 10 social clubs, and Harding University is home to 15 female social clubs and 14 male social clubs.

RECRUITMENT & INTAKE FOR SORORITIES AND FRATERNITIES AT PUBLIC UNIVERSITIES

Generally, PC and IFC have preview days in the summer and formal recruitment in the fall, often requiring an online application due in the summer. The NPHC member intake process (MIP) includes a seminar, orientation and induction after 12 hours of college credit have been completed.

PLEDGING A SOCIAL CLUB AT PRIVATE UNIVERSITIES

Although each private university is a little different, most processes involve open houses, mixers and voting. After accepting a bid (official invitation to join), new members go through a two-week induction.

"Those two weeks were some of the most exhausting I have ever experienced in my life, but it was so worth it. I was able to build a strong bond with girls that have become friends I can always rely on," said Anna Redell, a Harding University sophomore in Pi Theta Phi.

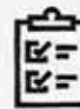
"Greek life was the main thing that helped me transition. I didn't know anyone when I got to UCA. Having an organization to be involved in helped me get plugged into the university and the community."

— Wilson Marseilles, senior and president of Kappa Sigma at UCA.

THE BENEFITS OF GOING GREEK



IMMEDIATE SOCIAL INTERACTION



MINIMUM GPA REQUIREMENTS



LEADERSHIP & NETWORKING OPPORTUNITIES



RESUME-BUILDING VOLUNTEER OPPORTUNITIES



Sunnie Cunningham chose a two-year college to earn her registered nursing degree. She appreciates that this route offers her easier access to and more time with professors.

VINCE PALERMO

2-YEAR COLLEGES

BY MEGAN LEDBETTER

SUNNIE CUNNINGHAM BLACK RIVER TECHNICAL COLLEGE

Major: Nursing
Hometown: Walnut Ridge • **Age:** 19 • **Year:** Sophomore

- This option is for you if:*
- You haven't picked a major yet
 - You need to live at home
 - You'd like to save money on tuition

After witnessing many nurses serve as caregivers to her hospitalized grandmother, Sunnie Cunningham decided nursing was a career that would give her personal fulfillment. She's currently completing her prerequisites and RN degree before transferring to a larger school to become a nurse practitioner. Although balancing school and homework with a job and busy lifestyle has been challenging, she felt prepared for college coursework because of her concurrent classes in high school. She enjoys the learning environment at BRTC because it's more personal, with easy access to professors. Her go-to advice for other students is to get a monthly planner and write everything down!

Why did you choose a two-year school over other options?

"I chose a two-year school because of Black River Technical College's new nursing program and its facilities. As a young adult, selecting a college was one of the first big decisions in my life. Black River, being a local community college, allowed me to stay close to my friends, family and job."

ADVANTAGES

Two-year colleges allow students to adjust to college gradually. Plus, students can get the courses needed for the first two years of a bachelor's degree for less money. Others work toward a certificate in a specific area or a two-year associate degree.

COST

The average tuition and fees for in-state students enrolled full time at a public two-year college was \$3,520 for 2016-17.* Notably cheaper than four-year institutions, plus scholarships and financial aid are still available.

ADMISSION REQUIREMENTS

Most public two-year colleges have an "open door" admissions policy. All you need is your high school transcript or GED scores. Most don't have a minimum GPA requirement.

HOUSING

Dorms aren't the norm, so a two-year college may be best if you want to live at home with your parents, or try spreading your wings in your own apartment.

*Source: CollegeBoard.org

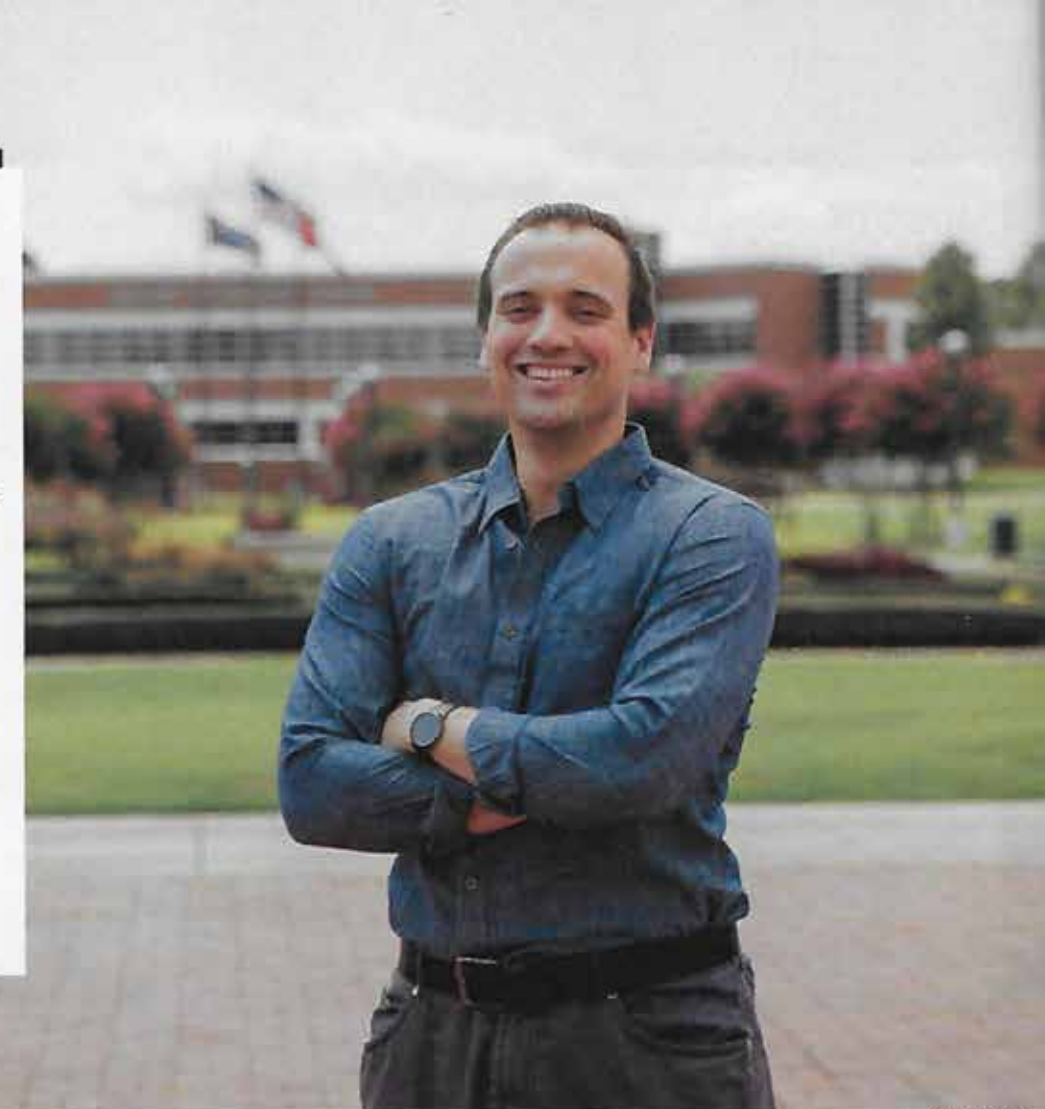
JOBS IN PHYSICAL THERAPY

WHY IT'S HOT: Employment of physical therapists is projected to grow 34 percent by 2024, much faster than the average for all occupations. In Arkansas alone, physical therapy assistants, physical therapists and occupational therapists are three of the top five fastest growing jobs. And *Forbes* reports physical therapy jobs have been the ninth hardest to fill nationally in 2017.

THE MAJOR: Physical therapists entering the profession need a Doctor of Physical Therapy (DPT) degree. All states require physical therapists to be licensed.

THE PAYCHECK: The median annual wage for physical therapists was \$85,400 in May 2016.

Sources: Bureau of Labor Statistics & Zippia.com.



KAT WILSON

JOBS IN DEMAND

PHYSICAL THERAPY

MICHAEL PHARIS

JOB: Physical Therapist at HealthSouth Rehabilitation Hospital of Fort Smith

AGE: 27

HOMETOWN: Van Buren

DEGREES: Bachelor of Science and Clinical Doctorate in Physical Therapy (DPT)

ALMA MATER: University of Central Arkansas

BY MEGAN LEDBETTER

Why did you choose physical therapy?

I chose physical therapy because of the opportunity to build relationships with patients, the challenge of coming up with ways to help patients get better, and the opportunity to get creative with treatments (and never get too constrained by one school of thought).

What was PT school like?

It was an intense three years dedicated to learning all about the human body in labs that dealt with patient movement, and learning special tests and manual techniques. It culminated with a year of clinical rotations where we worked to hone our skills before our national board exam.

What would surprise students most about PT?

It's much more than just doing arm curls or leg exercises, and it's not just "massage."

What do you love most about your job at HealthSouth?

My job involves helping individuals with a wide array of musculoskeletal and neurologic injuries to regain their function so they can operate as independently as possible at home and in the community.

I love the challenge of finding impairments and the challenge of finding ways to address them. I love being creative in my treatments and making therapy engaging for someone who would otherwise not want to "exercise."

What advice would you give a student considering PT?

Observe physical therapists in action before you apply. Ask questions. If you love people, building relationships and helping people improve their quality of life, physical therapy might just be the job for you.



"The online route is not as stressful as going to class on campus," Corey Goodman says. "The flexible hours students are given to complete assignments are so relieving."

ONLINE DEGREES

BY MEGAN LEDBETTER

COREY GOODMAN

UNIVERSITY OF CENTRAL ARKANSAS

Major: Insurance Risk Management

Hometown: Jonesboro and Ash Flat • **Age:** 19 • **Year:** Sophomore

This option is for you if:



You need to work full time



You're more of an introvert



You'd like to save your gas money

Corey Goodman is a true go-getter. Even though he graduated Highland High School in 2016, Corey has already earned enough college credits taking online courses via Arkansas Tech University-Ozark Campus and the University of Central Arkansas that he'll be a junior for the 2017-18 school year. Corey decided to take this higher education path in order to simultaneously learn, work and quickly gain real-world experience in his chosen field of insurance. He works full time for State Farm in Highland while taking his online classes. Even though you see all the assignments online at one time, he says the online route is not as stressful because the hours are flexible. The most challenging part, he says, is balancing going to college, working full time and trying to keep an active social life.

What advice would you give to students considering the online route?

"Don't go to a four-year college on campus just so you can party and have a good time. Follow your dreams, but don't waste time. Focus on your grades and school work, and get things done in a timely manner."

ADVANTAGES

Online degree programs are more convenient, offering working students a flexible class schedule and the ability to work at their own pace.

COST

The cost per credit hour for online courses is comparable to that of a two-year college. According to *U.S. News & World Report*, the average cost per online credit hour was \$282 in 2016, which works out to about \$3,400/semester for students taking 12 credit hours.

ADMISSION REQUIREMENTS

Just like traditional schools, online programs have certain requirements, including a minimum high school GPA and test scores.

HOUSING

Since your schedule is more flexible, you might find job opportunities that allow you to get a place of your own if you don't want to live with parents.



Technical schools offer a streamlined education, with programs teaching a particular skillset and industry knowledge needed for a specific field.

TECHNICAL SCHOOLS

BY MEGAN LEDBETTER

JACOB VEACH

ARKANSAS TECH UNIVERSITY-OZARK CAMPUS

Major: Physical Therapy Assistant

Hometown: Fort Smith • **Age:** 25

This option is for you if:



You need job-specific training



You like hands-on learning



You want fewer years of school

After taking AP Biology, Anatomy and Physiology in high school, Jacob Veach decided he wanted to be a physical therapist. Although he was not able to go to college right after graduating, he made the most of it by working different jobs that taught him the need for higher education. He's now in his second year in the Physical Therapy Assistant (PTA) program at ATU-Ozark. For Jacob, there is no such thing as aiming too high or too low with higher education because students should choose an education path based on their specific goals. Since ATU-Ozark's campus is smaller and less crowded, he's found a tight-knit community there. Jacob's even had the opportunity to get to know the chancellor.

What has been the biggest challenge for you so far?

"The PTA program has been the hardest thing I've done in my life. I've had to learn how to pace myself and not allow myself to get overwhelmed because it's very fast moving. I put a lot of pressure on myself to do well. Pace yourself and definitely get enough sleep."

SCHOOL DETAILS

Most technical school programs can be completed in one to two years. Others can get you out in the real world in as little as six to 12 weeks.

COST

Tuition and fees vary depending on how many classes you take.

ADMISSION REQUIREMENTS

Full-time enrollment at a technical school usually requires a high school diploma. If not, transferring to a two-year or four-year college later, which many students do, does require a high school diploma.

HOUSING

Unless you are completing a technical program at a two-year college with housing, housing isn't typically offered. You may be stuck at Mom and Dad's place or have to get an apartment.

According to *U.S. News & World Report*, workers with a master's degree or higher earn an average annual salary that's 30 percent higher (or more) than those with just a bachelor's degree.



KAT WILSON

GRADUATE SCHOOLS

BY MEGAN LEDBETTER

JESSICA PEREZ

UNIVERSITY OF ARKANSAS

Undergrad degree: Biomedical Engineering from the University of Arkansas

Master's degree: Biomedical Engineering (Cardiovascular Research emphasis)

Hometown: De Queen • **Age:** 25

- This option is for you if:*
- You want to advance your career
 - You really love school and don't mind studying
 - You want to make a lot of money

Although Jessica Perez began college thinking she would graduate in four years and immediately start working, her plan changed. During her junior year, Jessica finally decided on a major — biomedical engineering, with a vision to go into medical research. Even though she knew she would have to add a year of classes, and then go on to get her Ph.D., Jessica felt cardiovascular research was her calling. Now in her second year of graduate school, Jessica says she has grown in strength and determination. She quotes her brother's valedictorian speech as a way to summarize how she feels: "Success is always readily available for those who want it and are willing to work hard for it."

What is your go-to advice for high schoolers as they consider all levels of higher education?

"Keep an open mind. There's a chance that once you [begin working on] your degree you might find another degree is more suited for you. Be prepared for change, because there will be opportunities that will come up that you may never have imagined. It's extremely important to have a plan or goal, but it's even more important to keep an open mind and be willing to change."

LENGTH OF PROGRAM

The length of time varies depending on which program you're working toward. Graduate degrees in business or education typically take two years when taking classes full time.

COST

The average cost of a master's degree is between \$30,000 and \$120,000, according to FinAid.org. The cost varies depending on the university and the master's program itself. The average cost of an MBA, for example, is \$40,000.

ADMISSION REQUIREMENTS

Most graduate programs have a minimum GPA requirement, a minimum score on a standardized test such as the GRE, LSAT or MCAT and a bachelor's degree.

HOUSING

Most colleges offer on-campus living options for graduate students. If you'd prefer to live in an apartment away from campus, that's an option as well.

According to *Money* magazine, the average starting salary for a 2017 four-year college grad is \$49,785.



LUCAS WHEELER

4-YEAR UNIVERSITIES

BY MEGAN LEDBETTER

JONNATHAN ORTIZ

HARDING UNIVERSITY

Undergrad degree: Elementary Education

Hometown: Ola • **Age:** 21 • **Year:** Senior

- This option is for you if:*
- You want the traditional college experience
 - Dorm life doesn't scare you
 - You plan to pledge or rush

Senior Jonnathan Ortiz always knew he wanted to be an educator and that going to a four-year university would be the best option for him. While he has scholarships and loans to help him, paying for college life is hard. Jonnathan works during the summer to save for the fall and spring and has learned to recognize the difference between wants and needs. But for Jonnathan, college is worth it. He loves the people that surround him at Harding, and he's chosen to make the most of his four years. Jonnathan is involved in Kappa Delta Pi (a National Honors Society for education majors), the Honors College, the peer guide program and student association. The summer after he graduates, Jonnathan hopes to travel around the U.S. and Europe before beginning his teaching career in the fall.

What advice do you give students considering a four-year university?

"Do it! There's only one way to move forward in life and that starts with taking the first step. Going to a four-year college can be your first step."

LENGTH OF PROGRAM

Most bachelor's programs are on a four-year track, but how long it takes is up to you. Take caution: An overloaded class schedule can stretch you too thin and result in bad grades. Simultaneously, some scholarships require a certain number of credit hours per semester and only last four years. Find an on-campus academic advisor to help you plan.

COST

The average tuition and fees for in-state students enrolled full time at a public four-year college was \$9,650 for 2016-17.* Private colleges cost more. Fortunately, scholarships, loans and grants are available wherever you go.

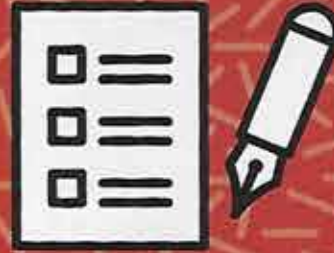
ADMISSION REQUIREMENTS

Universities typically require a high school diploma and set minimum GPA and ACT or SAT scores.

HOUSING

Most four-year colleges offer multiple options including dorms and on-campus apartments.

*Source: CollegeBoard.org



COLLEGE COUNTDOWN

What you need to do and when you need to do it

SOPHOMORE YEAR



- KEEP YOUR GRADES UP!** Building your GPA is essential. The first three and a half years of high school will make or break you.
- TAKE A PSAT PRACTICE TEST.** You will take the PSAT during junior year, and, if you do well, you can qualify for a lot of college cash. Being prepared will help improve your score.
- KEEP IN TOUCH.** Stay in close contact with your guidance counselor.
- MAKE A LIST.** List the schools you're interested in and research the degrees offered, enrollment size, tuition cost, campus, and surrounding area. Attending college and career fairs is a great way to do research fast.
- THINK ABOUT MAJORS.** Consider what majors and degrees lend themselves to careers within your interests and talents. Reach out to mentors and professionals in fields that interest you.

START THINKING AHEAD!

JUNIOR YEAR



- PREPARE FOR THE ACT OR SAT!** The more familiar you are with these tests and the contents of each section, the easier it will be to focus on improving your scores. Check to see what test scores your prospective schools require or recommend. Now is also the time to consider taking ACT or SAT prep courses to ensure good scores.
- TAKE THE PSAT IN THE FALL.** Scores on this one-time test can qualify you to be a National Merit Scholar or Finalist, which comes with a lot of scholarships.
- BOOST YOUR GPA.** Get good grades and take challenging courses.
- NARROW IT DOWN.** Narrow down your college choices and use all your allowed college visit days!
- RESEARCH CAREER FIELDS.** Look at fields that allow you to use your talents and passions. Make sure the colleges you're considering offer degrees you're interested in.
- BUILD A RESUME.** Remember that list you have been keeping since freshman year? Time to pull it out and compile a resume including extracurricular activities, volunteer work, community associations, work experience and academics. For help, visit www.JAMyWay.org for a free resume builder.
- VOLUNTEER.** If you didn't have any volunteer work to put on your resume, now is the time to collect some volunteer hours. These will help you qualify for scholarships too.
- KEEP UP WITH DEADLINES.** Ask counselors and other individuals to submit pieces for your applications long before deadlines so you don't get in a bind.
- GO AFTER SCHOLARSHIPS.** Begin applying for as many scholarships as you can during the second semester of your junior year.
- APPLY TO YOUR TOP SCHOOLS!** Fees are sometimes waived when you apply early as a junior. It can also help you get in line early for freshman housing.
- KEEP ATTENDING COLLEGE FAIRS** and college-prep opportunities.

IT'S GETTING REAL!

FRESHMAN YEAR



**FOCUS ON YOUR
ACADEMICS —
THEY COUNT
NOW!**

- GET GOOD GRADES.** As a freshman, your GPA begins to count and accumulate. It will affect you until you graduate high school. Really focus on academics.
- HANG WITH THE RIGHT CROWD.** You will change and grow a lot as you transition from elementary and middle school to high school. Hanging out with the right people will help you make better choices.
- GET INVOLVED.** Participate in extracurricular activities. Stay involved all four years of high school. Join groups both inside and outside your high school through leadership-oriented activities and volunteer opportunities.
- MEET WITH YOUR GUIDANCE COUNSELOR.** They can answer your questions and will encourage you to take the most rigorous coursework, especially in core subjects. Ask them about meeting graduation requirements early and taking advanced placement (AP), concurrent and honors courses.
- KEEP A LIST.** As you go, keep a list of accomplishments, awards and recognitions. It will make your life a lot easier in a few years when you need to fill out resumes and college applications.

metro

LITTLE ROCK GUIDE

BENTON • BRYANT • CABOT • CONWAY • JACKSONVILLE • LITTLE ROCK • MAUMELLE • NORTH LITTLE ROCK • SHERWOOD

15 BEST NEIGHBORHOODS IN THE METRO

DISCOVER:

PLACES TO LIVE // THINGS TO DO
FOOD TO EAT // WAYS TO CONNECT

BIG THINGS HAPPENING: WHY YOUR NEW HOMETOWN IS BOOMING!

CONWAY

AS HOME TO THE UNIVERSITY OF CENTRAL ARKANSAS

Hendrix College and Central Baptist College. Conway has been dubbed the "City of Colleges." Nearly 75 percent of its 65,000 residents are under the age of 45, adding to the city's unique and vibrant atmosphere.

Conway is also a city with a thriving business environment, growing technology sector, many scenic lakes and parks and cultural prolificacy. It's the perfect bait for getting local college graduates to stick around. In fact, 40 percent of Conway's adults have a post-secondary degree, giving Conway an uncommon advantage in economic development.

The town also has a mindset for the future. Conway 2025 is a plan that was set in motion in 2010 by the Chamber of Commerce to keep Conway active, building, creative, learning, moving, safe and working. Of the 132 goals spread across these seven sectors, 20 percent have been completed and 37 percent are in progress already. Some of these complete and in-progress updates include the new Conway High School (opened in 2011), Conway airport (opened in 2014), firetrucks, the Hendrix Village, the Meadows Office & Technology Park, restrooms at local parks, improvements of bridges and interstates, the downtown revitalization project (including a signature entrance archway), more public art projects and many roundabouts.

The most recent additions to Conway include the new Baptist Medical Health Center and the Lewis Crossing Shopping Center. Located on Dave Ward Drive, the new shopping center is already booming with retailers like Sam's Club, Academy Sports, Ross Dress for Less, Bed Bath & Beyond, Books-a-Million and Ulta as well as restaurants like On the Border. Other current shopping hubs in Conway are found in Downtown and Conway Commons.

Speaking of restaurants, the locals love Mike's Place, Market Place, Stoby's and Tacos 4 Life Grill, an eatery with a mission that donates a meal to a hungry child for every purchase. Another local



The recent push for a downtown restoration has only added to the fun, community feel that Conway has to offer.



The median home price in Conway is about \$150,000, and, according to Zillow, home values have gone up more than 3 percent in the past year alone.

favorite is Stoby's, which closed due to a kitchen fire in 2016. While the restaurant was closed, they opened a drive-through-only location that received enough business to keep the temporary location open even after the original brick-and-mortar location reopened in August 2017.

The town is dripping with jobs in higher education and health care. The Conway Regional Medical Center, Baptist Health Medical Center and Conway Human Development Center employ thousands of health professionals in Conway. The largest education-related employers are the Conway School District and the University

of Central Arkansas, but Conway's biggest employer is actually Acxiom Corporation, a software company specializing in database marketing that recently moved their headquarters from Little Rock to Conway.

Conway residents also enjoy median home prices well below the national average. It isn't unusual to find a starter home below \$100,000, but the median home cost is around \$135,000. If you're looking for luxury, try Centennial Valley.

Golfers flock to Conway because of several beautiful courses including Centennial Valley, Conway, Nutters Chapel and The Links at Cadron



With the vast majority of Conway's inhabitants being under the age of 45, the "City of Colleges" offers a unique living experience. Hendrix College (pictured) offers students a world-class education, a beautiful campus, diverse accommodations and easy access to the wonderful amenities Conway has to offer.

Valley country clubs. There's also the Arkansas Golf Center, a club fitting center and lesson facility where practice makes perfect.

The city is not lacking in recreation either. The Conway city limits border Beaverfork Lake and Lake Conway, and the town is home to over 10 parks that contain a vast array of picnic and camping areas and pavilions, playgrounds, tennis and basketball courts, hiking and biking trails, and areas to swim and fish.



Over the next 20 years, Conway is investing \$40 million into revamping its parks with the end goal of every citizen living within walking distance of a public park space.

MAKING HEADLINES

- In 2017, the **University of Central Arkansas** in Conway ranked 24th in the category of "Top Public Schools" among regional universities in the South according to *U.S. News & World Report*, which is an improvement from their 2016 position of 29th.
- *CBS MoneyWatch* and *Kiplinger* included Conway among those on their lists of the "10 Cheapest Places to Live."
- *Bloomberg Businessweek* ranked Conway as one of the "40 Strongest U.S. Metro Economies" in 2011.
- *CNN Money* ranked Conway 16th in the U.S. for growing cities with affordable home prices.

season includes stand-out acts such as "Wizard of Oz" and "Pixar in Concert."

But possibly the most exciting Conway experience is the annual Toad Suck Daze. Don't worry, no one's actually sucking on toads. The three-day festival draws more than 160,000 people to downtown in May with outrageous food, rides, a 5K, and concerts including 2014's headliner, MC Hammer.

The city has also made extraordinary leaps in sustainability, making Conway one of the state's greenest communities. A revolutionary automated recycling machine, reuse center, modern sanitary landfill and Styrofoam recycler in Conway are used by most of Faulkner county.

Conway lavishes its residents with cultural delights year-round. The entire Metro is drawn to the renowned performances at UCA's Reynolds Performance Hall. The Reynolds' upcoming