

TEXARKANA parent

JULY / AUGUST 2023



LOCAL FUN TO FINISH OFF SUMMER

Summer Camps & activities to finish off Summer with a bang!

PREPARING FOR BACK TO SCHOOL

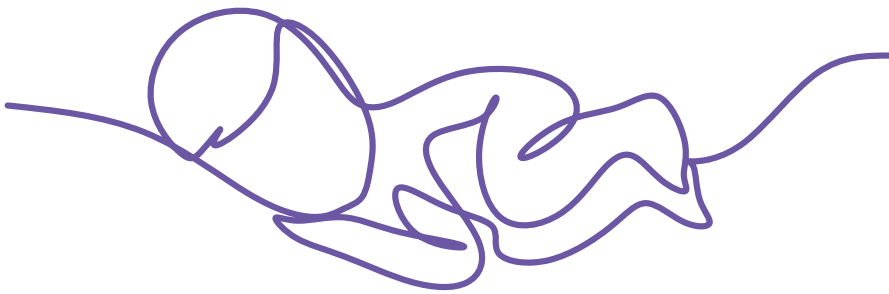
Local parent and educator shares wisdom on returning to school

PREGNANCY & NEWBORN GUIDE

Complete list of local boutiques, photographers, physicians, and more.

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September/October



NICU Awareness

Spotlight on the unique challenges of parenting preemies and local stories of parents who have overcome

Football Frenzy

Mascots, schedules, and a look ahead to the 2023 season

Fall Festivities

Places and events where families can celebrate the fall season

November/December

Shop Local & Give Back

Featuring locally sourced gift ideas + ways your family can give back during the holiday season

Christmas Lights

Where to go to find the best light shows within 100 miles of Texarkana

Volunteering in your community

Places to volunteer as a kid and as a family



Publisher's Page

PUBLISHER Katie Stone, Ben King, Amy King

COVER PHOTO BY Katie Stone

EDITORIAL CONTRIBUTORS

Katie Stone, Ben King, Brandy Debenport

COPY EDITOR Katie Stone, Ben King, Amy King

ACCOUNT EXECUTIVE Millie Serrano

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Texarkana Parent is a bimonthly magazine that is dedicated to promoting fun, safe, healthy, balanced, and educational activities and articles of relevance to Texarkana parents. All rights reserved, and reproduction without permission is strictly prohibited. All copy and content are copyrighted.

FOR ADVERTISING, CONTACT:

Millie Serrano, *Account Executive*
publisher@texarkanaparent.com

FOR A YEARLY SUBSCRIPTION OF *TEXARKANA PARENT*:

Contact publisher@texarkanaparent.com



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As a kid, I couldn't wait for summer to be over. I have always thrived in the company of others. I am such a 'people person' at heart. Spending summers stuck at home was never fun to me! Now, I make a point to take my daughter, Sophie, to her friends' houses during the summer. I have loved to watch her grow and experience new things this summer! It's hard to believe that all this fun has come to an end soon. I am so grateful that my daughter loves to go to school, too! Now if I could just get her to be a morning person, then we would be set!
-Katie Stone

Time never slows down! It seems that as parents we are always planning something. Yesterday we were making summer plans. Now, we are making back to school plans. While I am past the newborn stage, that is something huge that expecting parents need to plan for. How can we plan to make sure our kids are taken care of if something happens to us? This issue provides so much information to help make all of these plans. I hope each parent finds it beneficial in some way.
- Ben King

Wow! Almost halfway through Summer already! Feels like we just got our kiddos out of school, vacations planned, and now we are getting things together for the next school year. Whether you are in the first years of life with a new baby, school years here in town, or sending yours off to college this year, being a parent is a tough and busy job! We sure hope you find each issue of this magazine has some benefit to you and your family!
-Amy King



July/August Events

JULY 14 & AUGUST 11

Downtown Live at The Gallery

Along Broad Street in Downtown Texarkana | 6-9 p.m. Every second Friday, take the family for an arts-filled stroll downtown, where you can see artists painting live, hear live music, and enjoy food and drinks from your favorite downtown restaurants.

JULY 20

Intro to Music Production

We Are Washington
1900 Marietta St. | Texarkana Ark.
5:30 p.m.-6:30 p.m. Room #6
Students will learn that music is not a sport, nor a competition. Music is an art and a science that can be used to create a particular impact on the listener. No cost.

JULY 22

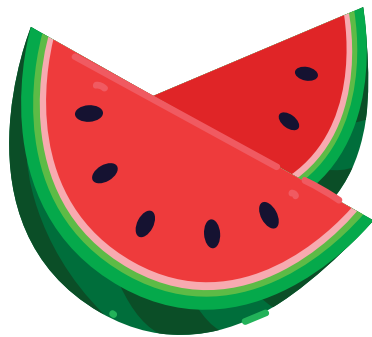
Play by the Pool

Movie Under the Stars at The Sportsplex by HealthCARE Express
Texarkana, TX. | 8 p.m.
Join us for a fun-filled evening by the pool as we screen "Finding Dory" under the stars at 8pm. Bring your family and friends, grab your favorite pool float, and settle in for a movie experience like no other.

AUGUST 10-12

47th Annual Hope Watermelon Festival

800 S. Mockingbird Lane, Hope, Ark.
Located at the Hope Fair Park with fun, food, and entertainment! Going to be a Seed Spittin' Good Time!



AUGUST 11-19

New Boston Pioneer Days Festival

by the New Boston Chamber of Commerce | New Boston, TX
Pioneer Days 2023 will be bigger than ever before! From rodeos to concerts, carnivals, arts & crafts, and more!

SATURDAYS

Texarkana Farmer's Market

Check out the Texarkana Farmer's Market by the U.S. Post Office & Courthouse in downtown Texarkana every Saturday from 7 a.m. to noon. Shop with vendors selling fresh fruits and vegetables, local honey, jams and jellies, baked goods and more.



Summer Camps & Activities

There's still time to sign your kids up for summer activities! Our 2023 **Texarkana Summer Camp & Activity Guide** includes information for tons of fun and educational opportunities in the Texarkana area. Find it on our website: txkparent.com



TRAHC's Art Wall Camp

JULY 11-13

Grades 1-6

JULY 25-27

Grades 7-12

Regional Arts Center: 321 W
4th St Texarkana, TX

Art Wall Camp will have your student create public art that will be displayed next to the Regional Arts Center.

ArtWall camp will be located in the downstairs studio of the Regional Arts building downtown. Scholarships are available; for scholarship options call us at 903-792-8681 or email us at artsinfo@trahc.org!

TRAHC's Go Crazy with Puppets!

Led by Kay Thomas

AUGUST 1-3

9AM - 10:30 AM

Grades 1-4

TRAHC's National Teaching Artist will teach art campers how to build and bring to life "kite" puppets, mouth puppets, and gourd puppets.

Please contact Chris at chrisw@trahc.org or 903-792-8681 for any questions or scholarship information! We look forward to seeing your creations this summer!



FEATURED ACTIVITY

KLONDIKE'S SUMMER SCAVENGER HUNT

by HealthCARE Express

Keep your eyes peeled for Klondike stickers placed at various participating local businesses!

When you spot one, make sure to note down the code word and enter it at gohce.com/klondike for a chance to win the grand prize!

This year's grand prize is a fantastic two-night stay at the serene Serenity Cabin in beautiful Broken Bow!

This scavenger hunt is a wonderful opportunity to explore our community, support local businesses, and have some summer fun with Klondike. So gather your friends and family, sharpen your observation skills, and get ready for an adventure like no other!

ENDS JULY 30TH!

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CHECK OUT MORE ABOUT THE LITERACY COUNCIL OF BOWIE & MILLER COUNTIES ON THEIR WEBSITE:
[HTTPS://LITERACYTXK.ORG](https://literacytxk.org)

Tough Kookie Foundation

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"WHO RAISES MY CHILD IF SOMETHING HAPPENS TO ME?"

By Ben King

WHO will be raising your minor child if something happens to you, such as incapacity or if you pass away? This is something all parents have thought about at some point, but very few act on this important question. As a parent, you absolutely want to have a say in who will take over the responsibility of raising your minor child should something happen to you! In Texas and Arkansas, a child is considered a minor if they are younger than 18 years old. So, how do you go about making this decision?

A Designation of Legal Guardian for a Minor Child is the solution, and is one of, if not the most, important documents parents of a minor child should have in place as part of their overall estate plan (another

very important document is the establishment of a trust to ensure proper management of finances for the child). If a guardian is not appointed, a court will have to intervene and appoint a guardian. This begs the next question: what is a guardian and what do they do?

A guardian essentially steps into the role of a parent in the event of the parents' incapacity or death. The designated guardian is typically chosen by joint decision between both parents. One parent cannot unilaterally designate a guardian as the other natural parent will retain their parental rights and responsibilities if they are also alive and competent. The types of guardians are considered in two parts: "Guardian of the Person" and

"Guardian of the Estate." The guardian of the person will be responsible for matters related to child rearing, general safety, and growth of the child. The guardian of the estate manages the child's finances. A person can be designated as both, or these roles can be separated by naming different guardians to each of these roles.

"Deciding who the guardian will be is not a decision to be taken lightly."

Deciding who the guardian will be is not a decision to be taken lightly. When deciding who to select as the guardian of the person, some factors to consider include:

- **Existing relationship with a child.** Is there an existing relationship between the potential guardian and the child? Do they like each other? Would the relationship be a healthy one? Will the child feel comfortable with this person?
- **Location.** Where does the guardian live? Will it require the child to relocate, change schools, or be removed from friends and community?
- **Personality and lifestyle.** What type of lifestyle does the potential guardian have? Do they have a lifestyle that is conducive to raising a child? Will the personalities of the proposed guardian and child mesh together?
- **Values.** What are the proposed guardian's views on life, their beliefs, and principles? Do these values align with yours and what you want your child exposed to?
- **Religious views.** What are the proposed guardian's religious views and do those views align with yours? Are these the same views you want your child raised under and exposed to?
- **Ability to serve as guardian.** Is the proposed guardian responsible? How old are they and will they likely be able to fulfill the child's needs until the child is no longer a minor? Do they have the time, resources, physical ability, and emotional well-being to parent your child?

Deciding who will be the guardian of the estate is an equally important decision. When deciding who to select as the guardian of the estate, some factors to consider include:

- **Financially responsible.** In my opinion, this is the most important and probably obvious consideration. A person who cannot manage their own finances responsibly won't be able to handle the finances for someone else. This person needs to be one who will treat your child's finances responsibly, ensure the finances will be able to sustain the child during their lifetime, and at least during the time they are a minor. For example, can they responsibly manage funds in a way that will extend beyond the child's 18th birthday so there will be funds to assist with trade school, college, or whatever the next phase of the child's life might be?
- **Ability to be influenced.** Will this person be easily influenced by others to expend funds that may not actually benefit the child or not be in the best interest of the child? This can be a tough position to be in, especially if this person is not the same person who is the guardian of the person.
- **Values.** Just as the values of the guardian of the person should be considered, so should the values of the guardian of the estate.

IF there is no person who meets a parent's criteria and comfort level for the guardian of the estate, they might choose to have a professional such as an accountant, professional money manager, or bank trust representative serve as the guardian of the estate.

There are certainly many factors to consider when making this decision, and these considerations are not exhaustive. At the end of

the day, a parent's comfort level and gut feeling means the most. A parent should not be influenced by family members, fear that someone's feelings might be hurt if they are not chosen, or other emotional factors. In my humble opinion, who cares?! This is a personal decision a child's parents make in a manner they believe is in the best interest of their child, not the best interest of other people's opinions!

If you haven't already made this decision and need to, or if you have additional questions about this and other topics relating to the care of your child during your incapacity or death, please feel free to contact me to help guide you through the process so that you can make the best decisions for your child.



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Ben King,
Elder Law Attorney

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to see what
programs they
have to offer!*



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Yelp Review: 6/11/2023
EXCELLENT! I honestly was
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checking a reference...I was having lower
back & shoulder pain.
I experienced immediate relief &
have booked twice since then! -Kelli

Ricky White, LMT

Text or Call: (430) 280-6119

References available!



Tips from the ER



1. TELL US ABOUT YOU.

"I AM DR. JOHN BAUGH, MD. I HAVE BEEN A DOCTOR FOR 24 YEARS AND I AM A PARENT TO THREE CHILDREN."

2. HOW CAN PARENTS PREPARE THEIR CHILD/HOME FOR BACK-TO-SCHOOL GERMS?

"WASH YOUR HANDS! REMEMBER TO LATHER, WASH FOR 20 SECONDS, AND RINSE THOROUGHLY. SINGING A SONG LIKE HAPPY BIRTHDAY IS A GREAT WAY FOR SMALL CHILDREN TO GAUGE HOW LONG TO WASH. ALSO, ALWAYS COVER YOUR COUGHS AND SNEEZES INTO YOUR ELBOW, AND DO NOT SHARE ITEMS LIKE CUPS AND STRAWS THAT MAY EASILY SPREAD GERMS."

3. WHEN SHOULD A PARENT/GUARDIAN BRING THEIR CHILD TO THE ER FOR A FEVER RELATED INCIDENT?

"IF YOUR CHILD IS NOT DRINKING, OR IF THEIR FEVER IS NOT RESPONDING TO TYLENOL OR MOTRIN, A TRIP TO THE ER MAY BE NECESSARY. ANY TIME YOUR CHILD IS HAVING DIFFICULTY BREATHING BRING THEM TO THE ER. YOU KNOW YOUR CHILD, AND YOU KNOW WHEN SOMETHING DOESN'T SEEM RIGHT. WE ARE HERE 24/7/365. IF IT'S AN EMERGENCY TO YOU, IT'S AN EMERGENCY TO US."

4. WHAT TYPES OF PRODUCTS SHOULD BE IN THEIR FIRST AID KIT AT HOME?

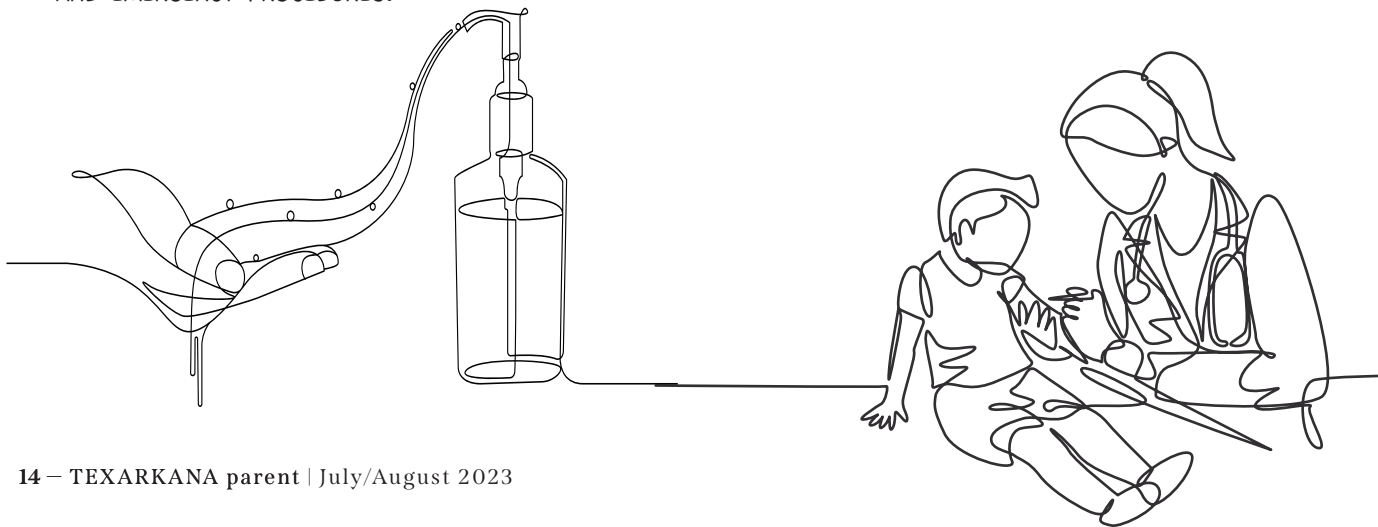
"EVERYONE SHOULD HAVE A FIRST AID KIT AT HOME. MAKE SURE YOUR FIRST AID KIT INCLUDES ANTIBIOTIC OINTMENT, BANDAGES, GAUZE, AND AN ACE WRAP."

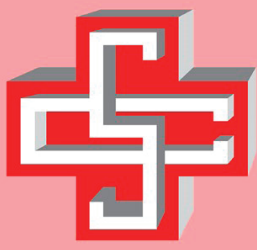
5. BACK TO SCHOOL COMES WITH OUTDOOR/SPORT ACTIVITIES. WHAT DO YOU RECOMMEND FOR CHILDREN TO STAY HEALTHY, HYDRATED, AND ENERGIZED DURING THESE BACK-TO-SCHOOL ACTIVITIES TO AVOID HEAT RELATED INJURIES?

"THERE ARE A LOT OF SMALL THINGS WE CAN DO AS PARENTS THAT CAN MAKE A BIG DIFFERENCE IN KEEPING OUR CHILDREN SAFE AND HEALTHY ALL SCHOOL YEAR. MAKE SURE YOUR CHILD IS GETTING ENOUGH SLEEP AT NIGHT AND DRINKING PLENTY OF WATER. IT'S BEST TO DRINK ABOUT EVERY 20 MINUTES WHEN ENGAGING IN PHYSICAL ACTIVITY TO AVOID DEHYDRATION."

6. WHAT SHOULD PARENTS DO TO KEEP THEIR CHILDREN SAFE FROM THE COVID VIRUS AND OTHER SAFETY ISSUES?

"PARENT SHOULD INQUIRE ABOUT THE HEALTH AND SAFETY PROTOCOLS FOR THEIR CHILD'S SCHOOL. IT'S GOOD TO KNOW ALL THE MEASURES BEING TAKEN TO ENSURE THE WELL-BEING OF THE STUDENTS, INCLUDING HYGIENE PRACTICES AND EMERGENCY PROCEDURES."





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BACK TO SCHOOL 101:

PREPARING YOUR FAMILY FOR SUCCESS

BY BRANDY DEBENPORT



I had the opportunity to teach elementary school when my children were younger. Enjoying summer break with four little ones was a precious blessing! Looking back, I cherish almost nothing more than my memories of long summer days spent with my children playing outside, lounging by the pool, indulging in sweet treats, and soaking up the joy of no real set schedule. As each summer drew to a close and it was time to shift gears, I always felt such a mix of emotions.

The back-to-school season is an exciting time, but it can also be overwhelming for families. To ensure a smooth transition and set the stage for a successful year, it is essential to make thoughtful preparations. As a mom and educator, I believe by proactively addressing various aspects of your family's routine and mindset, you can create an environment that fosters learning, growth, and well-being.

One of the keys critical to a successful academic year is establishing consistent routines and schedules. A good night's sleep is crucial for children's cognitive function and overall well-being. Begin by gradually shifting bedtimes and wake-up times to align with the school's schedule. Adjusting by 15 minutes every few days works wonders! Additionally, establish a morning routine that allows enough time for breakfast, getting dressed, and any necessary preparations. This will help reduce stress and ensure a calm start to the day.

Routines are just as pivotal in the afternoons as they are in the mornings. Homework is an integral part of the learning process. Have your child help create a designated study space free from distractions. Establish consistent homework habits by setting aside specific times for study. Encourage your children to complete their assignments independently while offering guidance and support when



needed. Foster a positive attitude toward learning and encourage them to ask questions and seek help when necessary.

Take the time to sit down with your children and discuss their goals for the upcoming school year. Encourage them to articulate their aspirations and identify specific areas they want to improve. Setting realistic, achievable goals can boost motivation and provide a sense of direction. As a family, establish regular check-ins to track progress and offer support. Effective communication fosters a sense of partnership and ensures everyone is on the same page regarding academic expectations.

An organized environment promotes efficiency and reduces stress. Help your children establish effective organizational strategies. Provide them with tools such as planners, calendars, and folders to keep track of assignments, due dates, and extracurricular activities. Teach them the importance of prioritization and time management, encouraging them to break down tasks into smaller, manageable steps. By instilling these skills early on, you equip your children with valuable tools for success not only in school but also in life.



Academic success strongly correlates to overall well-being. Ensure that your family prioritizes self-care, mental and spiritual health. Be careful about overplanning extracurricular activities. Ensure children have opportunities to decompress and recharge by dedicating time for leisure and free play. I cannot adequately stress the importance of regular physical activity, adequate sleep, and a healthy diet. Teach your children age-appropriate stress-management techniques such as deep breathing, journaling, and prayer. By fostering a balanced lifestyle, you equip your family to navigate the demands of the school year with resilience.

Proper nutrition is vital to children's academic performance and overall health. As you prepare for back to school, take the opportunity to plan healthy meals and snacks. Involve your children in the process, encouraging them to choose nutritious options. Make a list of go-to recipes and stock up on staple ingredients. This will help streamline meal preparation during busy weekdays. Consider packing lunches the night before to save time and ensure balanced meals.

Building a strong relationship with your child's school and teachers is essential. Attend back-to-school nights, parent-teacher conferences, and other school events to stay informed and involved. Regularly check the school's website or communication channels for policy updates, events, and resources. Volunteer opportunities can also strengthen the bond between your family and the school community, providing a sense of belonging and support.

Finally, plan a fun yet simple celebration on the first day of school. Prepare your child's favorite breakfast, purchase a cute new outfit for your child to wear, or make plans to enjoy an after-school treat together. No need to overcomplicate this or spend lots of money. Your child will appreciate any way you choose to make the day special.

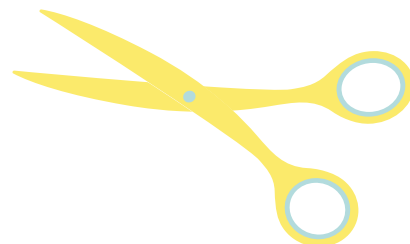
Preparing your family for back to school involves intentional planning, open communication, and a supportive environment. By establishing routines, prioritizing nutrition, fostering organizational skills, and emphasizing well-being, you set the stage for a successful academic year. Remember that each family is unique, so adapt these strategies to fit your specific needs and circumstances. With proper preparation, your family can embark on the new school year with confidence, enthusiasm, and a commitment to growth and learning.



BRANDY DEBENPORT WITH HER FAMILY IN APRIL 2023.



BRANDY'S CHILDREN:
LIZZIE, NATALIE, MARGARET, & JOHN





COVER KID Q&A

Sophie Stone

How old are you?
10

What grade are you in?
5th grade

What's the coolest place you've ever been on vacation?
Disney World

What's your favorite restaurant in Texarkana?
Dixie Diner

Are you ready for school to start?
No

What is the most fun thing you have done during the summer so far?
Making paper animal houses and making the video about them

When would you want school to start back?
One month after, September

EDUCATION NEWS



TEXARKANA ARKANSAS SCHOOL DISTRICT

TASD Bus Registration will open on July 1, 2023. All student riders must register prior to riding the school bus. Register online at www.TASD7.net to find more information.



Riding the Bus for the 2023-24 School Year?

Register Online

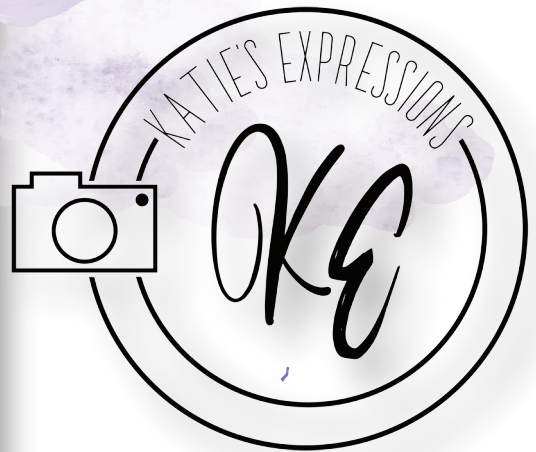
July 1 - August 14

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ALL student riders must be registered prior to riding the school bus.

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Pregnancy & Newborn Guide

Newborn Boutiques



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2 MadiMae Boutique

4014 Summerhill Rd
Texarkana, TX
(903) 716-6383

3 Southern Grace Baby Boutique

120 E Broad St
Texarkana, AR
(903) 293-7734

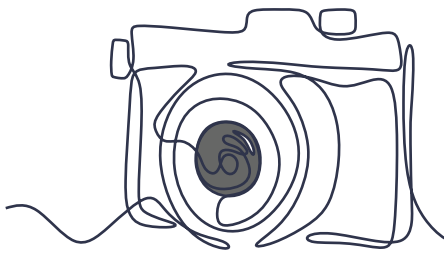


4 Kid to Kid (Texarkana)

4252A St Michael Dr
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5 Terri's Treasures

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Photographers

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5 K8 Photography

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2 Kali Rushing Photography

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6 Three Moons Photography

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3 Blessing Allison Photography

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www.blessingallisonphotography.net

4 Kayla Brint Photography

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Pregnancy & Newborn Guide

CONTINUED

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1

King Medical

(Rachel King, MD)

180 Highway US 71S

Ashdown, AR

870-898-KING

(SEE OUR AD ON PAGE 23!)

3

Premier Central Pediatrics

(Sandra Sooman, MD)

1305 Arkansas Blvd #102,

Texarkana AR.

870-777-6002

2

Healing Hands Pediatrics

(Dr. Tracie Calloway)

4503 Texas Blvd

Texarkana, TX

903-792-4003

4

Genesis Primecare Pediatrics

(Mikala Anderson, DO;

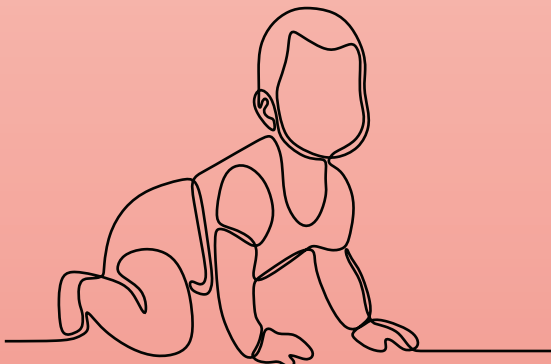
Krista Niemeyer, MSN-C-PNP;

Amanda Smith, APRN, FNP-C)

1400 College Dr.

Texarkana, TX

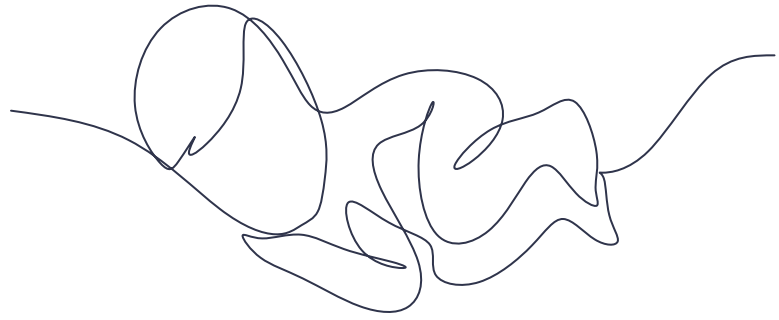
903-791-1110



5 Collom & Carney Clinic

*(Cindy Porter, MD; R. Clark Green, MD;
Zach King, MD; Christina Payne, MD;
Cheryl Saul-Sehy, MD; Mark Wright, MD;
Debra Wright-Bowers, MD;
Susan Droske, APRN, CPNP;
Cheryl Kite, APRN, PNP)*

5002 Cowhorn Creek Rd,
Texarana, TX
903-614-3010



6 All for Kids Pediatric Clinic

*(Physicians alternate; Dr. Ashley Halpain,
Dr. Dawn Martin, Dr. September Westbrook, Dr.
Tony Elias, Dr. Kim Skelley, Dr. Jerry Byrum,
Dr. Josh Lyon)*

300 E. 6th St,
Texarkana AR.
870-779-6000



Dr. Rachel King, M.D., F.A.A.P.
INTERNAL MEDICINE & PEDIATRICS

READY FOR SCHOOL?

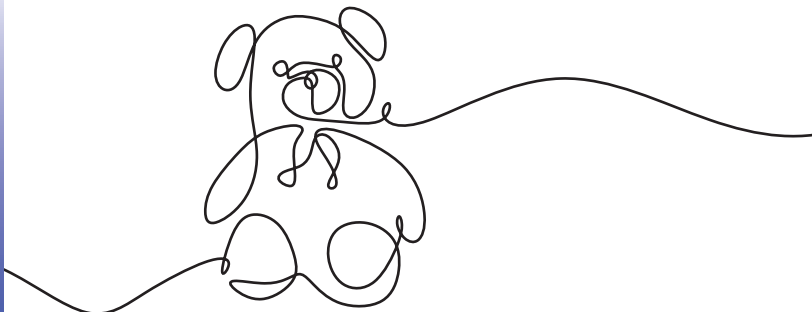
- ✓ Wellness Visits
- ✓ Immunizations
- ✓ Sports Physicals



📍 180 Highway US 71S
Ashdown, Arkansas
📞 870-898-KING (5464)
🌐 www.kingmd.org

SERVICES

Child Wellness from birth • Sick Visits • Acute Visits
In-house Immunizations • Drug Testing • Laboratory
X-ray • Physicals/Sports Physicals • Adult Wellness



Ben King

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Texarkana, Texas 75503



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"Ben helped us get our affairs in order and made the process so easy to understand. A huge burden has been lifted thanks to him! He even helped our son who is going off to college. I didn't even think about our college freshman needing something like powers of attorney." ~ Julie B.