

JAN/FEB 2024

TEXARKANA

# parent



**FAMILY MEDICAL  
RESOURCE GUIDE**

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Voted Best Therapy  
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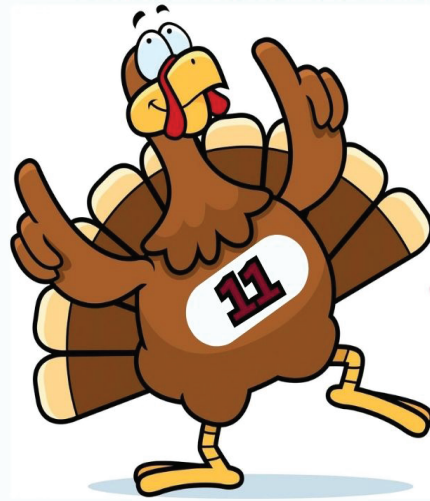


Children & Adolescent Services  
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2435 College Drive  
903-831-7585

24/7 Crisis Hotline (800) 832-1009

TURKEY TROT 5K VOTED BEST FAMILY EVENT



Thank  
you,

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SAVE <sup>THE</sup> DATE

THURSDAY, NOVEMBER 28, 2024

AT SPRING LAKE PARK



**JOIN OUR TEAM OF  
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*Assistant ECI Program Director*

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*Speech Therapist*

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## Publisher's Page



When I look back on this past year, I am beyond proud of the things that I have accomplished and overcome. I learned so many things this year that I probably should have learned before now. The most important thing I learned is how being with my daughter is the best way to spend my time. The second being that anytime is a great time to start over or start something new. I am so grateful for the time spent with Ben & Amy making this magazine something we can be proud of.

Go for it. Go for your dreams, even if it means staying up late to work on them. You won't regret it. Happy New Year!

-Katie Stone

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### TEXARKANA PARENT MAGAZINE

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Texarkana Parent Magazine is published by 360 Media Publishing Company. It is a bimonthly publication dedicated to promoting healthy living to those who care for the children of Texarkana and surrounding areas by encouraging a balanced family life and the enjoyment of parenthood. All rights reserved. Reproduction without permission is strictly prohibited. All copy and content is copyrighted.



For many, the passing of one year and the beginning of another is taken as an opportunity to evaluate the past year, changes to be made in the new year, and maybe a new outlook on life. It is a good time to take the opportunity to look at health, finances, relationships, and any number of other areas of life. For those that look at 2024 as a time to make moves for better health, I wish you the absolute best! If I'm honest, I need to make it a priority to get into better shape and probably begin those mid-life health checkups. It isn't the most fun thing to think about; I'd much rather think about finding the best queso or chicken fried steak in the Ark-La-Tex. Maybe I'll have better luck at the former instead of the latter.



If health is on your list of things to re-evaluate in 2024, I hope you find this issue very useful for you and your family! We truly are blessed to have great medical providers and facilities in our area! Maybe some of them can also help me on my search for great chicken fried steak... or maybe they can instead recommend a good recipe for grilled chicken and steamed vegetables. -Ben King

## features

- 8 PARENT PROFILE
- 10 FAMILY MEDICAL RESOURCE GUIDE
- 16 CARE FOR THE CAREGIVERS BY: JAMES RAKER, DOC
- 18 ESTATE PLANNING & YOUR MENTAL HEALTH
- 19 FAMILY FAVORITE AWARD WINNERS

2024 is here, and unfortunately this time of year often brings a lot of sickness with flu season and sharing of germs through the holidays. We had sickness hit our house during the holidays this year. Luckily we live in a community that is full of so many wonderful providers! Whether you still need a pediatrician, a family physician, or an internist, the Texarkana area offers many options of highly qualified providers. Being in the pharmaceutical industry, I've had the pleasure of calling on almost all the specialities, including our hospitals and free standing ERs. Knowing many of the offices and hospitals personally, I feel confident in the medical care we can trust to treat our loved ones! However, I hope you only visit them with yearly well check ups, and wish you all a healthy and happy start to the new year!

- Amy King

# EVENTS *for the* FAMILY



## Basic Life Support Training \$50

Saturday, January 20, 2024 9AM

HealthCARE Express- 3515 Richmond Road. Texarkana, TX

Basic Life Support (BLS) class organized by HealthCARE Express Urgent Care in collaboration with the American Heart Association. Equip yourself with fundamental life-saving skills to confidently handle emergencies. Visit [gohce.com](http://gohce.com) for more information or find HealthCARE Express on Facebook.

## Texarkana Bridal Expo

Saturday, January 20, 2024 10 AM - 3 PM

Texarkana Convention Center, 2910 S Cowhorn Creek Loop

Townsquare Media Texarkana's premier bridal event, presented by Dot's Rentals & Sales - the perfect place to plan your perfect day!

Brides and their families can browse the area's top bridal vendors- from wedding rentals, photographers, caterers, bridal fashions to venues and more.

Every bride-to-be gets a free Gift Bag and a chance to win prizes.

General Admission tickets are \$20 at the door or \$14 in advance if purchased by 4:30pm through Eventbrite. There's also a special package for Very Important Brides, check out the VIB tickets.

Kids 12 and under get in free. Visit <http://texarkanabridalexpo.com> for more information.

Want us to  
include your event?

Email the event details to  
[publisher@texarkanaparent.com](mailto:publisher@texarkanaparent.com).



## Puppy Pals LIVE!

February 9, 2024 7PM

Tickets are \$17-\$37

Perot Theatre

221 Main St, Texarkana, TX

Puppy Pals is a family fun action-packed show where adopted and rescued dogs perform spectacular stunts and breathtaking feats. Watch as we lead the puppies and audience through challenging and comical tricks as the pooches show everyone who is boss! Full of surprises and laugh-out-loud canine comedy, this performance appeals to children of all ages. Find out more by visiting [www.perottheatre.org/puppy-pals-live](http://www.perottheatre.org/puppy-pals-live).



## Gal-entine's Brunch Fundraiser

benefitting **Texarkana Resources**

February 10, 2024 10AM

Tickets are \$75

Texarkana Convention Center

2910 S Cowhorn Creek Loop

Join Texarkana Resources for an event for the Gals by the Gals! Your ticket includes a delicious plated brunch, 2 mimosas, unlimited coffee, music, photo booth, a raffle, and shopping with over 30 local vendors. Grab your best gal pal and have a fun morning of shopping, eating, laughing, and fun. Visit their website for more information. [www.texarkanaresources.org/galentimes-day-ladies-brunch/](http://www.texarkanaresources.org/galentimes-day-ladies-brunch/)



**Fairytales on Ice:  
Peter & Wendy's  
Adventures**

February 24, 2024 7PM  
Ticket prices range from \$15-\$45

Hempstead Hall  
2500 S. Main, Hope, AR

Fairytales on Ice joins us at Hempstead Hall for yet another night of magical storytelling! Find out more on their website: [www.hempsteadhall.com/events/fairytales-on-ice](http://www.hempsteadhall.com/events/fairytales-on-ice)

**"Holes" by Silvermoon Children's Theatre**

February 23, 2024 7-9PM

Silvermoon's Children Theatre  
217 W. Broad St., Texarkana, TX

The story centers on Stanley Yelnats, who is sent to Camp Green Lake, a correctional boot camp in a desert in Texas, after being falsely accused of theft. The plot explores the history of the area and how the actions of several characters in the past have affected Stanley's life in the present. Visit [www.silvermoonkids.com](http://www.silvermoonkids.com) for more information.

**2024 Polar Plunge for Special Olympics**

February 24, 2024 9AM

SportsPLEX by HealthCARE Express  
5610 Richmond Road., Texarkana, TX

Step right up the chill for Special Olympics Arkansas! Every year, thousands of people jump into freezing cold water to support Special Olympics Arkansas. By plunging with us, they help bring opportunity and inclusion to over 19,500 Special Olympics athletes and young athletes across the state. Arkansas has up to 18 plunges that make up our Polar Plunge season. Find them on Facebook for more information.



**SAVE  
THE  
DATE**



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A SIDE OF GOODNESS



This is paid for with a combination of state, federal and private regional association funds.

not another galaxy and not far far away...  
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**BEGINNING JANUARY 12**

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# STEPHANIE BUTLER

Cohen (12) & Mollie (8) Occupation: Meal Prepper

Childhood Home: Blossom, TX



Photo by: ARM Photography



Submitted Photo

## WHAT IS YOUR "GO-TO" PARENT ITEM THAT YOU ALWAYS HAVE ON YOU?

Water. I know that sounds silly but I always have water with me, and between me and my kids we are always drinking it. If your kids are like mine, they are always thirsty and hungry.

## WHAT IS THE BEST WAY YOU MANAGE HEALTHY MEALS FOR A BUSY FAMILY?

I'm a meal prepper, so I always have easy to grab meals and snacks available for convenience. Sundays and Mondays are meal prep days, every single week!

## WHY IS BEING HEALTHY IMPORTANT TO YOU AND YOUR FAMILY?

I grew up active, but overweight. I made serious lifestyle changes after having children to get healthy to be able to really enjoy activities with them. I want my children to grow up in a healthy and balanced life, so they don't have to unlearn constant bad habits. I think if they see me making mostly good eating choices, enjoying a treat sometimes, and moving my body then they will grow up and it be second nature for them, also.

## WHAT ADVICE WOULD YOU GIVE TO WORKING FAMILIES ON HOW TO MAKE BEING HEALTHY A PRIORITY?

Plan ahead. We live in such busy schedules, that if it isn't planned then it's really easy to pick the easy way out, not exercising or take out. Plan your workouts. Plan your meals. Stick to the plan. And enjoy the progress and satisfaction of sticking to them. There's nothing more exciting than being able to see something through, hit goals, or do hard things that you didn't think you were capable of.

## WHAT ARE SOME GREAT WAYS TO STAY ACTIVE WITH YOUR KIDS?

Kids naturally are movers and shakers. Go outside and walk, play, go to the park and enjoy the activities with them! They are little balls of energy and they will love that you're spending that time and playing with them!

## WHAT IS YOUR WORKOUT ROUTINE AND HOW DO YOU STAY ON TRACK?

I love The Gym at Crossties. I love a crossfit-type of environment, class, supportive gym mates, and that my kids are able to join in workouts with me. The best part about that type of workout is you can scale any workout for any age or ability. I do throw in some extra activities, sometimes. I think the most important part is finding something you truly enjoy doing, so it's fun and encouraging rather than a hassle.

## WHAT DO YOU AND YOUR KIDS DO FOR FUN?

We really just enjoy spending time together. We play outside, we play games, we travel, we dance, and we laugh a lot!



# The way *EYE* see it

by: Dr. Joshua Wiggins  
Ophthalmologist



After 15 years in practice as an ophthalmologist, one of the most common questions I get asked at social events is “when do I need to get my child’s eyes checked for the first time?”. This is a great question and one for which there is not a hard and fast answer. If you or your pediatrician have not seen anything concerning, then a good rule of thumb is to get a complete eye exam for your child by an ophthalmologist before they start kindergarten. However, there should be screening done by a primary care physician, pediatrician, or ophthalmologist starting right after birth as a newborn.

The American Academy of Ophthalmology recommends the first screening exam be performed by a pediatrician in the nursery right after birth. This is a basic exam that looks for obvious developmental problems with the visual system. The next screening exam should be done at your child’s well child visit between 6 and 12 months of age. If your newborn has obvious signs of eye disease, was born prematurely, or there is a family history of childhood eye diseases, then the Academy recommends that your newborn be evaluated by an ophthalmologist with a comprehensive eye exam within the first few weeks of life.

These recommendations are extremely important because of how quickly vision can be permanently decreased in a child without

proper intervention. If a child has a decrease in vision in one or both eyes for any cause, the child’s visual system will not develop properly and without intervention after 8-10 years of age his visual system will never develop properly. This is what we call amblyopia and what is colloquially called “lazy eye.” Amblyopia is a disease that is treatable and preventable, but only with appropriate intervention in a timely manner.

Minus signs of eye disease or concern at your child’s screening exams with their pediatrician, a full exam with your local ophthalmologist is what you should schedule prior to the start of kindergarten. This will be a much longer and detailed exam of the ocular system by your eye care professional. Vision, eye alignment, and ocular development will all be evaluated at that exam. It is a longer exam and can often take longer than an hour to perform due to the time needed for adequate dilation of the eyes in children.

The next question I get is “what should we be looking for?”. As a parent, you are in the best position to pick up early concerns with your child’s vision. There are several things you can look for at home that can be very helpful in identifying problems. First, make sure that your child’s eyes fixate on your face or a toy and that they follow the object as you move it. Secondly, you want to make sure that your child’s eyes are straight. If you, a

friend, or family member feels like a child’s eyes are not straight in real life or in a photograph, immediately schedule an exam with an ophthalmologist. As the child gets older and mobile, watch and see if the child identifies a toy on the other side of a room and moves to get it. And finally, if you are concerned about anything with your child’s eyes or vision, it is always better to schedule an exam and there be nothing wrong, than to not check on something that was pathologic and could have been corrected.

Fortunately, serious eye problems in children are uncommon, but when they do occur they can result in permanent vision problems. While grandma’s advice to eat lots of carrots to have healthy eyes is good advice, make sure that you are getting appropriate ocular screenings and exams in the first five years of your child’s life.

Joshua T. Wiggins, MD, was born in Texarkana, TX, and graduated from New Boston High School. He earned an undergraduate degree from Texas Tech University and a law degree from Louisiana State University Law School. Dr. Wiggins then entered medical school and graduated from Louisiana State University Medical Center in Shreveport. He completed his internship and ophthalmology residency at Louisiana State University Health Sciences Center in Shreveport, Louisiana.

# FAMILY MEDICAL RESOURCE GUIDE

The Experts Ready To Assist Families



## Texarkana, TX

\*indicates Pediatrician on staff

### FAMILY MEDICINE

#### \*Christus Trinity Clinic

3510 Richmond Rd.  
Texarkana, TX 75503  
903-614-5220

3502 Richmond Rd.  
Texarkana, TX 75503  
903-614-5270

4824 McKnight Rd.  
Texarkana, TX 75503  
903-614-5800

#### \*Collom & Carney Clinic

5002 Cowhorn Creek Rd.  
Texarkana, TX 75503  
903-614-3000

2931 Richmond Rd.  
Texarkana, TX. 75503  
903-614-3200

815 N. Kings Hwy.  
Wake Village, TX. 755001  
903-832-8515

1408 College Dr.  
Texarkana, TX. 75503  
903-614-3750

#### Family Medical Group

2101 Galleria Oaks Dr.  
Texarkana, TX 75503  
903-791-9120

5212 W 7th St,  
Wake Village, TX 75501  
903-831-6848

#### Family Medical Group

4105 N. Kings Hwy.  
Texarkana, TX 75503  
903-838-0444

#### \*Genesis Primecare

1400 College Dr.  
Texarkana, TX 75503  
903-791-1110

#### \*Healing Hands Pediatrics

4503 Texas Blvd.  
Texarkana, TX 75503  
903-792-4003

#### Medical Specialists of Texarkana

1002 Texas Blvd. #201  
Texarkana, TX 75501  
903-794-3701

#### Pleasant Grove Medical Clinic

6500 Summerhill Rd.  
Texarkana, TX 75503  
903-831-3033

#### Starling Clinic

5503 N State Line Ave.  
Texarkana, TX 75503  
903-794-7874

#### Special Health Resources

1102 Main St.  
Texarkana, TX 75501  
903-501-1747

#### Twin City Medical

5483 Summerhill Rd.  
Texarkana, TX 75503  
903-223-5931

### OPTOMETRISTS/OPHTHALMOLOGISTS

#### Ark La Tex Eyes

4401 Galleria Oaks Dr.  
Texarkana, TX 75503  
903-838-9063

#### Collom & Carney Eye Clinic

5402 Summerhill Rd.  
Texarkana, TX 75503  
903-614-3937

#### Fant Eye Care

2901 Richmond Rd.  
Texarkana, TX 75503  
903-831-5706

#### Fowler Eye Care

4224 Texas Blvd.  
Texarkana, TX 75503  
903-794-3711

#### The Eye Guys

4504 Texas Blvd.  
Texarkana, TX 75503  
903-792-3705

4109 Moores Lane  
Texarkana, TX 75503  
903-329-5051

#### My Eye Dr.

2703 Richmond Rd.  
Texarkana, TX 75503  
903-838-0783

#### Wiggins Eye Center

1727 Galleria Oaks Dr.  
Texarkana, TX 75503  
903-792-2020



## DENTISTS

### Ark-La-Tex Pediatric Dentistry

5489 Summerhill Rd.  
 Texarkana, TX 75503  
 903-832-5437

### Andrew S Curry Inc.

4222 Texas Blvd.  
 Texarkana, TX 75503  
 903-792-8351

### Castle Family Dental

3210 Richmond Rd.  
 Texarkana, TX 75503  
 903-832-3146

### Eagle Dental Center

4009 Moores Ln.  
 Texarkana, TX 75503  
 903-794-9974

### Genesis Primecare Dental

1400 College Dr.  
 Texarkana, TX 75501  
 903-791-1110

### Jane G Atkinson DDS

4303 Texas Blvd. Ste. 1  
 Texarkana, TX 75503  
 903-792-0760

### Lippian Family Dentistry

4330 Mcknight Rd.  
 Texarkana, TX 75503  
 430-342-1083

### Mark Addington, DDS

#2 Woodmont Crossing  
 Texarkana, TX 75503  
 903-792-6613

### Patterson Dental Center

6002 Summerfield Dr.  
 Texarkana, TX 75503  
 903-791-0150

### Pediatric Dentistry of Texarkana

5301 Cowhorn Creek Rd.  
 Texarkana, TX 75503  
 903-831-1000

### Pleasant Grove Family Dentistry

4330 Mcknight Rd.  
 Texarkana, TX 75503  
 430-342-1083

### Robert Arnold, DDS- Family & Cosmetic Dentistry

5514 Plaza Dr.  
 Texarkana, TX 75503  
 903-838-5263

### Smiley Dental & Orthodontics

3325 Kennedy Ln.  
 Texarkana, TX 75503  
 903-306-2384

### Special Health Resources

1102 Main St.  
 Texarkana, TX 75501  
 903-501-1747

### Taylor Dental

2400 Richmond Rd. Ste. 133  
 Texarkana, TX 75503  
 903-201-3013

### The Kids Spot Dentistry

6008 Summerfield Dr.  
 Texarkana, TX 75503  
 903-223-7768

### Twice As Nice Dental

4074 Summerhill Sq.  
 Texarkana, TX 75503  
 903-794-2583

## MENTAL HEALTH

### Changing the Spectrum

4115 N Kings Hwy. Ste. 112  
 Texarkana, TX 75503  
 281-676-2557

### Community Healthcore

2435 College Dr.  
 Texarkana, TX 75501  
 903-831-7585

1911 Galleria Oaks Dr.  
 Texarkana, TX 75503

903-792-0308

### Genesis Primecare

1400 College Dr.  
 Texarkana, TX 75503  
 903-791-1110

### Grace Counseling

6500 Summerhill Rd. Ste. 2B  
 Texarkana, TX 75503  
 844-564-0736

### Insight Behavioral Health

5323 Summerhill Rd.  
 Texarkana, TX 75503  
 430-200-2793

### Pediatric & Family Counseling of Texarkana

1109 College Dr.  
 Texarkana, TX 75503  
 903-243-9552

### Summerhill Counseling Center

4091 Summerhill Sq.  
 Texarkana, TX 75503  
 903-792-8887

### Two 10 Counseling Center

4538 Summerhill Rd.  
 Texarkana, TX 75503  
 903-306-1134

# THANK YOU

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 2024 FAMILY FAVORITE  
 BEST DENTIST/DENTAL CLINIC



DR. MITCHELL GLASS



PEDIATRIC DENTISTRY OF TEXARKANA  
 Dr. Mitchell Glass • Dr. Brittany Bunch

5301 COWHORN CREEK | TEXARKANA, TX | 75503

903.831.1000 WWW.PDTXAR.COM

# FAMILY MEDICAL RESOURCE GUIDE

The Experts Ready To Assist Families

## FAMILY MEDICINE

### \* All for Kids Pediatric Clinic

300 E 6th St.  
Texarkana, AR 71854  
870-779-6000

### Ark-La-Tex Health Center

1414 Arkansas Blvd.  
Texarkana, AR 71854  
870-773-7246

### \*Family Medical Center

3417 U of A Way  
Texarkana, AR 71854  
870-779-6000

### \*Genesis Primecare

4077 Jefferson Ave.  
Texarkana, AR 71854  
870-330-9200

### Premier Central Pediatrics

1305 Arkansas Blvd. #102  
Texarkana, AR 71854  
870-777-6002

### Texarkana Family Healthcare

1305 Arkansas Blvd.  
Texarkana, AR 71854  
870-648-1305

### Total Access Health & Wellness

3809 E 9th St. Ste. 15  
Texarkana, AR 71854  
870-621-0080

## Texarkana, AR

### DENTISTS

#### Joseph Andrews General Dentistry

2601 County Ave.  
Texarkana, AR 71854  
870-774-6512

#### Kids Dental Center

202 Arkansas Blvd.  
Texarkana, AR 71854  
870-773-5437

#### Randall A Ellis

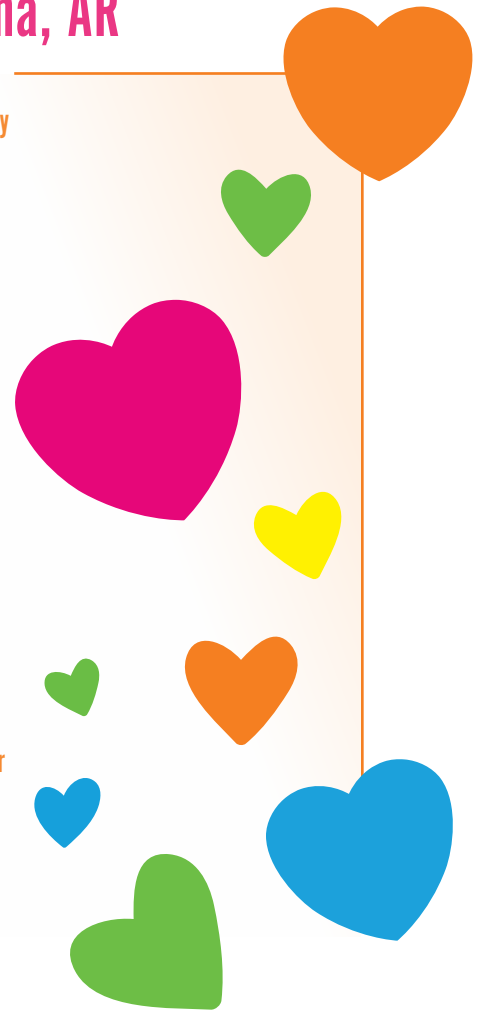
12 Arkansas Blvd,  
Texarkana, AR 71854  
870-772-1374

#### Leap Kids Dental

1702 Arkansas Blvd,  
Texarkana, AR 71854  
870-774-3278

#### Smiles Of Arkansas Dental Center

1621 Arkansas Blvd,  
Texarkana, AR 71854  
870-774-7645



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2001 Mall Dr, Texarkana, TX 75503

**TEXARKANA parent**  
2024 FAMILY FAVORITES

[www.ercare24.com](http://www.ercare24.com)

## MENTAL HEALTH

### Chenal Family Therapy

1305 Arkansas Blvd Ste 101,  
Texarkana, AR 71854  
870-340-2636

### DreamLab Counseling

4613 Parkway Dr Ste 5,  
Texarkana, AR 71854  
870-587-7021

### Olive Tree Counseling

300 North Stateline Ave.,  
Texarkana, AR 71854  
903-336-3484

### Southwest Arkansas Counseling & Mental Health Center, INC.

2904 Arkansas Blvd,  
Texarkana, AR 71854  
800-652-9166

### Texarkana Counseling Services, LLC

2116 N State Line Ave,  
Texarkana, AR 71854  
870-648-0290



**Thank you!**  
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**2024 Family Favorite for  
Best Medical Clinic!**



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870-898-KING (5464)  
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## SERVICES

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**Thank you**  
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**2024 Family Favorite for  
Best Therapy/Counseling!**



Randy  
Thomason,  
Owner



Bianca  
Kisselburg,



Karen  
Carpenter



Shannon  
Hicks



Billy  
Eldridge,  
Owner



Sydney  
Schoen,



Carly  
Frix-Rhyne



Melissa  
Cook

*You don't have to wait to get the help you need.*

(903) 336-3484 — 300 North Stateline Ave., Texarkana, AR 71854

# FAMILY MEDICAL RESOURCE GUIDE



## Ashdown AR

### FAMILY MEDICINE

#### Family Medical Associates

146 AR-32 #2a  
Ashdown, AR 71822  
870-898-5525

#### Family Medical Group

1340 S. Constitution  
Ashdown, AR 71822  
870-898-2007

#### \*King Medical Clinic

180 U. S. Hwy 71  
Ashdown, AR 71822  
870-898-5464

#### Memorial Medical Clinic

450 W Locke St. Ste. C  
Ashdown, AR 71822  
870-898-4100

#### White's Family Clinic

418 N 2nd St.  
Ashdown, AR 71822  
870-898-0002

### OPTOMETRISTS /OPHTHALMOLOGISTS

### DENTISTS

#### Ashdown Eye Care

102 Southern Dr. Ste. 4  
Ashdown, AR 71822  
870-898-7700

#### Ashdown Dental Clinic

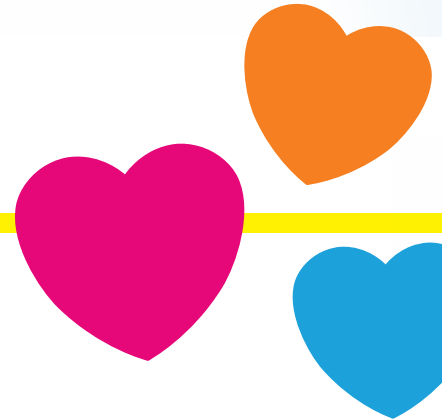
1730 S Constitution Ave.  
Ashdown, AR 71822  
870-898-5077

#### Hillis Family Dentistry

96 Webster Dr.  
Ashdown, AR 71822  
870-898-8888



## Hope, AR



### FAMILY MEDICINE

#### Access Medical Clinic

405 W. 16th Street, Ste. A  
Hope, Ar 71801  
870-777-0007

#### Christus Trinity Clinic-

805 Trinity Dr.,  
Hope, AR 71801  
870-722-1020

#### Hope Family Practice Center

820 S Main St.  
Hope, AR 71801  
870-777-8420

#### Wadley Regional Medical Center at Hope

2001 South Main St.  
Hope, AR 71801  
870-722-3800

### DENTISTS

#### Smiles of Arkansas

110 E. 18th St.  
Hope, AR 71801  
870-777-6453

#### James Tyson DDS

411 W. 16th St.  
Hope, AR 71801  
870-777-5861

#### Coffee Family Dental

901 S. Elm St.  
Hope, AR 71801  
870-777-2577

#### Robert Carter DDS

800 S. Main St.  
Hope, AR 71801  
870-777-5769

### OPTOMETRISTS/ OPHTHALMOLOGISTS

#### MyEyeDr

2510 North Hervey St. Ste. A,  
Hope, AR 71801  
870-722-2200



### MENTAL HEALTH

#### Chris Espinoza, LPC

114 S Elm St. Ste. B  
Hope, AR 71801  
870-345-3214

#### Therapeutic Family Services

1420 South Main  
Hope, AR 71801  
870-777-4848





## New Boston, TX



### FAMILY MEDICINE

#### Christus Trinity Clinic

910 James Bowie Dr.  
New Boston, TX 75570  
903-614-5950

#### Collom & Carney Clinic

128 N Ellis St.  
New Boston, TX 75570  
903-628-1104

#### New Boston Family Clinic

114 US-82  
New Boston, TX 75570  
479-530-3245

#### Supracare Family Health

10 E Hoskins St.  
New Boston, TX 75570  
903-628-7877

### DENTISTS

#### Ark-La-Tex Pediatric Dentistry

112 Hwy 82 West  
New Boston, TX 75570  
903-628-5437

#### Jeff Atkinson Dental Clinic

119 N Ellis St.  
New Boston, TX 75570  
903-628-5436

### OPTOMETRISTS/ OPHTHALMOLOGISTS

#### Ark La Tex Eyes

101 Tyson St.,  
New Boston, TX 75570  
903-628-5555



## Atlanta/Queen City, TX

### FAMILY MEDICINE

#### Genesis Primecare

1011 S William St.  
Atlanta, TX 75551  
903-796-2868



### MENTAL HEALTH

#### Kelly E Joslin

604 W Main St.  
Atlanta, TX 75551  
903-796-0776

#### Journey Counseling Texas Llc

203 Houston St,  
Queen City, TX 75572  
430-562-3417

### DENTISTS

#### General & Implant Dentistry

903 W Main St.  
Atlanta, TX 75551  
903-796-6442

#### Hogan Dental Clinic Inc

402 S William St.  
Atlanta, TX 75551  
903-796-3821

#### Giesler Family Dentistry

1 Bayou Dr.  
Atlanta, TX 75551  
903-796-9051

#### Kids Dental Center

908 W Main St.  
Atlanta, TX 75551  
903-796-1115

### OPTOMETRISTS/ OPHTHALMOLOGISTS

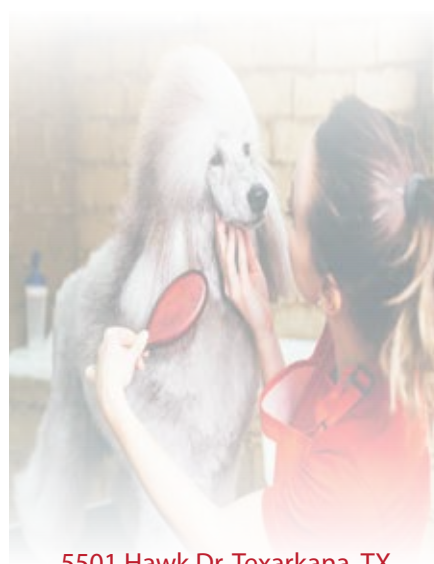
#### Family Eye Care Clinic

719 W Main St.  
Atlanta, TX 75551  
903-796-8288



## Paw Paw Patch

Pet Grooming & Boarding

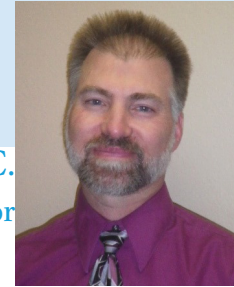


5501 Hawk Dr, Texarkana, TX

(903) 831-7387

# Care for the Caregivers

by: Dr. James Raker, D.C.  
Chiropractor



## How can I help caregivers?

As a physician, I see caregivers of children and caregivers of parents that are running themselves into the ground. They will do everything for the person they are caring for, sometimes at the expense of their own health.

Let me remind you of the rules of flying in an airplane. "In the case of an emergency, the oxygen masks will drop. Place yours on your face then help others." Why is this rule important? Why do you put your mask on first? Well, as Paul Harvey used to say, "Here's the rest of the story."

If you try to help others first, you will pass out from lack of oxygen and not really help anyone. If you get your oxygen mask on first then you can continue to help many other people. So let's apply this principle to your life and your children or older parents that you are caring for. What happens if you 'go down', and can't take care of them? Who would step in to help you and them? If your answer is, "I have no one to help", then you MUST take care of yourself. The lesson is learned

like in the airplane scenario. So how can you take better care of yourself? You need to get proper sleep and nutrition. In this day and age that means taking vitamins, exercising for at least 4 minutes in the morning and 4 minutes in the evening at a fast pace so that you get out of breath. **JUST 4 MINUTES!** Who doesn't have that amount of time? Next, make sure you are getting your recommended checkups with the dentist, eye doctor, family doctor, and the one that everybody forgets- **YOUR CHIROPRACTOR.**

Remember your spine is like your teeth. If you don't brush and floss all the time you get cavities, and the longer you let a cavity go, the worse it gets. It doesn't magically go away with time or pain pills. Why would you think you can go for 50 years and NEVER get a back check up. I have patients that are 85 that are mentally sharp and can get around good and still drive. I have 65 year old disabled people that mentally and physically are a wreck.

We have advances in medicine that are almost miraculous. Take regenerative medicine for instance. The state of

Arkansas passed a law in 2017 to use regenerative medicine shots on state employees to keep them from having knee or shoulder surgery. They estimated that they would save \$100 Million. So, in 2017 we started doing regenerative shots for bad knees, shoulders, elbows, and ankles and it has been successful for many patients. Within a week to a month they could walk easier or use their shoulder again. I have been amazed at the results after 30 years in medicine. Even people that have no insurance and think they have to just sit and suffer, that's not true. There are programs in Arkansas and Texas to help people with no insurance get financial funding for healthcare. In Arkansas, if you have no insurance or have super high deductible insurance, the state will pay for care to help you as long as you are trying to work and not disabled.

**Pick which one you want to be and live true to the airplane rules of "take care of yourself first".**





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- Drug And Alcohol Testing
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  - > Carpal Tunnel
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  - > Neck & Back Pain
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  - > Scoliosis
  - > Headaches
  - > Vertigo and more!

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# ESTATE PLANNING & YOUR MENTAL HEALTH

## *Overcoming Psychological and Emotional Hurdles in Estate Planning*

*By Ben King*

Estate Planning is a vital financial and legal process that ensures your assets are distributed according to your wishes after your passing. However, it's an emotional process that often forces individuals to confront a range of psychological hurdles that can hinder their progress. Even though we are lawyers and not psychologists, we are experienced in helping clients overcome some of the fears and obstacles that are standing in their way.

When you decide it's time to write an Estate Plan, you will have to jump through some simple hoops—finding the time, locating an attorney, and scheduling an appointment. After that, you will have to discuss options with your spouse, gather some documents, and make some decisions. This is where many clients run into much bigger challenges.

Deep-seated fears, conflicts, and bad habits often arise when people have to make difficult decisions that involve money, family, and death. We often see the following issues come up when clients sit down to execute an Estate Plan.

### Fear of Dying

One of the most significant psychological hurdles is the fear of acknowledging one's mortality. Many people avoid Estate Planning because it forces them to confront the reality of their eventual passing. This fear can lead to procrastination and avoidance of essential tasks. To overcome this hurdle, it's important to remember that Estate Planning is about ensuring your legacy and providing for your loved ones rather than focusing on death itself.

### Tricky Family Relationships

Family dynamics can be complex, and the anticipation of how inheritances may affect relationships within the family can create anxiety. Individuals may worry about potential conflicts or resentments among beneficiaries. Open and honest communication with family members and involving them in the planning process can help address these concerns.

### Struggles With Indecisiveness

Estate Planning often requires making significant decisions about asset distribution, guardianship, and health care directives. Some individuals may struggle with indecisiveness, leading to delays in the planning process. Seeking advice from legal and financial professionals can provide clarity and guidance when making these important choices.

### Need for Perfection

A desire for perfection in Estate Planning can be paralyzing. People may fear making mistakes or not covering every possible scenario. It's crucial to understand that Estate Plans can be updated and revised as circumstances change. Starting with a well-considered plan, even if it's not perfect, is better than not planning at all.

“ Estate planning is not just about distributing assets; it's about providing peace of mind. ”

### Bad Past Experiences With Probate and Estates

If you were an executor for a parent's estate, or you were left out of someone's Will, you might have a bad taste in your mouth about the whole process. However, the goal of comprehensive Estate Planning is to prevent your representatives and heirs from having problems with Probate.

### Resentment of Lawyers

Some individuals have an aversion to working with lawyers, possibly due to mistrust, past negative experiences, or the perception of high costs. However, legal guidance is essential in Estate Planning to ensure the process is legally sound and efficient. Do-it-yourself Estate Planning is full of potential pitfalls. Finding a trusted attorney and discussing fees and expectations up front can help alleviate these concerns.

These fears and hesitations are very normal reactions to undertaking such an important task. However, it's important to remember that plans can always be altered as circumstances and preferences change. You can reduce or avoid common obstacles by taking the following steps:

**Start early.** Initiating estate planning early can ease some psychological burdens associated with the process. It allows ample time to consider options and make informed decisions. Waiting until there is already a family challenge can make the process much harder.

**Seek professional guidance.** Consulting with Estate Planning attorneys, financial advisors, and accountants can provide expert insight and guidance, addressing concerns and ensuring the process is both legally sound and financially optimized.

**Engage in open communication.** Having honest conversations with family members to address concerns and expectations is very helpful. Involving beneficiaries in the planning process can reduce potential conflicts.

**Focus on objectives.** Keep the focus on the objectives of your estate plan, such as providing for your loved ones, minimizing tax liabilities, and protecting assets. This perspective can help shift the focus away from the anxiety surrounding the planning process.

**Be flexible.** Understand that Estate Plans can be adjusted as needed. Life circumstances change, and your estate plan should reflect those changes.

Estate planning is not just about distributing assets; it's about providing peace of mind and ensuring that your wishes are respected. By recognizing and addressing the psychological hurdles that may hinder the process, individuals can take the necessary steps to create a comprehensive and thoughtful estate plan that serves their goals and safeguards their legacy.

WOO  
HOO!



## 2024 TEXARKANA PARENT MAGAZINE'S FAMILY FAVORITES

**FAMILY FAVORITE:**  
**BEST MEDICAL CLINIC**  
**WINNER: SIGNATURE CARE ER**

**NOMINEES:**  
 KING MEDICAL CLINIC (ASHDOWN)  
 GENESIS PRIMECARE  
 HEALING HANDS PEDIATRICS

**FAMILY FAVORITE:**  
**BEST DENTIST/DENTAL CLINIC**  
**WINNER: PEDIATRIC DENTISTRY OF TEXARKANA**

**NOMINEES:**  
 ARK-LA-TEX PEDIATRIC DENTISTRY- BRIAN STEELE  
 KIDS SPOT DENTISTRY- CHRIS POTTS  
 LEAP KIDS DENTAL -LESLEE HUGGINS

**FAMILY FAVORITE:**  
**BEST SCHOOL DISTRICT**  
**WINNER: TEXARKANA ISD**

**NOMINEES:**  
 PLEASANT GROVE ISD  
 RED LICK ISD  
 HOOKS ISD

**FAMILY FAVORITE:**  
**BEST TUTOR/TUTORING PROGRAM**  
**WINNER: CONNECTIONS LEARNING CENTER**

**NOMINEES:**  
 LEARNINGRX TEXARKANA  
 TEXARKANA TEXAS ISD  
 LITERACY COUNCIL OF MILLER AND BOWIE COUNTY

FAMILY FAVORITE:  
BEST DAYCARE

WINNER: TRAINING STATION

NOMINEES:  
LEARNING STATION  
STEPPING STONES ACADEMY  
PINSON PARK PRESCHOOL

FAMILY FAVORITE:  
BEST AFTER SCHOOL CARE

WINNER: LEARNING STATION

NOMINEES:  
PLEASANT PLAYLAND  
NASH TIGER LEARNING CENTER  
KINDER KOLLEGE

FAMILY FAVORITE:  
BEST DANCE STUDIO

WINNER: ALL RHYTHM DANCE ALLEY

NOMINEES:  
BC DANCE  
GAYLE BURROW ALL STARS  
REVOLUTION DANCE (FOUKE, AR)

FAMILY FAVORITE:  
BEST MARTIAL ARTS

WINNER: TEXARKANA JU-JITSU

NOMINEES:  
LACY'S SHOTOKAN KARATE  
TEXARKANA MARTIAL ARTS  
SMAA TEXARKANA



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# Best Newborn & Family Photographer



*Thank you for voting me a Family Favorite!*

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[kali@kalirushing.com](mailto:kali@kalirushing.com)

## FAMILY FAVORITE: BEST NEWBORN PHOTOGRAPHER

WINNER: KALI RUSHING PHOTOGRAPHY

### NOMINEES:

HELMS PHOTOGRAPHY  
BLESSING ALLISON PHOTOGRAPHY  
BLUEBERRY HILL STUDIOS

## FAMILY FAVORITE: BEST FAMILY PHOTOGRAPHER

WINNER: KALI RUSHING PHOTOGRAPHY

### NOMINEES:

HELMS PHOTOGRAPHY  
KRISTI BLACK PHOTOGRAPHY  
CRISTI HOYT PHOTOGRAPHY

## FAMILY FAVORITE: BEST FAMILY EVENT

WINNER: FOUR STATES FAIR & RODEO

### NOMINEES:

CROSSTIES FALL FESTIVAL  
THE NUTCRACKER  
TURKEY TROT 5K

## FAMILY FAVORITE: BEST PARK STUDIO

WINNER: BRINGLE LAKE PARK

### NOMINEES:

SPRING LAKE PARK  
BOBBY FERGUSON PARK (TEXARKANA, AR)  
KIDTOPIA PARK



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Texarkana, TX

903.223.4644



for voting us a  
2024 Family  
Favorite



Best Restaurant Atmosphere  
for Families

FAMILY FAVORITE:  
BEST PIZZA

WINNER: LOST PIZZA CO.

NOMINEES:  
GUSANO'S  
CICI'S PIZZA  
CHUCK E. CHEESE

FAMILY FAVORITE:  
BEST RESTAURANT ATMOSPHERE

WINNER: IRONWOOD GRILL

NOMINEES:  
TEXAS ROADHOUSE  
LOST PIZZA CO.  
DIXIE DINER

FAMILY FAVORITE:  
BEST PLACE TO HAVE FUN WITH  
THE KIDS

WINNER: G-JUMP TRAMPOLINE PARK

NOMINEES:  
HOLIDAY BOWL & ENTERTAINMENT CENTER  
SPRING LAKE PARK  
KIDTOPIA

FAMILY FAVORITE:  
BEST PLACE TO HOST A  
BIRTHDAY PARTY

WINNER: G-JUMP TRAMPOLINE PARK

NOMINEES:  
HOLIDAY BOWL & ENTERTAINMENT CENTER  
SPRING LAKE PARK  
CHUCK E. CHEESE

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FAMILY FAVORITE:  
BEST THERAPY (PHYSICAL,  
OCCUPATIONAL, SPEECH)

WINNER: TEXARKANA THERAPY CENTER

NOMINEES:  
TEMPLE MEMORIAL PEDIATRIC CENTER  
HEALTHCARE EXPRESS PHYSICAL THERAPY  
PREMIER PEDIATRIC THERAPY

FAMILY FAVORITE:  
BEST THERAPY (MENTAL HEALTH &  
COUNSELING)

WINNER: OLIVE TREE COUNSELING

NOMINEES:  
GENESIS PRIMECARE BEHAVIORAL HEALTH  
COMMUNITY HEALTHCORE  
2:10 COUNSELING

FAMILY FAVORITE:  
BEST PLACE TO GET A KID'S  
HAIRCUT

WINNER: NASH BARBER SHOP

NOMINEES:  
STYLE STUDIO  
FRINGE HAIR AND BEAUTY HOUSE  
SPORT CLIPS

FAMILY FAVORITE: BEST  
ORGANIZATION FOR KIDS SPORTS

WINNER: TEXARKANA DIXIE YOUTH  
BASEBALL

NOMINEES:  
TEXARKANA SOCCER ASSOCIATION  
D-BAT TEXARKANA  
TEXARKANA, ARKANSAS BASEBALL ASSOCIATION

FAMILY FAVORITE:  
BEST PLACE TO GET A  
SWEET TREAT

WINNER: GRAHAM SLAM BAKERY

NOMINEES:  
ANDY'S CUSTARD  
THE CAKE BOUTIQUE  
THE GREAT AMERICAN COOKIE CO.

FAMILY FAVORITE: BEST  
PLACE TO BUY BOY'S CLOTHING

WINNER: KID TO KID TEXARKANA

NOMINEES:  
DILLARD'S  
RHEA LANA'S CONSIGNMENT  
CAVENDAR'S BOOT CITY

FAMILY FAVORITE: BEST  
PLACE TO BUY GIRL'S CLOTHING

WINNER: RHEA LANA'S CONSIGNMENT

NOMINEES:  
KID TO KID  
DILLARD'S  
TJ MAXX

FAMILY FAVORITE:  
BEST PLACE TO GET BABY GIFTS

WINNER: DREIDEL HOME & SUNDRY

NOMINEES:  
BEAUX'S & BREAUXS  
TARGET  
DILLARD'S

# Happy New Year!



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