

JAN/FEB 2025

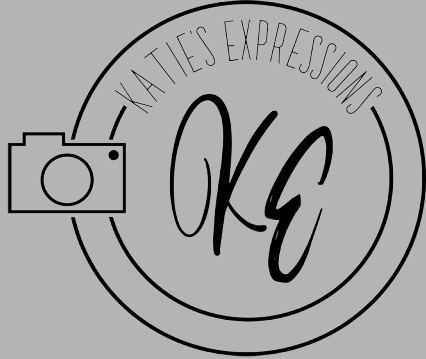
# PARENT MAGAZINE



FAMILY  
MEDICAL  
GUIDE

[txkparent.com](http://txkparent.com)





Now Booking  
Seniors!  
903.280.4864







How is it already 2025?! Seems like just yesterday I was dreaming of becoming the person I am today. With every issue I work on for Texarkana Parent Magazine, I find myself incredibly proud.

I hope you all have a wonderful 2025! I look forward to showcasing more locals and expanding our outreach to many communities and bigger cities in East Texas.

Cheers to 2 years with Texarkana Parent Magazine and here's to many more!

Happy New Year!

-Katie Stone

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### TEXARKANA PARENT MAGAZINE

4101 Texas Blvd., Texarkana, TX 75503

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903-280-4864, [publisher@texarkanaparent.com](mailto:publisher@texarkanaparent.com)

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Happy New Year! As we step into 2025, we are reminded that the new year is a time for fresh beginnings and positive changes. It's an opportunity to set new goals, embrace healthier habits, and focus on what truly matters—our faith, families, and communities. This issue is all about inspiring and equipping families to embrace the year ahead with hope, health, and connection.

In this issue, we are thrilled to present our annual Family Health Guide, a resource designed to help parents navigate the complexities of keeping their families healthy and thriving. From mental health tips to practical advice on physical wellness, our guide covers topics that matter most to families like yours. It's a new year,

and there's no better time to make positive changes for your loved ones.

We are also excited to unveil the winners of our Family Favorites Awards! Over the past couple months, you, our readers, nominated and voted for your favorite businesses across a variety of categories. These awards celebrate the local businesses that make our area a wonderful place to raise a family. Thank you for participating and for supporting the incredible businesses in our community.

Here's to a fantastic start to 2025—may it be a year of growth, joy, and cherished memories for you and your family!

-Ben & Amy King

# EVENTS *for the* FAMILY

RSVP



[www.saltytxk.com/events](http://www.saltytxk.com/events)

## Children's Story Time

Every Thursday | 10:30 a.m. | FREE

Salty Boutique & Books | 236 Richmond Road. Texarkana, TX

Help your children find a love for books and meet new friends! Each story time will have an easy craft following! RSVP at [www.saltytxk.com/events](http://www.saltytxk.com/events)

## Ashdown Community Auction

February 8 | 4:00 p.m.

Ashdown High School  
751 Rankin St | - Ashdown, AR

Doors open at 4pm, and the fund starts at 6pm. Enjoy live & silent auctions, penny auctions, raffles, food concessions, and so much more! This family friendly event offers something for everyone, with THOUSANDS of dollars in auction items like sports memorabilia, electronics, gift certificates, and event trips! Proceeds support community development and beautification projects for downtown Ashdown and the City Park. Let's come together to make a positive impact!

Want us to  
include your event?

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



## The Price is Right LIVE

February 22 | 3:00 p.m. & 7:00 p.m.

Tickets are \$82-\$42

Perot Theatre | 221 Main St, Texarkana, TX

"The Price Is Right Live" is the hit interactive stage show that gives eligible individuals the chance to hear their names called and "Come On Down" to win. Prizes may include appliances, vacations and possibly a new car! Play classic games just like on television's longest running and most popular game show...from Plinko™ to Cliffhangers™ to The Big Wheel™ and even the fabulous Showcase. Find out more by visiting [www.perottheatre.org/puppy-pals-live](http://www.perottheatre.org/puppy-pals-live).



## Galentines

*Brunch Fundraiser*



Come show your support and have brunch with us Mad Hatter style by purchasing a ticket using the QR code and showing up in your best Alice in Wonderland outfit. (dress optional)

**Saturday, February 8th, 2025**

10:00 am-3:00 pm

Brunch served from 10am-12pm

Texarkana, Texas Convention Center  
2910 S Cowhorn Creek Loop,  
Texarkana, TX 75503

**Early Bird  
Pricing now  
through  
1/10/25**

**TICKETS  
\$75 PER  
PERSON**



870-774-9675

[www.texarkanaresources.org](http://www.texarkanaresources.org)

**BENEFITTING  
TEXARKANA  
RESOURCES**

## Gal-entine's Brunch Fundraiser

benefitting **Texarkana Resources**

February 8 | 10:00 a.m. - 12:00 a.m.

Tickets are \$75

Texarkana Convention Center  
2910 S Cowhorn Creek Loop

Join us for a fun day of brunch, mimosas, shopping, and fun with your gals! We will have over 40 local women vendors with the best shopping items. We have a delicious menu planned and are excited to raise money to support women with disabilities!

Brunch will be served from 10am-12pm and shopping will be available from 10am-3pm.

Cutting Carbs for the new year? Snag a shopping only ticket for \$10 and support a great cause while supporting local vendors! Visit their website for more information.

[www.texarkanaresources.org/galentines-day-ladies-brunch/](http://www.texarkanaresources.org/galentines-day-ladies-brunch/)



## Let the good times be cold!



### 2025 Polar Plunge for Special Olympics

February 8 | 9:00 a.m.

Big Dam Waterpark  
5501 Crossroads Pkwy, | Texarkana, AR

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.

### Bougie Bingo

February 15 | 6:30 p.m.

Single Ticket: \$25 | Table Ticket: \$250

Elkmeadow Game Ranch & Pavillion  
382 Private Road 42042 | De Kalb, TX

Save the Date for the first Bougie Bingo night benefitting the New Boston Education Foundation. Tickets include a bingo card, loaded baked potatoes with brisket, and a drink. Don't miss out on the opportunity to WIN wonderful prizes. Reserved tables (8 seats) begin at \$250. Individual tickets are \$25. One hundred percent of the proceeds will go directly back to NBISD teachers and students! For more information, find the event on Facebook or call 903-628-2521.

### Coffee with CASA

Monday, February 10 | 9:00 a.m. - 10:00 a.m. | Free  
The Stained Page | 115 Main St. | Texarkana, TX

Join local representatives of the non-profit organization, Court Appointed Special Advocate for an In-Person Informational Session. Learn about the important work that CASA does in our community and how you can get involved. This event will be a great opportunity to ask questions, meet current volunteers, and hear firsthand about the impact CASA has on children in need.

## New Boston Education Foundation SAVE THE DATE



Get Ready for a Night of Fun, Food and Excitement  
at our First Annual Bougie Bingo Night!

*Saturday, Feb 15, 2025*

STARTS AT 6:30 PM; DOORS OPEN AT 5:45  
Elkmeadow Pavillion

More info at: <https://bit.ly/47pz3Nm>

Raffle tickets  
will be available  
for  
great prizes!







## Rhea Lana's of Texarkana Spring/Summer 2025 Family Event

March 16 | 1:00 p.m.

March 22 | 5:00 p.m.

Central Mall | 2400 Richmond Road | Texarkana, TX

Kids are expensive and life is hectic! Rhea Lana's of Texarkana is the answer for busy and savvy moms like you! Get ready for Rhea Lana's of Texarkana's Spring & Summer Family Shopping Event! Hosted at The Central Mall (formerly Oasis Church), 2400 Richmond Rd, Texarkana, Tx 75501, for an amazing resale shopping experience. We have everything you need for the whole family for the upcoming Spring & Summer Seasons - newborn through teens! The sale will be open to the public from Sunday, March 16th-Saturday, March 22nd. (Free admission and plenty of

parking. No tickets or passes needed).

Families have the the option to purchase a Pre-Sale ticket or snag a free pass to shop before the sale opens to the public! The Pre-Sale Shopping Extravaganza is from Thursday, March 13th-Saturday, March 15th. The key to scoring the BEST deals is shopping early Shop 40,000+ items at the same time and save 60-90% off retail prices! Since each item is inspected you can rely on us for HIGH-QUALITY items at unbeatable prices! Shopping is always FREE with no tickets/passes necessary once we open to the public.

What you will find when you shop at Rhea Lana's:

- > Clothes (sizes infant-teen) including maternity/pregnancy
- > Shoes
- > Baby Equipment
- > Furniture
- > Toys, Books, DVD's, Electronics
- > Bedding
- > Nursery Decor, and MORE!



## Family Favorite

Place to  
Buy Girls' Clothing  
WINNER



## The Great Gatsby LIVE presented by World Ballet

Company

March 19 | 7:00 p.m.

Tickets are \$55-\$89

Sullivan Performing Arts Center  
221 Main St, Texarkana, TX

Step into the jazzy world of the Roaring Twenties with this new production of the World Ballet Company. See the glitz, glamor, and tragic romance of F. Scott Fitzgerald's timeless novel LIVE on stage, featuring a multinational cast of 40 professional ballet dancers, an all-star creative team, lustrous hand-crafted costumes, and lavish, groundbreaking sets. The original score evokes the energy and atmosphere of the 1920s.

World Ballet Company's "The Great Gatsby" is a must-see feast for the eyes. Get your tickets today and be among the first to experience this lavish new production! To date, World Ballet Company has traveled to more than 300 cities, reaching an audience of more than 450,000, many of whom are first-time attendees to a ballet.

Duration: 2 hours (including 20-minute intermission)

Audience: For ages 8 & over

Link to the website: <https://worldballetcompany.com>



BLOOD DRIVE  
8AM-12PM

**BINGO**  
*Night*

## 2ND ANNUAL HUNTER & STETSON MEMORIAL BLOOD DRIVE

\$30 PER TICKET

INCLUDES DINNER, DRINK, DESSERT,  
1 BINGO CARD & 1 BINGO DAUBBER

SILENT AUCTION DURING EVENT

26TH  
APRIL 5PM

3401 W. 7TH ST. TEXARKANA,  
TX 75501

**CAR • TRUCK • BIKE  
SHOW**

**\$20 PER  
VEHICLE**

PRIZES FOR  
1ST • 2ND • 3RD  
IN EACH CATEGORY  
& BEST OF SHOW!

26TH  
APRIL 9AM

3401 W 7TH STREET  
TEXARKANA, TX 75501

**HUNTER &  
STETSON  
MEMORIAL  
BLOOD DRIVE**



# FAMILY MEDICAL RESOURCE GUIDE

\*indicates Pediatrician on staff



## Texarkana, TX

### FAMILY MEDICINE

#### \*Christus Trinity Clinic

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

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

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

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

5002 Cowhorn Creed Rd  
Ste. 2109  
Texarkana, TX 75503  
903-614-5900

#### \*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

#### Family Medical Group

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

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

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

### FAMILY MEDICINE

#### 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

#### My Eye Dr.

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

#### Nash Eye Care

300 E. New Boston Rd  
Ste. E  
Nash, TX 75569  
903-741-7720

#### The Eye Guys

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

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

#### Vision for Less/Dr. Gen Hart II

226 Richmond Ranch Rd  
Texarkana, TX 75503  
903-831-5974

#### 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

**Aspen Dental**  
2600 Richmond Rd  
Texarkana, TX 75503  
903-201-4374

**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**  
5220 Gibson Ln.  
Texarkana, TX 75503  
903-793-6976

**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



**Family Favorite  
Dentist/Dental Office  
WINNER**

## 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

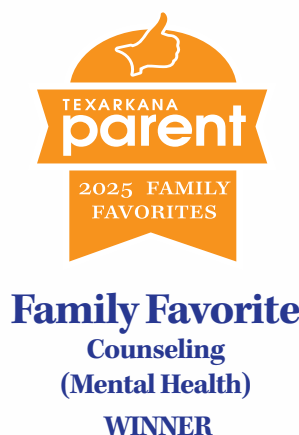
1911 Galleria Oaks Dr.  
Texarkana, TX 75503  
903-792-0308

**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





# FAMILY MEDICAL RESOURCE GUIDE

\*indicates Pediatrician on staff

## 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., Ste 104  
Texarkana, AR 71854  
870-648-1305

### Total Access Health & Wellness

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

### UAMS Health- Family Medical Center

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

## 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

### Smiles Of Arkansas Dental Center

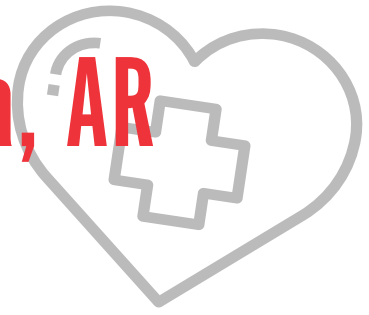
1621 Arkansas Blvd,  
Texarkana, AR 71854  
870-774-7645

### Texarkana Care Clinic

300 E. 6th St.  
Texarkana, AR 71854  
870-330-4150



# Texarkana, AR



## 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

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

**Thank you!**

2025 FAMILY FAVORITE

PEDIATRICIAN/MEDICAL CLINIC  
**WINNER!**



180 Highway US 71S  
Ashdown, Arkansas  
870-898-KING (5464)  
[www.kingmd.org](http://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



# Ashdown AR



## FAMILY MEDICINE

### Family Medical Associates

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

### Memorial Medical Clinic

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

### Family Medical Group

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

### White's Family Clinic

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

### \*King Medical Clinic

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



**Family Favorite**  
Medical Clinic/  
Pediatrician  
WINNER

## OPTOMETRISTS/OPHTHALMOLOGISTS

### Ashdown Eye Care

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

## DENTISTS

### 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

### Hope Family Practice Center

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

### Christus Trinity Clinic

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

### 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

### Coffee Family Dental

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

### James Tyson DDS

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

### 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



# FAMILY MEDICAL RESOURCE GUIDE

\*indicates Pediatrician on staff

## New Boston, TX

### FAMILY MEDICINE

#### Christus Trinity Clinic

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

#### New Boston Family Clinic

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

#### Collom & Carney Clinic

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

#### Supracare Family Health

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

### OPTOMETRISTS/OPHTHALMOLOGISTS

#### Ark-La-Tex Eyes

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

#### Aaron Eye Clinic

101 NE Front St  
New Boston, TX 75570  
903-628-3937



### 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

## Atlanta/Queen City, TX

### FAMILY MEDICINE

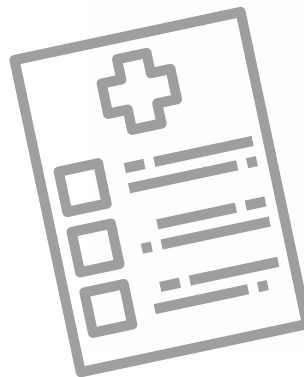
#### Genesis Primecare

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

### OPTOMETRISTS/OPHTHALMOLOGISTS

#### Genesis Primecare

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



### 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



# THANK YOU FOR VOTING

GENESIS  
PRIMECARE  
PEDIATRICS

Family Favorite  
*Pediatric Medical  
Clinic*

& Family Favorite  
*Pediatrician*



Krista Niemeyer



Krista has been a member of the Genesis PrimeCare Pediatrics team since its launch in December of 2012. She has over 10 years of experience serving children and their families as a Board Certified Pediatric Nurse Practitioner. Prior to becoming a Pediatric Nurse Practitioner, Krista worked as an emergency and trauma RN at Vanderbilt Children's Hospital in Nashville, TN. There she was able to gain experience and knowledge while working alongside some of our nation's top nurses and physicians. She went on to study at Vanderbilt University and obtained a Master of Science in Nursing specializing in Pediatric Primary Care in 2011.

Krista is from the small town of Rosston, Arkansas. She has a son whom she adores, and she loves spending time with family and friends. She is an avid sports fan and loves her PG Hawks and Arkansas Razorbacks.

# Understanding RSV

*From the Providers*

by: Dr. Rachel King, *Pediatrician* & Jana Boquin, *Pediatric Nurse Practitioner*

Respiratory Syncytial Virus, RSV, the three letters that strike fear in the hearts of parents during the winter season. Most parents have heard of RSV but do not always know what all it entails. Learning more information can help parents feel more prepared as most babies are infected at least once by age two.

RSV is a common respiratory virus that causes cold-like symptoms such as cough, runny nose, fever, decreased appetite, and sneezing in most people. Children less than two years of age that are infected with RSV are susceptible to bronchiolitis. Bronchiolitis is inflammation in the small airways of the lungs that causes excessive mucus and secretions. This causes difficulty because infants and children this young are not able to clear their airways easily. Infants under the age of 6 months old, premature infants, and immunocompromised children are most at risk for developing complications such as dehydration and pneumonia. The illness tends to peak on days 3 to 5.

If your child does get RSV, there are a few things parents can do at home. If your child is having trouble breathing through their nose or feeding, use nasal saline and suction to help clear their nose with a bulb syringe or other forms of nasal suction. Parents can also use a cool-mist humidifier to help loosen congestion. It is also very important to make sure your child stays hydrated. If your child is running a fever or experiencing discomfort, Tylenol can be given 2 months and older and Motrin can be given 6 months and older.

Treatments that are usually not indicated for RSV can include antibiotics, bronchodilators such as albuterol, and steroids. RSV is a virus and is not treated with antibiotics that are used to treat bacteria. Steroids and albuterol do not help mucus and are typically reserved for children who have a previous history of asthma or reactive airway disease. The question remains, when do we need to see a doctor? If your child has difficulty breathing (rapid respirations, using extra muscle to breathe, nostril flaring, grunting with each breath, or pale/ blue lips), dehydration (not urinating every at least 3-4 times in a 24-hour period), or fever that lasts longer than five days.

Currently there are two recently developed therapies that can help prevent or lessen the severity of RSV. Beyfortus is a single dose monoclonal antibody given to infants that provides antibodies to help their still-developing immune system fight the virus when they come into contact with it. It is indicated for all infants under the age of 9 months old pri-

or to RSV season (October-March) and some children with chronic illness up to 24

months. Abrysvo is a vaccine for pregnant mothers during their third trimester of pregnancy (32-36 weeks) from September to January to provide passive immunity to the baby for up to 6 months after birth. In addition, it is important to try to prevent RSV with good hand washing, keeping your baby out of daycare or nurseries when they are sick to prevent the spread of germs and avoiding others that are sick.

The most important thing to remember when taking care of your child with RSV is to seek care with a trusted provider who is up to date on treatment guidelines that can guide you through this, at times, difficult illness.



Dr. King is an Ashdown Native and happy to be in her hometown and serving the community in which she grew up. Dr. King is married to Dr. Zach King, who is also a pediatrician. They have two children, Sydney and Baxley. In her free time she enjoys spending time with family and friends, being an active member of her church, spending time outdoors, playing and coaching sports, working out and cooking.



Jana Boquin is dual board certified by the American Association of Nurse Practitioners and The Pediatric Nursing Certification Board. Before joining Dr. King in 2021, she was an Intensive Care Unit nurse at UAMS and Christus St. Michael. Jana lives in Texarkana with her husband, Anthony, and their three children. She enjoys spending time at the lake, sports, and taking trips with her family.



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# THE IMPACT OF DEMENTIA & ALZHEIMER'S ON FAMILIES

## *A Legal Perspective*

*By Ben King*

Dementia and Alzheimer's disease are conditions that profoundly affect not only the individuals diagnosed but also their entire families. As these diseases progress, they challenge families to navigate emotional, medical, and financial complexities. From an elder law perspective, proactive planning is crucial to alleviate some of these burdens and ensure that loved ones receive the care and support they need.

### *Emotional and Financial Strain*

Caring for a family member with dementia often places significant emotional and financial stress on caregivers. Decisions about care—whether at home or in a facility—can create tensions among family members. Without a clear legal framework in place, these challenges are compounded by uncertainty about the individual's wishes and financial arrangements. Planning before the onset of dementia can establish clear expectations and reduce disputes, giving families a roadmap to follow as conditions progress.

### *Legal Planning as a Lifeline*

Key legal tools can provide clarity and reduce stress for families. An essential first step is to establish advance directives, such as a durable power of attorney and a healthcare proxy. These documents designate trusted individuals to manage financial matters and make healthcare decisions when the person with dementia can no longer do so. Proper drafting of these documents with specific elder care issues in mind is critical. Additionally, a living will can outline specific preferences for medical care, ensuring that the individual's wishes are honored.

Creating these documents before a diagnosis ensures the individual's full participation and avoids complications later.

### *Protecting Assets and Securing Care*

Families should also consider long-term care planning. Medicaid can help cover the costs of nursing homes or in-home care, but eligibility requirements are strict. An elder law attorney can guide families through Medicaid planning, which may include asset protection strategies to preserve a portion of the family's wealth while securing necessary care. Early planning allows families to structure finances in ways that maximize benefits while avoiding last-minute crises. However, even if advance planning was not completed, there may still be options when the unexpected or unplanned happens. A key piece of advice: NEVER spend down all assets before talking to an attorney who has an understanding of the Medicaid qualification process. Many people who think it would be impossible to receive assistance may be able to qualify and thereby preserve their assets.

### *Early Action is Key*

The earlier families begin planning, the better. It is best to plan early in life, even in a person's late teenage years. However, many people recognize the need to plan but simply put it on the back burner. The earlier plans can be put into place, the better. However, even in the early stages of dementia, individuals can usually actively participate in discussions about their care and legal arrangements. This involvement ensures that their voice is heard and their autonomy is respected. Waiting until a crisis arises often limits options and increases stress. Proactive planning also enables families to explore and implement strategies at a more deliberate and thoughtful pace.





## *A Holistic Approach*

Addressing dementia's impact requires a holistic approach that integrates legal, medical, and emotional support. Families are encouraged to seek guidance from a qualified elder law attorney, financial planners, and healthcare professionals. Support groups and counseling services can also provide valuable emotional resources. Planning ahead can also help identify these resources early, ensuring a support system is in place when it is most needed.

## *Family Resources*

Alzheimer's Alliance Tri-State Area & Our Place  
Respite Care Center  
100 Memory Lane, Texarkana, TX 75503  
903-223-8021  
[www.alztristate.org](http://www.alztristate.org)

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



Ben King,  
Elder Law Attorney

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# LIFE INSURANCE FOR THE WHOLE FAMILY



Submitted Photo

## WHAT ARE THE DIFFERENT TYPES OF LIFE INSURANCE THAT YOU CAN GET FOR YOUR FAMILY? WHAT ARE THE DIFFERENCES BETWEEN THOSE?

The two most used life insurance products are Term Life and Whole life insurance. Term life is the cheapest of two coverages, most often written for a term of 10, 20 and 30 year periods. It's like renting a policy. When the period is up the payments stop and coverage goes away.

Whole life permanent coverage is a little more expensive but the coverage will last a lifetime. The earlier you start this coverage the cheaper the premiums. Part of the premiums go into a separate account that accumulates money that you can borrow from or make a withdrawal. This policy is definitely an asset.

## HOW OLD DOES A CHILD NEED TO BE TO HAVE LIFE INSURANCE?

I recommend whole life policies as the choice for children. The policies can be written starting at 3 months and offer them the most affordable life long protection while building the cash values. At the age of 18, you can pull that cash value out to use for college tuition, buy a car etc.

## WHY DO YOU FEEL LIFE INSURANCE IS AN IMPORTANT THING TO HAVE FOR YOUR LOVED ONE ?

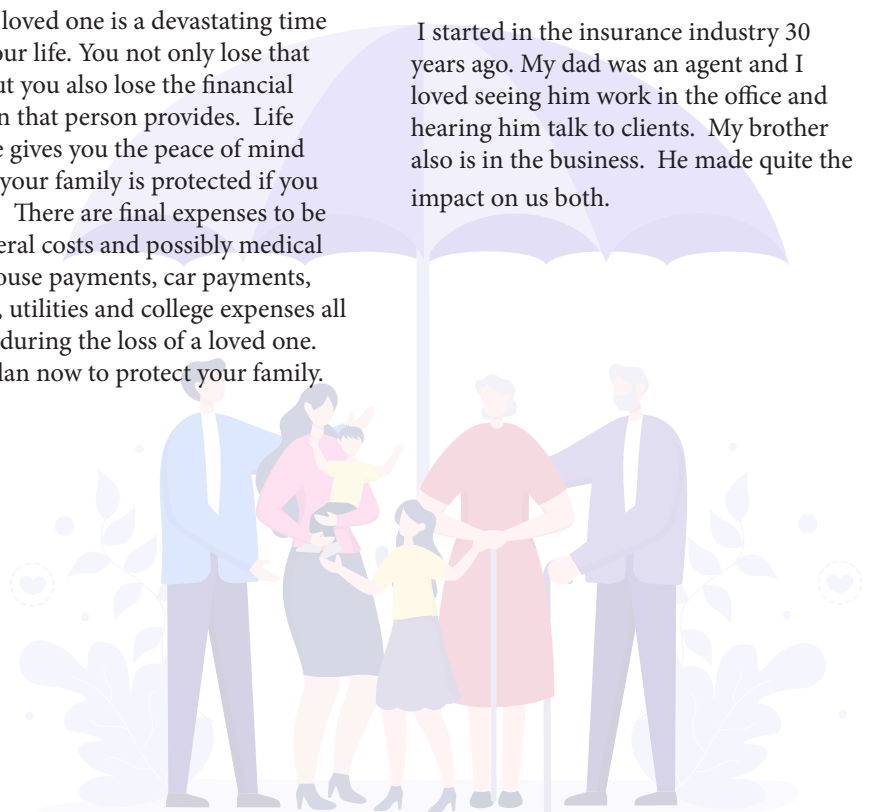
Losing a loved one is a devastating time during your life. You not only lose that person but you also lose the financial protection that person provides. Life insurance gives you the peace of mind knowing your family is protected if you are gone. There are final expenses to be paid, funeral costs and possibly medical bills. House payments, car payments, groceries, utilities and college expenses all continue during the loss of a loved one. Make a plan now to protect your family.

## WHY DO YOU FEEL THAT HAVING IT FOR A CHILD IS IMPORTANT?

Think of life insurance as an investment for your family. If you have your children covered they have a policy they can carry into adulthood that will never go up in cost and provides cash if they need it. It also teaches your child at a young age some financial responsibility.

## WHY IS INSURANCE SO IMPORTANT TO YOU?

I started in the insurance industry 30 years ago. My dad was an agent and I loved seeing him work in the office and hearing him talk to clients. My brother also is in the business. He made quite the impact on us both.



*Sherry Lile has been protecting families for over 30 years. Contact her today for a financial review.*

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## 2025 TEXARKANA PARENT MAGAZINE'S FAMILY FAVORITES

### FAMILY FAVORITE:

#### MEDICAL CLINIC

WINNER: KING MEDICAL CLINIC

#### NOMINEES:

COLLOM & CARNEY- DR. PORTER  
GENESIS PRIMECARE- KRISTA NIEMEYER  
HEALING HANDS PEDIATRICS- TRACIE CALLOWAY

### FAMILY FAVORITE:

#### DENTIST/DENTAL CLINIC

WINNER: PEDIATRIC DENTISTRY OF  
TEXARKANA/ MITCHELL GLASS

#### NOMINEES:

ARK-LA-TEX PEDIATRIC DENTISTRY- BRIAN STEELE  
KIDS SPOT DENTISTRY- CHRIS POTTS  
SMILES OF ARKANSAS- REGINA FERGUSON

### FAMILY FAVORITE:

#### THERAPY (PT, OT, SLP)

WINNER: TEMPLE MEMORIAL  
PEDIATRIC CENTER

#### NOMINEES:

TEXARKANA THERAPY CENTER  
SOUTHERN REHAB-PHYSICAL THERAPY & AQUATICS  
PREMIER PEDIATRIC THERAPY

### FAMILY FAVORITE:

#### THERAPY (MENTAL HEALTH)

WINNER: PEDIATRIC & FAMILY  
COUNSELING OF TEXARKANA

#### NOMINEES:

GENESIS PRIMECARE BEHAVIORAL HEALTH  
COMMUNITY HEALTHCORE  
OLIVE TREE COUNSELING



FAMILY FAVORITE:

PARK

WINNER: BRINGLE LAKE PARK

NOMINEES:

SPRING LAKE PARK  
BOBBY FERGUSON PARK (TEXARKANA, AR)  
GRADY T. WALLACE PARK

FAMILY FAVORITE:

DANCE STUDIO

WINNER: JONI'S GYM

NOMINEES:

ALL RHYTHM DANCE ALLEY  
STUDIO M  
PATTI SMITH'S DANCING UNLIMITED

FAMILY FAVORITE:

NEWBORN PHOTOGRAPHER

WINNER: KALI RUSHING PHOTOGRAPHY

NOMINEES:

HELMS PHOTOGRAPHY  
BLESSING ALLISON PHOTOGRAPHY  
K8 PHOTOGRAPHY

FAMILY FAVORITE:

FAMILY PHOTOGRAPHER

WINNER: HELMS PHOTOGRAPHY

NOMINEES:

THREE MOONS PHOTOGRAPHY  
KRISTI BLACK PHOTOGRAPHY  
TORI YANCY PHOTOGRAPHY

FAMILY FAVORITE:

FAMILY EVENT

WINNER: FOUR STATES FAIR & RODEO

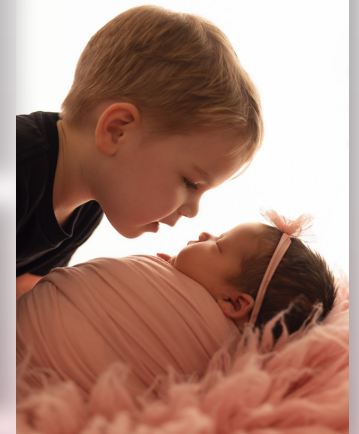
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FAMILY FAVORITE:  
PLACE TO GET A SWEET TREAT

WINNER: TASTE & SEE

NOMINEES:  
GRAHAM SLAM BAKERY  
THE CAKE HOUSE  
SUSIE Q'S CASSEROLES & CONFECTIONS

FAMILY FAVORITE:  
BURGER SPOT

WINNER: TLC BURGERS

NOMINEES:  
DIXIE DINER  
82 EATS  
DAIRY QUEEN- WAKE VILLAGE

FAMILY FAVORITE:  
PIZZA

WINNER: LOST PIZZA CO.

NOMINEES:  
GUSANO'S  
CICI'S PIZZA  
PAPA MURPHY'S

FAMILY FAVORITE:  
RESTAURANT ATMOSPHERE

WINNER: POP'S PLACE

NOMINEES:  
BUBBA'S 33  
TEXAS ROADHOUSE  
CHILI'S

FAMILY FAVORITE:  
SCHOOL DISTRICT

WINNER: REDWATER ISD

NOMINEES:  
PLEASANT GROVE ISD  
RED LICK ISD  
TEXARKANA ISD

FAMILY FAVORITE:  
TUTOR/TUTORING PROGRAM

WINNER: CONNECTIONS LEARNING  
CENTER

NOMINEES:  
SAMANTHA DURHAM- PRIVATE TUTOR  
ZACHS MATH- LISA ZACH  
READ & RISE AT WE ARE WASHINGTON

FAMILY FAVORITE:  
AFTER SCHOOL CARE

WINNER: LEARNING STATION

NOMINEES:  
TRAINING STATION  
ST. JAMES DAY SCHOOL  
PLEASANT PLAYLAND

FAMILY FAVORITE:  
PRESCHOOL/DAYCARE

WINNER: LEARNING STATION

NOMINEES:  
TRAINING STATION  
TEXARKANA MONTESSORI  
ST. JAMES DAY SCHOOL



FAMILY FAVORITE:

PLACE TO HAVE FUN WITH  
THE KIDS

WINNER: GIRAFFE SAFARI-INN

NOMINEES:

HOLIDAY BOWL & ENTERTAINMENT CENTER  
CINEMARK 14  
CROSSTIES FESTIVALS

FAMILY FAVORITE:

PLACE TO BUY BOY'S CLOTHING

WINNER: CAVENDAR'S BOOT CITY

NOMINEES:

TERRI'S TREASURES (ATLANTA, TX)  
RHEA LANA'S CONSIGNMENT  
KID TO KID

FAMILY FAVORITE:

PLACE TO BUY GIRL'S CLOTHING

WINNER: RHEA LANA'S CONSIGNMENT

NOMINEES:

KID TO KID  
DILLARD'S  
SASSY SECONDS

FAMILY FAVORITE:

PLACE TO GET BABY GIFTS

WINNER: DREIDEL HOME & SUNDRY

NOMINEES:

TERRI'S TREASURES (ATLANTA, TX)  
GINGER JUNCTION  
SOUTHERN GRACE BOUTIQUE & PARTY VENUE

FAMILY FAVORITE:

PLACE TO HOST A  
BIRTHDAY PARTY

WINNER: G JUMP TRAMPOLINE PARK

NOMINEES:

HOLIDAY BOWL & ENTERTAINMENT CENTER  
GIRAFFE SAFARI-INN (NEW BOSTON, TX)  
SOUTHERN GRACE BOUTIQUE & PARTY VENUE

FAMILY FAVORITE:

PLACE TO GET A KID'S HAIRCUT

WINNER: NASH BARBER SHOP

NOMINEES:

SPORT CLIPS  
FRINGE HAIR AND BEAUTY HOUSE  
CAMPBELL & CO.

FAMILY FAVORITE:

ORGANIZATION FOR KIDS SPORTS

WINNER: TEXARKANA, ARKANSAS  
BASEBALL ASSOCIATION

NOMINEES:

TEXARKANA SOCCER ASSOCIATION  
PLEASANT GROVE YOUTH ASSOCIATION  
TEXARKANA, JIU JITSU

FAMILY FAVORITE:

MARTIAL ARTS

WINNER: TEXARKANA JIU-JITSU

NOMINEES:

LACY'S SHOTOKAN KARATE  
EAST TEXAS MARTIAL ARTS  
SMAA TEXARKANA

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