

WHAT'S TO *Love* TXK

a WeeklyLIFT brought to you through the Leadership Initiative for Texarkana

A program of Leadership Texarkana



Week of February 19-25, 2018 • Good news and good ideas for everyone!

Enjoy regular updates on What's to Love TXK in the WeeklyLIFT!

It's a fact: The more we all know, the more we all care, so help us build our WeeklyLIFT readership, growing the numbers of folks eager to be a part of all that makes our community great.

To subscribe, go to LeadershipTexarkana.com.

Email your news posts directly to info@leadershiptexarkana.com.



THEY'RE IN!

Clean · Neat · Green · Pretty

1894 City Market (Old Ritchie Grocery)

Thanks for making Texarkana TWICE as beautiful!

For your OWN declaration of commitment to making Texarkana Twice as Beautiful (to say YOU'RE IN) - go to leadershiptexarkana.com

Texarkana USA:

A thriving center for business, education and culture that attracts—and serves—us all.

*Citizens committed to Working Smart for Excellence,
Educational and Cultural Riches, Community Pride,
Economic, Social and Personal Well-Being.*

Speaking of Second to None...

Texas Middle School Students Take Top Honors at Regional Science Fair



William Soyars, Madelyn Bixler, Chris Baker, Lola Vanderburg

Texas Middle School student scientists recently took top honors during the Region 8 Science Fair on February 1 in Pittsburg, TX. An estimated 282 students participated from 25 area school districts.

Awards included: Madelyn Bixler – First Place in 7th Grade Biological Science; Chris Baker – Second Place in 8th Grade Physical Science; Lola Vanderburg – Third Place in 6th Grade Physical Science; William Soyars – Third Place in 7th Grade Biological Science.



Thanks to our WeeklyLIFT Partners for investing in "What's to Love TXK!"

PROFILES IN LEADERSHIP

Myra Loving

Licensed Professional
Counselor
Private Practice
LT Class of 2015



"I've learned that adding a supportive group is a wonderful way to be a leader in Texarkana. When I graduated from Leadership Texarkana, I began a free support group 'Left Behind' for survivors whose loved ones died by suicide. This group meets monthly and has provided an avenue for fostering safe relationships among those with (an often taboo) shared trauma. Establishing this group has also opened a door for adding an 'International Survivor Day' in November. I plan to incorporate other agencies so that this might become a day for more people to come honor their loved ones.

To me, leadership is a practical skill and endeavor someone takes on to help better a group, community, project, etc. Leadership encompasses more than 'taking charge' but in working collaboratively and willingly together toward a common goal. Being a leader means finding your best asset that helps as a catalyst toward this common goal.

As a therapist and also a survivor of a loved one dying by suicide, I'm spending time, effort and money this year to work toward adding the International Survivor Day to Texarkana. It is affiliated with American Foundation for Suicide Prevention of which I'm a member and has a criteria and curriculum for having a therapeutic space that day. I applied last fall to run this day and will add this to Texarkana for survivors.

I wish I could make managed care/insurance for mental health understand the importance of it. Our healthcare system still falls behind so many regarding mental health. People aren't always able to afford to see a therapist when they desperately need to do so. I know that many of my colleagues and I've provided pro bono for clients over the years in practice, but unfortunately this isn't something that can be sustained as being a practitioner in private practice and this is unfortunate.

I love that Texarkana has a small town feel and people are friendly and want to support each other. I enjoy people helping people. Life is short, so help each other if you can. And overall 'life is good'."

A T-TOWN TOP TEN

THINGS TO DO IN TEXARKANA February 19-25, 2018

SPOTLIGHT ON...

1

Jordan World Circus

MONDAY,
FEB. 19



Showtimes at 4:30 p.m. and 7:30 p.m. Three rings of affordable family fun, to thrill fans of all ages. Death-defying aerial acts, animal attractions including tigers and elephants. Kids will also be able to ride and pet different types of animals.

2

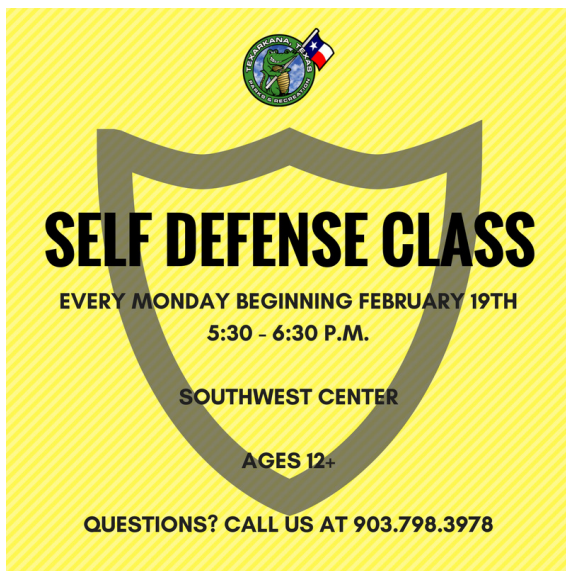
Altrusa Health and Wellness Conference

SATURDAY,
FEB. 24, 9 A.M.-2 P.M.



Williams Memorial Methodist, Wesley Hall. Dr. Patricia Sulak, M.D. is back for a second engagement to empower our community to reach their optimum health. Dr. Sulak speaks throughout the country about adult wellness, emphasizing the promotion of scientifically proven healthy lifestyles in an effort to prevent disability and death. As a bonus, Dr. Sulak will be bringing her husband, Jeffery A. Waxman, M.D., who will speak from a male's perspective on the topic of healthy living and that "change is possible". Tickets include lunch from Longhorn Steakhouse; in advance only! 903.748.8978

AND DON'T MISS:



3 Monday, Feb. 19

SELF DEFENSE CLASS AT THE SOUTHWEST CENTER

5:30/6:30 p.m. Held every Monday for ages 12+. Must come and complete paperwork prior to classes beginning. By City of Texarkana, TX Parks and Recreation Department. Any questions please contact 903-798-3978.

4 Tuesday, Feb. 20

PLACE (PROGRAM FOR LEARNING AND COMMUNITY ENGAGEMENT)

Dr. Michael Wellman, Univ of Michigan: on AI, computational finance and cybersecurity. Public welcome. Free. Eagle Hall at TAMU-T Univ Center. 7-8:30 p.m.

5 Through Feb. 28

"GO WEST: FROM MAINE TO TEXAS"

Terri DeNatale exhibit at the John Moss Library at TAMU-T.



6 Saturday, Feb. 24

FREE DROP IN ART WORKSHOP FOR AGES 4-11

1-4 p.m., Regional Arts Center - presented by TRAHC. Want to create memories and art with your child? Join TRAHC Saturday, February 24 from 1 to 4 pm for a come-and-go, open-ended parent and child art-making session. Parent or guardian required to be present (no drop-offs please.) Dress for a mess! No advance registration is required.



7 Saturday, Feb. 24

BOREDOM BUSTER: EXPLORE THE WONDER OF KINETIC SAND

2-3 p.m. at Discovery Place presented by TMS.



8 Saturday, Feb. 24

COMEDIAN TIM LOVELACE: LIVING IN A COFFEE WORLD.

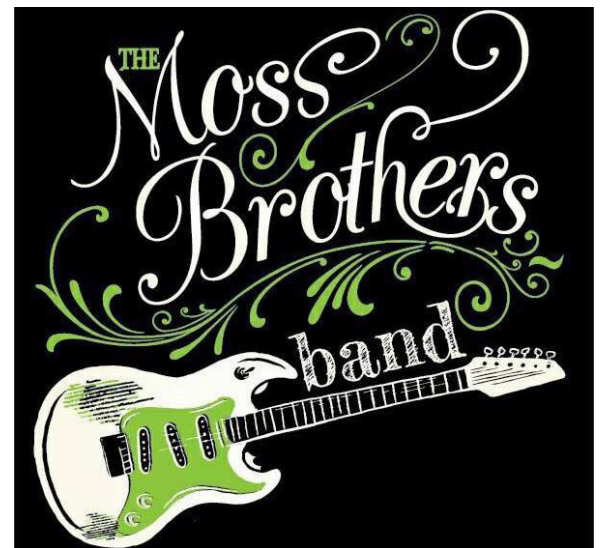
6 p.m., Twin City Event Center (former Special Events on the Blvd). Celebrate 30 years of the KLFY TV Christian Community Television Ministry. Featuring internationally known & billboard comedy chart topping Christian comedian Tim Lovelace. A Favorite of The Grand Ole Opry, Gaither Homecoming Videos and so much more! Tickets include dinner, desserts, beverages & the evening's inspiring entertainment.



Saturday, Feb. 24

LISTEN TO THE MUSIC! TIM MONTANA AT SCOTTIE'S GRILL

Doors open at 6 p.m., show starts at 7:30.
Reserved seats \$10. Advance general admission, 18 and up, \$10.



10 Feb. 22, 23, 24

FAT JACK'S OYSTER AND SPORTS BAR

- Feb. 22, Vernon Hinesley & Troy Wilburn
- Feb. 23, Moss Brothers Trio
- Feb. 24, TEAZUR

TOTALLY TEXARKANA

Food Faves

Team picks from CHRISTUS St. Michael Health System



“Chopped spinach salad from Ironwood Grill.”

MELISSA RAINEY

Program Manager/Public Relations



“I love Pecan Point—I try something different every time because their menu is constantly changing and I’ve NEVER had anything bad there! I do love their seasonal butcher’s board.”

LAUREN ROSS

Social Media & Online Reputation Specialist, Northeast Texas & Louisiana



“While I enjoy several restaurants in town, one of my favorites is Pop’s Place. I love the steak.”

FRANCINE FRANCIS

Director of Marketing/Communications

**FEATURE THE TOTALLY TXK FOOD FAVES OF YOUR TEAM (or family) -
Send to info@leadershiptexarkana.com**

SAVE THE DATE: LEADERCAST 2018!

May 4: Another inspiring day to lift you or your team. Details to come.

SIGN UP FOR THE EMAIL VERSION OF THE WEEKLYLIFT AT LEADERSHIPTEXARKANA.COM!