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VOL. 25 ISSUE 1255, June 26, 2024

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## A & M'S MARITIME ACADEMY IS ALL ABOUT THE SEA

### Tumbleweed Smith

"The ocean is our campus, is what they always like to say."

Jason Tieman is with A & M's Maritime Academy on Pelican Island near Galveston. It draws a unique type of student.

"Any kind of student that has a passion for anything marine or maritime related," he says. "So whether it's business, operating sea-going vessels, supply chain management, marine sciences, marine biology, any of the studies about the impact that we have on the environment in the maritime world, this campus hosts all of that."

Some twenty-two hundred students are enrolled.

"As a freshman you're going to be taking the basic English, history, chemistry classes, then when you get into the higher level stuff you're learning how to do celestial navigation, you're learning thermodynamics or whatever the industry path you're on dictates."

Jason says of all the A & M graduates, the ones from the Maritime Academy get some of the highest paying jobs.

"We have a lot of industries that come and recruit from our campus. They like our students. There's something to be said about having students that are working in environments that are tough because you're dealing with more challenges all the time than in a normal operation. Anything that's done on the water costs ten times more than doing it on land because of all the extreme environments you're working in."

The academy is one of only seven universities in the world that offers a degree in deep sea diving. Research facilities on the campus concentrate on sea turtles and large migratory game fish.

"We've got a small boat marina here with all sorts of research vessels; everything from a seventy foot catamaran down to small outboard fishing boats. They go out in the bays and do sampling and monitoring and all kinds of research."

The academy has a full size ship, the Kennedy, that is manned by students twenty-four hours a day even when it's docked at the campus port. It takes 600 students out to sea every summer. A new ship, The Lone Star State will arrive this year. A lot of former students remember the Texas Clipper, the first ship that served as the dorm and classroom before the full campus was completed. Some of those early maritime graduates come back to lecture to the students. The academy has some side benefits.

"Of course there's Galveston. And if you like fishing we've got some of the best fishing right off our docks here." A & M points out that seventy-one percent of the world is ocean and ninety percent of what we wear, eat, use and drive travels on oceans and inland waterways.



Tumbleweed Smith

### Miscellaneous

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### Miscellaneous

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 T N R W E I G H T L I F T I N G U O S B  
 L T I L Y M G N I T O O H S P D I C I A  
 L G A L L A B Y E L L O V Y O M N A N S  
 A G T B C S T R A M P O L I N I N G A K  
 B N H T L Y T A O F O O T B A L L N I E  
 Y I L G Y E C A E C H G G I H L G I R T  
 E L O N E A T V E K Y A N P O L N X T B  
 L T N I N E C E R M W T I F C A I O S A  
 L S E E C O T H N S E O C C K B W B E L  
 O E N O L H T A T N E P N R E D O M U L  
 V R O N R E S N N I I O E D Y N R F Q T  
 H W E A N T W I I A N S F S O A N A E D  
 C I S C I T S A N M Y G C I M H T Y H R  
 A A C C O G N I V I D M G N I M M I W S  
 E A S Y R E H C R A W A T E R P O L O N  
 B S O F T B A L L L L A B E S A B E C I  
 G N I M M I W S D E Z I N O R H C N Y S

ARCHERY	DIVING	RHYTHMIC GYMNASTICS	TENNIS
ATHLETICS	EQUESTRIANISM	ROWING	TRAMPOLINE
BADMINTON	FENCING	SHOOTING	TRIATHLON
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BASKETBALL	GYMNASTICS	SWIMMING	WATER POLO
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Answers On Page 3

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**ANSWERS**  
G T H E A T H L E T I C S F I R J M S  
T N R W E I G H T L I F T I N G U O S B  
L T I L Y M G N I T O O H S P D I C I A  
L G A L L A B Y E L L O V Y O M N A N S  
A G T B C S T R A M P O L I N I N G A K  
B N H T L Y T A O F O O T B A L L N I E  
Y I L G Y E C A E C H G G I H L G I R T B  
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B S O F T B A L L L L A B E S A B E C I  
G N I M M I W S D E Z I N O R H C N Y S  
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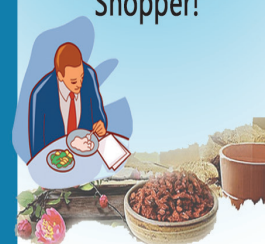
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# Obits



## WEST OAKS FUNERAL HOME

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### **Karen Lynn Paulson**

Funeral Service for Karen Lynn Paulson will be at 10:00 a.m. on Thursday, June 27, 2024 at Our Savior Lutheran Church with Rev. Mark Elliott officiating. There will be a visitation from 5:30 p.m. to 7:30 p.m. at West Oaks Funeral Home. Interment will follow the service at Gafford Chapel Cemetery.

Karen Lynn Hill was born on November 25, 1955 in Brookings, South Dakota, the daughter of Arley and Ruth Hill. She was baptized into the Lutheran Church in Brookings, SD, and confirmed at the First Lutheran Church on October 31, 1971. She received her education at the Brookings Public School and was a graduate of the Brookings High School in 1974. She continued her education at South Dakota State University and in 1976 received an Associate's of Arts Degree in Secretarial Science. Karen was united in marriage with Ronald Norman Paulson on August 16, 1975. While Ron was in the Army, they moved to Honolulu, Hawaii, then Denver, Colorado, and when Ron left the Army in 1983, they moved to Sulphur Springs, Texas. Karen worked for 28 years with the Sulphur Springs Independent School District where she touched so many lives in her community. She retired in July of 2020. Karen died peacefully in her sleep at her home on Wednesday, June 19, 2024.

Karen was a faithful member of Our Savior Lutheran Church in Sulphur Springs where she taught Vacation Bible School, was a member of the Alter Guild, Quilters Club, Quail Ridge Ministries and Lutheran Women's Missionary League. She enjoyed sewing, quilting and reading.

Everyone that knew Karen remembers her as a kind and gentle soul. She loved to talk to people whether it be at the store, after church or on the phone. She genuinely cared about others and was always willing to listen, talk, laugh or cry with anyone. She was especially happy to talk about her favorite subject, her two grandchildren. Her life revolved around them, and she would put anything on hold in order to visit them or attend their events. She ensured that every need and want was met for her grandchildren. Her husband, children and grandchildren were the light of her life, and she enjoyed spending time with all of them.

Karen is survived by her husband of 48 years, Ronald Paulson of Sulphur Springs, TX; three sons, Chad (Allison) Paulson of Sulphur Springs, TX, Gregory (Mariana) of North Bethesda, MD, and Matthew (JoAnn) Lutmer-Paulson of Roanoke, VA, granddaughter Katelynn Paulson (Chad and Allison) and grandson Joaquin Paulson (Gregory and Marianna), one sister Elaine (James) Sellers of Pickstown, SD, and several nieces, nephews and cousins.

She was preceded in death by her parents, two brothers Marlin and Rodney, and three sisters Ardys, Joanne and Eleanor.

Arrangements are under the direction of West Oaks Funeral Home. [www.westoaksfuneralhome.com](http://www.westoaksfuneralhome.com)



### **Doyle Wood**

A funeral Service for Doyle Wood, age 88, of Sulphur Springs, Texas was held at 11:00 a.m. on Saturday, June 22, 2024 at Murray-Orwosky Funeral Home with Carey Gable and Jim Rogers officiating. Interment followed at Greenview Cemetery with David Duncan, Jace Wood, Terry Yates, Rodney Lennon, Brian Lennon, and Marc Vincenti serving as pallbearers. Visitation was held one hour prior to the service from 10:00-11:00 a.m. Mr. Wood passed away on Wednesday, June 19, 2024.

Doyle Ray Wood was born in Miller Grove, Texas on June 10, 1936 to William Burl and Willie (Stapleton) Wood. He married Margaret Melton on December 23, 1955.

Mr. Wood was a dairyman in the Martin Springs Community for 50 years. He enjoyed buying and selling cattle, raising heifers, and traveled the mid-west in search of the perfect Holstein.

Along with his wife, Margaret, he is survived by his son, Michael Wood and wife Kelly; grandsons, David Duncan and wife Candice, Jace Wood and wife Lori; granddaughter, Jillian Wood Vincenti and husband Marc. He was a great-grandfather to Madison, Darla, Dacey, and Darby Duncan, Lola and Link Wood, and baby boy Vincenti due in July; bonus great-granddaughters, Brynlee, Sydney,

and Ashlyn; his loving sisters, Barbara Lennon and Patsy Yates; and niece, Shirley McPeak.

He was preceded in death by his loving daughter, Penny Wood; sister, Dahlia Dickens; and brother, William Carroll Wood.



### **Kathryn Hudson**

Funeral services for Kathryn Hudson, age 89, of Sulphur Springs were conducted at 10:00 a.m. on Tuesday, June 25, 2024 at West Oaks Funeral Home Chapel with Dr. Jeff Graven officiating. Interment followed at Restlawn Memorial Park with James Vanwinkle, Johan Brink, Jay Williams, Mike Hudson and James Morris serving as pallbearers. Honorary pallbearers will be Jim Helfferich, David Helfferich, Anthony Gonzalez, Bo Morris, and JJ Brink. Visitation was held one hour prior to service time at West Oaks Funeral Home. Kathryn passed away Friday, June 21, 2024 at Hospice of East Texas in Tyler. Kathryn was born on February 27, 1935 in Sulphur Springs the daughter of Tippett Elbut Houston and Kathryn Roann Burrows Houston. She married James David Hudson and he preceded her in death. Kathryn was a Registered Nurse and retired from Sulphur Springs Health and Rehab. She was also a member of First Baptist Church of Sulphur Springs where she taught Sunday School. She is survived by her son Gary Hudson and wife Lisa, grandchildren, Emily Pace and husband Anthony, Cooper Hudson and wife Sydney, James Morris and wife Hannah, Samantha Brink and husband Johan, great grandchildren, James Carter Pace, Tatum Hudson, Brighton Hudson, Makensa Morris,

Cali Morris, Bo Morris, Anthony Gonzalez and J.J. Brink, special niece, Jeanie Helfferich and husband Jim and one great-great-grandchild, Theo Gonzalez. In addition to her husband James, she was preceded in death by her parents, son, Ricky Hudson, daughter, Sharon Kay Hudson, brothers, Hugh Houston, Gerald Houston, and James Houston, one sister, Mary Bowden. Arrangements are under the direction of West Oaks Funeral Home. [www.westoaksfuneralhome.com](http://www.westoaksfuneralhome.com)



# Tips for Preventing Heat-Related Illness

**Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.

**Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

**Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

**Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

**Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing

Stay Cool



a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

**Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels—these products work best.

**Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:

Never leave infants, children or pets in a parked car, even if the windows are cracked open.

To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.

When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

**Avoid Hot and Heavy Meals:** They add heat to your body!

**Stay Hydrated**

Stay Hydrated



**Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

**Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

**Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

**Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

**Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

**Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.

**Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become con-

Stay Informed



fused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

**Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.





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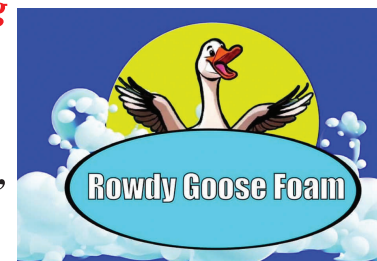


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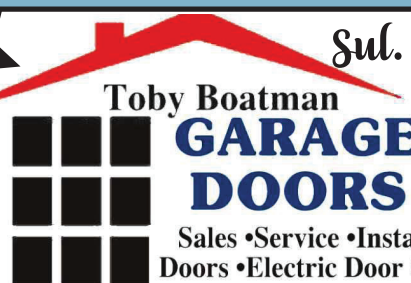
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