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## A BIG BEEF SHOW IN A SMALL TOWN

### Tumbleweed Smith

Andy Holloway has seen the ups and downs of the cattle business. He had a large enterprise in Abilene then came hard times. He called an old professor he had at A & M and explained his financial situation. The teacher told Andy that a county agent position was open in the panhandle town of Canadian, the county seat of Hemphill County. Andy took it



Tumbleweed Smith with the thought of biding his time until something better came along. But he stayed. In 2015 Andy invited area ranchers to a beef conference. It was held in a small building in late April.

"We charged each rancher a hundred dollars to come to this meeting," says Andy. "I was told by some of my colleagues that nobody would come and pay a hundred dollars to go to an extension meeting when they could go to similar meetings for free. But they didn't realize the speakers I had and the topics that we had to discuss. They also didn't realize that I would work to promote it and get people to present this information. It was a sell-out crowd, standing room only. Eighty-five people attended."

Andy's family has been in the cattle business dating back his great grandfather. Andy had a cattle marketing company thirty years and made contacts all over the country. He used those contacts to promote his second conference in 2016.

"We moved the little beef conference out to the north side of town to an event center here in Canadian called Jones Pavilion. We had 211 people that year for the conference. And if you fast forward to 2025 we had 865 people from 24 states and 4 foreign countries here in Canadian for our beef cattle conference. It's been amazing. How could a little town of twenty-five hundred people out in the middle of the prairie host an event that has now become an international beef cattle conference. The most important and knowledgeable ranchers and agribusiness professionals have been here to be speakers and it's been just amazing how people have responded and attended. We've been told so many times that this event is the event where people enjoy coming to learn the most, experience other people just like them that are ranching for business and profit every day."

The price to go the meeting has increased.

"Back in 2015 things were a lot cheaper than they are now and we've had to go up to a hundred seventy-five. But that's for two days and includes barbecue, steaks and prime rib meals, information from speakers and trade show vendors. And there's all kinds of items to take home. It's the best deal in the business. I recently went to the National Cattle Beef Association meeting in San Antonio and it cost \$1,375 just for the registration."

He had 16 trade show vendors in 2016 and now has 110 vendors and 26 corporate sponsors. Some of the featured speakers hold powerful positions in Washington. It is Canadian's biggest event.

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## WORD SEARCH (Fishing)

Find and circle all of the Fishing words that are hidden in the grid.

The remaining letters spell a quote by Henry David Thoreau.

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

ANGLER	FLIES	LAKE	SINKER
ANGLING	FLIPPING	LANDING NET	SPINCAST REEL
AUGER	FLOAT	LEADER	SPINNER
BAIT	FLOUNDER	LINE	SPOOL
BASS	FLY CASTING	LURE	SPOON
BLUEFISH	FLY FISHING	NIBBLE	STILL FISHING
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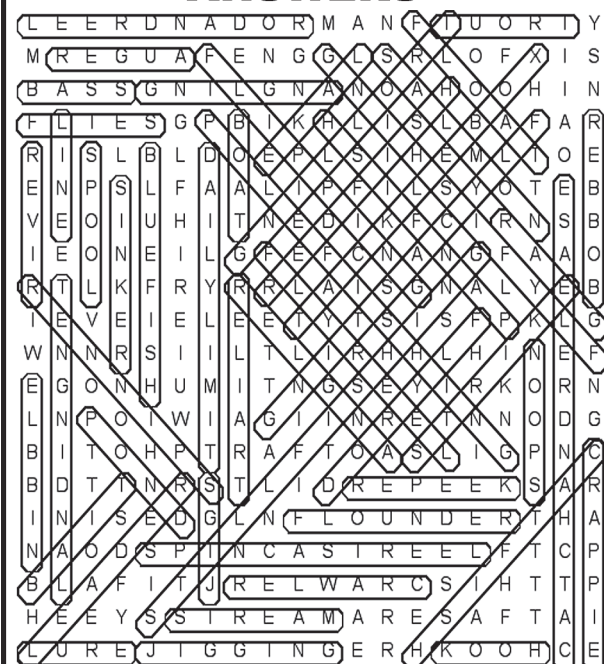
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### ***Sill and Judy Bunch***

Funeral services for Sill and Judy Bunch, of Sulphur Springs, Texas will be held at 2:00 P.M. on Wednesday, June 18, 2025 at Murray-Orwosky Funeral Home with Cheryl Murray officiating. Visitation will be held one hour prior to the service. Interment will be held at the DFW National Cemetery at a later date. Mr. and Mrs. Bunch passed away in their residence on June 9, 2025.

Sill was born on July 4, 1943 in Diboll, Texas to Lamar Ramsey and Beatrice (Herring) Bunch. Sill retired from the Army after 24 years of service as a highly decorated soldier receiving The Silver Star, 2 Bronze Stars and the Soldier Medal. After retirement, he kept active with many local organizations, including The Boy Scouts, VFW and the Masonic Lodge.

Judy was born on May 17, 1944 in Dallas, Texas to Erwin J. "Knox" and Margaret Lillian (Tyree) Meyer. Judy began her teaching career in the Dallas Independent School District after graduating from the University of Texas. While supporting her husband's military career, she continued to volunteer and work with the schools her daughters attended. Upon moving back to Texas she took a teaching position with Sulphur Bluff ISD where she taught until her retirement. Judy attended the First United Methodist Church in Sulphur Springs. Judy and Sill Bunch were married on December 20, 1969 in Dallas, Texas.

Sill and Judy are survived by their daughters, Carrie Bunch and Kate Chase and husband, Isaac; granddaughter, Amelia Chase. Sill is also survived by his sister, Elaine Pinkerton. Judy is also survived by her brother, John Meyer. Sill was preceded in death by his parents and his sister, Mary Shivers. Judy was preceded in death by her parents.



### ***June Littlefield***

A graveside service for June Littlefield, age 99, of Corinth, Texas was held at 2:30 p.m. on Sunday, June 15, 2025 at Peerless Cemetery. Visitation was held from 1:00-2:00 p.m. at Murray-Orwosky Funeral Home in Sulphur Springs, Texas. Ms. Littlefield passed away at her home on Wednesday, June 11, 2025.

Belva June Littlefield was born on March 31, 1926 in Peerless, Texas to John Wesley and Ida Mae (Posey) Caldwell. She married her long lost high school sweetheart, Chester "Bunny" Littlefield in Garland, Texas on August 8, 1981. June was the first graduating class at North Hopkins High School. She started working at Sears and Roebuck, Company at the age of 18 and continued to work there until her retirement in 1988. June was a member of Lake Dallas Church of Christ and a former member of the League Street Church of Christ in Sulphur Springs.

June is survived by her daughter, Janice Smith of Lake Dallas; son, Lee McCleskey of Sachse, Texas; daughter, Joy Pierce (Ron) of Corinth, Texas; grandchildren, Jeff Smith (Julie), Tracy Montgomery (Mykel), Carley Keech (Jesse), John Malloy, II (Lexie), Jordan McCleskey (Cristian), and Joseph McCleskey (Cathleen); and great-grandchildren, Reese Smith, Ryann Smith, Jeremy Manning, Jr., Malloy Keech, Kellan Keech, Jayden Keech, Alli Morgan, Everly Malloy, Weslee Malloy, Chander Rodriguez, and Delilah Hughes.

She was preceded in death by her parents, John Wesley and Ida Mae Caldwell; husband, Chester "Bunny" Littlefield; three infant brothers; and brother, L.D. Caldwell.



### ***Sandra Gayle Snow***

Sandra Gayle Snow (Shurbet), also known as Mom, Nana or Mama Gayle, of Como, TX, went to be with Jesus and her loved ones in Heaven, on June 10, 2025, at the age of 79. Funeral services were held at 2:00 PM, Saturday, June 14, 2025, at Murray-Orwosky Funeral Home with Pastor Leo Wisniewski officiating. Interment followed at Richland Cemetery in the Brinker Community with Charlie Livsey, Jon Gleason, Matthew Nordin, Kenny Robbins, Paul French and Cole Banks as pallbearers. Honorary pallbearers were Billy Couch, Felix Salmeron and Scott White. Visitation was held one hour prior to the service.

Sandra Gayle was born in Denton, TX on December 5, 1945, to Bowen Woodie and Lucy Louellen Snow, who preceded her in death. She graduated from Denton High School in 1965 then attended Texas Woman's University in Denton, TX. She always talked fondly of her job at Duke & Ayres 5 Cent to a Dollar Store during that time. In her junior year of college, she married Anthony Austin (Tony) Shurbet on November 4, 1967. They were married for 19 years before divorcing in 1986. They always remained the best of friends. Tony preceded her in death on July 22, 2016. Tony and Gayle had 2 daughters, Dawn Michele

Shurbet and Gayla Tonette Shurbet Livsey, who is married to Stephen Livsey.

Tony and Gayle moved to East Texas on September 11, 1974, where they owned and operated a very successful dairy farm for many years. She was also employed by Saltillo School for a time as a teacher's aide and bus driver. Gayle later worked for Northeast Texas Industries (NETI), The Hopkins County Compaction Station and The Hopkins County Civic Center where she was a certified jailer and from which she retired in 2010 after 22 years of employment with the county.

Gayle's survivors include her daughters, Michele and Gayla and husband, Stephen and adopted daughter, Lisa Jetton, one grandson, Charlie Livsey (TJ) of Greenville, TX and three granddaughters, Meagan Livsey, Emily Livsey, and Hannah Livsey, all of Sulphur Springs, TX, two great-granddaughters, Evelyn Robbins and Lilly Harrington, and many others whom she viewed as her children and grandchildren. Other survivors include her sister, Patti Culter of Magnolia, TX and brother, David Snow of Slidell, TX, three nieces, Teresa, Debbie and Shannon, sister-in-law, Tracy Duffie, adopted grandson, Felix Salmeron, her dear friend, Billy Couch, and her little brown doggie, Buckles.

She was preceded in death by her parents and one sister, Linda Smith of Gainesville, TX.



# The Power of Wellness Care: Investing In Your Health Before It Breaks Down

By Gabriela Camacho, BSN, RN-BC - Integrative Functional Health Practitioner

In today's fast-paced world, it's easy to wait until something hurts before we seek help. But more people are discovering that true health isn't just about treating illness—it's about preventing it. That's where wellness care comes in.

Wellness care is a proactive, whole-body approach that focuses on optimizing your physical, mental, and emotional health. Unlike conventional medicine, which often addresses symptoms, wellness care aims to uncover root causes and help your body perform at its best.

At its core, wellness care includes:

- Routine hydration and nutrition: IV vitamin therapy and nutrient optimization can combat fatigue, boost immunity, and support metabolism.
- Hormone balance: As we age, even subtle imbalances can lead to weight gain, mood swings, or poor sleep. Functional testing helps identify what your body really needs.
- Preventive screenings and labs: Regular blood work can catch inflammation, nutrient deficiencies, or insulin resistance—long before they become disease.
- Stress management: Chronic stress can wreak havoc on the body. Tools like breathwork, adaptogenic herbs, and mind-body therapy are often part of a wellness plan.
- Movement and sleep: These are pillars of good health that often get overlooked. Wellness providers look at your lifestyle—not just lab results.

Whether you're recovering from burnout, trying to lose weight, or simply want more energy, a wellness-based plan is personalized to you. You won't be handed a generic pill—you'll be supported with customized protocols, education, and often, natural therapies that work with your body.

One of the most powerful aspects of wellness care is that it puts you in control. It's not just for the ultra-healthy or the elite. Whether you're a teacher, a truck driver, or a tired parent juggling too much—your body deserves support.

And here's the best part: small changes make a big difference. Hydrating properly, supplementing wisely, getting quality sleep, and managing stress can often transform how you feel in just a few weeks.

As a local healthcare provider, I see it every day—when people invest in their well-being, they show up better for their families, careers, and communities.

So consider this your invitation: don't wait for a diagnosis to take care of yourself. Wellness care isn't just healthcare—it's self-care at the highest level.

*Gabriela Camacho, BSN, RN-BC is a board-certified nurse and the founder of Omega Hydration & Wellness, where she specializes in IV therapy, fional medicine, and integrative health solutions in East Texas.*



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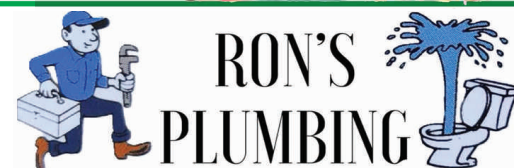


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