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#### OIL, GOATS AND BANJO



Tumbleweed Smith

BJ Mayo of Miles worked in the oil patch 48 years.

"I worked in seven states and spent some time overseas," he says. "I was in Bangladesh then Australia and West Africa where I retired from a major company and started consulting from there."

When he was working in the Permian Basin **Tumbleweed Smith** and South Plains, he drove up to 400 miles a day working on oil wells.

"A lot of that was self-imposed. I did it because I didn't want to live in a man camp like I have done before. I didn't care for that too much. I just chose to drive home every day so I could sleep in my own bed at night."

Twenty years ago, he bought a farm near Miles. He lies there now with his wife Diane. The last couple of decades he has worked in the oil fields, farmed and ranched.

"I spent most of my days and evenings in the oil patch, then tried to plow and plant at night. It's not very conducive to good farming."

He is busy in retirement raising cows, sheep, goats, hay and winter wheat. He does an excellent goat call and seems to be able to carry on conversations with cows. Some of his goats get into unusual situations.

"One had a five-gallon bucket stuck on its head. The handle was under his chin and he was running around blindly, hitting the fence. We had to chase it down and hold its legs still until we could get it off while it was squealing and carrying on. Sometimes they get in trees and we have to get them down."

BJ has a Sunday afternoon ritual after church and a visit to Dairy Queen. He writes books. Two have been published by major publishing houses. His first one, ALFIE CARTER is about some experiences in Africa and involves a young girl escaping a difficult environment. Another is SPAR-ROWS OF MONTE NEGRO about pioneer life along the Texas-Mexico border.

"I'm working on several more but currently I'm about halfway finished with one called TWO STEP. I've got 26 books structured. I've just finished building a writing studio using 100 year old barnwood."

BJ is extremely multi-talented. He sang with a gospel quartet 19 years and has played guitar with a group in Arkansas.

"It was Jimmy Driftwood's Music Barn. He's the guy who wrote TENNESSEE STUD. We just dropped in this place one night and I was invited to come on stage. I've played with them twice now. They're true mountain musicians."

He is an accomplished banjo player. He just bought a brand new one that weighs 15 pounds. It's on a strap when he plays.

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## WORD SEARCH (Science Fiction)

Find and circle all of the Science Fiction movies that are hidden in the grid. The remaining letters spell the title of an additional Science Fiction movie. THESADFORBIDDENPLANET SSRESFLASHGORDONNTUR ISNWESTWORLDOEF ICEIE LΕ IUTEPLCKAGQ D B O C E V H O O O O A B U C NUEOPITGEACYNRIA TERRCECPLOASBAOOEZLP RRRTGAOIYENRONVB MUSPTOAELSNDTCENYT ANCINOHRRAYDIEUKE NNSHETTUOSSTERMRNR IISLDNANTSRENMSEANUE ONRRYSAALAHDEICNTARM TRTRAENC ANKLEAMLN ADBCTCTAAAIAL H G H S E T F H D M O I A A T T V R F Y R W TIRDUNEMRALTSLERET SACATTAGFXNYRLH KRAPCISSARUJSITONXR ETAGRATSEMORDOED ALIEN **FANTASTIC VOYAGE ROBOCOP TERMINATOR BLADE RUNNER** THE ABYSS **FLASH GORDON SCANNERS BODY SNATCHERS** THE FLY **FLATLINERS SHIVERS BRAZIL FORBIDDEN PLANET SILENT RUNNING** THE MATRIX

**Answers On Page 3** 

**FRANKENSTEIN** 

**GATTACA** 

**INDEPENDENCE DAY** 

**JURASSIC PARK** 

**LOGAN'S RUN** 

MAD MAX

**METROPOLIS** 

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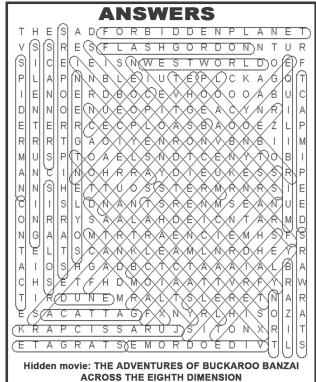
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- \* Check the URL of the story: abcnews.com is a legitimate news source, abcnews.com.co is not. Anything that ends with something other than .com is likely to be a spoof.
- \* If someone important is quoted, google the quote. It can be tracked back to an event or a statement if it is legit.
- \* Reverse search the questionable image on google. Right click the image and copy the URL. Go to images.google.com and paste the URL to find out where it came from.

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# **Tumbleweed Smith** Appearing Live

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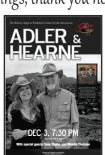
Tumbleweed Smith will be performing his one man show OUTRAGEOUS TEXANS during the July 4th events in Fort Davis. It will be at 2 PM Saturday, July 5th in the Chamber of Commerce building. This is a Chamber sponsored event. There's

no charge to the public to attend and it is suitable for all ages. His 30-minute show features the humorous stories from characters he has interviewed for his syndicated radio program THE SOUND OF TEXAS. Tumbleweed will also be narrating the parade at 10 AM Saturday. He has been a featured entertainer during the 4th activities in Fort Davis for more than ten years. This year he has been nominated for induction into the Texas Radio Hall of Fame.

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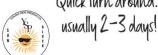


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#### Annada Jones

October 11, 1941 ~ June 21, 2025 (age 83)

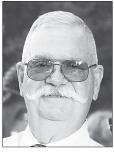
A completed obituary will be available at a later date and there are no services at this time.



Kay Frazier

August 22, 1948 ~ June 21, 2025 (age 76)

Obituary not available at this time. Visitation will be Wednesday, June 25, 2025, 6:00 PM to 8:00 PM at Sam B. Harvey Funeral Home, 409 N. Kaufman, Mount Vernon, TX 75457. A funeral Service will be held Thursday, June 26, 2025, 10:00 AM at the First Baptist Church, 319 S. Kaufman St. Mount Vernon, TX 75457. Interment following the funeral service will be at the Fairview Cemetery, FM 71W, Franklin County, TX 75487.



#### Jerry Lamb

February 23, 1947 — June 19, 2025

Jerry Lee Lamb, age 78, passed away peacefully at his home in Brashear, Texas surrounded by loved ones on June 19, 2025. Jerry was born on February 23, 1947, in Longview, Texas to Louis Amos Lamb and Mary Bernice Voorhies, and he was lovingly raised by T.D. Gafford after the untimely passing of his father. Jerry married Lynda Robinson on February 23, 1991, in Upland, California. He was a proud patriot who enlisted in the United States Navy at age 17 and completed two tours during Vietnam from 1966 to 1968. After his honorable discharge from the U.S. Navy, he went to work for the San Bernadino, California Police Department, where he served as a range master and a member of their SWAT team until his medical retirement due to injuries received during the line of duty. From 1980 to 2004, Jerry worked as a corporate loss prevention supervisor and a Certified Fraud Examiner. Upon his retirement in 2004, he moved home to Hopkins County,

Texas. Jerry was a lifetime member of the Veterans of Foreign Wars (VFW) and a man of the Baptist faith.

He is survived by his wife, Lynda; children, Kimberly Kimm and husband, Jeff, Michael Benzien and wife, Brenda, and Jennifer Lamb; six grandchildren; four great-grandchildren, and numerous nieces and nephews.

Jerry was preceded in death by his parents and stepfather; and brother, Albert T. Beck, Jr.

A military graveside service will be held at a later date at Greenview Cemetery in Brashear, Texas.

In lieu of flowers, the family has asked that donations be made in Jerry's name to the Greenview Cemetery at P.O. Box 1504, Sulphur Springs, TX 75483.



#### Mary Frances Barnett (Parker)

March 7, 1932 — June 17, 2025

Sulphur Springs

A funeral service for Mary Frances Barnett (Parker) age 93, of Sulphur Springs, Texas was held at 2:00 p.m. on Monday, June 23, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs. There was no formal visitation. Lloyd Gene Parker, Johnny Ross, Don Huffstetler, Wayne Caldwell, David Brewer, and Robert Ellis served as pallbearers. Ms. Barnett passed away at Rock Creek Health and Rehabilitation in Sulphur Springs on Tuesday, June 17, 2025.

Mary Frances Barnett was born on March 7, 1932 in the Branom and Ridgeway Communities in Hopkins County to Edward Erwin and Minona Dae (Scott) Parker. Mary Frances's father, Edward Parker was from Morris Chapel, Tennessee. Mary Frances's grandmother, Carnelia "Morris" was part of the family who established Morris Chapel, Tennessee. Edward

Parker moved Minona and their two eldest sons to Texas in 1924. Mary Frances married R.V. Barnett Jr., in Rockwall, Texas on July 3, 1946. Mary Frances was a volunteer at the First Baptist Church and for The Girl Scouts of America. She was a long time member of the First Baptist Church in Sulphur Springs.

Mary Frances is survived by her daughters, Stacey Barnett Hammer and Donna Gregory of Sulphur Springs.

She was preceded in death by her husband R.V. Barnett Jr.; son, Robert (Bobby) Barnett; her parents, Edward E. and Minona Parker; brothers, James Parker, John F. Parker, and Billy Ray Parker.

Donna and Stacey would like to thank the staff of Rock Creek Health and Rehabilitation for their care, kindness and love to their mother. In lieu of flowers, the family asks that you consider a donation to the Samaritans Purse, PO Box 3000, Boone, NC 28607.

# Wellness: More Than Just the Absence of Illness

By Gabriela Camacho, BSN, RN-BC - Founder, Omega Hydration & Wellness Services

Wellness is not a luxury—it's a lifestyle. In today's fast-paced world, true wellness goes beyond simply "not being sick." It's a proactive approach to living fully—physically, mentally, and emotionally.

At its core, wellness is about balance. It means nourishing your body with healthy food, staying active in ways you enjoy, getting restful sleep, and managing stress before it becomes burnout. It's choosing to invest in your health every day—whether that's through movement, mindfulness, hydration, or preventive care.

Wellness also includes emotional and mental health. Are you feeling connected to others? Do you make time to unplug and reset? Taking care of your mind is just as critical as taking care of your body.

Integrative wellness, which blends modern medicine with functional practices like IV therapy, massage, nutrition, and supplements, is on the rise for a reason—it empowers individuals to heal, thrive, and age with grace.

Remember, wellness is personal. It doesn't look the same for everyone, and that's okay. It's not about being perfect—it's about being intentional.

Whether you start by drinking more water, going for a walk, or setting boundaries, every small step counts. After all, your health is your greatest wealth.



Gabriela Camacho





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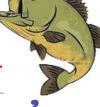
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