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Tumbleweed Smith

Forty thousand students are on the Texas Tech campus in Lubbock and attend classes in buildings with the Spanish Renaissance style of architecture. Another 20,000 students are on affiliated campuses around the state. "We continue to get bigger, but we still feel small," says Curt Langford, Alumni Director. "Tech, I think, is

the second or third largest in the Big 12 but you wouldn't feel it. There's a very intimate feel here." Tech is 102 years old, considered a young university. "Governor Pat Neff signed Texas Tech into legislation on February 10th, 1923. We are the only school in the Big 12 that was founded in the 1900s." Tech graduates now number around 300,000. "We're graduating more every semester than we used to in the earlier years of the university so we're growing fast."

Pat Green, John Denver and Patrick Mahomes attended Tech. "When John Denver was here, he played in the student union building. Once an administrator told him to put away his guitar and get to studying, that he shouldn't plan on any future playing guitar. Patrick Mahomes is one of our most visible alum now. Everybody is proud of him for bringing life back to the Kansas City Chiefs and winning a couple of Super Bowl games. The first Super Bowl game with Patrick as quarterback, was fifty years after another Tech football player, E.J. Holub played for the Chiefs in another Super Bowl game."

Tech has a School of Medicine, a Law School and a new Veterinary School. "A lot of people said it would never happen, but the administration met the challenge. It was long overdue. There are too many students who were having to go out of state to go to vet school. It was just in the best interest in the state of Texas for this to take place. That's another element of the Texas Tech university system that continues to grow. This year we'll have our second class of graduates in the vet school."

Curt has probably been on more college campuses than anyone else. For 18 years he sold class rings to graduating seniors. When the position of alumni director opened up, he made application and was accepted. He says he put all his rings in one basket. He was glad to be home. His father was a professor at Texas Tech.

Curt has archived 10,000 oral histories of Tech graduates about their memories at the school.

He attends Tech alumni events all over the country. One is in Ruidoso the third week in June. It's called the Red Raiders at the Races in Ruidoso. There's a new alumni chapter there and we're attempting to raise money for scholarships. There's a golf tournament associated with it, a big reception at a winery, then of course the races. The Matador, our Masked Rider, the modern day version of our mascot, rides rapidly around the track and that's a big thrill for Tech fans."

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WORD SEARCH (Fourth of July)

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L	B	C	E	L	G	A	E	D	L	A	B	N	T	H	L	O	D	S
A	E	S	E	F	E	W	P	A	T	R	I	O	T	I	C	E	N	T
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The hidden quote is: **THOSE WHO DENY FREEDOM TO OTHERS, DESERVE IT NOT FOR THEMSELVES**

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Clearing the Haze: Understanding and Overcoming Brain Fog

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

If you've ever struggled to concentrate, forgotten simple tasks, or felt mentally sluggish for no obvious reason, you may have experienced brain fog. Though not a medical diagnosis, brain fog is a real and frustrating condition that affects mental clarity, memory, and focus. It's commonly described as feeling "cloudy," "out of it," or like your brain is moving in slow motion.

What Causes Brain Fog?

Brain fog is a symptom—not a standalone illness—and it can be triggered by a wide range of physical, emotional, and lifestyle factors:

- **Poor Sleep:** Inadequate or low-quality sleep disrupts the brain's ability to reset and recharge, leading to reduced mental sharpness.
- **Stress and Anxiety:** Chronic stress increases cortisol levels, which can impair memory and slow cognitive function.
- **Hormonal Changes:** Women often report brain fog during pregnancy, perimenopause, or menopause due to fluctuating estrogen and progesterone levels.
- **Diet and Nutrition:** Nutrient deficiencies, blood sugar imbalances, dehydration, and food sensitivities (especially gluten or dairy) can all affect mental clarity.
- **Medical Conditions:** Autoimmune diseases (like lupus or multiple sclerosis), fibromyalgia, long COVID, thyroid disorders, and chronic fatigue syndrome often include brain fog as a symptom.
- **Medications:** Certain drugs, especially sedatives, antihistamines, and some antidepressants, may dull cognition.

Brain Fog and Modern Life

The modern lifestyle often makes brain fog worse. Constant screen time, information overload, lack of movement, and processed foods all contribute to mental fatigue. Even mild dehydration or skipping meals can leave your brain struggling to perform at its best.

How to Clear Brain Fog Naturally

1. **Prioritize Sleep:** Aim for 7–9 hours of restful sleep each night. Maintain a consistent sleep-wake schedule and minimize screen exposure before bed.
2. **Nourish Your Brain:** Focus on a whole-food, anti-inflammatory diet rich in healthy fats (like omega-3s), leafy greens, berries, and lean protein. Stay hydrated throughout the day.
3. **Move Your Body:** Exercise increases blood flow to the brain and boosts mood-enhancing chemicals like dopamine and serotonin.
4. **Reduce Stress:** Practice mindfulness, deep breathing, yoga, or journaling. Even five minutes of meditation daily can calm a racing mind.
5. **Limit Toxins:** Avoid excess alcohol, sugar, artificial additives, and heavily processed foods. Support detox pathways with antioxidants and liver-loving nutrients like glutathione.
6. **Supplement Wisely:** Consult with a healthcare provider about supplements that support cognition—such as B vitamins, magnesium, adaptogens (like ashwagandha), or nootropics like L-theanine.

When to See a Professional If your brain fog is persistent, worsening, or interfering with daily function, it's important to consult a healthcare provider. Underlying conditions like hypothyroidism, anemia, insulin resistance, or neurological issues may be the root cause.

Final Thoughts Brain fog may be common, but it's not something you have to live with. By tuning into your body and making mindful lifestyle shifts, you can lift the mental haze and reclaim your clarity, energy, and focus. After all, a clear mind is a vital part of whole-body wellness.



Gabriela Camacho



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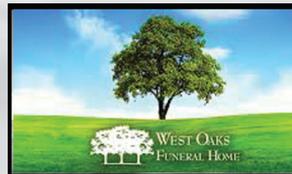
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Bubba Jay Edwards

Graveside service for Bubba Jay Edwards, age 62, of Sulphur Springs, Texas will be held at 11:00 a.m. on Wednesday, July 2, 2025 at Gafford Chapel Cemetery with Pastor Jim Goodwin officiating. Visitation will be held an hour prior to the service from 10:00-11:00 a.m. at Gafford Chapel Community Chapel.

William Jay Edwards, known by most as Bubba Jay, was born on September 23, 1962, in Greenville, Texas, to J.W. Edwards and Linabeth Hoover Edwards.

Jay married Tish Blair on May 3, 2003, in Las Vegas, Nevada. They moved to Sulphur Springs in 2006 and made their home here for 19 years. They have one son, Kegan Edwards, who attends Sulphur Springs High School. Being the dad that he was, he loudly and proudly encouraged and supported Kegan, which he lovingly called Little Buddy, in anything and everything that he wanted to try. He was happiest when he was in the stands watching Kegan and his buddies play baseball and football.

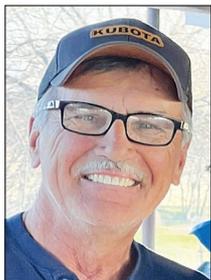
He was an active member of Gafford Chapel Church, in Sulphur Springs, Texas, and previously served on church committees as well as the Gafford Chapel Cemetery Board of Directors. He loved the Annual Gafford Chapel Stew and Auction. Yes, you could guess, he had his own spot reserved on the back pew in church, but he would allow anyone to sit with him.

Bubba Jay attended schools in the Sulphur Springs Independent School District, where he graduated from high school in 1981. He made lifelong friends here and kept in touch with many of them. If you ever knew Bubba, you never forgot him. After high school, he began a career in the air conditioning industry, with one of his first jobs being at E-Tex Mechanical in Sulphur Springs, and he continued that career, in his current position as Project Manager at Aire Dynamics in Irving, Texas.

He loved many sports, including hunting and fishing. Bubba was an avid hunter, and one could probably write a book from all the stories and tall tales that have been told about their hunting trips. To say he was a big Texas A&M fan would be an understatement at best, and if you wanted to stay in good graces with him, you sure didn't tell Aggie jokes around him, not even kidding. Bubba Jay was a collector of many things. If you know, you know.

Bubba Jay will be remembered as a big kid with an enormous heart; one who loved his family, friends, church, and community; one who was never at a loss for words, even if it didn't need to be said; and one who could make you mad but still laugh, all during the same conversation. His big, strong hugs and his laugh will never be forgotten.

William Jay Edwards went to meet his Lord and Savior on June 27, 2025, at Christus Mother Frances Hospital in Tyler, Texas. Survivors include his wife of 22 years, Tish Edwards; son, Kegan Edwards; sisters, Cheryl Kirk, of Magnolia, AR, and Stacy Gant, of Sulphur Springs. Bubba Jay leaves behind many special family members and beloved friends. He is preceded in death by his parents, J.W. and Linabeth Edwards and an infant son, Cory Edwards.



Steve Eppars

Funeral service for Steve Eppars, age 68 of Sulphur Springs, Texas will be held at 2:00P.M. on Thursday, July 3, 2025 at Murray-Orwosky Funeral Home. Interment will follow at Connor Cemetery. Visitation will be held from 6:00 to 8:00 P.M on Wednesday, July 2, 2025 at Murray-Orwosky Funeral Home. Mr. Eppars passed away on June 27, 2025 at his residence.

Arrangements are under the direction of Murray-Orwosky Funeral Home.

The online register can be signed at www.murrayorwosky.com



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

Annada Elliott Jones passed away on Saturday, June 21, 2025 at her residence. She was born on October 11, 1941 in Sulphur Springs, the daughter of William "Bill" and Marguerite Gilbert Elliott. She married James Frank Jones on December 17, 1976 who was the love of her life and they were married for 48 years.

After graduation from Sulphur Springs High School, she completed her degrees from East Texas State University. She began her teaching career with the SSISD. Annada retired from the school district after nearly 30 years of instructing Junior High (Middle School) students the foundations of the English Language and Literature. Still wanting to contribute to her community, Annada began working with the Hopkins County Civic Center and later filling in at the front desk of the Hopkins County Chamber of Commerce.

She loved being involved with her family, friends, and high school classmates. She also held dear the precious members of her Sojourners Sunday School Class and her lifelong membership of the First United Methodist Church. Annada's community volunteer activities

included Sulphur Springs Symphony League Board of Directors, Sulphur Springs Cemetery Society, Hopkins County Chamber of Commerce Ambassador and member of the Sulphur Springs Adult Leadership Class of 1999 just to name a few.

Annada is survived by nieces, Kim Baxter and Nancy Smith; nephews, William David Baxter, Max Darrell Baxter, William S. "Trey" Elliott, Richard Joel Elliott, sister-in-law, Rickie Carpenter Elliott, cousins, Jim Gilbert (Susie), Michael Elliott (Dyane), Jan Elliott Farr (Randy) and John Elliott (Rachel). Annada was preceded in death by her husband, James Frank Jones; parents Bill and Marguerite Gilbert Elliott; brother, William S. "Billy Sam" Elliott and sister, Sherry Elliott Baxter.

The family will honor Annada and James's wishes and say their farewells at a later date on family land in Texas and Arkansas. Arrangements are under the direction of West Oaks Funeral Home. www.westoaksfuneralhome.com

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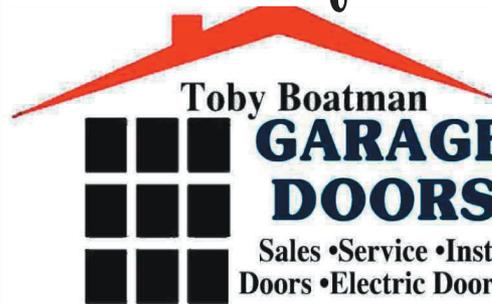


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The Fourth of July also known as Independence Day or July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

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