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# AN OUTSTANDING CAREER AS AN AUCTIONEER

**Tumbleweed Smith**

Ronnie Buchanan lives at Hallsville, a little place near Marshall. He spent 60 years as an auctioneer.

"I enjoyed it immensely," he says. "I did from three to six cattle sales a week."

After his junior year in high school, Mr. Buchanan went to auctioneer school at A & M.



**Tumbleweed Smith**

"Auctioneering kind of appealed to me. I just wanted to try it." After high school he went to work for his father who had auction barns. His salary was \$75 a week. "One day I was in Homa, Louisiana and the auctioneer didn't show up. They knew I had been to auctioneering school and asked me to do it. I did my first sale right then. That evening that man paid me \$160. I went back and told daddy I was going to be an auctioneer."

"In the seventies, eighties and nineties I would sell five to six calves a minute. One every ten seconds. That's pretty fast. I was selling 10,000 head of cattle a week. I never had trouble finding a job. I would make the cattle bring what they were worth. That was one reason I didn't have trouble getting work. I would take the cattle myself if they were too cheap. And everybody knew it."

Occasionally he did three sales in one day.

"I just liked it."

Mr. Buchanan retired last December. At his peak he could sell livestock. He demonstrated his auctioneering skill: "Okay we'll sell this cow by the head. Five and a quarter, five fifty, five hundred seventy five, six hundred, six and a quarter, six and a half, six seventy five, seven hundred, seven and a quarter and a half, three quarters, eight hundred eight and a quarter. Sold it."

Just numbers increasing upward. No trademark phrases between numbers. Just no-nonsense style of auctioneering making the item being auctioned the main attraction. I told him he must be an auctioneering legend.

"That's what 's what everybody says," he modestly replied. When I interviewed Mr. Buchanan, he spoke in a soft voice. I could barely hear him. He says that's the way he saved his voice, something he had to do when he had so much auctioneering to do. He used the best microphones, amplifiers and speakers money could buy.

"That's the only thing that kept me from straining my voice all those years. I talked real low. Didn't' scream into the microphone. I let the sound equipment do the work. Turned it up real loud."

All the time he was auctioneering he had a herd of cattle. He is still in the cattle business and says he will be as long as he can find places to lease.

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

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# Obits



## WEST OAKS FUNERAL HOME

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### **Ruby Stone** January 24, 1934 — July 12, 2025

A funeral service for Ruby Stone, age 91, of Sulphur Springs, Texas was held at 11:00 a.m. on Tuesday, July 15, 2025 at Spence Chapel — First Baptist Church in Sulphur Springs. Interment followed at Restlawn Memorial Park with Sam Johnson, Shane Stone, James Imhoff, Mike Petty, Jeff Orwosky, and Jose Moreno serving as pallbearers. Honorary pallbearer was Sam Stone. Visitation was held one hour prior to the service. Mrs. Stone passed away on July 12, 2025 in Kempner, Texas.

Ruby was born on January 24, 1934 in Sulphur Springs, Texas to Robert Lee and Eva Mae (Hughes) Hill. She married Aulbert P. Stone on September 18, 1954 in Sulphur Springs, Texas. He preceded her in death in 2015. Ruby owned and operated a dairy farm alongside her husband. She was a member of the First Baptist Church — Sulphur Springs.

She is survived by her son Stephen Stone and wife, Cyndi Chapman-Stone; grandsons, Samuel Stone, Shane Stone and James Kyler Imhoff. Ruby was preceded in death by her parents; husband; son, Preston Stone, and three brothers, Reginald Hill, Henry Hill and Andy Hill.



### **Benson Kye Scott** June 2, 2025 ~ July 7, 2025

A visitation for Benson Kye Scott was held from 4:00 p.m. to 6:00 p.m. on Friday, July 11, 2025, at West Oaks Funeral Home.

Though Benson's time here was brief, the love he gave and received was boundless. In just 35 days, he touched more lives and brought more joy than some do in a lifetime. He was deeply loved by his whole family and cherished beyond measure. He had the very best big brother and big sister-Phoenix and Maevry Scott-who adored him fiercely, held him gently, and brought him smiles with every laugh and snuggle.

Benson is the beloved son of Bailey Bloyed and Cameron Scott, who will forever hold his memory in their hearts. He is also deeply missed and lovingly remembered by his grandparents, GiGi and Pop Pop (Elita and Craig Petty), Lovey and Bam (Leslie and Blake Boggs) and PaPa Bill (William Bloyed) who celebrated his arrival and now mourn his loss and endless love.

He is also survived by his great-grandparents, aunts and uncles-Kaylee Bloyed, Tyshon Harris, Montgomery Benton, Tylan Williams, Michelle Estrada and Braylon Boggs. Benson was preceded in death by his great-grandmother (Kathy Brown), great-uncle (Travis Robinson) and his beloved cousin, Tristan White, who we know are cradling him now in Heaven with tender arms and eternal peace.

Benson Kye was a light, a miracle, a perfect soul. His time here may have been short, but his impact is everlasting. He will always be remembered for the love he inspired, the hearts he warmed, and the quiet strength he showed. His name will be spoken with love, and his spirit will live on in every heartbeat of those who loved him. "There is no footprint too small to leave an imprint on this world."

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

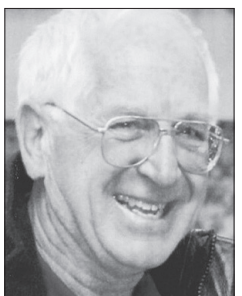


### **Laverne Crump**

A funeral services for Laverne Crump will be at 10:00 am Thursday, July 17 at Our Savior Lutheran Church, 1000 Texas St, Sulphur Springs, Texas with Rev. Mark Elliot officiating. Visitation will begin one hour before service and interment will be at Restlawn Memorial Park. Pallbearers will be Dustin Harry, Derek Harry, Tommy McFadden, Ben Newcomb, Ken Jasmer and Joe Suggs. Honorary Pallbearers are Dalton Moorhead, HM "Curly" Brandt and Billy Wayne Orr.

Laverne passed away peacefully on Monday, July 13. She was born in Eldorado, Texas on December 25, 1935 to Walter and Elsa Hanusch. She graduated from Eden High School and retired from Rockwell International. Laverne married the love of her life, Billy Joe Crump, in Sulphur Springs and enjoyed working on their land after retirement and being involved with Our Savior Lutheran Church. Laverne was preceded in death by her husband Billy Joe, her parents and four brothers.

She is survived by daughter Rhonda Harry, son Travis Crump and wife Diana Lewis, grandchildren Charlotte McFadden and husband Tommy, Dustin Harry and wife Tiffany, Derek Harry and wife Kimberly. She is also survived by great grandchildren Ashton, Kirby, Easton and Kayson.



### **Jim Westbrook** October 20, 1944 — July 5, 2025

A graveside service for Jim Westbrook, age 80, of Sulphur Springs, Texas was held at 9:00 a.m. on Thursday, July 10, 2025 at Fairview Cemetery in Clarksville, Texas. Visitation was held from 6:00-8:00 p.m. on Wednesday, July 9, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs. Mr. Westbrook passed away at his home on Saturday, July 5, 2025.

Jim Robert Westbrook, Jr. was born on October 20, 1944 in Ada, Oklahoma to James Robert Westbrook, Sr. and Hazel (Strain) Westbrook. He married Connie Lane Westbrook in Sulphur Bluff, Texas on July 4, 1996. Jim received a bachelor's degree in math and science as well as a master's degree in education from East Texas State University (ETSU). He worked at many schools over the years but towards the end of his career, he worked as a K-12 Principal, then was an Elementary Principal at North Hopkins ISD, where he worked for almost 20 years. Jim was involved in sports in some form or fashion all his life. He was a player, a coach, and even officiated Softball and Volleyball games. Jim enjoyed traveling and camping with Connie. He was also an avid motorcycle rider and would buy old motorcycles in pieces and put them together to ride.

Jim is survived by his wife, Connie Westbrook of Sulphur Springs, Texas; son, Jayme Westbrook (Lauren) of Pittsburg, Texas; daughter, Jennifer Cooper (Jeff) of Lake Worth, Texas; stepdaughter, Lauren Lane of Sulphur Springs, Texas; grandchildren, Jamison Westbrook Koch, Benjamin Westbrook Koch, Elliott Ashlock, Lorelei Ashlock, Sawyer Cooper (Lacee), Scout Cooper (Jamie), and Savannah Rotolo (Zach); and mother-in-law, Durann Ardis of Sulphur Springs, Texas. He was preceded in death by his parents, James and Hazel Westbrook; and sisters, Marleah Drew and Kathy Schrader.



# Prescription Drugs and Vitamin D: An Overlooked Interaction That Matters

By Gabriela Camacho, BSN, RN-BC

In our fast-paced, symptom-focused healthcare system, it's easy to overlook the nuanced relationship between nutrients and medications. One such relationship—often ignored—is between prescription drugs and vitamin D, the “sunshine vitamin.” As more people turn to long-term medication use for chronic conditions, a silent deficiency epidemic is unfolding that may be worsened by the very treatments meant to help.

Vitamin D plays a critical role in bone health, immune function, mood regulation, and even cardiovascular health. Yet an estimated 40% of U.S. adults are deficient, and the numbers are higher in older populations and people with chronic illnesses. What many don't realize is that some commonly prescribed medications can interfere with vitamin D absorption, metabolism, or activation—leading to worsening deficiency symptoms that may be misattributed to disease progression or aging.

Among the most well-known culprits are corticosteroids, anticonvulsants, weight loss drugs, and cholesterol-lowering statins. For example, corticosteroids like prednisone can impair vitamin D metabolism and reduce calcium absorption, contributing to bone loss and increased fracture risk—especially concerning for people with autoimmune disorders or asthma who use steroids long-term.

Similarly, antiepileptic drugs like phenytoin or phenobarbital increase the breakdown of vitamin D in the liver, often leading to osteomalacia (soft bones) and muscular weakness. Cholestyramine, a cholesterol-lowering resin, binds bile acids and reduces fat absorption, interfering with the uptake of fat-soluble vitamins like D, A, E, and K.

Even popular over-the-counter acid reducers, such as proton pump inhibitors (PPIs) like omeprazole, may reduce stomach acid to the point that nutrient absorption—including calcium and vitamin D—is compromised. This has major implications for older adults already at risk for falls and fractures.

What's worse, few clinicians regularly screen for vitamin D levels in patients on long-term prescriptions unless there's an obvious red flag like osteoporosis or rickets. The symptoms of deficiency—fatigue, joint pain, mood changes, frequent infections—can be vague and easily dismissed.

So, what can be done? First, awareness must rise—among both clinicians and patients. Medication reviews should include nutrient depletion risks, and patients should feel empowered to ask about how their prescriptions may affect vitamin status. Second, routine vitamin D screening should be considered in high-risk groups, especially those on long-term medications known to interfere with vitamin D metabolism. Lastly, supplementation should be discussed—not as a cure-all, but as a preventive tool, guided by lab results and individualized needs.

In functional and integrative medicine, we recognize that healing doesn't happen in isolation. The body's systems—and its nutrients—are interconnected. By bridging the gap between pharmaceuticals and nutrition, we can offer safer, more holistic care that supports resilience rather than just disease management.

Vitamin D isn't just a wellness buzzword—it's a foundational hormone-like nutrient that deserves a permanent place at the table when discussing long-term medication use. Because the question isn't just what drug a person is on—but what it's silently depleting.

Gabriela Camacho, BSN, RN-BC, is an Integrative Functional Health Practitioner and founder of Omega Hydration & Wellness. She advocates for whole-person care that merges clinical medicine with nutritional intelligence



Gabriela Camacho

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