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Pam Horowitz of Palestine spent some time on the east coast preparing food for the high and mighty.

"I have been privileged to serve three US Tumbleweed Smith presidents, a Supreme Court Justice, a few kings and queens, quite a few celebrities, Generals. I did Dave Letterman's holiday party in Rockefeller Center. It was a star-studded gala. In New York I ran a ten million dollar catering operation."

She prepared food for big crowds.

"We had this huge party at the National Gallery of Art. The linens were custom made the florals were drop dead gorgeous and the guest list was off the charts. It included President Reagan, Prime Minister Ghandi and 1600 other people. The menu was printed out, the equipment was in the kitchen and I said wow this is great. So exciting. I loved it. I loved it so much I never left that level. I wanted to serve beautiful food with great service at the highest caliber in a beautiful setting."

Pam, and her husband Mike have Hummingbird Hollow just outside Palestine in east Texas.

"Hummingbird Hollow is a one-of-a-kind nature sanctuary with refined luxury for weddings, family reunions, birthday parties, graduations, showers, and we also do private dining."

So how did she end up in east Texas?

"In the suburbs of Philadelphia, we had a 10,000 square feet commissary. All we did was off premise catering. The trucks were rolling from event to event and I was coming home later and later. Michael suggested we buy a venue. So, we started a search on the east coast. It was like Goldilocks: too close to the road, infrastructure wasn't good and on and on. We just couldn't find what we liked. So, we looked in other places besides the east coast. "

Mike says they came to the property for a wedding and fell in love with it.

"It's a magical place and offered a very different lifestyle for us so we thought it over carefully, made an offer and they accepted it. We bring a high level of hospitality. We get people who want to celebrate life in a grand manner. We've been impressed with the response from people who come here."

Guests can stay in cottages and enjoy a five course dining experience custom designed for them. They've had Hummingbird Hollow nearly ten years.

"We make sure we meet our guests' high expectation," says Pam.

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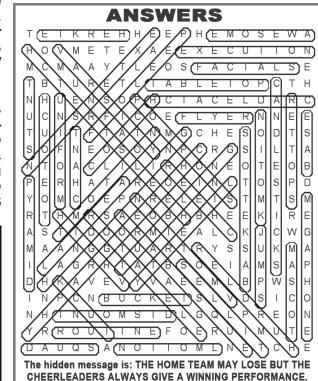
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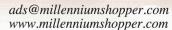


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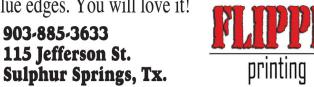
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The Critical Role of Electrolyte Balance in Preventing Heat Stroke

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

As temperatures soar across Texas and beyond, it's essential to address an often-overlooked topic in summer health: the importance of maintaining electrolyte balance to prevent heat stroke.

Heat stroke is a life-threatening condition that occurs when the body's core temperature rises above 104°F, usually due to prolonged heat exposure or intense physical activity in elevated temperatures. While most people are aware of the need to stay hydrated, not everyone realizes that drinking plain water alone is not enough. Without replenishing key electrolytes-sodium, potassium, calcium, magnesium, and chloride, the body can become dangerously imbalanced.



Electrolytes are minerals that help regulate nerve function, muscle contraction, and hydration. They control how much water is retained in the body, how it is distributed, and how efficiently the heart and brain operate. During hot weather or exercise, we lose these minerals through sweat. When this loss isn't corrected, it can lead to symptoms like confusion, dizziness, nausea, cramping, rapid heartbeat—and ultimately, heat stroke.

Children, older adults, athletes, and outdoor workers are particularly vulnerable. But even casual sun exposure—mowing the lawn, attending outdoor events, or walking the dog—can trigger a heat emergency if electrolyte levels drop too low.

So, what's the solution? Prevention. Balance hydration with electrolyte-rich fluids, not just water. Coconut water, oral rehydration salts, and low-sugar electrolyte drinks can help restore lost minerals. Avoid excessive caffeine or alcohol, both of which dehydrate the body. Wear light clothing, take frequent breaks in the shade, and don't ignore early signs like fatigue or muscle cramps.

At Omega Hydration & Wellness, located at 223 Main St, Sulphur Springs, TX, we often see patients with heat-related fatigue and dehydration. To better serve our community, Omega has proudly partnered with Revive Aesthetics and Healthcare to provide advanced IV hydration therapy and rapid electrolyte support throughout the summer season.

Don't wait until you are in the danger zone. Stay safe, stay balanced, and remember water is good, but water with electrolytes is lifesaving.

For personalized hydration support or to book a session, call 430-529-0648.







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Jerry Glossup

October 23, 1934 — July 20, 2025

Funeral services will be at 10:00 a.m. on Wednesday, July 23, 2025 at Wesley United Methodist Church with Rev. Joe Clark and Brother Mike Eason officiating. Burial will follow at North Hopkins Cemetery with Dustin Ragsdale, Ryan Glenn, Colton Glenn, Garon Burgin, Jace Lane, and Steve Drummond serving as pallbearers. Honorary pallbearers will be Randy Jones and Michael Hrabal, as well as the Wesleyan Class at Wesley United Methodist Church. Visitation will be held from 5:00-7:00 p.m. on Tuesday, July 22, 2025 at Murray-Orwosky Funeral home in Sulphur Springs.



Opal Christine Young

August 1, 1922 — July 15, 2025

A funeral service for Opal Christine Young, age 102 of Sulphur Springs, Texas was held at 11:00 A.M. on Monday, July 21, 2025 at Pleasant Hill Missionary Baptist Church with Dr. Lavelle Hedricks officiating and Willis Taylor assisting. Interment followed at Pleasant Hill Cemetery with Antwone Young, Michael Young, Darius Raisey, Christopher Young, Gregory Scurlock, Gerald Young Jr, and Aaron Green serving as pallbearers. Opal's great grandsons were serving as honorary pallbearers. Visitation was held from 5:00 to 7:00 P.M. on Sunday, July 20, 2025 at Murray-Orwosky Funeral Home. Mrs. Young passed away on July 15, 2025 at her residence.

Mother Opal Christine Young was born on August 1, 1922, in Sulphur Springs, Texas, to the late Rufus Pryor and Vater Nelson Pryor. She was an only child. She accepted Christ at an early age and was baptized at Pleasant Hill Missionary Baptist Church, where she began a lifelong walk of faith. She enjoyed serving in various ministries; teaching Sunday School, singing in the choir,

cooking for the culinary department, and leading the women's ministry. She also served as a deaconess and a mother of the church.

Opal married the love of her life, Wallace Young, in 1941. Together they raised 11 children, instilling in them a deep love of God, family, and service. A devoted wife, nurturing mother, and wise matriarch, Mother Young was known for her deep faith, generous spirit, and delicious foods of every kind. She enjoyed being around her children and other family members more than anything. Mother Young leaves behind a legacy of love and faith: Children: Sandra Scott, Janice Murray (Homer), Wanda Scurlark (Edward), Gerald Young (Paula), Barbara Hawkins (Herbert), Ricky Young (Tina), Creshel Bishop (Charles), Felecia Young, Daughter in love: Ophelia Young; Grandchildren: Charlotte Scott, Charlynn Scott, Antwone Young, Michael Young, Darius Raisey, Regina Boyd, LaTonya Jones, Christopher Young, Myshoni Crook, Robbin Vaughn, Gregory Scurlark, Gerald Young Jr., Tiffinni Young, Crystal Evans, Traci Brown, Chauncey Hawkins, Aaron Green; 56 great-grandchildren; 61 great-grandchildren, and a host of nieces, nephews, cousins, and friends.

Preceded in death by: Parents; Rufus Pryor and Vater Nelson Pryor; Husband: Wallace Young; Children: Patricia Boyd, James Young, Deloras Ritz Grandchildren; Wallace Scott, Susan Scott, Chadwick Murray, Paul Scurlark, Ira Young.



James Randall "J.R." Rushing and Cynthia Cherise "Cindy" Rushing

James Randall "J.R." Rushing, age 64, and Cynthia Cherise "Cindy" Rushing, age 53, passed away together on July 4, 2025, in Kerr County, Texas. A joint memorial service celebrating their lives will be held at 10:00 a.m. on Friday, July 25, 2025, at West Oaks Funeral Home Chapel in Sulphur Springs, Texas. Following the service, a graveside inurnment will take place at Bethel Cemetery in Franklin County, Texas.

J.R. was born on January 6, 1961, in Winnsboro, Texas, to James Harlton Rushing and Connie Fae Rushing. Cindy was born on May 20, 1972, in Oxford, Mississippi, to Arthur Martin Nelson and Memory Bowles Nelson.

They are lovingly remembered by their children: Sarah Jones and husband Steven of Kaufman, TX; Joshua Kiestler of Tyler, TX; Tamra Blasius and husband Wade of Terrell, TX; James Evan Rushing and wife Nadiana of Chesapeake, VA; and Randy Bailey and husband Matthew of Williamsburg, VA. J.R. and Cindy were proud grandparents of Brianna Lugo, Jayce Bailey,

Carsen Jones, Mara Jones, Madilyn Jones, Maegan Jones, Brooklyn Jones, Able Blasius, and Karter Blasius.

J.R. is survived by his mother, Connie Rushing, and sisters, Sonya Adams and Tonya Renae Burton. Cindy is survived by her mother, Memory Nelson, her brother, Jeremy Nelson, and her sister, Rebecca Nelson. J.R. was preceded in death by his father, James Harlton Rushing, and his sister, Tamra Gay Adair. Cindy was preceded in death by her father, Arthur Martin Nelson. J.R. was known for his involvement in local sports, serving as a dedicated umpire and referee for numerous softball and volleyball games. He was also an enthusiastic amateur drone operator. Cindy was an avid reader with a love of science fiction movies and a creative spirit — talented in both sewing and making custom T-shirts.

Above all, J.R. and Cindy shared a deep love for their family. They enjoyed RVing, camping, and making cherished memories together. Their legacy of love, laughter, and togetherness lives on through their children and grandchildren.



Jim Ostertag Mt. Vernon

February 25, 1947 — July 13, 2025

Jim Ostertag, age 78, of Mt. Vernon, Texas passed away at Christus Mother Frances Hospital on Sunday, July 13, 2025.



Elder Jeff Spivey, Sr.

Elder Jeff Spivey, Sr. was born on August 2, 1937, to the parentage of Pink Spivey and Annie Mae English. He transitioned peacefully from this life to his heavenly home on Saturday, July 12, 2025.

Elder Spivey accepted Christ at an early age and was called into the ministry at the age of 56 by the Order of Church of God in Christ First Ecclesiastical Jurisdiction of Southern California. He pastored several churches before becoming a member of St. Luke Baptist Church, Sulphur Springs, Texas.

He attended school in the Itasca, Texas school district. He also attended college at Jarvis Christian College, Hawkins, Texas. He was employed by the Rapid Transit District of Los Angeles, California as a bus driver for 30 plus years. He was an entrepreneur at heart owning Spivey Barbecue in Austin, Texas and being known for his personal slogan "You don't need teeth to eat my meat." He also owned JJL Trucking Company in Austin, Texas and was in partnership with IKonic Car Dealership in Sulphur Springs, Texas. He held numerous occupations, but above all of them he found the greatest love and joy in studying,

teaching, and preaching the Word of God.

Elder Spivey married Bobbie Ann Roland (Deceased) and to this union they were blessed with five children. He later married Yolanda Magdaleno and she survives.

He leaves to cherish his memories his beloved wife Yolanda Spivey, Sons: Sherby Spivey (Glenda) of Cedar Park, Texas, Chris Spivey (Ann), Keith Spivey (Brenda) of Sulphur Springs, Texas, and Jeff Spivey, Jr. of Houston, Texas.Bonus son: Robert Askew of Sulphur Springs, Texas; Daughter, Sequita Mosley (Anthony) of Sulphur Springs, Texas; Daughter-In-Law: Jacqueline Spivey of Sulphur Springs, Texas; Brother: Milford Spivey; Sister: Shirley Mack; Brother-In-Law: Randolph Magdaleno; Sisters-In-Law: Silva Barajas (Leo) and Anna Romero (Antonio); Aunt: Beulah Cook. He had 25 grandchildren, 28 great-grandchildren, two great-great-grandchildren, one great-great-grandchild and a host of nieces, nephews, family, and friends.

He was preceded in death by his parents: Pink Spivey and Annie Mae English; Son: Ricky Spivey; Brothers: Billy Spivey, Sr. and Robert Triggs, Sr.; Sisters: JoAnne Spivey, Bobbie Ann Triggs Hogan and Norma Faye Hamilton; Bonus Daughter and Son-In-Law: Victoria Owusu and Yawayim Owusu; Bonus Son: Charles C. Askew, Jr. Arrangements are under the direction of West Oaks Funeral Home.



Patricia Grayson

It is with both sorrow and joy that we announce the passing of Patricia Ann Grayson, who was welcomed into the arms of her Savior, Jesus Christ, and reunited with her beloved husband, Glen, on July 15, 2025, at her home in Rockwall, Texas. She was 87 years old.

A woman of remarkable faith, grace, and kindness, Pat lived her life deeply rooted in the love of God and her family. Her journey on this earth began on March 17, 1938, in Yantis, Texas, where she was born to J.C. and Marie Turner Heard. In 1956, she married the love of her life, Glen W. Grayson, in Dallas County, Texas. Together, they built a life filled with love, laughter, and service to others.

Pat's love for her church, New Liberty Baptist Church, was a cornerstone of her life. Known for her kindness and her spirit of giving, Pat was a devoted mother and a doting Maw Maw. She had a unique way of making everyone feel special, and in turn,

everyone who knew her adored her. Her legacy is one of love, warmth, and an unshakeable belief in the goodness of life and faith.

She is survived by her son, James Glen Grayson and his wife, Vickie; daughters, Susan Gayle Burk and her husband, Gerald, and Cheryl G. Worley and her husband, Joe; sister-in-law, Martha Ann Heard; grandchildren, Daniel Grayson, Michael Burk and his wife, Sadie, Kyle Worley and his wife, Lauren, Tanner Worley and his wife, Caitlin, Victoria Key and her husband, Chase, and Emma Grace Burk; great-grandchildren, Jax Burk, Beau Burk, Lydia Worley, La Ruby Worley, William Worley, Madison Worley, and Grayson Key (who is expected in September).

Pat was preceded in death by her parents, her loving husband Glen, and her two brothers, Kenneth W. Heard and James Wendell Heard. Though she is no longer physically with us, the love she shared and the lessons she taught will live on through her family and the countless lives she touched. A graveside service celebrating Pat's life was held at 11:00 a.m. on Thursday, July 17, 2025, at Reilly Springs Cemetery, with Pastors Joe Worley and Kyle Worley officiating.

In lieu of flowers, the family asks that you honor Pat's memory through acts of kindness and generosity, just as she did so freely in her lifetime. Patricia Ann Grayson was a woman who lived her life with an open heart, filled with love, grace, and a deep faith. She is now with the Lord she served so faithfully and the love of her life, Glen. Rest in peace, Pat. Your family and your church will carry your memory in their hearts until we meet again. Arrangements are under the direction of West Oaks Funeral Home. www.westoaksfuneralhome.com

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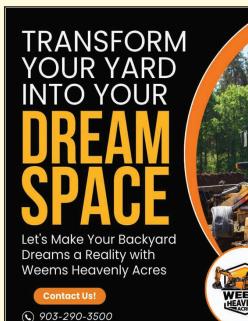
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