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# SEVEN YEARS AT SEA

**Tumbleweed Smith**



Some people have dreamed of buying a boat and going to sea to experience new places, meet new people and explore some of the wonders of the world. Just leave everything behind and take off for parts unknown. Very few people have done that, but Bill Breeden did.

**Tumbleweed Smith**

In Amarillo, where he grew up, there aren't many large bodies of water. Living in the Panhandle, he was curious about the world's waterways, so he spent his youth working hard and saving money so he could see those waterways in style and comfort.

He worked in construction, had cattle ranches, owned marinas, was a concessionaire for the National Park Service then decided to go to sea. He had a sailing Yacht built in California.

"It took a couple of years to get it finished and when it got finished, we took our shakedown cruise to Hawaii and then we went from Hawaii to Alaska and then from Alaska we went to Panama. We spent a year and a half in Central America and then headed for the West Indies and spent three years in that part of the world island hopping.

"We went back to Texas and then went to the southern part of the gulf and wound up going up the east coast and spent a summer at Chesapeake Bay and up the river to Washington DC and we thought we'd been about everywhere we wanted to go so we went back to Florida, sold our boat and I moved to the Texas valley."

While at sea, he didn't plan to do any work but that changed while he was in the Caribbean.

"I went to a cocktail party one night and got to feeling brave. I got talked into being a millwork superintendent on a big hospital they were building at St. Thomas. That took six months."

His Yacht had all the conveniences.

"We even had a bathtub on board and we had a kitchen. We had an oven and two refrigerators and a commercial size deep freeze and down in between decks we could store forty cases of beer. We were well provisioned. We had enough water and diesel and fuel oil and everything else to last six months at sea without having to go ashore. If we got lost, we could wander around for six months anyway.

"Looking back on it, at the time it seemed the natural thing to do. I'd always wanted to go to sea and I was at the right age. I was young enough to be able to do it physically and I was able to afford to do it financially and so we did it. We went aboard on my fiftieth birthday and ended our sailing career when I was fifty-seven."

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The remaining letters spell four more Asian countries.

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O	A	B	A	E	M	S	O	U	T	H	K	O	R	E	A	U	S	M
M	I	M	P	J	T	B	A	H	R	A	I	N	C	I	D	R	A	A
A	R	O	A	N	I	P	A	K	I	S	T	A	N	A	R	K	U	N
N	S	N	J	A	M	A	A	B	T	E	M	D	E	S	O	E	D	T
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W	D	I	I	K	E	I	I	S	H	Z	I	L	I	T	A	Q	A	S
U	L	A	L	A	S	A	I	T	E	L	A	T	A	T	A	A	B	I
K	A	A	A	Z	T	A	R	N	I	R	A	R	U	D	I	Q	I	S
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Answers On Page 3

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I V O H S R N R R O N O R P R K M A I  
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W D I I K E I I S H Z I L I T A Q A S  
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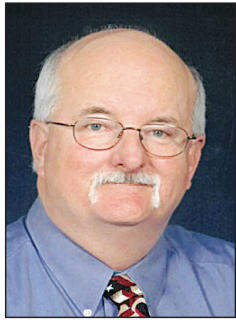
# Obits



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### ***“Doc” Dr. I.L. Balkcom, IV***

A funeral service for “Doc” Dr. I.L. Balkcom, IV, age, 73, of Tyler, Texas was held at 11:00 a.m. on Monday, August 18, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs, Texas with Rev. C.J. Duffey officiating. Interment followed at Restlawn Memorial Park. Visitation was held one hour prior to the service from 10:00-11:00 a.m. at Murray-Orwosky Funeral Home. Dr. Balkcom passed away at his home in Tyler on Thursday, August 14, 2025.

Ichabod Lafayette Balkcom, IV was born on February 9, 1952 in Albuquerque, New Mexico to Ichabod Lafayette Balkcom, III and Shirley (Darr) Balkcom. He married Deborah Frances Hungerford in Morris Station, Georgia on December 31, 1975. Doc grew up in Miami, Florida and earned his Bachelors of Science degree at Georgia Southwestern State University in Americus, Georgia in 1975. He taught high school Science and coached football in Lee County, Georgia and went on to complete his Medical School in Guadalajara, Mexico. He completed his residency in family practice in Columbus, Georgia and then started a practice in Cuthbert, Georgia. Doc moved to Sulphur Springs in 1993 and practiced medicine here until the Spring of 2022.

Doc was President of the Texas Academy of Family Physicians, Doctor of the Day for the Texas Legislation and the Texas Senate, a team doctor for the Sulphur Springs Wildcats and the Hopkins County Jail for the majority of his career, founding member of the Northeast Texas Choral Society, a member of the Texas Sheriff's Association & the Texas Game Warden Association, as well as an avid Bridge player – Life Master Bridge Player.

Doc is survived by his wife, Deborah Balkcom of Tyler; sons, Daniel Balkcom (Julia) of Parkland, Florida and “Quint” I.L. Balkcom, V (Stephanie) of Bullard, Texas; grandchildren, Reese Balkcom, Ryan Balkcom, Blake Balkcom, Talon Balkcom, Adyson Pipkin, and Samantha Pipkin; and sister, Carol Abarr (Tom).

In lieu of flowers, the family asks that you consider a donation to the Hearts of Life Animal Rescue at 471 CR 4510, Sulphur Springs, TX 75482. Arrangements are under the direction of Murray-Orwosky Funeral Home.



### ***Marie Chester*** November 12, 1924 — August 11, 2025

A funeral service for Marie Chester, age 100, of Dike, Texas was held at 10:00 a.m. on Thursday, August 14, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs, Texas with Bro. Donnie Powers and Dubby Henton officiating. Interment followed at Mahoney Cemetery with Roger Burks, Gary Burks, Donald Patterson, Dubby Henton, Timmy Dorner, Brian Dorner, Donnie Powers, and Jay McClung serving as pallbearers. Honorary pallbearers were Ray Williams, Joe Don Joslin, and Mike Mathis. Visitation was held from 6:00-8:00 p.m. on Wednesday, August 13, 2025 at Murray-Orwosky Funeral Home. Ms. Chester passed away at Christus Mother Frances Hospital on Monday, August 11, 2025.

Evelyn Marie Chester was born on November 12, 1924 in the home of her parents John and Thaddie Cranford in the small community of Paducah, Texas. At the age of six months, Marie and her family relocated to Hopkins County, Texas in 1925. Known to all as Marie, she was a student through the 8th grade at Liberty School and was a member of the Liberty Baptist Church. She was joined together in Holy Matrimony on April 22, 1939, and was a dedicated wife to Thomas Mervin Chester for 65 years.

Marie worked as an inspector for the H.D. Lee Factory for 23+ years in the Lettering Department prior to becoming an Inspector Supervisor. Some of the many highlights of her employment at the factory included creating the outfit for Big Tex of the Texas State Fair as well as the manufacturing of clothing for James Arness and actor Matt Dillion of Gunsmoke. Marie was a farmer of cotton, corn, and dairy.

Marie was blessed to be the mother of four children; Vonda Nelson, Katie Patterson, Patricia Dorner, and Johnny Chester who was also known by many as “John Bobwire”. Marie proudly wore her title as Grandmother to eight grandchildren, Roger Burks, Gary Burks, Donald Patterson, Linda Henton, Timmy Dorner, Brian Dorner, Karen Powers, and Cheyenne McClung; great-grandmother of 20; and great-great grandmother of 29. She is also survived by son-in-law, Don Patterson.

She was preceded in death by her parents, John and Thaddie Cranford; husband, Thomas Mervin Chester; son, Johnny Chester; daughter, Katie Patterson; and great-great grandchild, Kennedi Burks.

Her favorite pastime was spent cooking, crocheting, quilting, doing yardwork, all while also finding time to volunteer at the Sulphur Springs Health and Rehab for over 50 years and participating in the chili, stew, and Dutch oven contest each year. Marie credits her longevity to an appetite for onions, cornbread, a bowl of beans, and living a Christian life while helping others.



### ***Jeremy Clay Jacks*** September 26, 1975 — August 11, 2025

A graveside service for Jeremy Clay Jacks, age 49, of Frisco, Texas was held at 11:00 a.m. on Wednesday, August 13, 2025 at Restlawn Memorial Park in Sulphur Springs, Texas with Perry Johnson officiating. Josh McCord, Jordan Strickland, Casey Riddle, Tony Harry, Jeff Brown, and Brian Porter served as pallbearers. Visitation was held one hour prior to the service from 10:00-11:00 a.m. at Murray-Orwosky Funeral Home in Sulphur Springs. Mr. Jacks passed away at his home on Monday, August 11, 2025.

Jeremy Clay Jacks was born on September 26, 1975 in Greenville, Texas to James and Linda (Tanton) Jacks. Jeremy graduated from Sulphur Springs High School in 1994.

Jeremy is survived by his parents, James and Linda Jacks; sister, Tammy Strickland (Jeff); brother, Shane Jacks (Karla); nephews, Josh McCord (Belinda) and Jordan Strickland (Caitlan); niece, Mikaela Riddle (Casey); great nephews, Kegan, Rylan, and William; great niece, Rila; and very special friend, Jeff Tinley.

He was preceded in death by his grandparents, DL & Irene Tanton and Henry & Odessa Jacks.



# Obits Continued . . . . .



## **Donna Underwood**

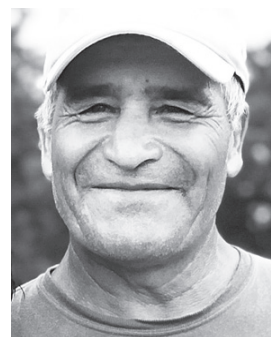
Donna Underwood at age 69, went to be with the Lord on Tuesday, August 12th, 2025, at 3:02PM. Services will be held at West Oaks Funeral Home in Sulphur Springs, Texas. Visitation will be Thursday, August 21st, 2025, 6-8PM. Funeral services on Friday, August 22nd, 2025, at 1PM. Burial following at Brashear Cemetery.

She married Danny Underwood August 22nd, 1974. She was met at Heavens gates by her husband, Danny Underwood; her son Daniel Underwood; her parents Frances and Donald Allen; and numerous other family members.

Donna dedicated her life to her family and the last 17 years she's spent searching for justice for her only son; Daniel Underwood, who was taken from her too soon at the hands of someone else. She never gave up even with her last breath- this is her final stand in advocating for justice. Her faith in Jesus never wavered. She had such passion for spreading the gospel of Christ. She loved fearlessly and unconditionally without judgement. She was always the one you could count on even if she was in the middle of her own troubles. She would show up without question and pray you through any and everything. She will always be-- my mama; and my best friend. She leaves behind one daughter, Staci Johnson-and husband Daniel.

Grandchildren: Dakota Boyer, Canyon Underwood, Madison Johnson, Zane Underwood, Damien Skeen and wife Hannha, Jonathan Van Holten and wife Kaylan. Great grandchildren: Octavia Skeen, Lincoln Van Holten, Maren Van Holten. One brother- Joe Allen and wife Charlotte. One niece- Amanda Berry and husband Antunia. Great nephew and niece- Alexander Allen and Ariana Young.

Pallbearers: Dakota Boyer, Canyon Underwood, Zane Underwood, Damien Skeen, Jonathan Van Holten, Alexander Allen, Daniel Johnson, Brian Ashley. Honorary- Joe Allen, James Utley, Antunia Berry, Jerry Lester, Justin Moore.



## **Pascual Rodriguez Martinez** May 17, 1954 — August 11, 2025

With deep love and great sadness, we announce the passing of Pascual Rodriguez Martinez, a beloved father, who departed this life on August 11, 2025, at the age of 71. Pascual was born on May 17, 1954, in La Fragua, Guanajuato, Mexico, to Julian Martinez (Papa Nan) and Juana Martinez (Mama Juanita). A man of dedication and perseverance, Pascual worked in many places over the years: at SWINT Farms (cotton fields) in Detroit, TX (1977, 1985–1986), Plant Nursery in Charlton, VA (1993–1996), and later at H.M.H. Dairies, Inc. in Sulphur Bluff, TX (1997–2021).

Pascual loved playing baseball—especially as a shortstop and third baseman—running, taking long walks, cooking out, and watching classic movies and TV shows such as Cantinflas, Chavo del Ocho, and La India Marha. His favorite song was La del Mono Colorado by Los Pedernales. He lived by the principle: “Love your neighbor as yourself.”

Pascual will be forever cherished by his first wife, Felisa Quiroz Rodriguez (deceased), and Marta Rodriguez Tellez; his children Facundo Rodriguez, Merced Jose Rodriguez, Gerardo Rodriguez, Virginia Rodriguez Key, and Fatima Tellez; his grandchildren Micah Tellez and Jese Baruk Rodriguez-Hernandez

.He is also survived by his siblings Hipolito Rodriguez Martinez, Ma. Ignacia Rodriguez Martinez, Cirilo Rodriguez Martinez, Eladia Rodriguez Martinez, and Joaquina Rodriguez Martinez. He was preceded in death by his brothers Luis Rodriguez Martinez and Lorenzo Rodriguez Martinez. My dad was a hero in quiet and extraordinary ways. Just a month before his passing, he saved the life of an elderly woman who had collapsed from the heat near his home. Acting quickly, he pulled her into the shade of a tree and called for help, ensuring she received the care she needed. He was 71 years old, yet his strength, courage, helping hands, and kind heart will always be remembered. He loved my mother deeply—his first wife, Felisa Quiroz Rodriguez (deceased).

A funeral service was held on August 14, 2025, at 2:00 p.m.Murray-Orwosky Funeral Home.



## **Jane Easley**

May 16, 1943 — August 11, 2025

Graveside service for Jane (English) Easley, age 82, of Sulphur Springs, Texas was held at 10:00 a.m. on Monday, August 18, 2025 at Shooks Chapel Cemetery with Mark Garrett officiating. There was no formal visitation. Ms. Easley passed away at Rock Creek Health and Rehab on Monday, August 11, 2025.

Deloras Jane Easley was born on May 16, 1943 in Hopkins County to George Truett and Margaret Nadine (Ramsey) English. Jane worked as a manager in food services.

Jane is survived by her son, Richard Franks (wife Lisa); daughter, Lisa Brookshire (boyfriend Jackie Sands); grandchildren, Chad Brumit, Chasity Gibson, Angela Kelley, Holly Wing, Lori Wood, Lexi Franks, Casey Brookshire, and Cary Brookshire; and 12 great-grandchildren.

She was preceded in death by her parents, Truett and Nadine English; and sister, Maxine George.



# The Master Antioxidant: Why Glutathione is Essential for Health and Longevity



**Gabriela Camacho**

In the ever-expanding world of wellness and functional medicine, one nutrient consistently rises to the top of the conversation: glutathione. Often referred to as the body's "master antioxidant," glutathione is not just another

er trendy supplement—it is a cornerstone of cellular health, detoxification, and longevity.

## What is Glutathione?

Glutathione is a tripeptide, made of three amino acids—cysteine, glycine, and glutamine. Unlike vitamins and minerals that must be consumed through diet, glutathione is produced naturally in the body, primarily in the liver. It plays a central role in maintaining the body's defense system against oxidative stress and toxic overload. Unfortunately, factors such as aging,

poor nutrition, chronic stress, alcohol use, and environmental pollutants steadily deplete glutathione levels.

## Antioxidant Protection

At its core, glutathione protects cells from oxidative damage—the harm caused by free radicals. Free radicals are unstable molecules that accumulate from normal metabolism, pollution, and lifestyle stressors. Left unchecked, oxidative stress accelerates aging, increases inflammation, and raises the risk of chronic diseases such as

diabetes, cardiovascular disease, and even cancer. By neutralizing these free radicals, glutathione acts like the body's internal shield, preserving cell integrity and slowing the wear and tear of time.

## Detoxification and Liver Support

Another vital role of glutathione is detoxification. The liver relies heavily on glutathione to bind and neutralize toxins, heavy metals, and waste products before safely eliminating them. Without adequate glutathione, the liver struggles to keep up

with the constant exposure to chemicals in food, air, and medications. For individuals with chronic illness, high toxin exposure, or liver conditions, optimizing glutathione can mean the difference between sluggish detox pathways and vibrant resilience.

## Immune and Cellular Function

Glutathione doesn't stop at detox and antioxidant defense—it also enhances immune function. It supports white blood cell activity, balances inflammation, and aids in tissue repair. In addition, it is essential for mitochondrial health the tiny "power plants" inside cells that generate energy. Low glutathione levels are strongly linked to fatigue, weakened immunity, and accelerated aging at the cellular level.

## Restoring Glutathione Levels

While foods like cruciferous vegetables (broccoli, kale, Brussels sprouts), garlic, and onions support glutathione production, most individuals

cannot replenish enough through diet alone. Oral glutathione supplements face the challenge of poor absorption in the digestive tract. For this reason, IV therapy and intramuscular injections have become the gold standard, delivering glutathione directly into circulation for maximum impact. These methods provide higher, more reliable levels—offering benefits in skin health, detoxification, energy, and chronic disease support.

## The Bottom Line

Glutathione is not just a supplement—it is a lifeline for cellular health. From neutralizing free radicals to detoxifying the body and fueling the immune system, its importance cannot be overstated. As modern lifestyles continue to tax the body with stressors and toxins, glutathione therapy offers a powerful way to restore balance, protect longevity, and support vibrant health. At Omega Hydration & Wellness, glutathione is more than a treatment—it's an investment in your future self.

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