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THE ONE HOUR OUTDOOR MARKET



Tumbleweed Smith

Vendors from all over East Texas go to Carthage once a week for one hour to sell their items at the Panola County Fresh Market.

“It is every Tuesday from 5:30 to 6:30 and we meet at the Chamber of Commerce parking lot.”

Tumbleweed Smith Tessa Crawford started the event last October. It started with four vendors, now nearing sixty.

“My goal was that everything was to be homemade, that the crafts were homemade also. It’s nothing that you purchase and bring in and try to sell. It’s something that came from your garden or like the Wagyu beef producer that we have, these are his cattle. The eggs, fresh Panola County pecans, everything is produced here in east Texas.”

Vendors don’t pay anything to be there. Tessa is civic minded and doesn’t make a cent.

“It’s something I’ve always wanted to do for our community.”

One popular item is raw milk from a licensed producer.

“I think the she told me she sold eighty-eight gallons last week of the raw milk. She also has fresh buttermilk and cottage cheese.”

Another popular item is homemade fried pies.

“That vendor last week told me she made a hundred and fifty fried pies and could have sold more. We have a Facebook page. The vendors will post on that Facebook page what they have for the week and what they will be selling. Most everyone pre-orders. It’s like a one stop pick up place. You just walk through and pick up all your things and go home.”

A few items are single servings, like chicken pot pie.

“You can come and shop and go home and make you a good meal.”

There is a variety of items to buy.

“We have sourdough bread, some sourdough desserts, goat’s milk soap and lotions, Crochet and jewelry. We have lots of home cooking like chicken spaghetti. We have someone that does homemade ice cream, someone that makes tamales, shrimp etouffee and we have a local honey producer. We’ve got fresh flowers grown in the area, we’ve just got all kinds of stuff.”

Even though it started just last October, the fresh market has become quite popular and is growing. Some people go there just to visit. There are other things for sale like laundry detergent that doesn’t have all the chemicals found in commercially produced products for washing clothes and an apothecary with medicinal items.

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R	C	G	E	T	H	O	L	I	D	A	Y	I	N	N	A	T	I	V	E
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T	E	R	A	B	A	C	N	L	Y	B	L	R	I	G	Y	N	N	U	F

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4. **Support for Nonprofits**—Local businesses support good work in our community. Studies show that nonprofits receive 250 percent more support from small businesses than large ones.
5. **Discover Interesting Things and People**—One-of-a-kind shops and restaurants are part of what makes our city a great place.
6. **Personal Connection**—Getting to know the store owners is a great reason to shop local. It's their business, they are the decision-makers and they build a personal relationship with their customers.
7. **Product Knowledge**—Local business owners are well informed about their products and know what they are selling.
8. **Diverse Products**—Local stores carry inventory you might not find at national chain stores. Local business owners choose products based on what their customers want and often carry unique items from local artists and farmers.
9. **Cost Effective**—Sometimes prices at local businesses are better because they don't have the overhead that larger stores may have and they may be more willing to negotiate to meet your price needs.
10. **Better Experience**—Local shopping can translate to more convenient retail experiences.
11. **Less "Leakage"**—Local businesses tend to buy and sell with other local businesses. With national or multi-national firms, a percentage of that profit 'leaks' out of the community, the state or even the nation.
12. **Increased Expertise**—Shopping at a local store means you can get an expert opinion about the products that you're purchasing.
13. **Create Community**—We are a transitory society so people don't always have a connection with the communities where they live. I would encourage people new to an area to ask the locals where they shop.
14. **Better Service**—Local business owners do what they do because they are passionate about their products and typically take more time to get to know their customers. They'll often go the extra mile to help you and to ensure you're a satisfied customer.
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Deloris "Jean" Howk

Deloris "Jean" Howk, a beacon of faith, love, and selflessness, passed away peacefully at The Oaks at Liberty Grove in Rowlett, Texas, on August 19, 2025, at the age of 88. Born on May 12, 1937, in Hamlin, Texas, Jean was the cherished daughter of A.B. "Pud" and Dorothy Young. Growing up in a close-knit family, she learned the values of resilience, hard work, and steadfast faith - qualities that would come to define her long and impactful life.

Jean was preceded in death by her beloved husband of 59 years, Bernoye Howk; her parents; and her sister Cindy Young.

She is lovingly remembered by her brother Butch Young and his wife Betty; her children Pete Howk and his wife Renee, daughter Dee Dee Hamblin and her husband Mark. Jean, also known as Mammy, was the devoted grandmother to Kristyn Salman and husband Kesley, Blake Hamblin and wife Shelby, Keely Howard and husband Randall, and Luke Hamblin and wife Abby. Her legacy continues through her 8 great-grandchildren: Kennedy and Kayden Salman, Cole, Andrew and Avery Hamblin, Karsyn and Emmett Howard, and Copelyn Hamblin. Jean was also a loving aunt to many nieces and nephews.

Those who knew Jean will remember her as a woman of remarkable strength—spiritually, emotionally, and physically. Deeply committed to her faith, she served as the Parish Administrator for Church of the Resurrection for over 30 years and later continued her involvement with Christ Church Rockwall. Jean's sacrificial and spirited nature, coupled with her unwavering devotion to her family and her church, drew people to her wherever she went. She guided generations not only in her family but also within the broader faith community and her assisted living community, becoming a mentor and inspiration to all.

Jean's passions were as vibrant as her personality. A fierce competitor in her youth, she played basketball and was a catcher for the softball team in high school long before girls' athletics gained wider recognition. Family remained the central joy in her life. Above all, Jean's home was always open, her support unwavering, and her prayers constant. Whether organizing church events, or cheering from the sidelines, she embodied a loving presence that will be deeply missed yet gratefully remembered.

A celebration of Deloris Jean Howk's remarkable life will be held at 2 PM on Saturday, August 30, 2025, at Restland Funeral Home, Memorial Chapel, 13005 Greenville Ave., Dallas, TX 75243. All who knew and loved her are invited to attend.



Ben Spraggins September 10, 1979 — August 20, 2025

A funeral service for Ben Spraggins, age 45, of Sulphur Springs, Texas was held at 2:00 p.m. on Saturday, August 23, 2025 at the Sulphur Springs Civic Center Auditorium with Denver Hines officiating. There was no formal visitation. Mr. Spraggins passed away in Plano, Texas on Wednesday, August 20, 2025 after succumbing to injuries from an accident in Waco in June.

Benjamin Lee Spraggins was born on September 10, 1979 in Fort Worth, Texas to Gary and Deanna Spraggins. Ben graduated from Sulphur Springs High School in 1998 and went on to attend Texas State Technical College where he focused his studies in Aviation. Ben was a teacher of Culinary Arts at Greenville High School and was known to all as "Chef Ben". He married Amy Laine Hoskison in Sulphur Springs, Texas on June 23, 2001. Ben was also a private pilot, loved catering, cooking, and participating in cooking/grilling competitions. Ben was a member of One Church in Sulphur Springs.

Ben was a proud registered organ donor and because of that, his heart, liver, kidneys, and skin tissue will continue to help countless others in their time of need. Ben's legacy is one of hope and generosity.

Ben is survived by his wife, Amy Laine Spraggins; daughter, Sallee Brooke Spraggins; son, Brodie Jack Spraggins; parents, Gary and Deanna Spraggins; brothers, Brant Spraggins of Sulphur Springs and Gary Spraggins, Jr. and his wife Lindsey of Heath; sisters, Lori Jones and husband Joe and Jodie Thomas and husband Aaron both of Fort Worth; mother and father-in-law, Gary and Vickie Hoskison of Klondike; grandmother, Martha Jane Brantley of Sulphur Springs; grandmother-in-law, Betty Hoskison of Klondike; sister-in-law, Holly Lane and her husband Chris of Longview; and numerous nieces & nephews and aunts & uncles. He was preceded in death by his grandpa, Homer Brantley; grandparents, Archie and Flossie Spraggins; grandmother-in-law, Bobbie Black; and grandfather-in-law, Rayford Hoskison.



Billy Wayne Orr

A funeral Service for Billy Wayne Orr, age 92, of Sulphur Springs, Texas was held at 11:00 a.m. on Saturday, August 23, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs, Texas with Bro. Mike Eason and Bro. Ken Weakley officiating. There was a private family only burial with Lewis Tatum and the Hopkins County Sheriff's Posse serving as pallbearers. Honorary pallbearers included Craig Swindle, Mike Coke, Lyndel Butler, Cliff Watts, and Jacob Watts. Visitation was held one hour before the service from 10:00-11:00 a.m. at Murray-Orwosky Funeral Home. Mr. Orr passed away at his home on Wednesday, August 20, 2025.

Billy Wayne Orr was born on October 12, 1932 in the Gafford Chapel Community near Sulphur Springs, Texas to Robert and Maude (Campbell) Orr. He married Carolyn Kay Farrell at the First Baptist Church in Sulphur Springs on March 2, 1990. Billy enjoyed being an electrician for 65 years. He also owned a Texaco station and worked at Banks Company before becoming an electrician. Billy was involved with the PRCA Rodeo in Hopkins County for over 20 years. He was a charter member of the Hopkins County Sheriff's Posse,

a volunteer Fire Fighter for Sulphur Springs for 25 years, and an avid dirt track racer. Billy was an active member of the Cross Spur Cowboy Church. Billy is survived by his wife, Kay Orr of Sulphur Springs; son, Brian Orr (Paula) of Sulphur Springs; daughters, Barbara Levine of Allen, Texas and Rosemary Eitelman of Durant, Oklahoma; grandchildren, Sean Orr (Lisa Parris-Orr); Joshua King, Jenna King, and Emma Levine; great-grandchild, Kyron Parris; and numerous nieces and nephews.

The Different Faces of Vitamin B-12: Methyl vs. Cyano

Gabriela Camacho, BSN, RN-BC - Integrative Functional Health practitioner



Gabriela Camacho

Vitamin B-12 is one of the most important nutrients in human health, yet one of the most misunderstood. It plays an essential role in red blood cell production, nerve health, DNA synthesis, and energy metabolism. Without enough B-12, the body struggles to maintain oxygen transport, neurological func-

tion, and cellular repair. Deficiency can cause fatigue, anemia, neuropathy, mood changes, and even cognitive decline. But when it comes to supplementation, not all B-12 is created equal. Two of the most common forms available are methylcobalamin and cyanocobalamin—and understanding their differences can help you make the best decision for your health.

Cyanocobalamin: The Stable Standard

Cyanocobalamin is the most widely used and studied form of B-12. It is a synthetic version created by attaching a cyanide molecule to the

cobalamin structure. While the word “cyanide” may sound alarming, the trace amount is considered harmless for the vast majority of people.

The advantages of cyanocobalamin are its stability and affordability. It resists light and temperature breakdown better than other forms, making it ideal for oral supplements, fortified foods, and even injectable solutions. Once ingested, the body converts cyanocobalamin into the active form it needs—primarily methylcobalamin and adenosylcobalamin.

However, that conversion step can be a drawback for some. People

with certain genetic variations, impaired liver function, or chronic illness may not process cyanocobalamin efficiently, meaning they may not receive the full benefit.

Methylcobalamin: The Active Form

Methylcobalamin is a naturally occurring, bioactive form of B-12. Unlike cyanocobalamin, it does not require conversion to be used by the body. It directly participates in methylation, a process vital for detoxification, neurotransmitter production, and DNA regulation. This makes it especially valuable for brain health, mood bal-

ance, and nervous system repair.

Research also suggests methylcobalamin may promote nerve regeneration, making it a strong option for patients with neuropathy or neurological conditions. Many integrative practitioners favor methylcobalamin injections or sublingual tablets because they bypass potential metabolic roadblocks.

The trade-off, however, is cost and stability. Methylcobalamin is more expensive and less shelf-stable than cyanocobalamin, but for patients with specific health concerns, the benefits often outweigh these limitations.

Which One Should You Choose?

For healthy individuals simply looking to prevent deficiency, cyanocobalamin remains a safe and reliable choice. For those with chronic illness, neurological issues, or difficulty metabolizing B-12, methylcobalamin may provide superior support.

At the end of the day, the “best” form of B-12 depends on your unique health needs, and that’s why personalized guidance from a healthcare professional is key

Obits Continued



Lawanna Morris November 10, 1933 — August 18, 2025

A funeral service for Lawana Morris, age 91 of Sulphur Springs, Texas was held at 10:00 A.M. on Friday, August 22, 2025, at Tapp Funeral Home with Al Davis officiating. Interment followed at North Hopkins Cemetery. Visitation was held on Thursday, August 21, 2025, at Tapp Funeral Home from 5:00 to 7:00 P.M. Ms. Morris passed away on Monday, August 18, 2025, at Legend Oaks Healthcare and Rehabilitation in Ennis, Texas

Lawana was born on November 10, 1933, in Mineral Wells, Texas to Alfred and Sarah (Collins) Leach.

She was raised in Dallas, Texas, and lived in Irving, Texas most of her life before moving to Sulphur Springs. Lawana married the love of her life, Marvin Morris in 1950. She worked at City National Bank as a teller for many years. Lawana was awarded “Best Teller” twice in her career. She loved her job and all her customers. Lawana loved cooking and baking for her family. She was always very active in her church, Grace Family Fellowship. Lawana was always ready to spend time with her family and treat them to coffee, apple fritters and Oreos.

Lawana is survived by her daughter, Kathy Nichols (Johnny) of Ennis, Texas; sons, Buddy Morris from Ft. Worth, Texas, and Joe Robert Morris from Sulphur Springs, Texas; grandchildren, Tacy Negrete (Mauricio), Tabitha Harris (Billie), Justin Morris all from Sulphur Springs, Texas and Patsy Earls (Derrick) from California; ten great grandchildren; two sisters, Racheal Campbell from Tyler, Texas, and Elizabeth Dane from Paris, Texas; nieces, Virginia Desbuza of Phoenix, Arizona and Eddie Ray Baiseri of Paris, Texas.



Sue Gilmer May 25, 1938 — August 22, 2025

Sue Gilmer, age 87 of Sulphur Springs, Texas passed away on Friday, August 22, 2025, at Christus Mother Frances Hospital in Sulphur Springs, Texas. Sue was born on May 25, 1938, in York, Pennsylvania to Eugene and Elizabeth (Loveland) Quarry.

She enjoyed gardening, painting, cross stitching, canning and quilting. Sue enjoyed spending as much time as she could with her wonderful family. She was a member of New Richland Baptist Church.

Sue is survived by her daughters, Kim Russell of Sulphur Springs, Texas and Cindy Miller (Mike) of Louisiana; son, Ronald Leisey (Rowena) of Pennsylvania; adopted daughter, Simone Williams; twelve grandchildren; and sixteen great-grandchildren.

She was preceded in death by her husband, Boyce Gilmer; parents, Eugene and Elizabeth Quarry; daughter, Beth Leisey (Bill); and son-in-law, Tom Russell.



Labor Day is on the first Monday of September every year and is a national holiday in the US. It has its origins in the labor movement and is a day to celebrate American workers. People celebrate Labor Day with picnics, sports events, and street parades. The American football season begins on—or around—Labor Day. Labor Day has become the unofficial end of summer—after Labor Day Weekend, kids are back to school.

For many, it is the last chance to take a break before school starts again for the fall session, and people take advantage of the long weekend to take a last summer trip. As a result, there may be extra traffic on highways and at airports. Labor Day has deep roots in the 130 years of the labor movement and its efforts to improve working conditions in America. With the growth of the Industrial Revolution came the demand for labor and trade unions. Around the 1850s, eight-hour movements across the

world aimed to reduce the working day from ten to eight hours. At its first congress in 1886, the American Federation of Labour called for a general strike in Chicago on May 1 to demand an eight-hour day, which culminated in what is known today as the Haymarket affair.

The first Labor Day celebration was the Labor Day parade in New York City on September 5, 1882. Its origins stem from the Central Labor Union's and other labor organizations' desire to create a holiday for workers. Oregon was the first state to pass it as a legal holiday in 1887, and by the end of the same year, Colorado, Massachusetts, New Jersey, and New York had passed laws creating a Labor Day holiday. President Grover Cleveland made it a federal holiday in 1894.

According to the US Department of Labor, it is not completely clear who first suggested the Labor Day holiday. Some sources say that Matthew Maguire proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. Others argue that Peter J. McGuire, co-founder of the American Federation of Labor, suggested a holiday for the 'laboring classes' in 1882.

Sul. Spgs.

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