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THE OLDEST LIVING GRADUATE

Tumbleweed Smith



Ronnie Hollar of the panhandle town of Fritch has had a life of hard work and great enjoyment from his leisure time activities like church work, playing in a bluegrass band and delivering food to people who are infirm in their homes. He dropped out of high school, knowing he was about to be drafted so he just joined the Army on his own. He served four years in Germany and Viet Nam. During his military years he earned a High School GED. After the service he worked in his dad's bait shop, grocery store and filing station. Later he did construction work building dams and grain elevators. He spent twenty years working in a carbon black plant.

Ronnie has been a musician since he was a small boy. Both his parents were musicians and encouraged Ronnie to learn to play the guitar and sing. When he was in Viet Nam serving in the Army he obtained a guitar and played it with some buddies. Back home he found some musician friends and they enjoyed getting together and just jamming at somebody's house.

"Then we got to wondering if maybe someone else might want to hear us," says Ronnie, "so we went to a nursing home, played some bluegrass, country and gospel music and the audience loved it. Some even got up and danced. When they first came out some were in wheelchairs and some were asleep. But when we played, they became alert and started singing with us."

Ronnie's group is called The Pickers and have a regular performance schedule now. They belong to a bluegrass association that has two events a year in Amarillo. One in the spring is called the Spring Bloom. The one in October is called Boo Grass. For a while Robbie did solo work at a restaurant, playing and singing.

He had remained friends with some of his buddies from the Viet Nam war. One of them knew that Ronnie hadn't have a diploma from his high school and told him that because he dropped out of school to go to the military, he was eligible to get a diploma. So he went to the principal of Fritch High School and asked the principal if he was eligible to get his diploma. The principal looked into it and asked Ronnie if he would like to be in the next graduation class. Ronnie said yes and bought a cap and gown.

"He asked me where I wanted to be in the group of high school graduates and I told him to just put me in the back," says Ronnie. "But be put me first in line. The diploma had the year I was supposed to graduate, 1964. I was 71 years old when I graduated with the class of 2016. I was definitely the oldest one in the class."

Ronnie turned out to be the main attraction at the event. "Several of the graduates wanted their picture made with me. When they called my name and I walked across the stage people stood up and applauded."

His wife and son were in the audience. They stood and clapped with pride.

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S	S	W	I	L	D	T	H	I	N	G	W	I	P	E	O	U	T	K
T	I	M	Z	B	C	E	C	Y	L	E	G	N	A	N	E	E	T	O
H	K	Y	Z	R	C	R	N	E	E	Y	A	W	A	N	U	R	O	O
E	T	G	Y	D	V	A	Y	O	P	S	B	U	S	S	T	O	P	P
S	S	I	W	O	A	L	R	I	T	S	T	E	L	P	A	S	O	S
E	A	R	N	W	L	O	Y	A	N	S	E	E	O	M	Y	G	U	Y
E	L	L	S	N	L	V	U	V	M	G	E	R	R	K	E	R	G	H
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L	U	B	M	N	O	O	V	S	N	O	Y	T	A	P	G	S	V	E
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Vera Glossup May 2, 1928 — September 19, 2025

Funeral service for Vera Mae Glossup, age 97, of Sulphur Springs, Texas will be held at 10:00 a.m. on Thursday, September 25, 2025 at Posey Baptist Church. Interment will follow at Posey Cemetery. Visitation will be held from 5:00-7:00 p.m. on Wednesday, September 24, 2025 at Murray-Orwosky Funeral Home in Sulphur Springs. Mrs. Glossup passed away at her home on Friday, September 19, 2025.

Vera Mae Burks was born on May 2, 1928 to Hubert and Opal (Hatfield) Burks in the Beckham community. While attending Peerless school, she met and married James "Weldon" Glossup on October 8, 1944 in Peerless. They were married for 80 years.

Vera spent her days working at the hospital in Sulphur Springs in the early years of their marriage. Then, while raising their four children, she was a homemaker. She worked tirelessly next to Weldon in the field, later helping him milk cows on their dairy. She was an amazing cook and later baked and decorated cakes for every occasion for people all over Hopkins County.

Vera was a member of Posey Baptist Church for over 70 years. During this time, she taught countless Sunday School classes and served as church clerk. Her greatest decision in life was accepting Jesus as her Savior and walking with Him daily. Vera lived her life in such a way that pointed others to Jesus and made sure that her friends and family knew of her great love for her Lord.

Second, only to her love of her Lord, was the love for her husband and family. As her family grew with grandchildren and great grandchildren, so did Vera's love for them. Her door was always open to her family and friends and there was always a meal ready for them. She made sure her family knew that she and Weldon thanked God for them every night. Her favorite pastimes included playing 42, fishing, and watching the Dallas Mavericks. As much as these brought her joy, nothing compared to the joy of her great grandchildren showing up at her home. She instilled in her family a deep routed faith in God which will leave a legacy for generations to come.

Vera is survived by her husband; Sister — Sue Walker; Son — Ronny Glossup (Anita), Daughters — Mary Lou Wright (Andy), Sherri Spradlin, and Joyce VanWinkle (Robert); Granddaughters — Melanie Helm(Jonas), Mandy Helberg(Chad), Wendy White(Rodney), Stacy Hrabal(Michael), Haley Ross (John), Candace Pair(Jody); Grandsons — Brian Wright(Chelsey) and Chance VanWinkle; 14 great- grandchildren, and 1 great- great grandchild (soon to be born). She was preceded in death by her parents, and siblings — Modene Sims, Travis Burks, Wylie Burks, and T.H. Burks; an infant granddaughter; and son in law — Larry Spradlin. In lieu of flowers, donations can be made to Posey Baptist Church, 4620 FM 71, Sulphur Springs, Texas 75482.



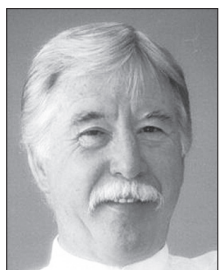
Anne Crow December 9, 1948 — September 19, 2025

Funeral service for Anne Crow, age 76, of Como, will be at 10:00 a.m. on Wednesday, September 24, 2025 at Murray-Orwosky Funeral Home with Wayne Fenton officiating. Interment will follow at Evergreen Cemetery in Paris, TX. Serving as pallbearers are Andrew Albritton, Thomas Albritton, Wesley Miller, Colby Albritton, Cole Denney, and a place in memory of Ryan Miller. Serving as honorary pallbearers are Shon Potter and Steve Jones. A visitation will be held from 6:00-8:00 p.m. on Tuesday, September 23, 2025 at Murray-Orwosky Funeral Home. Anne passed away Friday night, September 19, 2025, at her home.

Elizabeth Anne Crow was born December 9, 1948, in Paris, TX to Stanton Cline Denney and Dorothy Elizabeth (Brownlee) Denney. She married Billy Glenn Crow in Sulphur Springs on March 6, 1986, he preceded her in death in 2014. Anne graduated from South Garland High School in 1967. She attended East Texas Police Academy in Kilgore, TX and served in law enforcement from 1985 to 1995. In Lamar County she served as Jailor, Road Deputy, Investigator in CID and was the K9 Handler of her partner Katcha. She

also served in Hopkins County, Mills County and Commanche County. After law enforcement she worked as a Teacher's Aide at Como Pickton ISD. She was known as "Mrs Anne in the trailer", where she was a mentor and friend to many students. She finished up her career assisting her daughter with her home daycare. She was a member of The Way Bible Church. However, her favorite title by far was "Mamaw".

Anne is survived by her daughters, Shelia Jenkins of Como, and Tracy Potter (Shon) of Emory. Grandsons, Andrew Albritton (Sarah), Thomas Albritton (Aspen), and Wesley Miller (Montanna). Great-grandchildren, Colby Albritton (Stevieah), Skylynn Pence (DY), Harly Pence, Serenity Albritton, Stantyn Albritton, Sterling Champion, Sleighton Albritton, Riffin Albritton, Brailee Miller, Henley Miller, and Daxton Miller. Great-great grandchildren, Zaelynn Dy and Baby Albritton in 2026 and her brother, Charles Denney (Elaine). She is also survived by her best friend, cousin and partner in crime, Sue Gravette. And, finally, her puppies, Ruby and Ellie. She was preceded in death by her parents and her grandson, William Ryan Miller.



Gary Davis July 17, 1938 — September 16, 2025

A graveside service for Gary Davis, age 87 of Sulphur Springs, Texas was held at 11:00 A.M. on Saturday, September 20, 2025 at Reilly Springs Cemetery with Dale Owens officiating. Mike Mooney, Mark Wilson, Ronnie Owens, Casey Michael, Doug Younts, and Dale Owens served as pallbearers. There was no formal visitation. Mr. Davis passed away on September 16, 2025 at his residence.

Gary was born on July 17, 1938 in Ark City, Kansas to Gerald Davis and Mildred (Gwinn) Davis. He married Deborah Owens on October 20, 1975 in Hawaii. Gary worked as a sales manager for Southwestern Bell Yellow Pages for 28 years. Once he retired, he moved to Sulphur Springs and opened Sulphur Springs Antique Auction. Gary owned and operated it for 23 years. He was active in the Shriners in his younger years. Gary loved antiques and was an expert at them.

He is survived by his wife, Deborah; daughters, Geri Lynn Sanchez and husband, Gerald, and Dena Davis; son, Joshua Davis; grandchildren, Jeremy Sanchez, Shanyn Sanchez, Ben Geoghegan, and Dan Geoghegan; great grandchild, Jenniyuh Sanchez.

Gary was preceded in death by his parents, Gerald and Mildred Davis and mother-in-law and father-in-law, Coy and Estelle Owens.

The Dynamic Duo of Vitamin C and Vitamin D

In the world of nutrition and wellness, few nutrients get as much attention as Vitamin C and Vitamin D, and for good reason. These two vitamins, while very different in how they work, share a reputation for supporting immune function, promoting resilience, and helping the body adapt to the stresses of modern life. Yet many people misunderstand what they actually do, or why deficiencies in either can set the stage for chronic health concerns.

Vitamin C: The Protector

Vitamin C, also known as ascorbic acid, is a water-soluble vitamin found abundantly in citrus fruits, bell peppers, and leafy greens. Its best-known role is as a potent antioxidant. It helps neutral-

ize free radicals that damage cells, slowing down the wear and tear that leads to aging and inflammation. Beyond its antioxidant power, Vitamin C is also essential for collagen production, which supports healthy skin, strong blood vessels, and wound healing. That's why people deficient in Vitamin C historically suffered from scurvy, a disease marked by bleeding gums and poor tissue repair.

From an immune perspective, Vitamin C enhances the activity of white blood cells, boosts the skin's barrier defenses, and even improves iron absorption from plant-based foods. Daily intake is important because the body doesn't store Vitamin C for long. While the recommended

daily allowance (RDA) for adults ranges from 65–90 mg, many functional medicine practitioners suggest higher doses during cold and flu season, though it's wise to consult a healthcare professional before supplementing heavily.

Vitamin D: The Regulator

Vitamin D, in contrast, is a fat-soluble vitamin that behaves more like a hormone than a traditional nutrient. It's famously known as the "sunshine vitamin" because the body produces it when skin is exposed to UVB rays. Unfortunately, modern indoor lifestyles and widespread sunscreen use mean many people don't get enough sun to produce optimal levels.

Vitamin D's claim to fame lies in its ability

to regulate calcium and phosphorus absorption, which is critical for bone health. But in recent decades, research has highlighted its broader role in supporting the immune system, balancing mood, and even reducing the risk of chronic diseases like diabetes and cardiovascular illness.

Deficiency is alarmingly common. It is estimated that nearly 40% of Americans have insufficient Vitamin D levels, particularly in winter months or in individuals with darker skin tones. Supplementation, often in the form of Vitamin D3, is frequently recommended. The RDA is about 600–800 IU per day, though many experts suggest higher amounts for optimal wellness, always guided by lab testing.

The Synergy

Taken together, Vitamin C and Vitamin D are a true dynamic duo for whole-body health. Vitamin C strengthens the immune system's immediate defenses, while Vitamin D modulates the immune response to prevent overreaction and inflammation. In other words, Vitamin C is the frontline soldier, and Vitamin D is the commander who keeps the battle organized.

As simple as it sounds, maintaining adequate levels of these two nutrients can be a cornerstone of preventive health. Eating a diet rich in fresh fruits and vegetables, enjoying safe sun exposure, and using quality supplements when appropriate can provide a foundation that supports not just seasonal well-



Gabriela Camacho
ness, but long-term vitality.

Final Thoughts

In an era where chronic stress, processed foods, and limited outdoor time challenge our bodies daily, Vitamin C and Vitamin D are more than vitamins, they are essentials. They remind us that sometimes, the most powerful health strategies aren't new or high-tech. They are timeless, foundational, and waiting to be embraced.

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2025 Sulphur Springs



WILDCAT SCHEDULE 7:30 p.m.

Sept. 5-Greenville- Here	Oct. 10-Celina-There
Sept. 12-Bullard-There	Oct. 17-Paris- Here
Sept. 19-Mt. Pleasant- Here	Oct. 24-Community-There
Sept. 26-Aubrey- Here	Oct. 31- Lake Dallas- Here
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