

FREE!



25
YEARS
2000-2025



Shop Local Area!

Pg. 5



The Millennium Shopper

(In The Shade of The Courthouse)

903-885-9966

VOL. 26 ISSUE 1322, October 29, 2025

e-mail: ads@millenniumshopper.com
www.millenniumshopper.com

115 Jefferson
P.O. Box 1037

Sulphur Springs, Tx. 75483

Sulphur Springs, Greenville, Commerce, Lone Oak, Emory, Quinlan, East & West Tawakoni, Cash, Caddo Mills, Pickton, Como, Point, Winnsboro, Lake Fork, Yantis and Farmersville

BRITISH BASH

Join the City of Terrell & Terrell Chamber of Commerce as we celebrate our unique history with England.

discoverterrell.com

- Christmas Market
- Live Music
- British Food
- Fish & Fizz
- British Beer & Pimms Cups
- Mini Coopers

Historic Downtown Terrell
November 8, 2025
11am - 4pm



A Hard Night's Day
All Beatle Tribute Band
Performance begins
at 1:30 p.m.



Presented by:

Platinum
COLLECTION



ECHO

5 year Consumer Warranty

Serviced out & ready to go to work for you

903-473-8788
hootensteel.net

MasterCard VISA 1139 W. Lennon Dr., Emory, Tx. 75440

Mon.-Fri. 7 am - 6 pm - Sat. 7 am - 5 pm
www.hootensteel.net

THE LOST ART OF SHAVING IS BEING REVIVED

Tumbleweed Smith



Tumbleweed Smith

Greg Smith of Brady makes shaving soap and after-shave in a variety of flavors. "Grandpa's Barber Shop is a traditional, clean, old school kind of barbershop scent," he says. "We've got Cherry Pipe which is a sweet cherry and tobacco scent. Weekend Rodeo is a pretty popular one. It's a mixture of tobacco and leather fragrances. We have a scent called Mr. Pepper and it flies off the shelf. It, of course, has the Dr. Pepper soft drink flavor."

He tries to think of flavors that would be commonplace in Texas. "A lot of artisans both nationwide and worldwide are making soaps and after shave but there's not that many in Texas. So I did some research and homework and am trying to build up an interest in it. A few years ago I became fascinated with the new wet shaving hobby, a resurgence of classic shaving with a lot of younger guys. To me it's a rite of passage when a man stands with his face lathered up and his young son standing by his side. That's happening to me right now. My little boy sees me shave all the time and wants to do the same thing. Maybe we can spread this special kind of shaving."

His sells his items way beyond Brady. "I have shipped stuff nationwide and worldwide. I've sent stuff to Naples, Italy and have seen my stuff show up on Internet in Yorkshire, England. We've sold it in Colorado, Kansas, New Jersey, New York, just all over from little old Brady. Every day I'm kind of shocked that people are actually buying and using something that I make. There's a shop in California called West Coast Shaving. My Mr. Pepper scent does well there. I keep an eye on West Coast Shaving's website and when I send a shipment of Mr. Pepper shaving soap, it's sold out within 48 hours after posting it on their website."

He gets his flavors by mixing various fragrance oils. His after-shave comes in the same flavors as his shaving soap and has some soothing ingredients. "I use witch hazel, alcohol, tea tree oil, aloe vera juice, lotta stuff to calm your skin down after abusing it with a razor."

His soap sells for \$12.75 and comes in a flat round box. "That's a 5 ounce container and will stretch further than any canned shaving goop and will deliver a better quality shave just because it's slicker and better for you. Also you've got to remember it's soap that you're putting on your face. Not only are you shaving with something that's better than canned stuff you're also cleaning your face. When you're shaving you get kind of sucked in to thinking about it and get into a meditative state sometime. There's something about it that's way more calming than trying to rush through with a cartridge razor or electric razor."

Greg makes his shaving items in his spare time. He has a regular 9 to 5 job as technology director for the hospital in Brady. You can find his items at westcoastshaving.com or his Facebook page Central Texas Soaps. He hasn't started making razors or shaving brushes yet, but he's looking into that.

Miscellaneous

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Free quote. Ask about first application special! **833-860-0811**

DIRECTV Stream - Carries the most local MLB games! Choice Pkg \$89.99/mo for 12 mos Stream on 20 devices. HBO Max included for

Miscellaneous

3 mos w/Choice Package or higher. No contract or hidden fees! Restrictions apply. IVS **866-859-0405**

Wesley Financial Group, LLC timeshare cancellation experts over \$50 million timeshare debt/fees cancelled in 2019. Free info package. Free

Miscellaneous

consultations. Over 450 positive reviews. **833-308-1971**

Bath & shower updates in as little as 1-day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. **1-877-543-9189**

WORD SEARCH (John Wayne Movies)

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a secret message.

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

ALAMO, The
ARIZONA
BABY FACE
BIG JAKE
BIG TRAIL, The
BLOOD ALLEY
BLUE STEEL
BRANNIGAN
CHISUM
CIRCUS WORLD
COMANCHEROS, The
CONFLICT
CONQUEROR, The

COWBOYS, The
DAKOTA
DAWN RIDER, The
DECEIVER, The
DESERT TRAIL, The
EL DORADO
FLYING TIGERS
FORT APACHE
GREEN BERETS, The
HATARI
HELL FIGHTERS
HONDO
IN HARMS WAY

JET PILOT
LONELY TRAIL, The
LONGEST DAY, The
MCLINTOCK
MCQ
NEW FRONTIER
NIGHT RIDERS, The
PITTSBURGH
QUIET MAN, The
RANGE FEUD
RED RIVER
RIO BRAVO
RIO GRANDE

RIO LOBO
SEA CHASE, The
SEARCHERS, The
SHOOTIST, The
SPOILERS, The
STAGECOACH
STAR PACKER, The
TRUE GRIT
TYCOON
UNDEFEATED, The
WAR WAGON, The
WESTWARD HO

CLASSIFIEDS

***\$3.50 for 15 Words or Less - Call Today 903-885-9966**

Have Your Ad Read By 20,000 People

Covers Greenville, Commerce, Caddo Mills, Cumby, Campbell, Brashear, Sulphur Springs, Winnsboro & Emory

Miscellaneous

MOBILE FIXIT: Appliance Repair, large or small. 903-274-9224. Haul off appliances for free!

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 800-245-0398

Inflation at 40-year highs. Interest rates are up. Credit cards, medical bills, car loans. Have \$10k+ in debt? Call National Debt Relief to find out how to pay off your debt for much less than you owe! Free quote: 844-955-4930

Miscellaneous

For Sale: 2008 Chevy Silverado pick-up. Vortec V8 with 149,758 miles. Very Nice!! \$11,500. 903-348-4949.

Old guitars wanted! Gibson, Fender, Martin, Etc. 1930's to 1980's. Top dollar paid. Call 866-433-8277

Replace your roof w/ the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles/ multiple colors available. Guaranteed to last a lifetime! Limited time offer up to 50% off install + additional 10% off install military, health & 1st responders. 833-370-1234

Miscellaneous

Reach millions of homes nationwide with one easy, affordable buy in the ADS Network! For more information www.communitypublishers.com/category/all-products

SunSetter.America's #1 awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and save \$350! 855-914-1148

We buy houses for cash as is! No repairs or fuss. Any condition. Easy 3-step process: Call, get cash offer, get paid. Get your fair cash offer today. Liz Buys Houses: 844-877-5833

No more cleaning gutters. Guaranteed! Leaf-Filter backed by no-clog guarantee & lifetime warranty. Call 1-833-610-1936 to schedule **FREE inspection/estimate.** Get 15% off your entire order. Military & Seniors get additional 10% off. Limited time. Restrictions apply, see rep for details.

Miscellaneous

Portable oxygen concentrator may be covered by Medicare! Reclaim independence & mobility w/the compact design & long-lasting battery. Inogen One free info kit! 877-305-1535

Consumer Cellular - same reliable, nationwide coverage as large carriers. No long-term contract or hidden fees, free activation. All plans unlimited talk & text starting at just \$20/mo. 877-751-0866

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Free author's guide 877-729-4998 or dorranceinfo.com/ads

Don't let the stairs limit your mobility! Discover the solution for anyone who struggles on the stairs, concerned about a fall or wants to regain access to their entire home. AmeriGlide 833-399-3595

Home break-ins take less than 60 seconds. Don't wait! Protect your family, home, assets now for as little as 70¢/day! 833-890-1262

Miscellaneous

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as 1-day. Limited time, waving all installation costs! Additional terms apply. Subject to change & vary by dealer. Ends 12/28/25. 844-501-3208

Pest control: Protect your home from pests safely. Roaches, Bed Bugs, Rodent, Termite, Spiders & more. Locally owned & affordable. For service or inspection today! 833-860-0657 Have zip code ready!

MobileHelp America's premier mobile medical alert system. Home or away. For safety & peace of mind. No long term contracts, free brochure! 888-489-3936

Miscellaneous

Aging roof? New homeowner? Storm damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. 833-640-4753 Have zip code ready when calling!

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do repairs to protect your family & home value! 833-887-0117. Have zip code ready!

Toby Boatman
Garage Doors
Sales • Service
Installation
Doors • Electric Door
Openers
903-438-1970
903-348-6170

Make the smart and ONLY CHOICE when tackling your roof!

LIMITED TIME OFFER! SAVE!

UP TO 50% OFF INSTALLATION

FREE ESTIMATE 1.833.370.1234

ERIEHOME.
Expires 10/31/2024 **MADE IN THE U.S.A.**

New roofs only. Does not include installed costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Midwest, Inc. (ECI). Offer terms and conditions may apply and the offer may not be available in your area. You will not be contacted by a salesperson. You will be contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicessolutions.com. All rights reserved. (source numbers available at eriehome.com/erie-homes)

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB
1-855-417-1306

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB1082165 NSCB 0082999 0083445

Find It In The Classifieds!
Drive away with a wheel deal from the classifieds.

Millennium Shopper.com
903-885-9966

ANSWERS

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

The hidden message is: TOMORROW HOPES WE HAVE LEARNED SOMETHING FROM YESTERDAY

The Millennium Shopper.com

FREE weekly shopper published on Wednesdays reaching over 15,000 readers in Hunt, Hopkins, Rains, Franklin, and Wood Counties.

Racks in Sulphur Springs, Greenville, Commerce, Lone Oak, Emory, Quinlan, East and West Tawakoni, Cash, Caddo Mills, Pickton, Como, Point, Winnsboro, Lake Fork, Yantis and Farmersville.

Joy Wilson, Owner

115 Jefferson, P.O. Box 1037
Sul. Spgs, Tx. 75482
903-885-9966, 903-348-3546

ads@millenniumshopper.com
www.millenniumshopper.com



GOBER Post Frame Buildings
Shops, Garages, Houses, Agriculture, Commercial

1-405-595-0770

30'x40'x10' - \$20,400	With 4" Concrete, Fully Insulated, 1 Commercial Overhead, 1 Entry Door, #1 29 Ga. 40 yr. Painted Metal, Built on Your Level Site, Additional Sizes Available Mileage or Higher Concrete Prices May Apply
30'x40'x12' - \$22,600	
30'x50'x10' - \$24,600	
30'x50'x12' - \$26,700	

Protect Your Home And Property!!!
Make Sure Your Contractor is Following The Law.
Ask For General Liability and Workers Comp. Insurance

www.goberconstruction.com

Did You Know....

that we can help you with all of your advertising needs?

We can get your message out to 7 counties!

Call us....903-885-9966!

www.millenniumshopper.com

Millennium Shopper.com

115 Jefferson St. Sul. Spgs., Tex.



Joy Wilson
903-348-3546



Jan Massey Richardson
903-243-5575

Need New Business Cards? Stand out from the crowd!!

Come in and let us show you the new Trifecta card! It is triple layered paper and comes with green, red, black and blue edges. You will love it!

903-885-3633
115 Jefferson St.
Sulphur Springs, Tx.

FLIPPIN
printing




2115 ★ Loop 286 ★ Paris, TX.
903-785-8317
Mon.-Fri. - 8:00 - 5:00 ★ Sat. - Closed

CARPET WORLD

NEED FLOORING REPLACEMENT DUE TO WATER OR FIRE?

Our Pricing Can Reduce Or Even Eliminate Your Deductible!

Carpet All Grades

Ceramic & Porcelain Tile

Wood Flooring

Sheet Vinyl & Vinyl Plank

Contact Us Now For An In-Home Estimate!

LARGEST FLOORING INVENTORY
..... in NE Texas & SE Oklahoma

www.carpetworldparistexas.com



MILLENNIUM SHOPPER
Now Reaching **25,000 Readers!**

LOCATED IN RACKS IN

- ★ Convenience Stores
- ★ Gas Stations
- ★ Grocery Stores
- ★ Etc.

In Several Different Locations

IN

GREENVILLE
SULPHUR SPRINGS
EMORY
CADDO MILLS
COMMERCE
LAKE FORK
QUINLAN
COMO
YANTIS
BRASHEAR
POINT
LONE OAK
WINNSBORO
FARMERSVILLE
WEST TAWAKONI

Also Online At
www.millenniumshopper.com

GAS AND SUPPLY

Your Full-Service Propane Provider

319 State Hwy. 24
Campbell, Tx.
903-454-6565
www.GasAndSupply.com

Shop Local Area!



When you can!

Shopping together is what makes our economy strong!



Ribbon Cutting

Flowerland Florist
Sulphur Springs

NOVEMBER 5TH
12:30 pm - 1 pm
Open House til 7 pm for your shopping pleasure!
411 Gilmer St., Sul. Spgs., TX



903-885-1549

Pizza Inn®

Daily buffet, salad and wings!

Delivery & Carry-out

1320 Mockingbird Lane Sulphur Springs



HUNTING SEASON

Is Here and

We've Got You Covered!!

Hooten's Hardware

1139 W. Lennon Dr.

Emory, Texas **903-473-8788**



K_G KISER'S GLASS TECHNOLOGY, INC. K_G

**Auto, Commercial,
Residential Glass & Mirror**

605 Main St., Sul. Spgs., Tx.

www.kisersglasstech.com

sales@kisersglasstech.com

903-885-9845

800-272-8371



Shop Local!!



Member FDIC

www.bankatcnb.bank

Serving
Sulphur Springs,
Winnsboro, Yantis,
Quitman, Hawkins,
Holly Lake, Naples,
Mineola, Wills Point,
Canton, Gladewater,
Grand Saline, Emory
and Queen City!

Support your area merchants!

Keep your monies
in our surrounding counties!

**Hunt County
Farm Supply**

813 West Main 903-862-2273
Campbell, Texas 75422



Sul. Spgs.

**Toby Boatman
GARAGE
DOORS**

Sales • Service • Installation
Doors • Electric Door Openers

903-438-1970

903-348-6170

**WEST OAKS
FUNERAL
HOME**



"Caring For Those We Serve."

903-885-0787

500 S. Hillcrest Sul. Spgs.

Support your local merchants and keep your money in town!

The Millennium Shopper

115 Jefferson St.

Sul. Spgs.

903-885-9966



Obits



WEST OAKS FUNERAL HOME

500 Hillcrest Dr., Sulphur Springs, Tx. 75482

<http://www.westoaksfuneralhome.com>



Grace Horton

March 3, 1945 — October 23, 2025

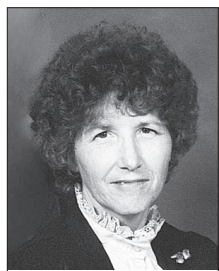
Memorial service for Grace Horton, age 100, of Sulphur Springs, Texas, will be held at a later date. Mrs. Horton passed away at Carriage House Manor in Sulphur Springs, Texas, on Thursday, October 23, 2025.

Grace Horton was born on March 3, 1925, in Sulphur Springs, Texas, to Henry and Vera (Smith) Edwards. She married Kenneth T. "Pat" Horton in March of 1945. After graduating high school, she started nursing, but later joined her husband, Pat, in the dairy business. During her free time, she loved to paint. She was a proud member of the Weaver Baptist Church.

Grace is survived by her sons, Jim Horton and wife, Donna of Sulphur Springs, Texas, and Jerry Horton of Sulphur Springs, Texas; grandchildren, Heath Horton, Cory Horton, Ashley Davidson and husband, Ryan, Kelly Horton, and

Tracy Price; great-grandchildren, Dylan Horton, Hunter Horton, Hayden Horton, Colten Horton, Calloway Davidson, Freya Davidson, Wyn Layton III, and Jarred Eskew; and son-in-law, Toby Price.

She was preceded in death by her husband, Kenneth T. "Pat" Horton; her parents, Henry and Vera Edwards; and her daughter Judy Price.



Edna Earl (Davis) Harrod

Edna Earl (Davis) Harrod, age 87 of Mount Vernon, Texas, passed away on Saturday, October 18, 2025, in Sulphur Springs, Texas.

Edna was born August 6, 1938, in Purley, Texas, to Coy R. and Maude Seple (Corley) Davis. She graduated from Mount Vernon High School in 1956. She then pursued further education at Draughon Business College in Dallas, Texas, where she met the love of her life, Gene Davis Harrod. They married on August 16, 1957, in Mount Vernon, Texas.

After raising two daughters in Euless, Texas, she and Gene moved back to Mount Vernon to be closer to family. Edna worked at Shelton's Propane until she retired so that she and Gene could travel. Edna loved the Lord and was a long-time member of Purley Baptist Church.

She was preceded in death by her husband, Gene D. Harrod; her parents, Coy and Seple Davis; brothers, Robbie G. Davis, Billy M. Davis, and a son-in-law, Gary Burnaman.

She leaves to cherish her memory her two daughters, Genea Burnaman and Ginger (Gary) Lyon; grandchildren, Ashley (DJ) Jester, Seth (Lauren) Burnaman, Jared (Grace) Lyon, Jeremy (Kirsten) Lyon; seven great grandchildren; sister, Linda (Jack) Williams; sisters-in-law, Chloeanne Davis and Dortha Davis; nieces, nephews, cousins and extended family.

Funeral services were scheduled for Saturday, October 25, 2025, at 11:00 a.m. at Purley Baptist Church. Visitation was 30 minutes before service time. Pallbearers were D.J. Jester, Seth Burnaman, Jared Lyon, Gary Lyon, Jack Williams, and Mike Davis. Rev. Pablo Guzman will be officiating.



Gerald Edwin Thomas

June 30, 1936 — October 17, 2025

On Friday, October 17, 2025, Gerald Edwin Thomas, age 89, passed away peacefully in his assisted living care facility, Hopkins Court, in Sulphur Springs, Tx with his daughter by his side.

Gerald was born on June 30, 1936, in DeQueen, Arkansas to Reed and Belle Thomas. He was a proud graduate of the University of Arkansas and spent many years taking his family to all the Razorback football games.

Mr. Thomas followed in the footsteps of his father when he opened Thomas Spreading Service on Gilmer Street in the late 1960s. He and his wife Janice ran the business and considered the farmers of Hopkins County their family. Gerald also dabbled in the cattle business, raising several hundred head of Brangus and Angus cattle. He shared this adventure with his children who loved to feed the baby calves and help with driving the tractors during the hay season.

In the late 1980s Mr. Thomas closed the business on Gilmer St. and opened a successful interior design shop, Interior Resources, in Texarkana, Tx. This time Janice took the lead, and Gerald became the behind-the-scenes support by installing shutters, curtains, moving carpets and fabrics. Again, they were very successful in their new adventure and met many people, some of whom became lifelong friends.

Gerald was preceded in death by his parents, Reed and Belle Godwin Thomas, his wife, Janice Nichols Thomas, and his son Jason Nichols Thomas. He is survived by his daughter, Angela Gae Campbell and her husband Matthew, two sisters, Sandra Dunn and Carolyn Stovall, daughter in law, Michelle V. Thomas, five grandchildren: Sarah Kate DeLee and her husband Caleb DeLee, John Thomas Campbell and his wife Megan Campbell, Pryor Nichols Thomas and his wife Aubrey Cates-Parr Thomas, Clayton Reed Thomas and Charlotte Lillian Thomas and four great granddaughters Lilah Wren DeLee, Mila Jay DeLee, Vivian Kate Campbell and Josephine Tyler Campbell.

Wellness Care: A Smarter Investment in Our Future

In recent years, the concept of wellness care has shifted from a niche interest to a national conversation. Yet, despite the growing awareness, many still confuse wellness care with simple disease prevention. True wellness care goes beyond avoiding illness, it's about cultivating long-term physical, mental, and emotional health through proactive, sustainable choices.

For too long, our health systems have been built on a reactive model: we wait until people get sick before we step in. We pour resources into treatments, hospital stays, and medications, often addressing symptoms instead of causes. This approach is not only costly, it's short-sighted. Wellness care offers a different path. By investing in nutrition, exercise, stress management, and preventive screenings, we can reduce the burden of chronic disease and improve quality of life for millions.

Consider this: the Centers for Disease Control and Prevention (CDC) reports that 90 percent of the nation's \$4.5 trillion in annual health care expenditures go toward people with chronic and mental health conditions, many of which are preventable. Heart disease, diabetes, and hypertension can often be mitigated through lifestyle changes and early intervention. Wellness care focuses on empowering individuals with the knowledge and tools to make those changes before illness strikes.

But wellness is not just an individual responsibility; it's a community effort. Employers who implement wellness programs see reduced absenteeism, higher productivity, and greater employee satisfaction. Schools that promote physical activity and balanced meals nurture healthier, more focused students. Cities that design walkable neighborhoods and support local farmers' markets create environments where healthy living becomes the easier choice.

Mental wellness deserves equal attention. In our fast-paced, hyperconnected world, stress and burnout have become common ailments. Encouraging mindfulness, social connection, and access to counseling services should be central to any comprehensive wellness strategy. The mind and body are not separate entities, each influences the other profoundly.

Critics sometimes dismiss wellness care as a luxury for those with time and money. That perception must change. True wellness is about accessibility and equity. Communities should have affordable access to nutritious food, safe spaces for exercise, and preventive medical services. Policymakers must prioritize funding and education that make wellness a reality for everyone, not just a privileged few.

Wellness care is not a passing trend, it's a necessary evolution of how we think about health. By shifting from treatment to prevention, from isolation to community, we can build a healthier, more resilient society. The return on this investment is measured not only in dollars saved but in lives improved, productivity gained, and years added to our collective well-being.

The time has come to redefine health care as wellness care. The future of our nation's health, and our economy, depends on it.



Gabriela Camacho

TIME CHANGE

**Sunday
Nov. 2nd**



RETIREMENT AUCTION

Thursday, November 6, 2025 *Huge Auction!* Starts @ 9:01am

ADDRESS: 24877 Amah Parkway • Claremore, OK 74017

DIRECTIONS: North of Verdigris, OK @ the Jct of Hwy 66 & 530 Rd., Turn West on 530 Rd. Cross over RR Tracks. Turn Immediately Right (N) on Amah Parkway / 4120 Rd. Go 2/10 mi. Auction on Right.

FOR MORE INFO + ONLINE BIDDING: www.chuppsauction.com

40 FT STORAGE CONTAINERS, TRAILERS, SQUARE METAL TUBING, GENERATORS, WELDERS, SAND BLASTING + SURVEYING EQUIPMENT, TESTERS, TRANSITS, HYD PRESS, WELDING ROD OVENS, BEVELING MACHINES, REAMERS, BORING MACHINES, DOZER PARTS, POLY PIPE TOOLS + ACCS, SAFETY EQUIPMENT, OFFICE FURNITURE AND MUCH MORE!!

*** AUCTION STARTS @ 9:01 AM - LIVE ONSITE & ONLINE BIDDING on Lots 2 - 123 START @ 11:31 AM ***



OWNERS: M & S Construction

Auctioneer's Note: Harold McDonald has been in the Pipeline Construction Business since 1979.

This sale includes TOOLS & SUPPORT EQUIPMENT for Pipeline Construction - Lots More Not Listed!

ALL ITEMS must be removed by 5:00 pm on Sunday, November 9th. Loader is available. DON'T MISS THIS SALE!

Follow us on Facebook or visit our website for more info and pictures at www.chuppsauction.com

CHUPPS AUCTION & REAL ESTATE

Stan Chupp
(918) 638-1157

Dale Chupp, Realtor
Coldwell Banker Select
(918) 630-0495

Jonathan Miller
(918) 237-7582



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
	Nov. 7-Panther Creek-There



**WEST OAKS
FUNERAL
HOME**

500 S. Hillcrest
Sul. Spgs.
903-885-0787



GO CATS!

www.bankatcnb.bank
Member FDIC



Jordan's Place Pediatrics

Birth to 18 Yrs.

984 N. Texas,
Emory, Tx.
903-494-0947

Sherri Barclay, MD
Board Certified Pediatrics

1317 N. Hillcrest
Sulphur Springs, Tx.
903-438-1110



Uptown Cuts

Walk-ins Welcome!
No Appointment needed!

1402 Mockingbird Lane, Suite 5 903-885-7300



**Toby Boatman
GARAGE DOORS**

Sales • Service • Installation • Doors

903-348-6170 • Electric Door Openers 903-438-1970

FRIDAY NIGHT FOOTBALL!

Support your favorite teams!

**Hooten's
Hardware**

Home ~ Farm ~ Ranch

1139 W. Lennon Dr.
Emory, Texas **903-473-8788**

**Go
Cats! Pizza Inn.**

1320 Mockingbird Lane
Sulphur Springs 903-885-1549



**KGT KISER'S
GLASS TECHNOLOGY, INC.**

*Go
Cats!* Auto glass repair and replacement.
605 Main St. 903-885-9845

**WYATT'S
TOWING
& Recovery Inc.**

Daniel Hammer
903-335-1897



Concrete & landscaping

Aldo Ibarra
430-357-2572

*Your drive to the game in a Chevy is
always the best!*



478 Wildcat Way Sul. Spgs.
903-558-0100

We back the Sulphur Springs Wildcats!



The

Millennium Shopper

Joy Wilson
Owner



115 Jefferson St.

and

Sul. Spgs. Tx.

FLIPPIN
printing