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Pg. 5



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MEMORIES OF COTTONWOOD

Tumbleweed Smith



Tumbleweed Smith

Rolan Jones made the perfect interview. He is smart, has had an interesting and fulfilling life and can recall important experiences from his youth. He is 84 but gets around like a teenager. He lives north of Cross Plains on acreage he cleared himself. When he bought the place it was so thick with trees and brush the only way through it was a small animal trail.

He is unique and is constantly thinking of ways to do things. He built a storm shelter with two ways to get in it. One is from the outside with stairs leading down. The other way is to enter it from a closet in his house that has stairs and a tunnel. Clever. He keeps his plants in the shelter during the winter because it has the ideal conditions.

He taught in high school five years. He demanded discipline.

"The previous teacher told me the kids were rough and threw things at him," says Rolan. "The blackboard had chunks out of it where students had thrown objects at it. When school started my first year, a guy came into the classroom throwing things around and making noise. I grabbed him by his shirt and slammed him up against the wall and drew my fist back. Other boys were coming in and they saw what was happening. I didn't have any problem with decorum after that. The superintendent put me in charge of discipline for the whole school system."

Rolan spent 20 years as a Justice of the Peace and married people in bars, funeral homes, backyards and a hunting camp. He grew up in nearby Cottonwood.

"They didn't get electricity there until 1949. We didn't have a car, just a team of horses and a wagon. We'd go to Cross Plains and get ice, wrap it up in several quilts, take it home and put it in the icebox. Daddy made a living by cutting cedar posts. He got a nickel for a line post and a quarter for a corner post. This was in the forties.

"My family had a wind charger that provided enough electricity for a single light bulb and a radio. We listened to Friday Night Fights."

Rolan's parents lived four miles by road from his grandparents. But they discovered a shortcut. It was just a mile and a half across some pastures.

"Daddy would harness up the team and we'd all get in the wagon. We'd go to wherever he could cross the bar ditch, then he would get out and take out all the staples from five or six posts on a barbed wire fence so the wires would be loose. My mother would get out of the wagon and stand on the wires while he drove the wagon and team across then he'd get out and hammer those staples back in. Then we'd go to the next fence and do the same thing until we got to my grandparents' house.

"I stayed with them a lot while Daddy was in the Navy. They lived in a log cabin that had dirt floors. I'd wake up every morning hearing a flop flop flop and that was my grandmother killing copperhead snakes that were in the woodpile by the wood stove before she started a fire to cook breakfast."

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

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* If someone important is quoted, **google the quote**. It can be tracked back to an event or a statement if it is legit.

* **Reverse search the questionable image** on google. Right click the image and copy the URL. Go to **images.google.com** and paste the URL to find out where it came from.

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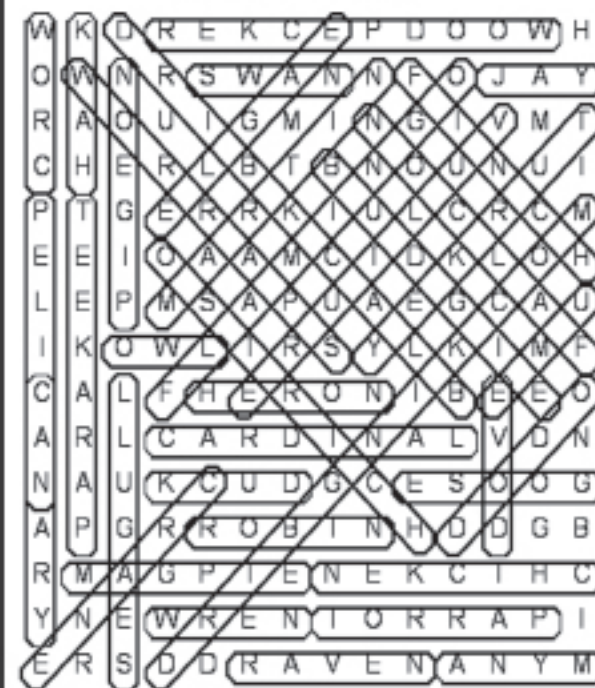
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NATIONAL DIABETES AWARENESS MONTH NOVEMBER

November is Diabetes Awareness Month, a time to increase public understanding of diabetes, its prevention, and management.

Activities include sharing information on social media, participating in fundraising walks, and getting free screenings.

The month also leads up to World Diabetes Day on November 14th, which has the theme of "Diabetes and well-being," with a special focus on the impact of diabetes in the workplace for 2025.



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Jean Wood

Jean Wood went home to be with the Lord on Friday, October 31st at the age of 85. She was born Nola Jean Mattingly on May 1st, 1940, in Mt. Vernon, Texas. Jean was the oldest of eight children and grew up in Sulphur Springs, Texas. Jean married the love of her life, Edward L Wood on April 7th, 1955, in Texarkana, Texas. Her primary focus was as a homemaker and mother for the early years of their marriage, but after the children were older, she decided to go to work outside the home. She started at Montgomery Wards and then went to the First American Bank & Mortgage in Sulphur Springs, which later became Guaranty Bank. She retired from the bank December 31st, 1990. Jean and her husband Ed both retired at the same time, so they could enjoy traveling more in their motor home. Jean was very active in her children's interests as well as family and community activities. She was a Cub Scout Den

Mother, assisted in Girl Scout activities, was in the Ladies of the VFW Post 8560 of Sulphur Springs, Shriner's Lady of Hella Temple of Garland, Hell Temple Rollin Nobles RV Club of Garland, and Beta Sigma Phi Sorority. She was a longtime member of the First Baptist Church of Sulphur Springs and volunteered at the church library and The ROC church activity center.

She was preceded in death by her husband, Edward L Wood, her parents and 6 of her 7 siblings. She is survived by her children, Dewayne Wood (and wife Barbara) of Sulphur Springs, Glenn Wood (and wife Darlene) of Sulphur Springs, Paula Keen (and husband Charlie) of Emory, five grandchildren, eight great grandchildren and one sister Neva Sanders of Houston.

The family would like to extend a special thank you to the staff at Wesley House and Choice Hospice for their assistance and care provided for our precious Mom.

Arrangements are under the direction of West Oaks Funeral Home. www.westoaksfuneralhome.com

In lieu of flowers, donations can be made to the Shriners Children's Hospital. <https://donate.shrinerschildrens.org>



Marion (JR) Edwin Hughes, Jr.

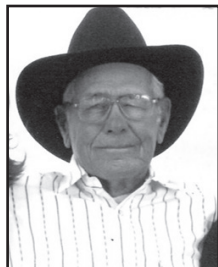
Memorial service for Marion (JR) Edwin Hughes Jr, age 74 of Sulphur Springs, Texas will be held from 3:00 to 5:00 P.M. on Thursday, October 30, 2025 at Shannon Oaks Church, Fellowship Hall, Sulphur Springs, Texas. Mr. Hughes passed away on October 27, 2025 at Christus Mother Frances – Sulphur Springs.

JR was born on September 6, 1951 in Eldorado, Texas to Marion Edwin and Doris (Whaley) Hughes. Mr. Hughes was of the Christian faith, and was an ordained minister. Marion worked as a truck driver for many companies including Tyson Foods, Red Stag, and Winburn Milk. He was also an owner operator, and worked for many years

as an OTR driver. Marion enjoyed playing cards, dominoes, riding his Harley Davison motorcycle, painting, playing guitar, woodworking and spending time with friends and family. He had a heart of gold, was generous and had a great sense of humor. JR loved Elvis Presley, Science Fiction, Gospel Music, and ice cream.

He is survived by his beloved former wife and forever best friend, Mitzi Hughes; his daughter Stacie Dickey and husband, Garrett; son, Jeff Hughes and wife, Casey; step-daughters, Jessica White and husband, TJ and Marisha Moreland and husband, Jonathan; step-sons, Chris Gessman, and Joshua Peugh and wife, Melissa; seventeen grandchildren; eight great grandchildren; brothers, Bo Edwin Hughes and wife, Yen; Lynn Hughes and Sundae; and Ken Hughes and wife Tammy.

JR was preceded in death by his parents; son, Clinton Hughes; grandson, Ronald Todd Zimmerman Jr; brother, Rick Hughes and sister, Darlene Jetton.



Jackie (J.R.) Watkins

Funeral service for Jackie "J.R" Watkins, age 88 of Sulphur Springs, Texas will be held at 1:00 P.M. on Thursday, October 30, 2025 at Murray-Orwosky Funeral Home with Bro Mark Garrett officiating. Interment will follow at Reilly Springs Cemetery with Talon Cockrum, Canyon Cockrum, Jake Cockrum, Justin Watkins, Chad Watkins and Jon Watkins serving as pallbearers. Benny Hooker, Don Aulsbrook and Delbert Milam will serve as honorary pallbearers. Visitation will be held from 6:00 to 8:00 P.M. on Wednesday, October 29, 2025 at Murray-Orwosky Funeral Home. Mr. Watkins passed away on October 25, 2025 at Christus Mother Frances – Sulphur Springs.

Jackie was born on April 16, 1937 in McKinney, Texas to James "Dick" and Maggie (Fisher) Watkins. He married Glenda Rae Moench on June 28, 1958 in Potter, Nebraska. Jackie worked in the oil field for 17 years. Before he and Glenda moved to Reilly

Springs, Texas in 1959 and started their adventure in the dairy business until he sold out in 1998. Jackie loved racing horses, camping, and spending time with his family and friends on Watkins Hill.

He is survived by his children, Lloyd Watkins and wife, Cindy, Mark Watkins and wife, Christi, Jenny Cockrum and husband, Terry, and Daryl Watkins and wife, Marty; nineteen grandchildren; fifty-one great grandchildren; nineteen great-great grandchildren; siblings, Bodie Watkins and twin sister, Ressie Sartin; numerous nieces and nephews. Jackie was preceded in death by his parents; wife, Glenda; daughter Vicki Dais, and sisters, Juanita Nelson and Doris Flores.

Wellness Care: A Smarter Investment in Our Future

The Evolving Meaning of Wellness: A Journey Toward Whole-Person Health



Gabriela Camacho

In today's fast-paced world, the word wellness has become more than just a buzzword, it's a movement. But as the concept continues to evolve, it's clear that true wellness is not about quick fixes, trendy diets, or momentary motivation. It's about creating a sustainable lifestyle that nurtures the body, mind, and spirit in harmony.

Wellness begins with awareness, the moment you decide to take control of your health and make choices that serve your long-term vitality rather than temporary comfort. This means understanding that wellness is deeply personal. What works for one person may not work for another, and that's the beauty of it. It's about finding balance, not perfection.

The foundation of wellness lies in prevention. In a healthcare system often focused on treating illness after it occurs, the wellness approach shifts the focus toward proactive care. Regular hydration, balanced nutrition, movement, restorative sleep, and mindfulness are not luxuries, they are necessities. By investing in these simple yet powerful habits, we strengthen our immune system, improve mental clarity, and enhance our emotional resilience.

Mental and emotional wellness have also taken center stage in recent years, and rightfully so. Chronic stress, anxiety, and burnout have reached epidemic levels, impacting not only our mood but our physical health. Incorporating moments of stillness, whether through meditation, nature walks, or deep breathing, helps reset the nervous system. When the mind is calm, the body follows. True wellness requires tuning into what your body is saying, rather than pushing through exhaustion or ignoring discomfort.

Technology has also transformed how we approach wellness. From wearable fitness trackers to IV hydration therapy and vitamin infusions, modern science allows us to monitor and enhance our health in innovative ways. Personalized care is now within reach, bridging the gap between medical knowledge and everyday wellness. These advances empower individuals to take an active role in their well-being, creating a sense of partnership between clients and practitioners.

Community is another essential pillar of wellness. Healing doesn't happen in isolation, it thrives in connection. Whether it's through fitness classes, group coaching, or simply sharing a healthy meal with friends, the energy of support fosters motivation and accountability. When we lift each other up, we rise together.

Ultimately, wellness is about quality of life. It's about waking up energized, feeling confident in your body, thinking clearly, and having the emotional bandwidth to enjoy your relationships and passions. It's about realizing that self-care is not selfish, it's the foundation upon which everything else stands.

As we move forward, may we redefine wellness as a way of living rather than a destination. Let's commit to caring for ourselves the way we care for others. Because when we prioritize wellness, we don't just add years to our lives, we add life to our years.



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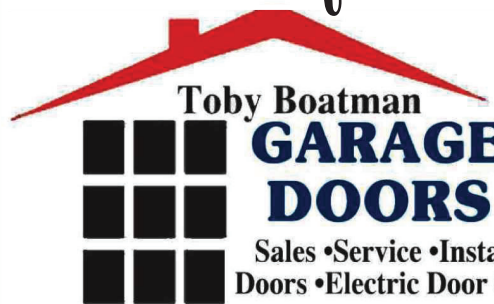


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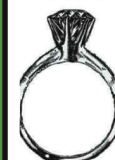
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