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26
YEARS 2000-2026



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VOL. 27 ISSUE 1333, January 21, 2026

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26
YEARS 2000-2026



Pat Looney, Joy Wilson, Peggy Bunch, Sarah Gibbs and Jan Massey Richardson

2000 - 2026

This is our 1333 edition that is published weekly each Wednesday morning. We are very fortunate to be serving 6 counties!

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The Millennium Shopper

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FORTY YEARS OF NON-SMOKING

Tumbleweed Smith



Tumbleweed Smith

In 1986 to celebrate the Texas Sesquicentennial, I did a report from each of the 254 counties in Texas. I also celebrated in another way. I quit smoking in January of 1986. I had tried quitting before, but it took attending a SMOKE ENDERS course at the local hospital. It cost \$180 and at the time that was how much six months of cigarettes would cost. I decided I was going to get my money's worth.

I remember in 1966, I stopped at a hotel to buy a pack of cigarettes. When I was told it was forty cents I didn't buy it. Much too expensive. I quit for a year or more, then resumed smoking. I cannot believe what I put my family through as a smoker. It was so completely selfish. It, like most addictions, rules your life. In 1986 I decided I didn't want anything outside of myself running my life.

I started smoking in high school, grabbing some cigarettes and cigars from my dad's grocery store to go on band trips. I played trumpet. I remember when a couple of classmates and I took a driving trip across the western US one summer. We stopped at a service station somewhere that had a cigarette machine. Kools were a dime. Other brands were twenty cents. When I was a student at Monterrey Tecnologico in Mexico, I hadn't smoked in a year. Then one afternoon I bought a pack of Raleigh cigarettes and smoked the whole pack by the end of the day. Crazy.

I wasn't a regular cigarette smoker. Sometimes I smoked cigars. My father-in-law smoked a pipe so I started smoking a pipe. You can spend some real money smoking a pipe. I hated cleaning the nasty things.

I think I was the only member of the Smoke Enders class that quit smoking. But I was determined. I was ready. I think you have to be ready to quit to be able to shake the habit. It was not easy. Someone said it is the hardest habit to break. A doctor friend said it's the worst thing you could do to your body. I thought about that the first few days after I quit. I had a busy speaking schedule in January of 1986 and I usually smoked a lot before and after the speech, thinking it would calm me down or give me courage. Ridiculous. I can't stand to smell tobacco smoke now. The same goes for someone who has just smoked. Everything around them stinks.

I don't preach much about quitting. It's the choice people make. In the Smoke Enders course, I was given a little card that read: THE URGE TO SMOKE A CIGARETTE WILL GO AWAY WHETHER OR NOT YOU SMOKE A CIGARETTE. I carried that little card with me and when I had the urge to smoke read that card. It really helped. The urge to smoke went away.

One exercise during the course was to start with a new pack, smoke 5 cigarettes fast, one right after another then throw the pack away. The act of throwing away cigarettes was to think that we were throwing away the habit. The course lasted a week and we were to continue smoking during the week but to keep our cigarette butts in a jar and keep it out in the open where we could see it all the time. I think that jar stayed with us for a good 20 years until I finally threw it out at the urging of my wife. I have no cravings to smoke. I love being a non-smoker and saving all that money.

Miscellaneous

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WORD SEARCH (Old West 1)

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
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DIZZY
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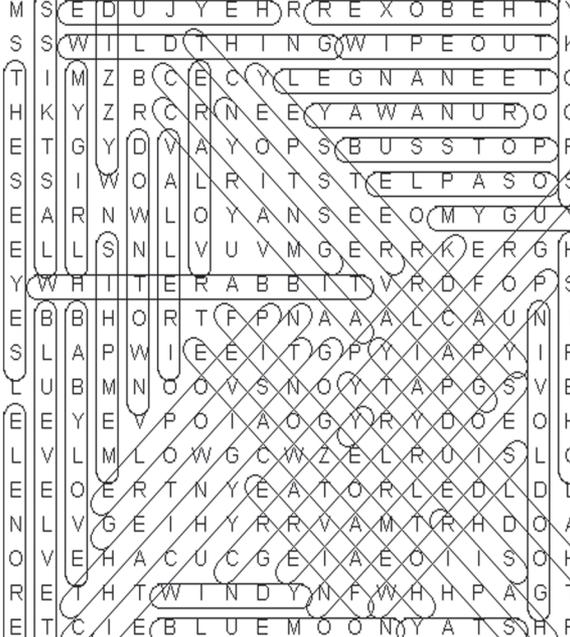
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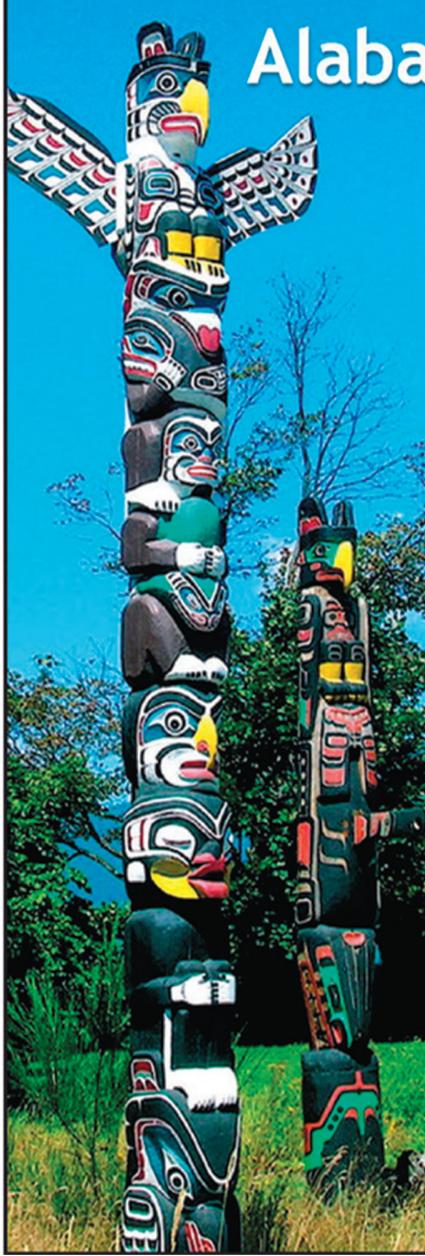
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Obits



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Nancy Lewis Moore April 7, 1941 - January 13, 2026 (age 84)

Long after she'd been widowed at age 38 and left to single-parent her 11- and 8-year-old sons, Nancy Rose Lewis Barton Moore recalled that her main goal had been for the neighbors to never have cause to say, "Shut the curtains — here come the Barton boys!" She succeeded at that (as far as we know), and so much more.

Nancy died in Tyler, Texas, on January 13, 2026, after a short illness. Her life began nearly 85 years earlier in Hackensack, New Jersey. Along the way she accumulated a sprawling family, many friends, fluency in French and Spanish, various cats and dogs who knew a top-notch owner when they lucked into one, a cadre of former students who appreciated her even though she never showed movies in class.

She lived most of her life — nearly 58 years of it! — in Sulphur Springs, Texas, a fact which surely would have surprised her in 1967, the year before she took up residence there.

The daughter of Ernie and Marie Lewis, Nancy was already attending Ursinus College north of Philadelphia when her parents and younger siblings relocated to Orange, Texas, at the behest of her father's employer, the chemical company DuPont. Nancy chose to join them in Texas, where she completed her college education and met University of Houston optometry student Mike Barton.

Nancy and Mike married in 1965 and moved to Lubbock, Texas, where his parents Geraldine and Raymond lived. There, Mike began his career as an optometrist, Nancy taught high school French, and in 1968 they welcomed their first son, Tim. Soon after, the three of them moved to Mike's (and Jerry's, and her parents') hometown of Sulphur Springs so that Mike could open a practice of his own. She became a lifelong, dedicated member of St. Philip's Episcopal Church. In 1971, Nancy and Mike's family was completed with the birth of their second son, Chris, a gifted writer. Soon after, Mike was diagnosed with Hodgkin's disease. He died three years later, in 1979.

In 2004, she married Joe Moore and loved him deeply for 22 years of marriage.

Nancy is survived by Joe; by son Tim and daughter-in-law Sidney Barton; by son Chris and daughter-in-law Jennifer Ziegler; by stepson Mark Moore and daughter-in-law Rhonda Moore; by stepsons Stephen Moore and Michael Moore; and by grandchildren, stepgrandchildren, and grandchildren-in-law Andrew and Maria Barton, Sage Barton, Natalie Barton, Fletcher Barton, Taylor and Andrew Burton, Ryan Moore, Andrew Moore, Mason Moore, Maddie Moore, Joseph Moore, Savanna Moore, Cassie Moore, Owen Ziegler, and Renee Ziegler, as well as great-grandchildren Emmalyn Gaddis, Luca Rivera, and Kendall Brown.

She is also survived by brother Bob Lewis and sister-in-law Helen Lewis; sister Judy Bush and brother-in-law Charles Bush; brother- and sister-in-law Gerald and Charlotte Barton, and many cousins, nieces, and nephews. And even by an aunt, Ann Nolan! And by former daughter-in-law Casey Kelly-Barton. Arrangements are under the direction of West Oaks Funeral Home. www.westoaksfuneralhome.com



Shirley Jean Henderson Moore December 13, 1938 - January 12, 2026 (age 87)

Shirley Jean Henderson Moore was born in Vivian, Louisiana on December 13, 1938, daughter of James Frank (J.F.) Henderson and Audrey Davis Henderson. She is survived by two daughters, Stacey Lynne McGown (Jerry), and Shelly Elisabeth Huff (Timothy); and son, Jason Scott Moore (Laura). She is also survived by six grandchildren, Katelynn Elisabeth Huff Garrison (Austin), Christian O'Ryan Huff (McKenzie Miller), Brian McGown (Grace Hahn), Megan McGown (Josh Ward), Asher and Evelyn; and three great-grandchildren, Kamry Garrison, Brett Garrison, and Tate Garrison. An avid lifetime cat-lover, she is survived by her adopted cat, Taco, and her cat, Honey.

Shirley Moore grew up in Ft. Worth, Texas, attending lower grades in the Castleberry school district and graduating from Ft. Worth's Northside High School in 1957. She attended Baylor University, graduating with a BA in journalism and education in 1961.

After graduating from Baylor University in Waco, she moved to Dallas where she worked one year at KRLD radio and then began a 38-year career as an educator, beginning with Thomas Jefferson High School, Bryan Adams High School and Gaston Junior High. She met and married Jerold Moore in 1965 and they lived in Dallas until 1975 when they moved to Sulphur Springs, Texas. He preceded her in death in 2021.

Shortly after that retirement she accepted a position as Special Education Director in Rains ISD, Emory, Texas. Following retirement, Shirley re-acquainted herself with her love of writing and joined a group of writers at Texas A&M University at Commerce. She was proud to receive a lifetime membership in PTA and was dismayed when the local school districts chose to join PTO instead. She found the training, support, and opportunities offered by the PTA organization to be well worth the small part of the membership fee that left local hands.

Shirley was a long-time member of PEO Chapter AB in Sulphur Springs, and loved her time spent with her chapter sisters.

Shirley passed away peacefully at home surrounded by her family on January 12, 2026.

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

Wellness From the Core: The Power of Pelvic Floor Strengthening with the ReStora Chair

True wellness begins at the core of the body, yet one of the most critical muscle groups is often overlooked. The pelvic floor plays a vital role in posture, balance, bladder control, sexual health, and overall confidence. When these muscles weaken due to aging, childbirth, hormonal changes, or prolonged sitting, the effects can ripple through daily life in ways many people quietly struggle with. Wellness is not just about how we look or how much we exercise. It is about restoring strength, function, and quality of life from the inside out.

Pelvic floor dysfunction affects both women and men, yet it is rarely discussed openly. Symptoms such as urinary leakage, pelvic heaviness, lower back discomfort, or reduced core stability are often accepted as inevitable parts of aging or life after childbirth. They are not. Modern wellness technology is reshaping how we address these concerns, offering solutions that are effective, noninvasive, and empowering.

The ReStora Chair represents a new era in pelvic floor wellness. This advanced chair uses focused electromagnetic energy to stimulate deep pelvic floor muscle contractions far beyond what traditional exercises can achieve on their own. In a single session, the pelvic floor muscles are engaged thousands of times while the client remains fully clothed and comfortably seated. These powerful, involuntary contractions retrain and strengthen muscles that may have been difficult or impossible to activate correctly through Kegels alone.

What makes pelvic floor strengthening with the ReStora Chair so impactful is its holistic effect on overall wellness. A strong pelvic floor supports the spine and pelvis, improving posture and reducing strain on the lower back. It enhances core stability, which is essential for balance, movement, and injury prevention. Improved muscle tone can lead to better bladder control, increased confidence, and enhanced intimate wellness. These benefits extend beyond physical health, positively influencing mental and emotional well being.

Wellness should be proactive, not reactive. Addressing pelvic floor health before symptoms worsen allows individuals to maintain independence, confidence, and vitality at every stage of life. For postpartum women, it offers recovery and restoration. For those in midlife, it provides prevention and renewed strength. For older adults, it supports mobility, dignity, and comfort.

The ReStora Chair aligns perfectly with a modern wellness philosophy that values innovation, efficiency, and whole body care. It recognizes that true strength is not always visible, yet it is foundational to how we feel and function each day. Pelvic floor health is not a luxury or an afterthought. It is an essential component of comprehensive wellness.

By investing in pelvic floor strengthening, we are investing in our future selves. Wellness is about living fully, moving confidently, and feeling supported from the inside out. The ReStora Chair offers a powerful reminder that when we strengthen our core foundation, we elevate every aspect of our well being.



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