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SOME WORDS ABOUT WINTER

Tumbleweed Smith



Tumbleweed Smith

I don't like winter. I don't like being cold. My fingernails turn blue as soon as the temperature falls below 40 degrees. My energy level falls and all I want to do is curl up in a warm room and read a book. Consequently, we rarely vacationed in cold climates when our children were growing up. The two times we tried to go skiing were total failures. No one in our family wanted to

perfect the sport.

A woman in East Texas asked me when I was going to write about winter. She had enjoyed reading my essays on the other three seasons. I told her I had been trying for a couple of years to write about the season at the end of the year but the words had a hard time coming. When I wrote about spring and summer the word just gushed out. I googled Lyrical words about winter looking for inspiration. I must have read 50 poems about winter, but just got colder with each one. I do have some kind thoughts about winter.

The moon powders the earth with silver light.

It's mysterious and full of wonder.

You glance around and the neighborhood looks different.

It's quiet and still, tranquil.

When clouds cover the moon, the darkness is wide and deep.

Winter is a feast for the senses.

A cardinal in the snow is a beautiful sight.

There's the scent of balsam.

The sound of a crackling fire.

The comfort you feel when coming in from the cold into a warm room.

Winter scenes are stark but there's a canyon full of morning fog, the crispness of a bright winter sunset peeking through thin clouds, snow flurries and icicles. Winter is like a natural theater with ever changing backdrops. You can't beat the excitement of holidays that bring joy and the anticipation of something good.

Winter is the season of strength.

Trees shed their leaves providing a better view, giving the branches a chance to show their toughness, indicating they can meet the weather challenges ahead.

Texas is a great place to spend winters. Just ask people from the north who come down to escape the frigid conditions. Our winters are usually mild and calm. But the state is so big we always have a variety. While the beaches are busy on South Padre, panhandle people are fighting blizzards and mountains in the Big Bend are white with snow. Winter weather can sure fool you sometimes. Like when we had 18 inches of snow around our house. That was a novelty. But our Texas sun quickly loosens winter's iron grip and the wind blows away bad weather.

Texans don't pay much attention to cold weather. On the coldest days you see men in shorts, t-shirts and flipflops. Talk about strength.

The Winter Olympics will be here soon. Those are the real winter heroes. I'll be cheering the American athletes in a warm room with a blazing log.

I love creature comforts. Egnog anyone?

Miscellaneous

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WORD SEARCH (African Countries)

Find and circle all of the countries of Africa that are hidden in the grid. The remaining letters spell seven more African countries.

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L	F	S	I	R	A	I	N	A	Z	N	A	T	I	C	A	R	A	E	
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G	E	M	E	B	A	I	N	A	T	I	R	U	A	M	P	U	B	B	R
E	Y	A	B	A	L	C	A	M	E	R	O	O	N	U	I	I	C	I	E
N	C	L	I	B	A	C	O	M	O	R	O	S	B	T	G	U	I	L	V
E	H	I	L	W	D	R	E	G	I	N	D	L	I	T	O	G	O	N	E
S	E	A	A	E	N	I	U	G	L	A	I	R	O	T	A	U	Q	E	P
R	L	E	A	A	A	G	U	I	H	C	U	N	G	E	A	B	I	S	A
W	L	O	D	S	G	A	G	C	O	A	U	A	O	A	M	A	M	L	C
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ALGERIA
ANGOLA
BENIN
BOTSWANA
BURKINA FASO
BURUNDI
CAMEROON
CAPE VERDE
CHAD
COMOROS
DJIBOUTI
EGYPT

EQUATORIAL GUINEA
ERITREA
ETHIOPIA
GABON
GAMBIA
GHANA
IVORY COAST
KENYA
LESOTHO
LIBERIA
LIBYA
MADAGASCAR

MALAWI
MAURITANIA
MAURITIUS
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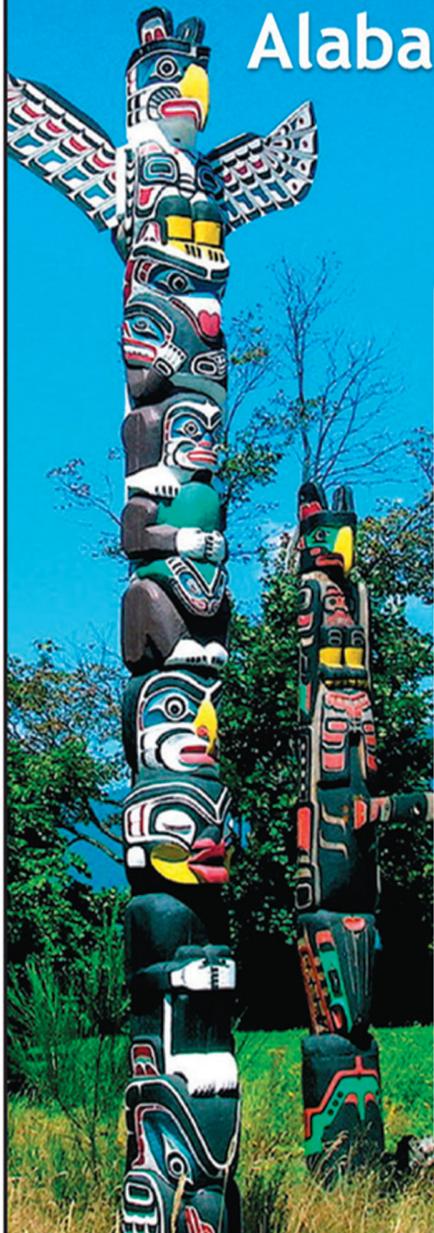
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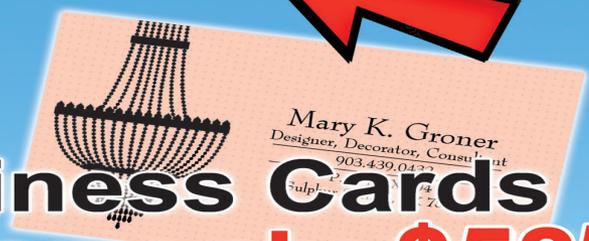
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Marilyn Jean Strickland June 5, 1941 ~ January 20, 2026 (age 84)

On Tuesday, January 20, 2026, Marilyn Jean Strickland Bromby put down her gardening tools, stepped away from her hosting duties, and was welcomed home into the arms of her loving Savior, Jesus Christ.

Marilyn was born June 5, 1941, in Sulphur Springs, Texas to Emma Jean and Charles Strickland. She spent her childhood riding horseback and learning to cook and work cattle alongside her grandparents, parents, and sisters at her grandparents' farm east of Sulphur Springs. She was a 1959 graduate of Sulphur Springs High School. After graduation, Marilyn served as a secretary at the First Christian Church in Sulphur Springs and went on to work at Rockwell International before moving to Olathe, Kansas. Marilyn will be remembered by family and friends for her amazing culinary talent, hospitality, and green thumb! She had the most beautiful vegetable and herb gardens and loved to host dinner parties. Marilyn took great pride in her roses and other flowers. Like the rest of her large family, she especially loved when everyone was together for holidays and her mother's annual birthday celebration!

Marilyn is survived by her children, Susan Baley (Korey) and Spencer Hodge, grandchildren Colton Baley, Emma Blackmon (Brody), Brayden Hodge, and Olivia Hodge, sisters, Linda Payne, Carol Gee (Tim), and Sharon Burney (Bryan), as well as 7 wonderful nieces and nephews, their children, and grandchildren. She is also survived by very special cousins, Jim James (Sue and son Buck), Cindy Sedlak (Lenny).

Services were held on Friday, January 23, 2026, at 10:00 am at West Oaks Funeral Home in Sulphur Springs, Texas. The family received visitors prior to the service at 9:00 am at the funeral home. A private burial will be held at a later date.



Richard "Dick" Hurley Pogue April 26, 1935 ~ January 19, 2026 (age 90)

Funeral services for Richard "Dick" Hurley Pogue age 90 of Sulphur Springs, Texas were held at 2:00 pm on Friday, January 23, 2026, at the First Baptist Church, with Dr. Jeff Gravens officiating. Interment followed at the City Cemetery with Johnny Ross, Tracy Littrell, Archie Lindley, Mason Littrell, Kris Koon, Boo Wilkerson, DJ Wilkerson, Craig Roberts and Larry Murray serving as pallbearers. Honorary pallbearers were the Edgemon Smith Sunday School class that was like family to him. Visitation was from 1 pm to 2 pm prior to the service.

Dick was born in Bruni, TX to Raymond and Jimmy Pogue. He was the only brother to two sisters who have preceded him in death. After graduating college, he married the love of his life Pauleta Fleming Pogue on July 27, 1956, in Sulphur Springs.

Dick had a passion for learning and was always up for a challenge. He was a teacher, a computer programmer, car and boat dealer, he was a purchasing agent for Rockwell International, he was an oil and gas distributor, and lastly a banker.

Above all of those he was a Dad. They had four children two children preceded him in death, Richard and Ken Pogue whom he loved and missed dearly. He has two children who reside here in Sulphur Springs, Paul and wife Stephanie, Tamra Pogue and husband Frank Keck. He had six grandchildren who he adored and was so proud of Kenzi Pogue, Katelyn Baker, Boo Wilkerson, DJ Wilkerson, Emma Pogue and Ella Pogue. He loved his family so well. Dick left a legacy of helping others, building lasting relationships with people young and old and always serving the Lord in all he did. Many people considered him as their best friend and he was a good loyal friend to many. He not only attended First Baptist Church, he met friends who became family, he raised his family in that church, and they walked alongside him through many trials and good times. His Sunday School class was a home away from home, when at home he loved old cars, getting on equipment and working outside. He was a sportsman, hunting and fishing.

He was preceded by his Wife Pauleta Fleming Pogue 2013, two sons, Richard Matt Pogue 1964, and Ken Pogue 1980 and his parents.



Gerald DeWayne Chessher November 23, 1945 ~ January 19, 2026 (age 80)

Memorial Service for Gerald DeWayne Chessher, age 80, will be from 11:00 a.m. to 5:00 p.m., on Saturday, January 31, 2026, at Brad and Kendra Richey Residence located at 497 County Road 1130 Cooper, Texas. Mr. Chessher passed away on Monday, January 19, 2026, in Sulphur Springs Texas.

Cole was born in Lake Creek, Texas on November 23, 1945. Parents were Owen and Bonnie Chessher. He enlisted in the United States Navy in 1965. Stationed on the aircraft carrier The Coral Sea, he performed engine room maintenance. After his stint on the Coral Sea, he then served on the ammunition ship, The Managua, named after a volcano in Hawaii.

Cole married Ginger Earley on September 17, 1971, they have two children, Calvin, and Kendra. Cole installed Christian values in his children and valued biblical principles above all. He provided for his family for many years driving trucks and as a mechanic on the side. He loved people and made many friends on his truck driving travels. Cole was known for generosity and a friendly demeanor. He truly never met a stranger.

He is survived by his son, Calvin and his wife, TJannine; daughter, Kendra Richey and her husband, Brad; sister, Alma Click; grandchildren, Brenda Davis and her husband, Jordan, Kim West and her husband, Wilder, Walker Richey and his wife, Katelyn, Rick Jongsma, and Easton Richey; great-grandchildren, Amelia and Graham Davis, Tate West, and Wyatt Richey; his good friend, Lizzy Bodiford, as well as a host of loving relatives and friends. Cole was preceded in death by his parents, Owen, and Bonnie Chessher; brothers, Norris, Bud, Jack, and Ben Chessher, and his sisters, Flora Jean Pierce, and Linda Rose Jonas.

Wellness Is No Longer Defined As The Absence of Illness

Wellness is no longer defined as the absence of illness. It is an active, intentional pursuit of balance across the body, mind, and daily habits. In recent years, peptides have emerged as an important conversation within modern wellness because they represent a bridge between natural biology and targeted optimization. Rather than masking symptoms, peptides work with the body's existing systems, offering a more personalized and proactive approach to health.

Peptides are short chains of amino acids that act as signaling molecules in the body. They tell cells what to do and when to do it. Many peptides already exist naturally in the human body and are responsible for critical functions such as healing, metabolism, immune response, and hormone regulation. As we age or experience chronic stress, injury, or illness, natural peptide production can decline. This decline often shows up as fatigue, slower recovery, poor sleep, weight gain, or a general feeling that the body is not functioning at its best.

The growing interest in peptides within wellness is rooted in their precision. Unlike one size fits all supplements, peptides can be selected to support specific goals. Some peptides are associated with tissue repair and recovery, making them popular among individuals focused on injury prevention or post workout healing. Others support metabolic balance, appetite regulation, or lean muscle maintenance. Certain peptides are explored for cognitive clarity, sleep quality, and immune resilience. This versatility allows peptides to be integrated into a broader wellness strategy rather than used as a standalone solution.

What makes peptides particularly compelling is their alignment with the body's natural intelligence. They do not force change in the way stimulants or harsh interventions might. Instead, they enhance communication within the body, reminding systems how to function more efficiently. This approach resonates with a wellness philosophy centered on restoration rather than depletion. It shifts the narrative from pushing the body harder to supporting it more intelligently.

However, peptides are not a shortcut. True wellness still depends on foundational habits such as proper nutrition, hydration, movement, stress management, and quality sleep. Peptides work best when layered on top of these basics, not used to replace them. When individuals neglect lifestyle factors, even the most advanced therapies will fall short. Wellness is cumulative, and peptides are one piece of a much larger puzzle.

The conversation around peptides also highlights a broader cultural shift in healthcare. People are no longer satisfied with reactive medicine alone. They want tools that help them feel better now while supporting long term vitality. Peptides fit into this forward thinking mindset by emphasizing prevention, recovery, and performance across all stages of life.

As wellness continues to evolve, peptides represent a promising and thoughtful addition to personalized care. When used responsibly and guided by education, they offer an opportunity to reconnect with the body's natural ability to heal, adapt, and thrive. Wellness is not about perfection. It is about progress, and peptides may help move that progress in a more intentional and biologically respectful direction.



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