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26
YEARS 2026

American Heart Month!
Page 8



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DESK ON A MOUNTAIN

Tumbleweed Smith



Tumbleweed Smith

One of the most fascinating stories I did last year was on the desk in Alpine. In 1981 some students at Sul Ross State University took a desk up a mountain behind the main campus and left a journal for people to write down whatever was on their mind. Here are a couple of examples: "I live in Odessa. I'm a sophomore at Permian High. I know I'll be back to find this again. Who knows what will have taken place in my life." Here's another. "Yesterday was my grandma's anniversary, her first without my grandpa who died recently. She said she was OK but how do you really feel after 59 years.

The hike up the mile high mountain to the desk is about 45 minutes. Tony Curry, whose uncle was one of the students who took the original desk up the mountain has made several trips to the desk. "I enjoy the exercise. It's a beautiful scene. The desk is not in its original place. It has moved around. It is not the original desk. People started breaking it up, taking out the frustrations they are trying to get out. The mountain is a great space for self-expression." There have been a few desks. The 4th one sits in the lobby of the University Library. A journal, full of writings, is on top of it. There have been many journals. "The journals are saved at the library," says Tony. "My mom collects them, puts them in the archives then takes a new journal up there." There are boxes and boxes of the journals, which are spiral notebooks, legal pads or sheets of paper.

Matt Walker, with the museum on campus, has been to the desk dozens of times. "I've gone up to the desk and found people having barbecues up there. I've found a lot of star gazers waiting for the stars to show up. The biology club goes up."

The desk is an Alpine icon. "It took some time for it to become a landmark," says Matt. "I went up there, I think it might have been 1997 or 1998 just hiking up the hill, checking things out. I came across the desk. Since then, it has been discovered. There is also an art installation next to the desk called The Bicycle Tree. It's the remains of an old tree with a bunch of bicycles hanging from it."

The desk is on Hancock Hill. "Hancock was the first postmaster in Alpine," says Matt. "He donated the mountain and surrounding land to the university."

The desk has become a popular destination, especially since last fall when CBS Sunday Morning did a report on it. One of the students who took the original desk to the top of the mountain knew about the national reporters coming to town to do a story on it. Rather than talk to them he took a bicycle ride.

Here's one more comment: "A friend of mine said I shouldn't come up because it's kind of cold, but life is kind of cold. The train is coming by. You can't ask for a better view of a train. Too bad I didn't bring my camera." People of all ages leave notes. "I feel so pleasant and free up here. I can write what I feel and want to say."

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N	Y	N	T	I	A	E	A	S	O	L	C	T	O	Y	M	V
S	R	N	E	N	S	N	L	Y	E	H	O	I	E	R	I	E
T	L	E	D	I	D	S	F	A	O	N	T	W	S	A	R	B
R	E	Y	S	L	R	R	E	C	T	C	T	L	E	U	E	I
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Answers On Page 3

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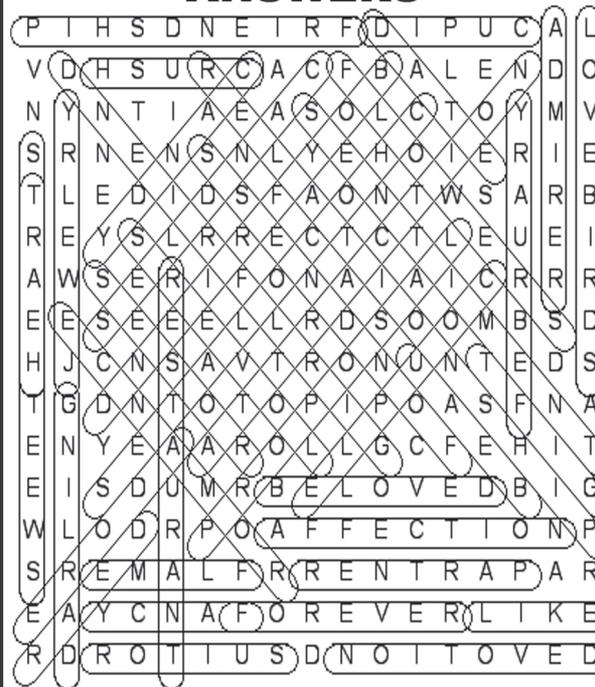
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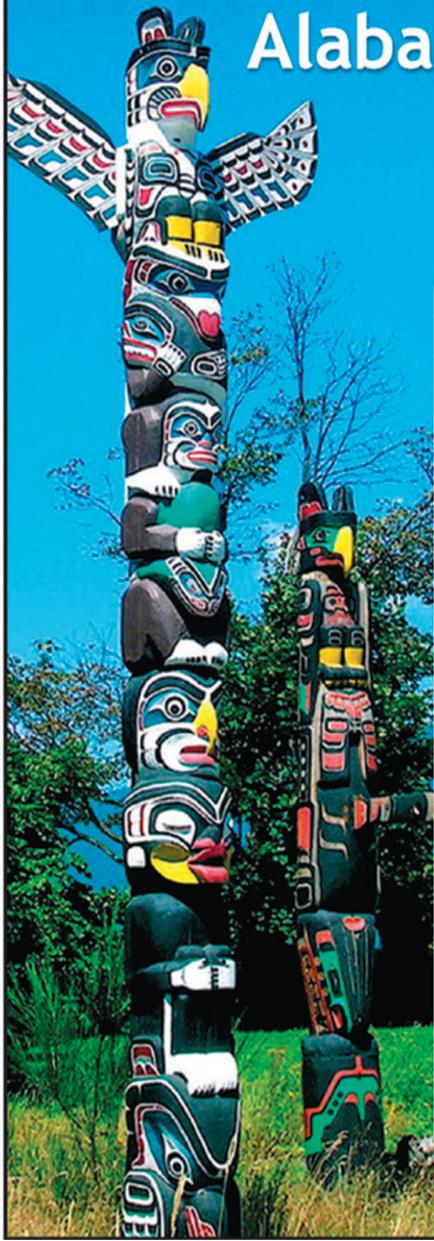
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Obits



WEST OAKS FUNERAL HOME

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James Lee Brown

Graveside services for James Lee Brown, age 65, of Sulphur Springs, will be held at 2:30 p.m., Wednesday, February 11, 2026, at Rockdale Cemetery with Bro. Mike Eason officiating. Wendell C. Grimes, Brian "B.J." Wright, Roy George, Randy Walker, Allen Baxter, Barry "Moon" Smith, Trent Miller, and Kelly Broyles will be serving as pallbearers. Visitation will be held from 1:00 to 2:00 p.m., prior to service, at West Oaks Funeral Home.

James passed away on Sunday, February 8, 2026 after a long 6 year battle with cancer. He was born on the front steps of the old Sulphur Springs Hospital, now the Public Library, on Christmas day in 1960, to Virgil Ray and Sue Nell Morgan Brown. He attended both Cumby and Sulphur Springs ISD and enjoyed playing football in his youth. He was a member of Rockdale Baptist Church and gave his life to Christ at a very early age.

James was the most hardworking man you will ever meet. At 17 years old, he went to work as a lineman retiring from Red Simpson Inc. 23 years later due to an injury. Afterward, he spent his time doing his own farming and raising cattle. In February 2013, he went to work for Gillis Ranch and later became the ranch foreman. After 13 years, he was still enjoying every second of it in his last days. He enjoyed spending time at the farm, riding horses, going on trail rides, and hog hunting. He once won a hog calling contest while on storm break in North Carolina. He especially loved spending time with all his grandchildren.

James is survived by his wife of 42 years, Angie Daniels Brown; 4 children, Amber Gilbert, Morgan Brown and Morgan, Jessie Brown Seale and Kyle, and Clay Brown and Kaitlin; 14 grandchildren, Shane and Alena, Lane and Kaitlyn, Ally, Kyleigh, Brantley, Landrie, Rance, Tinlee, Averi, Layton, Laryn, Rhett, Rustin, and Aubrey James; 1 brand new great-granddaughter, Raelynn; brother, Jackie Brown; as well as numerous extended family members and life-long friends. He was preceded in death by both his parents and sister, Juanita Wood.

The family would like to say a special thank you to everyone who was there for him during this difficult time. Your prayers, lending hands, donations, and friendships are greatly appreciated.

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

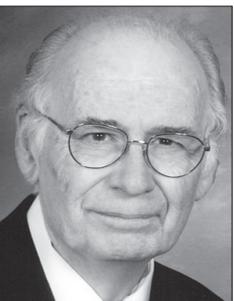


Lela Carolyn Pritchett

March 30, 1948 — February 8, 2026

Sulphur Bluff

Funeral service for Lela Carolyn Pritchett, age 77 of Sulphur Bluff, Texas will be held at 11:00A.M. on Thursday, February 12, 2026 at Murray-Orwosky Funeral Home. Interment will follow at Sulphur Bluff Cemetery. Visitation will be held one hour prior to the service. Mrs. Pritchett passed away on February 8, 2026 at Greenhill Villa of Mount Pleasant.



James Hulen

Funeral service for James Hulen, age 82, of Sulphur Springs, Texas, will be held at 2:00 p.m. on Wednesday, February 11, 2026, at First Baptist Church in the Spence Chapel with Dr. Jeff Gravens officiating. Interment will be at Highland Cemetery in Deport, Texas. Visitation will be held thirty minutes prior to the service. Mr. Hulen passed away at AVIR in Grand Saline, Texas, on Friday, February 6, 2026.

James Hulen was born on November 1, 1943, in Deport, Texas, to Marion P. and Allene (Loven) Hulen. James married Patricia "Pat" (Meier) Hulen on July 28, 2000, in Sulphur Springs, Texas. James worked as a successful self-employed photographer for over fifty years as well as co-owned Deport Hardware and Lumber. He was deeply involved in both his local communities, as well as in his hometown of Deport, Texas. He was a member of the Independent Order of Odd Fellows (IOOF)-Commerce Lodge #234 and held several offices within the Order including district deputy and Noble

Grand for two years, he also served on the planning committee of the IOOF State Lodge. He was an Ambassador for the Chamber of Commerce in Sulphur Springs, Texas as well as active in the Kiwanis Club and Professional Photographers of America since 1964. James was a volunteer firefighter for over twenty-eight years. During his life, he won many awards for his creativity and for his service to the community. James won the Martin Luther King Award twice in Sulphur Springs, Texas and he was awarded Ambassador of the Year of Sulphur Springs, Texas. He also won a Photograph Award and his picture was on display in Las Vegas, Nevada for an entire year. He was a proud member of First Baptist Church for over fifty years.

James is survived by his sisters-in-law, Kathy (Meier) Cope and Linda (Johnson) Meier; brother-in-law, Robert Meier and his wife, Dian; stepdaughters, Julia Wilhite and her husband, Cory, and Rosa Blake and her husband, Kirt.

He was preceded in death by his wife, Patricia "Pat" Hulen, and his parents, Marion and Allene Hulen.

PRP and PRF Microneedling for Hair Loss A Regenerative Solution at Omega Hydration and Wellness

Hair loss is a common concern for both men and women and can be influenced by genetics hormones stress aging and medical conditions. While traditional treatments such as topical solutions and oral medications can help slow shedding many individuals are looking for natural regenerative options that stimulate true follicle repair and hair regrowth. At Omega Hydration and Wellness we offer advanced PRP and PRF microneedling treatments to support healthier thicker fuller hair.

Platelet Rich Plasma PRP and Platelet Rich Fibrin PRF are autologous regenerative therapies derived from your own blood. A small blood sample is collected and processed to concentrate platelets growth factors and healing proteins. PRP is a liquid concentrate while PRF contains a fibrin matrix that allows growth factors to be released slowly over time. Both therapies work by awakening dormant hair follicles improving circulation and strengthening the scalp environment.

Microneedling is used in combination with PRP or PRF to enhance results. This treatment uses medical grade sterile needles to create controlled microchannels in the scalp. These micro injuries stimulate collagen production increase blood flow and allow PRP or PRF to penetrate deeper into the follicle level of the skin. The combination of microneedling with platelet rich therapy creates a powerful regenerative response that supports follicle health and hair density.

PRP and PRF contain essential growth factors including PDGF VEGF TGF beta and IGF which play a critical role in tissue repair and angiogenesis. In the scalp these growth factors signal hair follicle stem cells to enter the active growth phase known as anagen. They also reduce inflammation improve oxygen delivery and strengthen the surrounding follicle environment. Many clients notice reduced shedding improved thickness and enhanced overall scalp health after a series of treatments.

PRF is becoming a preferred option for many patients because it provides a slower sustained release of growth factors and contains additional leukocytes and fibrin scaffolding. This extended release may lead to longer lasting stimulation of hair follicles compared to PRP alone. At Omega Hydration and Wellness we customize protocols using PRP PRF or combination therapy based on each client's hair loss pattern and scalp condition. A typical treatment plan includes three to six sessions spaced four to six weeks apart followed by maintenance sessions every six to twelve months. The procedure is minimally invasive with little downtime. Clients may experience mild redness or tenderness for one to three days. Because PRP and PRF use your own blood the risk of allergic reaction or rejection is extremely low.

PRP and PRF microneedling can benefit androgenetic alopecia postpartum hair shedding traction alopecia and thinning related to aging or stress. These therapies can also be combined with supportive treatments such as low level laser therapy peptides and topical growth factors to maximize results. At Omega Hydration and Wellness our goal is to provide cutting edge regenerative solutions that promote natural healing and confidence. PRP and PRF microneedling offer a non surgical approach to hair restoration using your body's own biology to restore thicker healthier hair.



Gabriela Camacho

FEBRUARY IS HEART MONTH!

Symptoms Of Heart Attack

CHEST TIGHTNESS

FAINING AND
LIGHTHEADEDNESS

PALENESS

SWEATING

PAIN RADIATING TO SHOULDERS,
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SHORTNESS OF BREATH WITH
OR WITHOUT CHEST PAIN

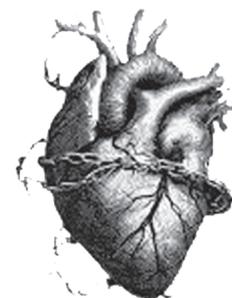
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Heart Disease Can Happen At Any Age!

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- Shortness of breath with or without chest discomfort.
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10 Tips for a Healthy Heart!

- | | |
|------------------------|----------------|
| 1. Stop Smoking | 6. Eat Smart |
| 2. Know Your Numbers | 7. Limit Junk |
| 3. Screen For Diabetes | 8. Stress Less |
| 4. Get Active | 9. Sleep More |
| 5. Build Some Muscle | 10. Smile |