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Tumbleweed Smith

Tom Stevens of Chappell Hill was on a cruise once and an entertainer had men on stage asking them questions about married life. The men were asked what three words they use most when talking to their wives. When it came Tom's turn he replied, "I have two different ones: I am sorry and you are right."

Tom was in the oil business then became a banker making oil loans. He lived in Houston but retired to Chappell Hill near Brenham. He had always been interested in history but never had time to do much with it. So in retirement he enrolled in

Sam Houston State University in Huntsville to study history. "I was there with all the kids in their teenage years or early twenties, so I really stuck out. But I loved studying history." He is chairman of the Washington County Historical commission. He went to nearby counties to learn what their historical commissions were doing. "I asked myself what does Washington County have that no other county has. And that's Washington on the Brazos where the Texas Declaration of Independence was signed in 1836. I talked to the site manager and ideas started percolating." After arranging for insurance and transportation through the Boys and Girls Club, Tom started a History Camp for elementary schoolkids. "They're all 9, 10, 11 years old," says Tom. "The first day we take kids to San Felipe, where Austin's colony was headquartered when San Felipe was part of Mexico."

The next 4 days they visit Washington on the Brazos State Historic Site. "One day they learn about games children played in the 19th century and make toys from the time. One day they go to Barrington Farm, part of Washington on the Brazos and get to feed the chickens, shuck the corn and do things kids did back in the 1800s. One day they go the Fanthorpe Inn at Anderson and see an old hotel that was a main stop for colonists coming to Texas. One day they spend in the historic site's museum and Independence Hall where the Texas Declaration of Independence was signed. The interpretive staff is dressed in period costumes. The children have this week-long half-day camp learning about Texas history. We furnish lunches for the kids provided by generous donors in Brenham who love to help with this. We give them caps and t-shirts and at the end they get a certificate of completion with their names on it which indicates they are junior historians. It's a great project."

The county has another program called History in the Classroom. "We take first person accounts of events in Texas history written in diaries or letters from people who lived the experiences. They were at the Battle of San Jacinto or in the Runaway Scrape and they wrote down what it was like. Blinn College students, based on those scripts of first-person accounts, act out what those early Texans wrote. They tell the kids: 'this is what happened to me.' The kids don't read about it in a book or hear a teacher tell about it. They hear a person telling what it was actually like." Washington County is known as The Birthplace of Texas.

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Y	L	I	M	A	F	L	S	R	N	N	E	R	E	E	N	S	A	G
E	R	A	R	S	O	M	U	U	I	A	G	S	A	L	S	I	N	D
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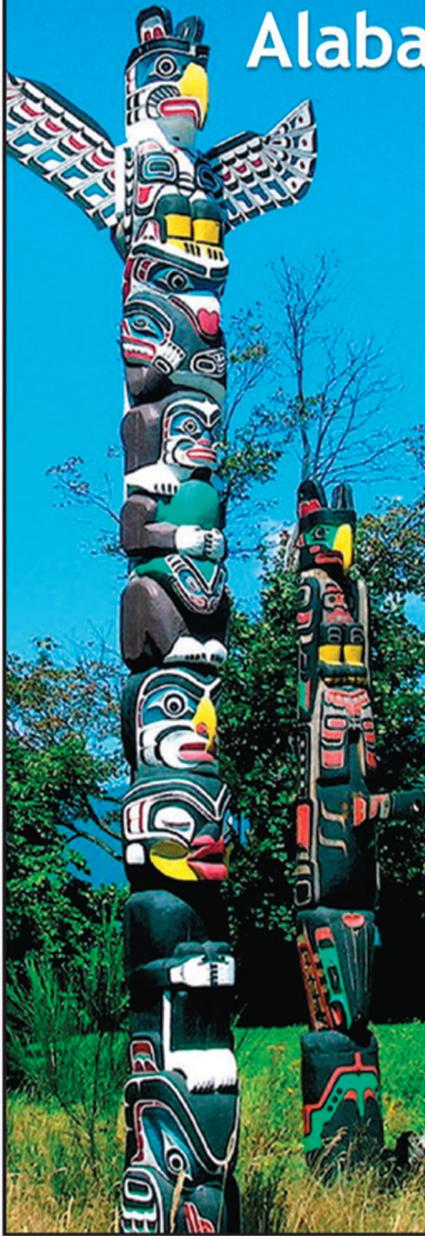
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### **Pat Sewell**

September 30, 1954 — February 20, 2026

Celebration of life service for Pat Sewell, age 71, of Sulphur Springs, will be held at Richland Cemetery at a later date. Mrs. Sewell passed away at Christus Mother Frances in Tyler, TX, on Friday, February 20, 2026.

Pat Sewell was born on September 30, 1954, in Hopkins County to Lawson Ray and Lou Jane (Young) Peugh. She married the late Mike Sewell in Lewisville, Texas, on June 8, 1973. Pat dedicated 30 years of her life working as a tax preparer. She found joy in the simple pleasures of life, especially watching movies and spending time with those she loved most. Her greatest love was her family, and she will be remembered as one of the most loving and kind-hearted people you could ever meet.

Pat is survived by her daughter, Jennifer Drum of Gilmer; son, Michael Sewell of Sulphur Springs; grandchildren, Mattison Drum, Preston Sewell, Jaxson Harville, Avary Harville, Rylan Sewell, Kimber Sewell, and Easton Sewell; brothers, David Peugh of Sulphur Springs, Tommy Peugh of Tyler; special friends (AKA) "The Golden Girls", Suzy Jones, Sherry Beadles, and Frankie Miller. She was preceded in death by her parents, husband, and special friend, Rose Courson.

The online register book can be signed at [www.murrayorwosky.com](http://www.murrayorwosky.com).

Arrangements are under the direction of Murray-Orwosky Funeral Home.



### **Judy Shadix**

November 26, 1955 — February 19, 2026

Judy Ann Shadix, age 70, of Sulphur Springs, passed away at Baylor Hospital in Dallas, TX, on Thursday, February 19, 2026.

Judy was born on November 26, 1955, in Dallas, Texas, to the late Royce and Ella (Linders) Sutton. Judy was a loving mother, grandmother and a devoted advocate for children with special needs. For forty-three years, she dedicated her life to teaching special needs students, touching countless lives with her compassion and commitment. She was a proud graduate of East Texas State University. A faithful servant of the Lord, she found great joy in sharing her faith and teaching others about Him. Music was her passion, and she also greatly enjoyed reading. She was a devoted member of

The Way Bible Church in Sulphur Springs.

Judy is survived by her daughters, Christina Shadix, and Julia Shadix of Sulphur Springs; son, Anthony Shadix of Sulphur Springs; granddaughters, Hailey Haines of Bullhead, AZ., Rylie Cook, and Logan Cook of Sulphur Springs; grandsons, Corey Shadix, Carlos Shadix, Abraham Shadix, and Hudson Shadix all of Sulphur Springs; great-grandchild, Lainey Haines of Bullhead, AZ.; brother, David Sutton and wife Stephanie of Forney; sister, Sherry Dimarco of Sherman.

She was preceded in death by her parents, and mother-in-law, Sue Shadix.

### **Sandra June (Babb) Burns**

Sandra June (Babb) Burns age 74, of Mount Vernon, Texas, passed away on Friday, February 20, 2026, in Sulphur Springs, Texas.

Sandra was born on January 6, 1952, in Red River County, Texas to C.L. and Georgia Thelma Thommarson Babb.

She was a seamstress, worked at the school as a bus driver and in the cafeteria and most recently a caregiver to many families in Franklin County.

She is survived by her children; Lori (Greg) Hendrix, Lywona (Willie) Harris; grandchildren, Skyler (Jaysa) Burns, Sawyer Burns, Chelsea (AJ) Maddux, Autumn Monk and special niece she thought of as a grandchild, Kellee Cannon; brother-in-law, Rob Cannon; a special daughter, Sherri Wagner; numerous nieces, nephews, and extended family.

Sandra was preceded in death by her parents, C.L. and Thelma Babb, siblings, Doris Cannon, Glenn and Shirley Babb, Charles and Peggy Cannon; son-in-law, Joe Bowen.

Visitation was Monday, February 23, 2026, at Sam B. Harvey Funeral Home from 6:00 — 8:00 pm.

The Funeral Service was Tuesday, February 24, 2026, at Lake Chapel House of Prayer at 2:00 pm with Pastor GW Hood officiating. Pallbearers were Rusty Barker, Wade Cannon, Josh Cannon, Tyler Cannon, AJ Maddux and Mike Oliver. Burial followed at Bogata Cemetery.

Services entrusted to Sam B. Harvey Funeral Home and online condolences may be made at [www.samharveyfuneralhome.com](http://www.samharveyfuneralhome.com)

In lieu of flowers, donations may be made directly to Sam B. Harvey Funeral Home to help with funeral arrangements.

# How Peptides May Support Autoimmune Health

In autoimmune conditions, the immune system is overactive or misdirected. Certain peptides are being studied for their potential to modulate immune responses rather than simply suppress them. This is important because completely suppressing the immune system can increase the risk of infections and other complications.

## Some peptides of interest include:

**Thymosin Alpha-1 (TA-1):** This peptide is known for its immune-modulating properties. It may help regulate T-cell function and improve immune balance, which is critical in autoimmune disorders where immune signaling is abnormal.

**KPV:** Derived from alpha-melanocyte-stimulating hormone, KPV has shown anti-inflammatory properties and is being studied for gut and skin-related autoimmune conditions.

**BPC-157 and TB-500:** These peptides are associated with tissue healing and anti-inflammatory effects, which may help repair damage caused by chronic autoimmune inflammation.

**Selank and other neuropeptides:** These may help reduce stress and anxiety, which are known triggers for autoimmune flare-ups.

## Potential Benefits for Patients

While peptides are not cures for autoimmune diseases, they may offer supportive benefits such as reduced inflammation, improved tissue healing, better energy levels, and enhanced immune regulation. Many patients also report improvements in joint pain, gut health, and overall quality of life when peptides are used as part of a comprehensive wellness plan that includes nutrition, lifestyle changes, and medical supervision.

## Important Considerations

Peptides are still an evolving area of research, and not all are FDA-approved for autoimmune treatment. They should be used under the guidance of a qualified healthcare provider, especially for individuals taking immunosuppressive medications or managing complex autoimmune conditions. Proper dosing, sourcing from reputable pharmacies, and monitoring are essential for safety.

## Conclusion

Peptides represent an exciting frontier in regenerative and functional medicine. By supporting immune balance, reducing inflammation, and promoting tissue repair, they may offer promising complementary support for individuals with autoimmune conditions. As research continues to grow, peptides may become an important part of personalized wellness and integrative autoimmune care.



Gabriela Camacho



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