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(In The Shade of The Courthouse)

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VOL. 27 ISSUE 1339, March 4, 2026

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Jo Bird could hardly say three words without laughing. She laughed at her own stories which were actually stories from her experiences. Her topics were endless. She could make a trip to the dentist or hospital sound hilarious. The same for pets, Christmas letters, yard sprinklers, housework and dancing. She loved to dance and planned several In Rockdale. She retired there after a career in the shipping business in Houston. I never heard Jo say a cuss word but she says she learned how to cuss while overseeing the loading of ships. "If you asked these guys in a nice way to hurry up getting stuff on that ship they just got slower. But if you tossed in a stream of cuss words, they hopped to it."

Jo died recently but her laughter still echoes. Everybody she met appreciated her sense of humor. She was on my radio program a dozen times, each time with a different story. I've used her telling stories in many of my speeches. She is featured on a CD, NATURAL BORN STORYTELLERS. Here are a couple of my favorite stories from her.

"I'm the oldest one of six. I spent my entire life trying to keep the younger kids from killing one another. You wake up in the morning they'd be stalking each other with blunt instruments.

"I nearly killed myself one time trying to tell these kids they'd get hurt if they jumped off that chicken house. That chicken house must have been six feet tall, at least as tall as my daddy 'cause he built the sucker. These kids were determined they were going to jump off that chicken house. I kept telling them they'd get hurt. I'm supposed to be mother's smartest kid, see. I thought what I would do was get up on this chicken house and hump off and I'll show them it could really hurt you. I got up there and jumped off to show it would hurt them. And boy was I right. Next time I looked up I saw three little faces terrified that they had killed me. I never had any trouble with that chicken house again. That jump knocked me out cool as a cucumber."

She laughed all the while telling that story. Here's another "I've been stopped here in town for speeding before. I gotta tell you I can't stand my husband Jack's driving. He does not drive fast, does not believe in using turn signals, none of that stuff. I'm telling you he's a menace. That's all there is to it. He things I'm bad because I drive fast. My speed is fast, faster and fastest. We were driving in town the other day in his pickup. I have no idea why because I don't do pickups much. I guess Jack was going to the bank or something. Anyway, he was driving so slow you couldn't believe it. I leaned over and said 'Hon, who are we sneaking up on?' He gets so irritated at me. We were diving along and he was dragging again and I told him 'someone is gonna cream us from behind.' Anyway he was driving along so slow and I told him 'I think we got a problem here, Hon.' He asked me what was going on. I said 'well, we got a dog running around here wetting on the wheel.'

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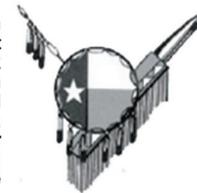
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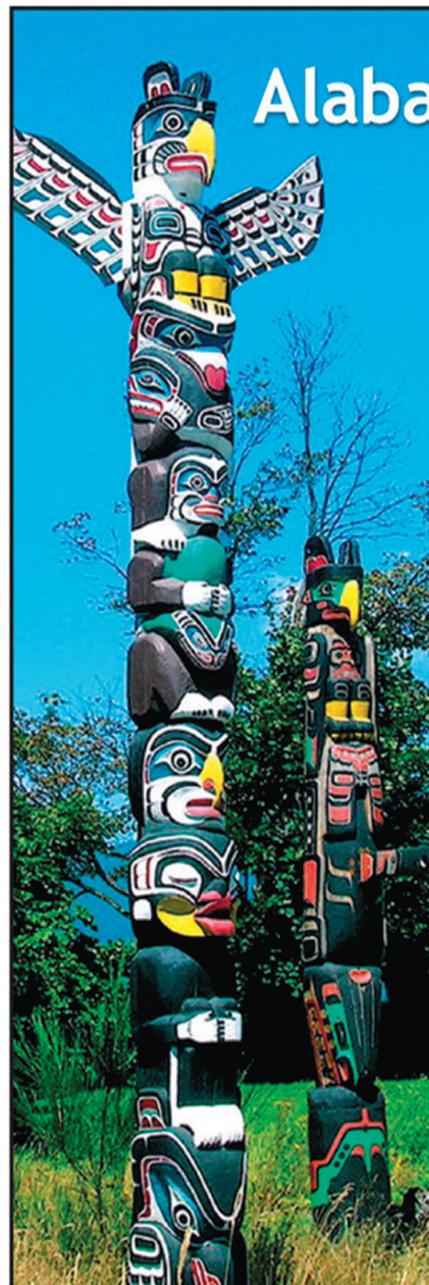
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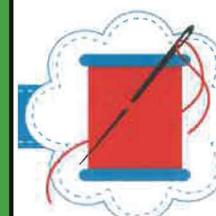
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### **Eddy Bob Cody**

Eddy Bob Cody, 89, of Sulphur Springs, Texas, lived an extraordinary life and rode off into the sunset on Saturday, February 28, 2026. Bob was born in Winfield, Texas, to Howard and Jewel Cody on November 16, 1936. He graduated from Mt. Vernon High School, where he was extremely difficult to catch from the halfback position on the Tiger football team. However, truth be told, he spent most of his time on horseback in the country between Winfield and Mt. Vernon. After graduation, he joined the United States Army to serve his country. Homesick and lovesick, he returned to Mt. Vernon to marry the love of his life, Surene Simmons Cody, on July 22, 1960. After honeymooning at the Royal Inn in Sulphur Springs, they decided it was the perfect place to put down roots, start their family, and begin building a life and legacy in a community they deeply loved and cherished. Bob traded in his purple and white Tiger stripes for blue and gold and became one of the most loyal Wildcat fans you could ever meet. He dedicated his life to serving his community in countless ways through his church, teaching Sunday School, serving the Dinner Bell, supporting Sulphur Springs Boys Baseball,

the Wildcat Booster Club, local rodeos, and helping fundraise or volunteer for numerous projects that helped make Sulphur Springs the place it is today. There was another side of Bob that many knew, and some may not have known, a tried-and-true cowboy at heart. Horseback riding and working cattle were his happy place. He was one of the toughest, hardest-working men you would ever meet. "Sweet Ole Bob" often seemed to take a siesta when business needed tending at the corrals on Lovers Lane or the alleys at Sulphur Springs Livestock. While that may have been his livelihood, his true mission was caring for, protecting, and raising his family, and that he did faithfully. As a family, we give thanks for a man who sacrificed so much for our well-being. He would be the first to admit he did not do everything perfectly, but he never wavered in striving to do right by his family and his Savior, Jesus Christ. He was a man after God's own heart.

Bob is survived by his three sons: Stuart Cody; Stacy Cody and wife Kellie; and Robert Cody and wife Tracey. His grandchildren: Katelyn Roden and husband Austin; Toni Owens and husband Justin; Ross Cody and wife Kaley; Cain Cody and wife Elissa; Campbell Cody and wife Shelby; and Maci Merrell. His great-grandchildren: Knox, Blakely, and Ember Roden; Bennett, Kollyns, and Kameryn Cody; Jase, Remy, and Landry Owens; and Charlotte Cody. He is also survived by his sister, Sue Adam and husband Dave; brother-in-law Joe Simmons; many nieces and nephews; and his cherished church family and friends at Grace Methodist Church.

Bob was preceded in death by his wife and best friend, Surene. Today we celebrate a long-overdue reunion of two souls never to be separated again. He was also preceded in death by his parents, Howard and Jewel Cody; his brother, Bill Cody and wife Patsy; brother-in-law Bobby Maples; sister-in-law Linda Simmons; and former daughter-in-law and friend, Amber Hughes Cody.

Visitation will be held Tuesday, March 3, 2026, from 5:00 to 7:00 p.m. at Murray-Orwosky Funeral Home. Funeral services will be held at Grace Methodist Church (a.k.a Murray-Orwosky Funeral Home) on Wednesday, March 4, 2026, at 11:00 a.m., with Rev. Ed Lantz officiating and Rev. Jason Dietze assisting. Burial will follow at City Cemetery. Pallbearers will be Ross Cody, Cain Cody, Campbell Cody, Austin Roden, Justin Owens, and Shane Simmons.

### **Patsy Jean Wood Yates**

Patsy Jean Wood Yates, of Miller Grove, Texas, passed away in her home on Thursday, February 26, 2026 at the age of 92, surrounded by loved ones.

Patsy was born in Miller Grove, Texas, on November 6, 1933, to Burl and Blanche Wood. She grew up in Miller Grove where she was an active member of the Greenview Baptist Church. She attended Miller Grove High School, where she played on the girls' basketball team before graduating in 1951. After high school, Patsy left Miller Grove and moved to Dallas to work. There she was introduced to the love of her life, Odell Yates, by his sister, Alyne. For their first date, he invited her to a wrestling match at The Sportatorium in Dallas. When they became engaged a short six weeks later, Alyne got upset, and is reported to have said, "I just wanted y'all to date; I didn't expect you to get married." They married in December of 1952, and welcomed their only child, Terry Dale, in October of 1953. Shortly after Terry's birth, Patsy began working as a Customer Service Representative at Dallas Water Utilities.

Odell and Patsy built their dream home in Miller Grove, Texas in December 1974 where they were active members of New Shirley Baptist Church. They commuted together to Dallas for close to twenty years. In 1977, Patsy's department moved to the newly built Dallas City Hall building designed by acclaimed architect I.M. Pei. She eventually retired from the city after 31 years of service.

Patsy was well known for her amazing cooking. She volunteered at the food bank and was always the first one to show up with a fresh cooked meal when someone was sick or passed away. She also called Bingo at the Senior Center for "the old folks" although she was already in her eighties.

Patsy deeply desired to pass away in her home, and she was afforded the ability to do so thanks to the many loving caregivers who cared for her over the past three years, including her great niece, Julie Knight.

Patsy was preceded in death by her parents, Burl and Blanch Wood; her beloved husband, Odell; her brothers William Carroll Wood and Doyle Wood; her sister Dahlia Dicken, and her great-grandson Andrew Yates. She is survived by son Terry Dale Yates and his wife Jill of Mesquite, grandchildren Tara Brock of Sunnyvale and husband Brandon, Tamara Odom of Miller Grove and husband Jef, John Yates of Miller Grove, Janna Whitehead of McKinney and husband Jared. She was a great-grandmother to Conner Wilcox and wife Michelle, Kennedy Wilcox, Addy and Zoey Brock, Chase Odom and wife Deserae, Sabrina Boyd, Jaxson and Ezra Odom, Jesse and Audrey Yates, Paxton and Maddox Biggs, and Sophie and Vivian Whitehead. Great-great grandchildren include Brennlie, Wesley, Maverick, and Kolter. Additionally, she is survived by her precious sister Barbara Lennon and husband Clinton, sister-in-law Mary Lou Smith, a host of nieces and nephews, church family, and friends who will all greatly miss her.

Funeral service for Mrs. Yates will be held on Tuesday, March 3rd at 3:00 pm at West Oaks Funeral Home in Sulphur Springs, Texas. Visitation will be held one hour prior to service. Internment will immediately follow at Greenview Cemetery in Brashear, Texas.



# The Future of Wellness: Microneedling, PRP, PRF, Peptides & Exosomes in Hair Restoration

Hair loss is no longer viewed as just a cosmetic concern—it's increasingly recognized as a wellness issue tied to inflammation, stress, hormones, nutrient status, and overall cellular health. Modern regenerative aesthetics blends science and wellness to restore not just hair, but confidence. Treatments like microneedling, PRP, PRF, peptides, and exosomes are transforming the hair restoration landscape by working with the body's own healing mechanisms.



**Gabriela Camacho**

## **Microneedling: Activating the Scalp's Regenerative Response**

Microneedling is one of the most powerful foundational treatments for hair restoration. By creating controlled micro-injuries in the scalp, it stimulates collagen production, increases blood flow, and activates dormant hair follicles. More importantly, it enhances the absorption of regenerative solutions applied topically or injected during treatment.

When performed consistently, microneedling can improve hair density, strengthen thinning strands, and create a healthier scalp environment. It is especially effective when combined with biologic therapies such as PRP or exosomes.

## **PRP: Platelet-Rich Plasma**

Platelet-rich plasma (PRP) uses a patient's own blood, spun down to concentrate platelets rich in growth factors. These growth factors signal tissue repair and stimulate follicular stem cells. PRP has been widely used in sports medicine and orthopedics and is now a cornerstone of hair restoration.

In the scalp, PRP increases circulation, reduces inflammation, and prolongs the growth (anagen) phase of the hair cycle. It is a natural option for patients who prefer autologous therapies without synthetic additives.

## **PRF: Platelet-Rich Fibrin**

PRF is an advanced evolution of PRP. While PRP releases growth factors rapidly, PRF forms a fibrin matrix that allows for slower, sustained release over time. This extended stimulation can create a more prolonged regenerative effect.

Because PRF is processed without anticoagulants and at lower spin speeds, it preserves more white blood cells and stem cells, enhancing its healing capacity. Many providers now prefer PRF for hair restoration due to its longer-lasting biologic activity.

## *Obits* Continued



### ***Ann Perkins Bryant*** July 10, 1940 — February 28, 2026

Beverly Ann Bryant, 85, of Dike, Texas, passed away peacefully at her home, surrounded by family, on February 28, 2026. A graveside service was held at 12:00 P.M. on Tuesday, March 3, 2026, at Restlawn Memorial Park, 5784 TX-154, Sulphur Springs, TX 75482, with Jerry Minx officiating.

Ann Bryant was born on July 10, 1940, in Sulphur Springs to Elmore and CC "Jocko" Perkins. Ann was a beloved mother, grandmother, and friend. Known for her immense kindness and generosity, her gentle nature touched many lives throughout her 85 years. She was a volunteer for the Hopkins County Historical Society.

Ann is reunited in heaven with her husband, Bob Bryant; her parents; and her brothers, James Perkins, and Clurin Lee "Doc" Perkins.

Her legacy of love lives on through her survivors, including her sons, Andy and Ray Bryant; grandchildren, Ashley, Cheyenne, Lindsey, and Allison; and her great-grandchildren, Macelynn, Blakely, Journee, Bristol, and Wyatt.

She will be deeply missed and forever remembered by all who knew her. A celebration of life was held to honor her memory.

Memorials can be made to the Hopkins County Historical Society, 416 Jackson St. N. Sulphur Springs, TX, 75482



### ***Ann Patterson Doss*** May 14, 1931 - February 26, 2026 (age 94)

A graveside funeral service for Anna Jean "Mama Ann" Patterson Doss age 94 of Ridgeway was held at 2PM Sunday, March 1, 2026, at the Ridgeway Cemetery with family members presiding. Pallbearers were Jeremy Froneberger, Garrett Sprague, Clay Bearden, Cole Sprague, Justin Bearden and Jesse Bearden serving as pallbearers. Visitation was held from 6 to 8 PM Saturday at the West Oaks Funeral Home chapel. Mrs. Doss died Thursday, February 26, 2026, at her residence surrounded by her loving family.

She was born on May 14, 1931, in Ridgeway Community, the daughter of Otha Leon "Shorty" Patterson and Willie Mae Wilhite "Upmas". She married Melvin Leonard Doss on October 22, 1948, in Sulphur Springs and he preceded her in death November of 1997 after forty-nine years of marriage.

Mrs. Doss was a homemaker, a loving mother, grandmother to all her family. She was a member of the Ridgeway Church of Christ.

She is survived by her daughter Patti Doss of Ridgeway, grandchildren; Lisa Sprague and Duane, Dee Ann Hoelscher and Daniel, Angela Bearden and Stoney, Jeremy Froneberger and Kari, Brad Dougan and Kendra and Tony Dougan. Twelve great grandchildren and 12 great-great grandchildren. She was preceded in death the by her parents, a son Gary Doss on August 1, 2016, sisters Ovetra Evans and Eloise Pennington.

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