

# UPWORDS

The nonprofit teaching ministry of Max Lucado

## God Doesn't Let Go

As God's story becomes your story, you will make this wonderful discovery: you will graduate from this life into heaven. According to Ephesians 1:10, Jesus' plan is to "gather together in one all things in Christ." God will reunite your



Davian Powell with Cinnamon won Brahman Commercial Heifer in the Beef Heifer Show during the 2017 Holmes County Livestock Show on Saturday, January 28.

(Photo by Julie Ellison)

## Decades of bad habit can be changed

*You don't have to quit smoking alone, get free help*

Marie McDowell, a retired administrative specialist for Southern Farm Bureau, has been smoking menthol-flavored cigarettes since she was 16 years old.

body with your soul and create something unlike anything you have seen—an eternal body.

Consider Christ's response to the suffering of a deaf mute. He took him aside from the multitude, the gospel says, and put His fingers in his ears, and He spat and touched his tongue.

"Then looking up to heaven, He sighed, and said to him, 'Be opened'" (Mark 7:33-34). Jesus looked up to heaven and sighed.

A sigh of sadness, a deep breath...it won't be this way for long. Indeed, it won't.

From *God is With You Every Day*

*UpWords, with Max Lucado is a popular daily Bible devotion. This Max Lucado devotional offers wisdom and insight for applying Biblical truths to the ups and downs of everyday life.*

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She started out lighting cigarettes for a friend. But that courtesy turned out to be habit forming.

"There was just one person that I use to light cigarettes for," said McDowell, now 57. "But I kept doing it and I liked it. I just got used to it and started smoking."

About three years ago, McDowell decided to stop smoking for good. But she needed help. She heard about resources provided by the Mississippi Tobacco-Free Coalition through her physical therapist. At the time, McDowell was receiving physical therapy for her leg after a recent surgery. Her doctor told her if she quit smoking she would not only feel better, but her body would respond to her medications better.

"A lot of doctors will tell you when you are on medication, especially pain meds, that you shouldn't smoke because your medicine may not have the full effect," McDowell said. "Once I started the program to quit smoking, I noticed my meds enhanced. I quit smoking in three weeks."

Experts agree that getting professional help can make a huge difference for those trying to quit smoking. The Mississippi Tobacco Quitline provides free assistance to any Mississippian who has decided to make the decision to quit smoking. Individuals can get help through phone calls, online access, and even text messages.

"If you use tobacco or an electronic nicotine delivery system, make 2017 the year you stop," said Amy Winter, Director of the Office of Tobacco Control at the Mississippi State Department of Health (MSDH).

Quitting can be made easier by calling the Mississippi Tobacco Quitline at 1-800- 784-8669 (1-800-QUIT-NOW). The program is free. Calls are accepted from 7 a.m. to 9 p.m. Monday through Thursday and 9 a.m. to 5:30 p.m. on Saturday. Callers to the Quitline can speak with health care experts about tobacco's impact on health, receive advice on successful cessation and, like McDowell, get free access to counseling and medications.

For more information about tobacco cessation information, visit [www.tobaccofreems.org](http://www.tobaccofreems.org) and "Like" us on Facebook at [www.facebook.com/MSTobaccoFree](http://www.facebook.com/MSTobaccoFree).



Davian Powell showing MSBJ Miss Della won first place in Hereford Heifer during the 2017 Holmes County Livestock Show on Saturday, January 28.

(Photo by Julie Ellison)



Tyler Diffey showing 56 D won first place Percentage Simmental Heifer, Champion Heifer and Supreme Heifer during the 2017 Holmes County Livestock Show on Saturday, January 28.

(Photo by Julie Ellison)

## FreeDailyCrosswords.com

### ACROSS

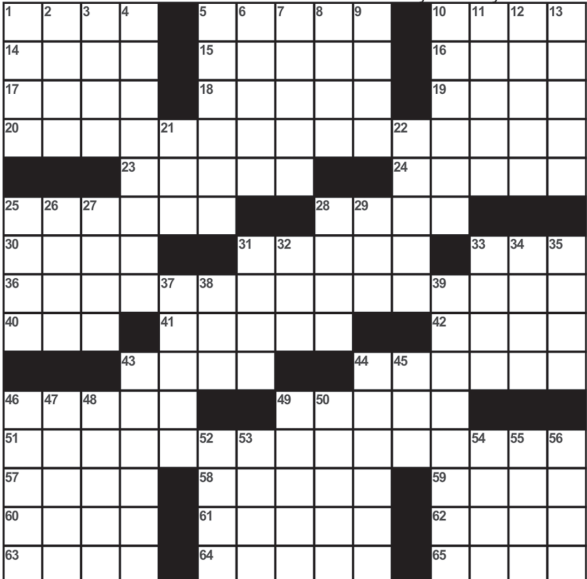
- 1) Be of assistance
- 5) Spherical hairdos
- 10) Price tag info
- 14) Type of rug
- 15) Not even a mouse
- 16) "Do \_\_\_ others ..."
- 17) Treat rudely, in slang
- 18) Circle, as planets
- 19) Abel's assassin
- 20) Fool
- 23) Cook, as chestnuts
- 24) Large blood vessel
- 25) Protect from floods
- 28) Joan of art
- 30) Clean, as a pipe
- 31) "Mac" attachment
- 33) Informal relative
- 36) Fool
- 40) Hog home
- 41) Can't tolerate
- 42) Kunis of Hollywood
- 43) Lens covers
- 44) Baltimore's Yards
- 46) Like immature fruit
- 49) Insect after metamorphosis
- 51) Fool
- 57) Masculine
- 58) Drift from a script
- 59) Inventor's inspiration
- 60) "Don't delay"
- 61) Animal catcher
- 62) Farm soil
- 63) Butterfly hazards
- 64) Big Top performer
- 65) Airborne fish-eaters

### DOWN

- 1) Pilgrimage, for some
- 2) Lake, city or canal
- 3) "Make do" amount
- 4) Deli offering
- 5) Polar jacket
- 6) McHenry and Dix
- 7) "Lost in Space" figure
- 8) "Don't count \_\_\_!"
- 9) MacFarlane of TV and film
- 10) Bird in a clock
- 11) Kind of personality
- 12) Limited work assignment
- 13) Island kingdom near Fiji
- 21) Long time, geologically
- 22) Acquires through work
- 25) Flubs one
- 26) Pork, for one
- 27) New arrival
- 28) Hardness-measuring scale
- 29) "Bill me later" note
- 31) Carpenter, army and fire
- 32) Highway, for short
- 33) "You \_\_\_ a mouthful!"
- 34) Global speck
- 35) "The Man" Musial
- 37) Abu \_\_\_, UAE
- 38) "The Raven" author's initials
- 39) Not going anywhere
- 43) Heebie-jeebies
- 44) Curve upward in the middle
- 45) Pack on the years
- 46) Pitcher in a suit?
- 47) Come to an end
- 48) Acclaim
- 49) Certain faith
- 50) Silk fabric with a wavy pattern
- 52) Humongous in area
- 53) Krabappel on "The Simpsons"
- 54) Bad smell
- 55) Head of a college
- 56) Thanksgiving side dish

### FOOLING AROUND

By Timothy E. Parker



## Way better than chocolate!

Register for a chance to win a Valentine's goody basket. Winner named on Valentine's Day!

Gifts for all guys and gals:

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### Health and Education Empowerment Day for Families of Children with Disabilities

Are you the parent of a child with a disability or special health care need? Learn how to be a more effective partner in your child's health care and education.

Friday, February 24  
8:30 a.m. to 3:30 p.m.  
Belzoni Multipurpose Building  
417 Silver City Road, Belzoni, Miss.  
Hosted by the Wesley Youth Foundation

**Topics**

- ESY (Extended School Year) Services
- Care Coordination/Medical Home
- Procedural Safeguards
- People First Language and Disability Etiquette
- Advocacy and Communication
- Bullying Panel (reporting process and both sides)
- Medicaid Waivers

Join Mississippi Family2Family, The Arc of Mississippi and LIFE of Mississippi for the 2017 Disabilities Health and Education Empowerment Day! This free event will feature health resource information (local and statewide) and expert speakers, including a panel discussion forum. Parents, advocates, educators, medical professionals and others can benefit from this training.

CEUs applied for.  
Register online at  
[www.usm.edu/disability-studies/family-2-family-educational](http://www.usm.edu/disability-studies/family-2-family-educational)

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