

PLEASE JOIN US FOR
SATURDAY NIGHT
Praise and Worship
FEATURING LYDIA WARE
FEBRUARY 14 AT 5PM
Calvary Baptist Church
13460 Highway 330
Coffeeville, Ms. 38922
A love offering will be collected.

Living Well . . . (cont'd from page 3)

to consumers about which fats are truly healthy and how calories are balanced. Unfortunately, this new pyramid is encouraging the very fats that are making Americans sicker.

What Should Americans Eat? There's no doubt that Americans should consume less ultra-processed foods, including sweetened beverages, convenience foods, and fast food. But encouraging more saturated animal fats is not the answer to better health or weight management.

Below are some sound dietary guidelines that most can agree with:

- Eat More Plants. Vegetables, fruits, beans/legumes, and whole grains should be on everyone's plate (or bowl) at most meals. These are nutrient-dense, high-fiber and associated with lower rates of chronic diseases, including cancer and obesity.
- Enjoy Full-Fat Dairy Products in Moderation. Dairy products can still be included in a healthy diet. But spare your heart and waistline and choose low-fat varieties when possible.
- Reduce Ultra-Processed

Foods Beyond our waist size, intake of ultra-processed foods is linked with poor mental health and higher rates of cancer. 10, 11 Cook more meals at home, starting with fresh, frozen, or canned (yes, canned) vegetables.

Limit Red Meat and Tallow Beef and beef tallow aren't doing you any favors. Choose healthy, plant-based fats when possible, such as avocado, canola, and olive oil.

Prioritize Lean Protein Protein has its place on your plate, but go for lean sources like eggs, fish, lean poultry, lean pork, low-fat dairy products, or seafood. Beans, lentils, and tofu are great plant-based options.

Limit Alcohol Alcohol is calorie-dense and associated with higher rates of cancer, dementia, and depression. It also disrupts sleep, which impacts blood pressure, blood sugar, and the risk of weight gain.

Moderation and common sense are still key in all aspects of nutrition advice. Article Source: The New Food Pyramid—Think Before You Eat — Food and Health Communications

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

STATE OF MISSISSIPPI
COUNTY OF 1ST DISTRICT YALOBUSHA
WHEREAS, default has occurred in the performance of the covenants, terms and conditions of a Deed of Trust dated March 8, 2017, executed by BETTY EDWARDS TURNER and TAKISHA CHERRELLE EDWARDS AKA TAKISHA SHERELL EDWARDS conveying certain real property therein described to W. STEWART ROBISON, as Trustee, for DITECH FINANCIAL LLC, Original Beneficiary, to secure the indebtedness therein described, as same appears of record in the Office of the Chancery Clerk of 1st District Yalobusha County, Mississippi filed and recorded April 5, 2017, in Deed Book 20171, Page 752; and

WHEREAS, the beneficial interest of said Deed of Trust was transferred and assigned to U.S. Bank, N.A., as Trustee, successor in interest to Wachovia Bank, National Association, as Trustee, for Mid-State Trust XI; and

WHEREAS, Rubin Lublin, LLC has been appointed as Substitute Trustee; and NOW, THEREFORE, the holder of said Deed of Trust, having requested the undersigned so to do, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty and authority vested and imposed upon said Substitute Trustee shall, on March 26, 2026 within the lawful hours of sale between 11:00AM and 4:00PM at the Yalobusha County Courthouse, 14400 Main Street, Coffeeville, MS 38922 proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, the following described property situated in 1st District Yalobusha County, Mississippi, to wit:

COMMENCING AT THE NORTHWEST CORNER OF THE EAST HALF OF THE HALF OF THE SOUTHWEST QUARTER OF SECTION 30, TOWNSHIP 24 NORTH, RANGE 4 EAST, YALOBUSHA COUNTY, MISSISSIPPI; THENCE RUN NORTH FOR 1.98 FEET; THENCE RUN EAST FOR 131.34 FEET TO A POINT ON THE EAST LINE OF A PUBLIC ROAD; THENCE RUN NORTH 46 DEGREES 53 MINUTES EAST ALONG SAID ROAD FOR 444.76 FEET TO THE POINT OF BEGINNING; THENCE RUN NORTH 46 DEGREES 53 MINUTES EAST ALONG SAID ROAD FOR 227.92 FEET; THENCE RUN SOUTH FOR 266.04 FEET; THENCE RUN NORTH 56 DEGREES 28 MINUTES WEST FOR 199.59 FEET TO THE POINT OF BEGINNING AND CONTAINING .51 ACRES MORE OR LESS.

30 FOOT SEWER EASEMENT: COMMENCING AT THE NORTHWEST CORNER OF THE EAST HALF OF THE WEST HALF OF THE SOUTHWEST QUARTER OF SECTION 30, TOWNSHIP 24 NORTH, RANGE 4 EAST, YALOBUSHA COUNTY, MISSISSIPPI; THENCE RUN NORTH FOR 1.98 FEET; THENCE RUN EAST FOR 131.34 FEET TO A POINT ON THE EAST LINE OF A PUBLIC ROAD; THENCE RUN NORTH 46 DEGREES 53 MINUTES EAST ALONG SAID ROAD FOR 414.76 FEET TO THE POINT OF BEGINNING; THENCE RUN NORTH 46 DEGREES 53 MINUTES EAST ALONG SAID ROAD FOR 30 FEET; THENCE RUN SOUTH 56 DEGREES 28 MINUTES EAST FOR 199.59 FEET; THENCE RUN NORTH 56 DEGREES 28 MINUTES WEST FOR 225.86 FEET TO THE POINT OF BEGINNING AND CONTAINING .14 ACRES MORE OR LESS.

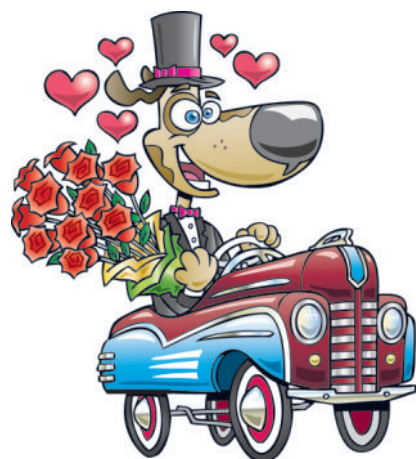
PROPERTY ADDRESS: The street address of the property is believed to be **2882 COUNTY RD 5, TILLATOBA, MS 38961**. In the event of any discrepancy between this street address and the legal description of the property, the legal description shall control. Title to the above described property is believed to be good, but I will convey only such title as is vested in me as Substitute Trustee.

First Baptist . . . (cont'd from page 6)

Unfortunately, throughout history religion has made mighty fine Pharisees out of a lot of people. There are a lot of people even today who are like Nicodemus. They are expecting to get into Heaven because they have Christian parents, follow a set of religious rules, are a member of a certain church, or live an ethical life. Nicodemus would have thought much the same, but Jesus made it clear that the only way to be a part of the Kingdom of God, the only way to Heaven is you must be born again.

You do not have to be able to name the date or time of

your conversion or even remember the details of when it happened. It does not matter if you walked the aisle after a seemingly normal Sunday morning service or had some mountaintop spiritual experience or had some life changing event or none of the above that brought you to Jesus. All that matters is that you have accepted Jesus as your Savior through your faith in Him, and through the power of His gospel you have been spiritually born again. Jesus said there is only one way to enter the Kingdom of God, "You Must Be Born Again!"



THIS LAW FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Rubin Lublin, LLC
3145 Avalon Ridge Place, Suite 100
Peachtree Corners, GA 30071
rlselaw.com/property-listing
Tel: (877) 813-0992
Fax: (470) 508-9401
PUBLISH: 01/15/2026, 03/05/2026, 03/12/2026, 03/19/2026

For Everything . . . Want Ads

Mt. Moriah District to Host Annual Dr. Martin Luther King, Jr. Service

The Mt. Moriah District Missionary Baptist Association will host its Annual Dr. Martin Luther King, Jr. Service on Monday, January 19, 2026, at 10:00 a.m. The service will be held at the Mt. Moriah District Headquarters in Coffeeville, Mississippi.

The guest speaker for the occasion will be Minister R. Frank Nichols of Starkville, Mississippi. Minister Nichols is the retired Chief of Police of Starkville and brings a wealth of leadership experience and community service. The District is honored to welcome him to speak in the Yalobusha County area.

The public is invited to attend and join in commemorating this historic and meaningful event honoring the legacy of Dr. Martin Luther King, Jr. Rev. Calvin Hawkins, Moderator Sis. Streets Kee, District Program Director

TRAILER SALES



Trailer & Equipment World Midsouth's Largest Selection!

ATV, cargo, equipment & goosenecks, Large selection 3-point equipment.

Southland Company
Highway 6 west, Batesville, MS
662-563-9428



Posted: All Orland Carvan land, now owned by Wendell Carvan, Shirley Carvan Anderson and Linda Carvan Brower is posted against loose dogs, hunting and trespassing. Violations will be reported and prosecuted.

11-13-25—?c

Go to romanroadbibleministry.com. Play ball for Jesus, and prepare for eternity. Read a chapter each day from Romans, and be obedient to what it says.

As Phil Robertson says, "I COULD BE WRONG, but I doubt it." 9-16 ?tc

POSTED: All land owned, managed by ROBERT DENLEY is posted against dogs and hunting and all trespassing. \$2,000.00 reward for violators turned in and convicted. 901-351-9178

1-1-25—1-1-26p

POSTED: All land of Sally Stone Trotter is posted against hunting, fishing, trespassing, and woodcutting. Private renters have full authority. W. C. TROTTER, III and IKE STONE TROTTER.

12-31-24-12-31-25p

PLAZA CINEMA

1301 C. Sunset Dr. Grenada

Showing Friday, Jan 16 - Thursday, Jan 22

28 Years Later (R)
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Primate (R)
Zootopia 2 (PG)

Discount Tuesday - All Regular tickets \$8.00
Visit our website for showtimes & pricings.
www.PlazaCinemaGrenada.com

FOR SHOWTIMES

Call 662-226-7575 or Visit www.PlazaCinemaGrenada.com



Highway 7 Quick Stop/ Marathon Best Breakfast and Lunch in Town!

Burger, Fries, and Drink	Regular Lunch Plate (1 Meat, 2 Veggies, Bread, and Drink)	Pizza \$13.99	Beef or Chicken Quesadillas \$4.99 or 2/\$9.50
\$7.99	\$8.99-\$10.99		

•18306 Hwy 7 Coffeeville • 662-675-8548

Call in orders are welcome!

MT. MORIAH DISTRICT BAPTIST ASSOCIATION HEADQUARTERS
JANUARY 19, 2026 10:00 A.M.
MIN. R. FRANK NICHOLS, Author, Minister, Veteran, Retired Police Chief
PASTOR CALVIN E. HAWKINS, MODERATOR