

# Looking Back

For our readers who like to reminisce on news as recorded in The Coffeeville Courier of the years gone by

## 90 YEARS AGO February 14, 1936

C. V. York, representing the Coffeeville Masonic Lodge, and M. P. Melton, representing H. Ray Lodge, attended the meeting of the State Masonic Lodge in Jackson the first of the week.

With the exception of Water Valley and Tillatoba School, the latter being in a separate school district, all closed at noon Monday at the termination of a five and one half month term.

Mrs. Rawson Kuykendall and Miss Mary Quay Caldwell will entertain the Oakland Senior Class February 14. The senior class consists of nine girls and nine boys.

Six snows have fallen in this section during the winter of 1935-36.

Miss Carrie Taylor, a former resident of Tillatoba, was killed in an automobile accident near Cleveland and was buried in Tillatoba Tuesday afternoon.

## 85 YEARS AGO February 7, 1941

Last Thursday afternoon the Scuna Valley basketball team went to Scobey where the Scuna Valley boys won 38-2 and the Scobey girls won 19-2.

Mrs. Mary Criddle Collins, 85, wife of the late Dave Collins, died at the home of her daughter, Mrs. Sam Pate, in Isola, Thursday. She will be buried at Broom Cemetery Friday.

Holmes Willis, brother of Mrs. Floy Beadles, moved here this week from Kingston, Okla., and has taken charge of the planning mill north of town.

Mr. George W. Stewart, 75, of Pine Valley, died early Monday morning.

## 75 YEARS AGO February 15, 1951

Hervey Wilson Denley, 47, died suddenly of a heart attack while he was working on the road near his home, south of Scuna River Monday evening.

Those who enjoyed the six o'clock dinner given in honor of Billy Womack Tuesday evening were Bill, Oscar Parker Chapman, Misses Christine Costlow and Carolyn Lawrence of Grenada.

## 70 YEARS AGO January 26, 1956

Mr. R. I. (Bob) Broadstreet, 90, died at his home Thursday morning after having been confined to his bed for several years.

Albert B. Magee, 81, long-time resident of the Ford's Well Community, died Monday. Funeral services were held Tuesday at the Sylva Rena Baptist Church.

Sheriff J. G. Treloar has announced the appointment of Rufus Treloar as Deputy for the southern part of Yalobusha County.

Miss Leora Simpson spent several days this week with her nephew, Gale Denley, in Campbell's Clinic, Memphis.

## 45 YEARS AGO February 5, 1981

Bennie Cole Taylor has been named the new President of the Bank of Water Valley.

In a special business session Sunday morning the membership of First Baptist voted unanimously to extend a call to Rev. James Fancher to serve as their pastor.

Letitia Shaw was recently named most outstanding student at NWJC.

Mrs. Virginia McCormack, Mrs. Jessie Woodall, Mrs. Opal Wright, and Miss Juanita Upchurch, officers of the Coffeeville Homemakers Club, were presented a plaque by Mrs. Mamie Shields designating them as the Club of the Year.

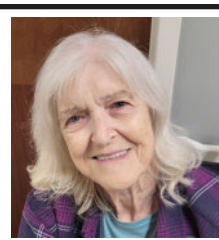
Mr. Henry Iva Perkins, age 77, died Saturday, January 31, in Grenada County Hospital after a long illness.

## 40 YEARS AGO February 13, 1986

Hal Clark, basketball coach at Calhoun Academy High School, has been named Boys' Basketball Coach of the Year by his fellow coaches for the North Central District A.

Mrs. Pauline Crawford Scobey, the widow of R. B. Scobey, died Thursday, February 6, at Grandview Health Care Center in Grenada after a long illness.

Dewey H. Brewer, 86, retired county worker, died Friday, February 7, at his home in the Dividing Ridge Community.



# Coffee Time

By Sarah H. Williams

Saturday afternoon I really wanted to go to town. I wanted to go to The Ville to get some sweet tea and I needed to pick up a few things from Dollar General.

While I was waiting for Tammy to go in and get things for me I wished I had stayed at home because the wind was blowing and it was so cold to me.

-0-

I missed church again Sunday morning due to the cold weather. Bro. Anthony called me Saturday afternoon to check on me. I told him I would probably not be at church. He told me he was holding baby Milo on his chest while Courtney was out shopping.

-0-

Ole Miss lost their bowl game to Miami Thursday in the Final Four. This was the first time they had been this far in the play offs.

I remember when Memphis State, now the University of Memphis, when they were playing in the Final Four and we listened to the game on the radio at the Courier office.

-0-

Happy Birthday to the late Abraham Lincoln who was our 16th president and will celebrate his birthday on February 12th.

-0-

Hated to hear of the death of my friend Mammie Shields. Her birthday would have been on January 14th.

Remember when she became Yalobusha County Home Economist. Always remember the Shieldses living as you come into Coffeeville from the North.

-0-

Painted roosters have become popular in our area. Two are in the Ville with another one the porch, there is one at the home of Francis Taylor north of town, there are two at the entrance to the home of Derick and Candice Hughes Sykes and family, and there is a rooster and hen just North of Water Valley on 7. These two dress for different occasions. Enjoy seeing them all.

**2026 WINTER READING CHALLENGE**

**Kick off 2026 by reading great books!**

**Register to participate in the WINTER READING CHALLENGE**

**Jan. 2, 2026 - Feb. 28, 2026**

**at Coffeeville Public Library or Oakland Public Library**

**• Register at your library.**

- **Must be a registered library user with a valid library card and no fines or overdue items.**
- **Must check out and read at least six (6) print library books between 1/2/2026—2/28/2026.**
  - **All participants will be entered in a drawing for exciting prizes!**

**COME READ & WIN WITH US!**

# Library News

By Patty Bailey

## Homeschool Hangout Jan. 15 at Coffeeville

Homeschool Hangout is a time for homeschool students and families to use library services, play board games, put together puzzles, or use our interactive STEM kits. All homeschool families are invited to Coffeeville Public Library Thursday, Jan. 15, at 4:30 PM to hang out at the library.

## Library Board Meets Jan. 16 at Coffeeville

The Administrative Board of the Yalobusha County Public Library System will meet Friday, Jan. 16, at 9:00 AM, at Coffeeville Public Library. Library board meetings are open to the public in compliance with state law.

## Oakland Public Library Open Saturday Jan. 17

Come enjoy the wonders to be found at Oakland Public Library on Saturday, Jan. 17, from 1:00 – 3:00 PM. The library will be open to check out books and other materials, use computers, make crafts, play with puzzles or game, or sit and read.

If you want Saturday hours to continue at Oakland Public Library, use the library on Saturday, Jan. 17.

## Library Holiday Closing Jan. 19

System libraries will be closed for Monday, January 19, for M L King Day.

## Coffeeville Public Library Closed Friday, Jan. 23

Coffeeville Public Library will be closed all day Friday, Jan. 23, for a workday. Library staff and volunteers will remove old, outdated books to make space for new ones.

## Winter Reading Challenge Jan. 2 – Feb. 27

Yalobusha County Public Library System will sponsor a Winter Reading Challenge Jan. 2 – Feb. 27 which is

open to all ages. Check out and read 6 library books by Feb. 27 to be entered in the prize drawing. To participate, you must be a registered library user with a valid library card, no unpaid fines, and no unreturned materials. All Winter Reading Challenge participants who qualify will be entered in a drawing for great prizes to be given away in both libraries.

## Winter Grab & Go Bags

Yalobusha County Public Library System has Winter Grab & Go bags for elementary age children available free. These bags contain lots of activities and crafts for kids to enjoy during the winter months.

## Free Books for Babies & Toddlers

We still have a few free baby & toddler books available. Thanks to Delta Health Alliance, Coffeeville and Oakland Public Libraries have books suitable for babies and toddlers to give away. If you have a baby or a toddler, visit our libraries to get free books for your child. Reading to babies and toddlers is an important way to bond with your child and help them learn to love reading.

# Living Well

In Yalobusha County By Pamela Redwine  
MSU-ES Extension County Coordinator - Yalobusha County

## Upcoming Activities: January 14th – Healthy

**You Exercise class** will meet at 9 a.m. at the Extension office. Wear cool, comfortable clothes, supportive shoes and bring water to drink.

## January 16th – January 4-H Cooking Kit Registration Deadline

**January 19th – Extension office closed** in observance of Martin Luther King Jr Day

## January 20th – United Y.C. MHV Meeting – 9 a.m. Extension office.

**January 21st – Healthy You Exercise class** will meet at 9 a.m. at the Extension office. Wear cool, comfortable clothes, supportive shoes and bring water to drink

## January 14th – Create Club MHV – will meet at the Extension office at 10 a.m. This will be a planning meeting as we will decide on craft project for the year. Please bring lots of different ideas (and samples if you have them) as well as a willingness to lead.

**January 16th – Healthy You Exercise class** – will meet at 9 a.m. at the Extension office. Wear cool, comfortable clothes, supportive shoes and bring water to drink.

## January 22nd – 4-H Cooking Distribution

**January 22nd – Looped with Love Crochet MHV** – will meet on Thursday, January 8th at 10 a.m. at the Extension office.

**SAVE THE DATE: Saturday, March 7th Community Wide Yard Sale – 4-H Fundraiser.** 12x12 Booth Spaces will be available for rent for \$25.00. We will also be accepting donations (no clothes please) for items for Yalobusha County 4-H to sale at their booth. Please contact the Extension

office at 662.675.2730 or email me at p.redwine@msstate.edu for more information.

*Mississippi State University is an equal opportunity institution. Discrimination is prohibited in university employment, programs, or activities based on race, color, ethnicity, sex, pregnancy, religion, national origin, disability, age, sexual orientation, genetic information, status as a U.S. veteran, or any other status to the extent protected by applicable law. Questions about equal opportunity programs or compliance should be directed to the Office of Civil Rights Compliance, 231 Famous Maroon Band Street, P.O. 6044, Mississippi State, MS 39762.*

## The New Food Pyramid—Think Before You Eat

Happy 2026! The new year brings new goals and new resolutions. The U.S. government also released “new” Dietary Guidelines for Americans, 2025–2030, reviving the food pyramid that replaces MyPlate, which had guided our eating habits since 2011. Their theme is “eat real food” and minimize ultra-processed items.

The recent pyramid is an inverted version of the classic 1992 shape, with a top-heavy graphic of protein, dairy, and fats and grains and high-carbohydrate foods making up a smaller base. Veggies and fruits are also emphasized, which most healthcare professionals can agree with.

The government claims that the new pyramid will help reduce diet-related chronic diseases, including obesity, heart disease, and diabetes.

Initially, many will think these recommendations align with nutritional

science: focus on whole foods, limit added sugars, and encourage nutrient-dense choices. A closer look at how dairy, beef, and certain types of fats are pushed warrants more scrutiny.

Obesity and the American Diet

There’s no doubt that obesity remains one of the most pressing public health issues in the United States. According to the CDC, nearly 70% of Americans are overweight, and over 40% are obese.

The government cites that much of this is tied to high intakes of added sugars, refined carbohydrates, and couch potato lifestyles. Obesity is a complex medical issue with diet and exercise being central to lifelong treatment.

According to the new guidelines, Americans are advised to choose minimally processed foods and aim for specific daily targets for fruits (2 servings per day) and vegetables (three servings per day), with just two to four servings of whole grains daily to make up a balanced eating plan.

Processed foods and added sugars are frowned upon, with a limit of added sugar to no more than 10 grams per meal to help reduce calorie excess that may lead to weight gain. Research supports the link between ultra-processed foods and poor health.

Too much ultra-processed food has been found to raise the risk of heart disease, obesity, and certain cancers. Plenty of studies show this

take finds an increase in waist circumference, low HDL levels, and increased risk for metabolic syndrome. All of these new guidelines sound great, right? Keep

reading.

Fat, Fat, FAT

What’s troubling about the new pyramid is the encouragement of whole milk and other saturated animal fats, like beef tallow. The science linking saturated fat with chronic illness is clear.

Beef tallow (from red meat) contains saturated fat, which has been associated with heart disease and other chronic illnesses in multiple studies.

A recent systematic review and meta-analysis of studies indicated that a higher intake of red meat and processed meat is associated with higher rates of cardiovascular disease and diabetes.

Red meat intake has also been linked to higher rates of cancer. In a systematic review and meta-analysis of 148 studies, “high red meat intake was positively associated with risk of breast cancer, endometrial cancer, colorectal cancer, colon cancer, rectal cancer, lung cancer, and hepatocellular carcinoma, and high processed meat intake was positively associated with risk of breast, colorectal, colon, rectal, and lung cancers. Higher risk of colorectal, colon, rectal, lung, and renal cell cancers was also observed with high total red and processed meat consumption.”

What about dairy foods? Dairy products have their merits. Calcium protects bone and teeth, lowers blood pressure, and reduces the risk of colon cancer. Yogurt contains gut-friendly probiotics and protein.

Whole milk—while a source of essential nutrients like calcium and vitamin D—contains more calories and saturated fat compared

(cont'd on page14)

