

# 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 21, 1936

Bad roads have put Coffeeville back to the horse and buggy days. More wagons were on the street Saturday than cars.

William Madeline, affectionately known as Bill Morgan, daughter of Mr. and Mrs. W. H. Morgan, near Oakland, died of pneumonia early Saturday morning, February 8. She would have been 14 on the 15th of February.

In Tillatoba Dr. Harry P. Sayle had the misfortune of falling on the sleet Monday night and spraining his shoulder. He is in the Grenada Hospital.

Mr. Benjamin Franklin Walton, age 73, passed away at his home in Oakland Sunday night. His death was due to heart failure.

## 85 YEARS AGO February 14, 1941

Mrs. Maggie A. Smith, 74, mother of Mrs. Vernon Young, near town, died Sunday and was buried at Shiloh Monday.

In one of the most exciting fires the town has witnessed in many a day, the courthouse was badly damaged Sunday morning. Practically everything upstairs was burned, but the records were saved in the big vault.

Mr. D. E. Spearman, of Scuna Valley is slowly improving after an extended illness, we are glad to report.

Mrs. O. L. Landreth and Allene of Scuna Valley, spent Tuesday with their grandmother, Mrs. C. F. Murphree of near Pittsboro. Mrs. Murphree, who was 85, died Wednesday.

## 65 YEARS AGO February 9, 1961

Ben Woodfin, once a resident of this area, died suddenly Monday morning at his home in Roseland, LA.

Little John Nelson Covington is in LeBonheur Hospital, Memphis, where he was carried Friday morning.

Next Sunday, February 12, Mr. and Mrs. W. L. Tribble will celebrate their Golden Wedding Anniversary.

Mr. Mart Rounsaville, a long time resident of this locality, died in the Grenada Hospital Saturday morning, February 4, after a month's illness.

## 60 YEARS AGO February 10, 1966

This area lost one of its most substantial and highly esteemed citizens in the death of Mr. Burt Upchurch Saturday, February 5.

Mr. and Mrs. Allen Pittman received word last weekend that their son, Joe Pittman, arrived safely at Great Lakes Naval Station in Illinois on February 7, to begin

eight weeks of boot training.

Mr. and Mrs. Billy B. Riddell of Corinth moved to Coffeeville last week and he began his duties as assistant county agent of Yalobusha County.

William Thomas Field, Sr., died in the Yalobusha General Hospital Thursday night, February 3.

## 45 YEARS AGO February 12, 1981

Brad Kilgore, student at Yalobusha Academy, has recently been awarded an All-District Junior High trophy for the North Central A Conference. He is the son of Mr. and Mrs. Griffin Kilgore.

Lisa Harbour and Eddie Jarrell, 4-H'ers from Yalobusha County, participated in the Northwest District Livestock Show held in Batesville and all but dominated the Polled Hereford Show.

Mr. Robert Dabel Learned, 63, retired salesman, died Thursday, February 5, at Talhatchie Hospital in Charleston.

## 40 YEARS AGO February 20, 1986

Sherri Jones, a junior education major at The University of Tennessee, has been chosen as a model to appear at UT Martin's 10th Annual Fashion Show on Monday, February 24.

Junior 4-H Livestock Judges from Yalobusha County at the Northwest District Livestock Show were Valerie Varner, Bart Robinson, Jonathan Buford, Paul Craig, Tonya Brower and Mark Fielder, members of the fifth place beef judging team.

The children and grandchildren of Mr. and Mrs. Hosea Dawkins, Sr., invite friends and relatives to Open House, Saturday afternoon, March 1, at the Dawkins' home, to celebrate their 50th Wedding Anniversary.

Three members of the Calhoun Academy Cougars from Coffeeville are Donald Brooks, Jim Edwards and Jason Purdy.

Mr. and Mrs. Criss Denley are announcing the birth of a son, their first child, born Friday, February 7, 1986, in the Grenada Lake Medical Center.



# Coffee Time

By Sarah H. Williams

The weather in Memphis measured 35 degrees at noon Sunday. That was quite cold to me.

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I was in Charleston last Wednesday and met a nurse named Trisia Doris. She told me that she was Midnight's cousin. I told her that I had attended the shower for her when she married. She and Claude Doris, son of Dale Doris, married at Joanne and Buddy Kihnel's home in Teasdale.

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Saw on Facebook where Lori Strickland Brown my niece, attended a work trip in Dallas by herself last week. It was the first time she had traveled without her husband Paul.

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Mike finally got his Christmas present after four days of being mailed from Coffeeville. It had been mailed very late. He was glad to get it.

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Another one of our class mates Earlene McGarrity passed away last week. I did not get to attend her funeral in the Paynes area. Savana McGee and Virginia Murphree and other class mates attended. When counting the number of class mates that had passed away in my annual, I think it was 40 out of 72.

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Pat Hickey my sister-in-law, gave me an Amaryllis Lily for Christmas. It now has three white blooms. Thank you Pat.

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## 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

## 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. Discarded books will be offered for sale the following week.

## Coffeeville Friends Book Sale Jan. 27

Coffeeville Friends of the Library will hold a Book Sale at Coffeeville Public Library beginning Tuesday, Jan. 27. Hundreds of discarded library books will be for sale by donation to Friends of the Library. We will also take donated used books in good condition to add to the sale. If you love great books and bargains, plan to shop with us!

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

Yalobusha County Public Library System is sponsoring 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.

## February Is Library Lovers Month

National Library Lovers Month celebrates all things libraries. From showing appreciation for your favorite local library to sharing favorite books and love of reading. In addition to providing free access to books and other materials, libraries serve as community centers and offer programs and services for all ages. This special month-long event is a great way to get back into reading and enjoy the simple things in life. Visit your library and share why you love your library!

## Drop-In Valentine Crafts Feb. 9 – 13

Drop-In Valentines crafts will be available in both libraries Feb. 9-13. Bring the children to make fun Valentines at the library.

## Libraries Closed Presidents' Day Feb. 16

Coffeeville and Oakland Public Libraries will be closed Monday, Feb. 16, for Presidents' Day, a federal holiday.



# 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.

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## 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)

