

Living . .

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https://reg.extension.msstate.edu/reg/event_page.aspx?ek=0081-0004-7c5f85567e154c4ba4187ed22ae59c3 or you can pay in office with a check made out to MSU Extension. Please select design when you register. Space is limited. Must pay to reserve your spot.

Dining with Diabetes Series will be offered in April on Wednesday, April 8, 15, 22 and 29th. The program is designed for people with diabetes and their caregivers. The series includes diabetes education, cooking demonstrations, and tasting healthy foods. After each lesson participants will take home recipes and knowledge about how to manage diabetes in their daily lives. The program is free and open to the public thanks to our sponsors Mt. Moriah Baptist Association and Mississippi State University Extension. The class will be taught by Pamela Redwine, FHW agent Yalobusha County and Ontennia Boclear, FHW agent Grenada County. The class will be held at the Extension office, located inside the Multi-Purpose Building in Coffeeville. The class is free, but space is limited. Please register online at: https://reg.extension.msstate.edu/reg/event_page.aspx?ek=0081-0004-927d48d164784098a1b1b1676bbe861d or fill out a registration form and send to the Yalobusha county Extension office.

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.

Food Groups for the Heart
The new year brings fresh goals and renewed resolutions. Along with that, the U.S. government has released the updated Dietary Guidelines for Americans, 2025-2030, bringing back a modernized food pyramid to replace MyPlate, which had guided eating habits since 2011. The overall message is simple and powerful: focus on real, whole foods and limit ultra-processed products. Let's take a look at the key science-supported recommendations.

Fruits and vegetables should fill about half your plate at most meals. Aim for at least three servings of vegetables and two servings of fruit each day to boost fiber, vitamins, minerals, and overall health.

Whole grains now sit at the base of the pyramid, with a recommendation of about 2-4 servings per day. One serving is roughly one ounce. Choose whole grains such as quinoa, oatmeal, brown rice, bulgur, farro, and whole-wheat pasta, bread, and cereals.

Protein needs are about 0.36 grams per pound of body weight — roughly 54 grams per day for a 150-pound adult. While the guidelines suggest slightly higher amounts, most Americans already consume around 80 grams daily. For most people, this equals about three servings of protein per day. Variety is key, including both plant and animal sources.

Low-fat or skim dairy remains the best option for meeting calcium needs while supporting heart health. Saturated fat should stay below 10% of total calories — about 21 grams per day for most adults. For comparison, one cup of

whole milk contains about 8 grams of saturated fat, and just one tablespoon of tallow contains about 13 grams, which is why these higher-fat options are not recommended for heart health.

Finally, the Scientific Advisory Committee, which produced a comprehensive 414-page report, highlighted growing evidence linking high intake of ultra-processed foods to increased

health risks — particularly those high in added sodium and sugars. Currently, about 55% of calories consumed by Americans come from processed foods, and sales of these products have nearly doubled over the past decade.

Article Source: https://www.foodandhealth.com/newsletters-archiver/february2026-newsletter-and-toolkit

able free. These bags contain lots of activities and crafts for kids to enjoy during the winter months.

YALOBUSHA COUNTY PUBLIC LIBRARY SYSTEM

February Newsletter

*Winter Reading Challenge

Jan. 2 - Feb. 27

Read 6 books from the library by Feb. 27 to be entered in a prize drawing. Grand prize will be a \$50 gift card provided by Friends of the Library. Open to all ages! Winners will be drawn Feb. 27!

Events @ Oakland

- **Game Day** on Mondays 1:30
- **Drop-in Valentine Crafts** - Feb. 9-13
- **Black History Month** - Check out our great selection of books & movies.
- **Love Your Library Scavenger Hunt** for kids Feb. 2-28. Find the clues and solve the puzzle to win a prize.

Events @ Coffeeville

- **Friends Book Sale:** Feb. 3-13
- **Drop-In Valentine Crafts:** Feb. 10-13
- **Friends of the Library** - Feb. 12, 11:30
- **Homeschool Hangout** - Feb. 19 4:30 PM. Homeschoolers are invited to hang out at Coffeeville library on the third Thursday each month.
- **Love Your Library Scavenger Hunt** for kids Feb. 2-28. Find the clues and solve the puzzle to win a prize.

Library . .

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libraries. Your calls, emails, and letters to the MS Congressional Delegation asking for their support of public libraries made a difference!

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.

For Everything . . . Want Ads

Temporary Bridge Closure On State Route 32 In Yalobusha County

MDOT has announced that there will be a temporary bridge closure from 7:00 a.m. Tuesday, January 6, to 7:00 a.m. Friday, March 6 on State Route 32 between U.S. 51 and Walnut St. in Yalobusha County for bridge repair/inspection.

TRAILER SALES

Trailer & Equipment World Midsouth's Largest Selection!
ATV, cargo, equipment & goosenecks, Large selection 3-point equipment.

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662-563-9428

Notice Of Sale

Garrett Self Storage, 17692 Okahoma St, will sell to the highest bidder for cash the contents of the unit rented to Scarlett Keeton on Friday February 27th at 8:30 am.
Publish February 12, 19 and 26, 2026



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

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



Tell your Family and Friends to go to romanroadbibleministry.com to play ball for Jesus and prepare for eternity. You'll be laying up treasures in Heaven and saving people from Hell. Use your phone for Jesus. Read a chapter each day from Romans, and be obedient to what it says. As the late Phil Robertson said, "I COULD BE WRONG, but I doubt it."

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Showing
Friday, Feb 20 -
Thursday, Feb 26

I Can Only Imagine 2

GOAT

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Crime 101

PG

PG

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Visit our website for showtimes & pricings.
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