

First Baptist . . .
(Cont'd. from page 6)
Mordecai who was the greatest in the land in the most extreme way.

The sensible thing for Haman to have done was to report Mordecai to the king since he was defying the king's command, but Haman's pride led him to hatred not just towards Modecai but to all the Jewish people. No doubt Haman would have been aware of the bad history between his people, the Amalekites, and the Jews, so Haman was not satisfied to just get even with Mordecai. In his hatred and rage, he determined to destroy Mordecai and all his people.

We see Haman's plan to exact revenge on Mordecai coming together as he casted lots to decide the best time to carry out his plan. He does not have the authority to wipe out an entire group of people without the king's blessing, but Haman also knows he cannot ask the king to annihilate an entire nationality of people just because of a personal conflict that is rooted in events that happened hundreds of years ago.

but this was a significant offer. In fact, some historians tells us that 10,000 pieces of silver would have been about 2/3 of the kingdom's annual income.

So, without question the king agrees, turning complete control of the matter over to Haman. The remainder of chapter 3 tells of how the decree went out that on the thirteenth day of the twelfth month the people were to take up arms and kill all the Jews throughout the kingdom.

Haman's plan for revenge was coming together. Things looked bleak for the Jews, but all hope is not lost. We will soon see how God had prepared Esther for such a time as this.

An entire nation was at risk of being wiped out, and to think it all began because Mordecai took a stand in obedience to the Lord. That leaves us with the question, "Are you willing to give your all, perhaps even your very life, to stand in obedience to the Lord?"

Library. .

(cont'd from page 3)

Martha Hall. Winners of DVDs were Holley Chandler, Joy Mullen, and Henry Chandler.

Congratulations to all winners, and thanks for taking part in the 2026 Winter Reading Challenge. Thanks to the Friends of the Library for providing our grand prizes!

Happy Birthday, Dr. Seuss March 5 at Coffeeville

Thanks to everyone who celebrated Dr. Seuss' birthday with us at Coffeeville Public Library on Thursday, March 6. Brooke Fielder, Marley Brewer, and Debbie Brooks were readers, and everyone enjoyed the delicious cake provided by Friends Pres. Debbie Brooks.

Living. .

(cont'd from page 3)

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 ho 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 Boleclear, 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.

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Celebrating Nutrition Month
The Power of Nutrition Education

Good nutrition is not



about perfection, fad diets, or fancy supplements. It is about learning how to navigate the many food choices we face every day.

Here are four powerful lessons:

1. Hydration: Lower Sugar, Boost Memory
Choosing water more often is one of the simplest and most powerful nutrition decisions.

Replacing sugary beverages with water can:

Lower added sugar intake
Improve focus and memory

Even mild dehydration can affect concentration and mood. Teaching hydration habits helps support both physical and cognitive performance.

2. The Healthy Plate: Nutrients Within Your Calorie Needs

A balanced plate makes healthy eating practical and achievable.

A simple visual guide, based on whole foods:

Half the plate: Vegetables and fruits

One quarter: Lean protein

One quarter: Whole grains

Add: Milk, yogurt, or another calcium-rich option

This structure helps individuals:

Stay within calorie needs
Increase fiber intake

Improve nutrient density
Support heart and metabolic health

The healthy plate turns nutrition science into an easy daily strategy.

3. Label Reading: Shop Smarter

Understanding the Nutrition Facts label builds lifelong decision-making skills.

Comparing labels empowers shoppers to reduce excess sugar and sodium while increasing fiber and nutrient-rich choices. Education transforms grocery shopping into a powerful health tool.

Reading ingredient lists helps you base more of your choices on whole foods versus ultra-processed foods.

Key things to check:

- Serving size
- Added sugars
- Sodium
- Saturated fat
- Fiber

4. Fiber & Gut Health: Lower Inflammation

Fiber does more than support digestion. It feeds beneficial gut bacteria that play a role in:

- Immune health
- Blood sugar balance
- Heart health
- Reducing inflammation

Encouraging whole grains, beans, vegetables, fruits, nuts, and seeds increases dietary fiber naturally. Small daily increases can make a meaningful difference over time. Good nutrition is not about perfection, fad diets, or fancy supplements. It is about learning how to navigate the many food choices we face each day.

Article Source: <https://www.foodand-health.com/newsletters-archive/march2026-newsletter-and-toolkit>



Food Safety Certification Class: One Day April 23, 2026

ServSafe Food Certification Class will be taught April 23, 2026, beginning at 7:30 a.m. The certification exam will begin around 4:00 p.m. and should be completed by 6 p.m. The class will be held at the Yalobusha County Extension Office in Coffeeville. Cost of the course is \$150. **The deadline to register is March 23, 2026.** Call Pamela Redwine at the Extension Office at 662-675-2730 for additional details and to register. When calling to sign up, please inform the office of any disabilities that might interfere with your opportunity to participate in this program. The MSU Extension provides educational opportunities to the public on an equal opportunity basis and will make every reasonable effort to accommodate individuals with disabilities.

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Newspapers For Students

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BankFirst, formerly Mechanics Bank, has been serving Yalobusha County since 1892, when it got it's start in Water Valley. BankFirst is proud to be a part in the NFS program, realizing the importance of young people becoming aware of their community news and activities. Our young people are the very future of our community and need to be a strong part of the foundation of the community.

The NEWSPAPER IN EDUCATION program provides to the students as a supplemental reading material. Newspapers remain one of the most multifaceted and effected educational resources available for students. Each week during the school year over 300 newspapers are mailed to the students in the 1st grade through the 12th grades at the Coffeeville Schools. News and information are like food for the brain. Students tell us that this program seriously promotes reading skills, plus helps establish a sense of civic identity-making our young people aware of local events right here in Coffeeville and Yalobusha County. It helps to install a sense of cmmunity and place in youth, shaping them as future citizens. Newspapers not only bring acedemics to life, they also depend student learning by grounding it in real-life experiences.

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