

First Baptist . . .

(Cont'd. from page 6)

It seems impossible to us that one could sweat drops of blood, but modern science has documented and proven that it is very much possible, especially when one is in great agony. So, as blood flows from His brow and saturates the earth below, Jesus cries: "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done" (Matthew 26:42).

"Being in agony." At any time, those three words could be used to describe the state of many for we have all experienced what it is to be in agony. At times agony is simply part of life, so it should not strike us as strange that Jesus, the Son of God, who became flesh to redeem us from our sins would have also experienced such an emotion. And it was, at this midnight hour, in the Garden of Gethsemane that agony came upon Jesus. He prays in agony for the Father to take the cup from Him. Yet, more so He prays that the Father's will be done even if that means He must take the cup. After a time, He again rises from His prayers and goes back to the three. Finding them sleeping, He returns to His place of agony. Falling to His face once again, He cries out to heaven, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will. O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done" (Matthew 26:44). Prayers complete, He rises only this time His agony is

over. The battle is won. Though the cross still looms before Him, a great angel has been sent from heaven to strengthen Him. Though the evidence of His agony can still be seen on His face and robe, there is calm, courage, and triumph in His eyes. He returns a third time and as before finds the three asleep. He wakes them and warns them. "Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners. Rise, let us be going. See, My betrayer is at hand" (Matthew 26:45-46). The betrayer has come. The time is now. He sets His countenance towards the cross, the cup that is before Him. It is His destiny, His purpose.

What was this cup of agony that Jesus experienced that night?

We may not ever fully understand what was in this cup that brought Jesus so much agony that night, but what we do know is that it was the cup of our sins; the taste of death for each and every one of us. For the Bible tells us, "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him" (2 Corinthians 5:21).

It was for you and for me that Jesus willfully accepted this cup of agony. It was for our sins and our salvation that He drank this cup. Though we may never fully understand why Jesus would suffer in agony and die for our sins, we do not have to fully understand it to accept it, believe it, and be forgiven through it.

According to the study, the consumption of aspartame, sucralose, glycyrrhizin, and refined sugars was significantly associated with a greater risk of early puberty, especially in kids with certain genetic traits. As the teens consumed more sweet-

Living. .

(cont'd from page 3)

Thursday, April 2 – Looped with Love Crochet MHV – will meet at 10 a.m. at the Extension office. You will need to bring yard and crochet hook. Great opportunity for beginners to learn how to crochet, as well as, a good time for more experienced people to get ideas for new projects or finish existing projects.
Friday, April 3 – NO Healthy You Exercise – Good Friday Holiday – Extension office closed.

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Cracking the Vault: Sweeteners and Early Puberty

Water. Just drink water! I cringe when I see kids and teenagers guzzling sports drinks and sodas. Now, new research suggests that certain sweeteners found in food and beverages may increase the risk of early puberty, particularly in those who are genetically predisposed. The study was presented at the ENDO 2025 in San Francisco at the Endocrine Society's annual meeting.

eners, their risk of central precocious puberty increased. According to The Mayo Clinic, Central Precocious Puberty (CPP) is the early activation of the hypothalamic-pituitary-gonadal (HPG) axis, causing puberty to start before age 8 in girls and 9 in boys. It causes accelerated growth, rapid bone maturation, and premature development of secondary sexual characteristics, often leading to shorter adult height and emotional distress.

"This study is one of the first to connect modern dietary habits -- specifically sweetener intake -- with both genetic factors and early puberty development in a large, real-world cohort," said Yang-Ching Chen, M.D., Ph.D., of Taipei Municipal Wan Fang Hospital and Taipei Medical University in Taipei, Taiwan. "It also highlights gender differences in how sweeteners affect boys and girls, adding an important layer to our understanding of individualized health risks."

Central precocious puberty is becoming more common. It's a type of early puberty that can lead to emotional distress, shorter adult stature, and increased risk of metabolic and reproductive disorders in the future. Previous research by Chen has indicated that certain sweeteners directly impact hormones and gut bacteria, which are linked to early puberty. Acesulfame potassium (AKA AceK) was found to influence the release of puberty-related hormones by triggering "sweet taste" pathways in the brain and elevating stress-related molecules. A sweetener called glycyrrhizin, found in licorice alters gut bacteria balance and decreases the activity of genes connected with triggering puberty.

Chen notes, "This suggests that what children eat and drink, especially products with sweeteners, may have a surprising and powerful impact on their development".

refillable water bottle for hydration.

NOTICE TO CREDITORS

TO THE CREDITORS OF WALTER VERNON MOORE III, DECEASED:

Letters Testamentary on the Last Will and Testament of Walter Vernon Moore III, Deceased, were issued by the Chancery Court of the First Judicial District of Yalobusha County, Mississippi in Cause No. 26-cv-15 on the 10 th day of March, 2026, to the undersigned as the Executrix of said Estate. All persons having claims against said Estate are hereby notified that they are required to have the same probated and registered by the Clerk of said Court within ninety (90) days of the date of the first publication of this notice or they will be forever barred.

This the 19 th day of March, 2026, which is the date of first publication of this notice.

/s/ Jerilou James Moore, Executrix
Estate of Walter Vernon Moore III, Deceased

PUBLISH: March 19, 2026, March 26, 2026, and April 2, 2026

Intake of sucralose (commercially known as Splenda) was associated with a higher risk of central precocious puberty in boys, and intake of glycyrrhizin, sucralose, and added sugars was linked with a higher risk of central precocious puberty in girls.

Chen states, "The findings are directly relevant to families, pediatricians, and public health authorities. They suggest that screening for genetic risk and moderating sweetener intake could help prevent early puberty and its long-term health consequences. This could lead to new dietary guidelines or risk assessment tools for children, supporting healthier development."

Adults in leadership roles can help with the following:

- Be a role model. Drink healthy beverages in the company of young individuals.
- Educate parents about the risks of added sugar as well as artificial sweeteners.
- Discourage the use of sports drinks in very young children and inactive teens.
- Encourage water or milk over juice, sweetened tea, soda, and other sugary drinks.
- Keep sugary beverages and treats to a minimum in your home.
- Encourage the use of a

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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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