

First Baptist . . .
(Cont'd. from page 6)
It is the bitter weeping of the man who feels he has thrown it all away. He has denied Jesus; his Lord, his Savior, his friend. How could he ever recover from what he has done?

Peter's story is a story of risks, failures, victories, denials, forgiveness, and renewal. It is personal for Peter is me. He is you. He is all of us. Peter's story is our story for each one of us

at some point will fail the Lord and hear in some way the rooster crowing for us. When that happens, Satan will tell us that we are finished, that we have no hope or future, but the Lord has promised our story does not have to end with our failures. Our story, like Peter's, can be one of forgiveness and renewal for God's grace flows abundantly to all who believe in Jesus as their Lord and Savior.

Living. . .
(cont'd from page 3)

p.redwine@msstate.edu to have a registration form sent to you. **The Deadline for Dining with Diabetes is quickly approaching. There is still plenty of space so go ahead and register soon!**

Extension Programs this week:

Wednesday, April 1 – 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.

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.

Monday, April 6 – Sewing for Service – will meet at 9 a.m. at the Extension office. We are making fleece blankets for Blair Batson Children's hospital. We welcome volunteers how can sew, cut patterns and iron.

Monday, April 6 – 4-H Home School- will meet at 1:30 p.m. at the Extension office. Our meeting will be led by Zoey, John and Zanelle Dubock.

Wednesday, April 8- 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.

Wednesday, April 8 – Create MHV- will meet at 10 a.m. at the Extension office. The project will be a floral door hanger. Supplies for one door-hanger will be provided for \$10 per person. Mary Fuquay is the project leader. Please bring exact cash or checks made out to

Mary Fuquay.

Friday, April 10 – Peeps Diorama entries – Our Fourth Annual Peeps Diorama contest will be held April 13-17th. Dioramas should be turned into the Extension office by Friday, April 10th at 5 p.m. Dioramas will be on display at the Coffeeville Public Library from Monday, April 13th until Friday, April 17th. The public can vote for their favorite diorama at the Library or on the Yalobusha County 4-H Facebook page. Voting will close on Friday, April 17th at 5 p.m. Prizes will be awarded for 4 categories – Peoples Choice, Judge's Choice, Best use of Peeps and Best title. Contest is open to youth ages 5-18. Dioramas should be picked up by April 22nd. Dioramas not picked up by this time will be repurposed.

Friday, April 10 - 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.

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Exercise snack" List
"Exercise snacks" are short 1-5 minute bursts of movement that add up to big benefits for heart health, blood sugar control, energy, and focus. Here are 10 easy exercise snack ideas you can sprinkle throughout your day:

- 1. 1-Minute Power Walk Walk briskly around the

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

house, studio, office, or parking lot. Swing your arms and increase your pace slightly above normal.

2. 10-15 Squat Break
Stand up from your chair and do controlled body-weight squats. Great for glutes and circulation after long sitting sessions.

3. Stair Sprint (or Stair March)

Climb one or two flights of stairs at a quick pace. No stairs? March in place with high knees for 60 seconds.

4. Countertop Push-Ups
Use a kitchen counter or desk for incline push-ups. Aim for 8-12 reps. Perfect between emails or while something simmers.

5. Wall Sit While You Wait
Waiting for coffee to brew? Sit against a wall with knees at 90 degrees and hold for 30-60 seconds.

6. 2-Minute Dance Burst
Turn on one song and move. This boosts mood, heart rate, and creativity instantly.

7. Calf Raises at the Sink
While brushing teeth or washing dishes, rise onto your toes 15-20 times. Sneaky but effective.

8. Plank & Breathe
Hold a plank for 20-40 seconds. Focus on steady breathing to engage your core and reduce stress.

9. Stretch + Reach Reset

Stand up and:
Reach overhead
Twist side to side
Roll shoulders back
Great for posture and counteracting screen time.

10. Carry Something Heavy
Grab grocery bags, a case of water, or dumbbells and walk across the room. Functional strength counts!

Article source:
<https://www.foodandhealth.com/newsletters-archive/march2026-newsletter-and-toolkit>
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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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