

# Living. .

(cont'd from page 3)

76bbe861d or contact the extension office at 662.675.2730 or 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 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.

**Wednesday, April 8 – Dining with Diabetes Lesson 1** will meet at 1:30 p.m. at the Extension office.

**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.

**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.

**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 – Peeples 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 – April 4-H Cooking Kit-** Registration deadline. Kits are \$15.

**Wednesday, April 15 – 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 15 – Dining with Diabetes Lesson 1** will meet at 1:30 p.m. at the Extension office

**Thursday, April 16- Looped with Love Crochet MHV** will meet at 10 a.m. at the Extension office.

**Thursday, April 16 – April 4-H Cooking Kit Distribution Day**

**Friday, April 17 - 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.

**Monday, April 20 – Sewing for Service** will meet at 9 a.m. at the Extension office.

**Monday, April 20 – 4-H Home School-** will meet at 1:30 p.m. at the Extension office. Game day bring a game and your favorite snack to share.

**Tuesday, April 21 – United U.C. MHV Meeting** at 9 a.m. at the Extension office.

**Wednesday, April 22 – 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.

**Dining with Diabetes Lesson 3** will meet at 1:30 p.m. at the Extension office

**Thursday, April 23 – ServSafe class and exam.** Class starts at 7:30 a.m.

**Friday, April 24 - 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 29 – Dining with Diabetes Lesson 4** will meet at 1:30 p.m. at the Extension office

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### Heart Healthy Grilling 123

Grilling season is almost here! Grilling is a great way to keep the heat out of the kitchen, get outside, and add new flavors and menu items to your meals.

Keeping your grilled dinners in the heart-healthy zone only needs 3 easy steps:

Choose heart-healthy protein

Many grilled meats are served in very large portions and contain a lot of saturated fat. But if you choose smaller, leaner portions and trim excess fat, it is easier to keep your saturated fat calories to 10% or less of your daily intake.

Add lots of fresh veggies, enough to fill half your plate  
Spring and summer yield a beautiful bounty of many fruits and veggies that are delicious when grilled.

- Zucchini and yellow

squash

- Bell peppers
- Mushrooms
- Onions and scallions
- Corn
- Eggplant
- Asparagus
- Cherry or grape tomatoes

- Carrots
- Sweet potatoes

3) Keep sodium in check  
While we all love barbecue sauce and many condiments, it pays to read food labels and watch serving sizes, as many popular choices, like teriyaki and barbecue sauce, tend to be very high in sodium, averaging 300 mg per ounce (2

tablespoons) or up to 700 mg for buffalo sauces. Go heavier on marinades and use the high-sodium sauces sparingly.

Grilled Lime Chicken Serves 3.

Each serving: 139 calories,

7g fat, 1 g saturated fat, 48 mg cholesterol, 0 mg trans fat, 88 mg sodium, 4 g carbohydrates, 1 g fiber, 1g sugar, 16 g protein.

Ingredients:

- 2 large chicken breasts, boneless and skinless
- 1 tablespoon olive oil
- 1 lime, cut in half
- 1 tablespoon Italian seasoning
- 1 tsp Korean red pepper Low-sodium BBQ Sauce:

- 1 cup no-salt-added tomato sauce
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey
- 1 Tbsp tomato paste, no added salt

- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper
- ½ tsp mustard powder
- 1 tsp molasses

Bring to a boil and simmer for 10 minutes.  
Directions:  
1. Mix the chicken breasts with the oil, lime juice, and seasonings.

2. Flatten the breasts onto a tray.
3. Place on a hot, pre-

### IN THE CHANCERY COURT OF YALOBUSHA COUNTY, MISSISSIPPI FIRST JUDICIAL DISTRICT

#### IN THE MATTER OF THE ESTATE OF KENNETH CARVAN, DECEASED

NO: 26-CV-19PL  
SUZANNE THOMAS, PETITIONER

#### SUMMONS BY PUBLICATION

#### STATE OF MISSISSIPPI COUNTY OF YALOBUSHA TO: THE HEIRS AT LAW OF KENNETH CARVAN, DECEASED

You have been made a Respondent in the Petition To Determine Heirs filed in this Court by Suzanne Thomas, on behalf of the Heirs of Kenneth Carvan, seeking an Order adjudicating Suzanne Thomas and Brandon Carvan as the sole heirs at law of Kenneth Carvan.

Other Respondents in this action are: NONE.

You are summoned to appear and defend against the Petition filed against you in this action at 9:00 a.m. on Wednesday the 6th day of May, 2026, in the courtroom of the PanolabCounty Chancery Court, at the Panola County Courthouse located at 151 Public Square, Batesville, MS, and in the case of your failure to appear and defend, a judgment will be entered against you for the relief demanded in the Petition To Determine Heirs of Kenneth Carvan. Youbare not required to file an answer or other pleadings but you may do so if you desire. If youvdesire to file an answer, you must mail the original of same to the Chancery Clerk of Yalobusha County, Mississippi, and a copy thereof to Thomas Womble Jr. at the address listed below before the above listed hearing date.

ISSUED under my hand and the seal of said Court this 23rd day of March, 2026.

**Donald Gray**  
**14400 Main Street**  
**Yalobusha County Chancery Clerk**  
**Coffeeville, MS 38922**

BY: /s/ Annie Harris, D. C.

**Of Counsel:**  
**Thomas Womble Jr., MSB#106428**  
**BAILEY, WOMBLE & YELTON**  
**Post Office Drawer 1615**  
**Batesville, Mississippi 38606**  
**(662) 563-4508 Telephone**  
**(662) 563-5746 Facsimile**  
**thomas@baileywomble.com**

Publish by: April 2, 9, 16, and 23, 2026

- heated grill that is 450 degrees. Cook for 8 minutes on each side until done. It is done when no longer pink in the center and firm to the touch.
4. Remove from the grill and allow to rest 5 minutes.
5. Cut into slices on the bias. Serves 2-3 people.

Article Source:  
<https://www.foodand-health.com/newsletters-archive/april2026-newsletter-and-toolkit>

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# Newspapers For Students

## BankFirst

Member FDIC  
**662-473-1234**

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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