

Looking Back

For our readers who like to reminisce on news as recorded in The Coffeeville Courier of the years gone by

90 YEARS AGO

June 19, 1936

Monday Mr. J. Leon Crawford, aged about 50 years, died at his home in Tillatoba.

R. B. Scobey was recently elected commander of the McShannon-Schmitz Post No. 115 for 1936-37.

The home of Mr. and Mrs. Chreston Spearman of the New Hope section, was destroyed by fire Thursday night of last week.

Mr. A. K. Burt has been appointed special agent for the Kentucky division of the Illinois Central Railroad System.

Sally Stone returned Sunday from a several days outing on the Gulf Coast.

85 YEARS AGO

June 21, 1941

Mr. and Mrs. Irving Shaw and family of Abilene, Texas, are moving back here this week.

Rosedale, Miss., June 23— On Friday evening at the Church of Christ here, Miss Margaret Lois Jackson, daughter of Mr. and Mrs. Fenimore Jackson, became the bride of Marvin Lee Smith, son of Mr. and Mrs. Worlie Lee Smith of Lyon.

William Baird York, son of Mr. and Mrs. W. P. York, left a few days ago for Hamilton, California, to enter the Army training service.

65 YEARS AGO

June 22, 1961

As of this afternoon (Wednesday, June 21) Coffeeville patrons will go to the new Federal Post Office building for their mail. The morning mail was delivered from the old building — and during the day the post office crew moved everything to the new building, so that the evening mail was dispursed from there.

Brenda Brandon, Gloria Hipps, Jimmy Denley and Joe Farmer, Yalobusha County 4-H Club members, are delegates to the statewide 4-H Junior Leadership Training Conference this week at Mississippi State University.

Mr. and Mrs. Duard Davis announce the engagement of their daughter, Linda Carol Davis, to Charlie Michael Shaw. The wedding will be July 28 at the Church of Christ in Coffeeville.

55 YEARS AGO

June 17, 1971

Little Miss Jill Ann Arrington has been selected as a contestant in the Little Miss Mississippi Pageant which will be held at Millsaps College in Jackson July 9th and 10th.

John Wilks, a recent graduate of Missis-

sippi State University, moved to Coffeeville last week to take over the duties of Assistant County Agent.

On the President’s List at Mississippi State University for the spring semester were the names of John William Abernathy, Coleman Little Bailey, Margaret Griffin Bailey, Anderson Eric Gioia, David Herron and Samuel Carroll Pace. Residents on the Dean’s List were Rodney Brower, Dean Herron, Carl Heinz and Patrice Swearengen.

45 YEARS AGO

June 11, 1981

The academic honors list for the spring semester at Northwest Junior College has been released by college officials. Ten Yalobusha residents are included. On the President’s List are Elissa Anne Boyle from Coffeeville, William Keen, Kevin Surette, Denice Bynum, Larry Willingham and Joe Allen Wright from Water Valley. The Dean’s List included Dawn Fielder and Scott Few. From Oakland Harold Randsome Hughes is on the President’s List and Bessie Lynn White on the Dean’s List.

Rubijo Purdy, a graduate of Yalobusha Academy, has been admitted to Freed Hardeman College in Henderson, Tennessee, for the 1981 fall semester.

Fifteen members of the 1961 graduating class of Coffeeville High School met at the Robbin’s Nest restaurant Saturday night. Attending were Donna Thornton Logan, Mary Sue Smith Stevens, Lou McCormack Bergeron, Joanne Wright Fudger, Pam Davis Mattey, Linda Lou Mullen Tilgham, Betty Jo Hooper Hughes, Flake Farmer, Roy Fly, Jim Warren, Vicky Branum, John Criss Williams, Q. B. “Sonny” Gray, Jr., Ralph McCormack and Rufus Purdy, Jr..

At the General Election in Tillatoba June 2, Guy Ray Weir was reelected Mayor of the town. Aldermen elected were Mrs. Mary Alice Craig, Mrs. Guy Ray Weir, Kenneth Frank Weir and W. N. McLendon.

40 YEARS AGO

June 12, 1986

Members of Coffeeville First Baptist Church have been busy welcoming their new pastor and his family since they came to live in the pastorium a few weeks ago. The pastor Truman D. Scarborough, his wife, Delores, and daughters, Aletha and Hannah, have already made many friends here and will surely become an asset to our town and community.

Mrs. Thelma Walker captured first place in the talent contest at the “Over 60 Celebration” at the Civic Center in Greenwood on Tuesday, May 27. She played a medley

Coffee Time

By Sarah H. Williams





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of hymns, closing with “Amazing Grace”. The prize? — a check for \$35.00. Beth Ann Robinson of Houston moved

here last week to begin her duties as summer youth worker at the Coffeeville United Methodist Church.

Library News

By Patty Bailey

“Unearth a Story”

Summer Library Program

Our exciting “Unearth a Story” Summer Library Program kicked off Monday, June 1, with Jackie Kerr from the Mississippi Museum of Natural Science with over 100 in attendance at Coffeeville. On Monday, June 8, Coffeeville Library’s program was on Dinosaurs. Oakland Library’s Dinosaur program will be Wed., June 10, at 1:30 PM.

The Summer Library Program is free for area children in grades K-6. Children may be registered at either library to participate. This summer, we will be digging into exciting stories about reptiles, paleontology, dinosaurs, archeology, gardening, and America’s history. We invite children to join us for exciting adventures this summer.

Super Thursdays at

Coffeeville June 11

Coffeeville Public Library offers a weekly craft / activity program on Thursdays at 4:00 for children and youth. No registration is required, and the program is free.

On Thursday, June 11, we will make newsprint dinosaurs. On June 18, we will explore worms and gardening, and on June 25, we will get ready for America 250 with patriotic crafts. We invite families with children and youth to come get crafty with us!

Summer Book Giveaway

Starts June 8

Each summer, Yalobusha County Public Library System sponsors a free Summer Book Challenge for children ages 3 – 14. Children and youths may win one (1) free book for every 10 easy / story books or every five (5) chapter books they read between June 8 and July 24. The child or a parent must have a YCPLS library card, and all books must be checked out from either Coffeeville or Oakland Public Library. Children may also have books

read aloud to them.

Ask a librarian for a free SLP “Unearth a Story” Reading Record at the circulation desk of either library, check out books, and start reading now. After reading 10 story books or 5 chapter books, bring the reading record to either library to claim your free book starting Monday, June 8. Winners may also add a their name on a dinosaur to our Summer Book Giveaway display.

Adopt- A- Dinosaur @ the

Library

Did you know you can adopt a dinosaur at the library? This summer, we are offering children and youth a chance to “Adopt a Dinosaur” from the library to take home. Once you adopt a dino, you may name it and care for it. And remember that dinosaurs love to read, too! Ask about dinosaur adoption at the main desk starting in June.

Memorial Donation
Yalobusha County Public Library System recently received a memorial donation in memory of Jim Ellington, given by his wife Martha. The library board and staff appreciate this generous gift to the library system. Martha was a YCPLS staff member for many years, and she and Jim have been strong library supporters.

Read for 20 MS

Along with other Mississippi libraries, Yalobusha County Public Library System invites everyone to participate in Read for 20 MS, which encourages all ages to read for 20 minutes a day this summer. Make reading a part of your day, every day. We have thousands of books for you and your family to check out and read at no cost. If you will commit to joining us, post a short video on Facebook about reading with the hashtag #Readfor20MS. Be sure to tag Yalobusha County System!

Living Well

In Yalobusha County By Pamela Redwine

MSU-ES Extension County Coordinator - Yalobusha County

Extension Programs

coming up:

Wednesday, June 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.

Wednesday, June 10- 4-H Grilling Workshop- 10 a.m. – 12 p.m. Cost is \$5 per child and covers workshop expenses and lunch. Open to youth ages 8-18.

Wednesday, June 10 – Create MHV – Project: Clothespin Cross Wall decor, Project Leader: Elsie Harrison, All supplies will be provided for \$10. Please contact the Extension office to reserve your spot by Friday, May 5th.

Friday, June 12– 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, June 12 – Project Achievement Day – Northeast Mississippi Community College – Booneville.

Friday, June 12 – Deadline to Register for June 4-H Cooking Kit. The cost is \$15 per kit and includes: recipe, ingredients, fun activities and kitchen tool.

Monday, June 15 – Sewing For Service will meet at the Extension office at 9 a.m. Volunteers are welcome to join.

Monday, June 15 – 4-h Home School Club – will meet at the Extension office at 1:30 p.m. We will be continuing the Puppeteer curriculum.

Tuesday, June 16 – United Y.C. MHV will have their monthly meeting at 9 a.m. at the Extension office.

Tuesday, June 16- 4-H Terrific Tuesdays – Fun with Flower Arranging -

will meet 2:00-3:30 p.m. at the Extension office. This is a free program and open to all kids ages 5-18. Younger children (under the ages of 7- should be accompanied by an adult). Please call by Monday, June 15th to reserve your child’s spot.

Wednesday, June 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.

Thursday, June 18 – Looped with Love Crochet MHV Club – will meet at 10 a.m. at the Extension office.

Thursday, June 18 – 4-H Cooking Kit Pickup. Office open 8-5.

Friday, June 19– 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.

Tuesday, June 23- 4-H Terrific Tuesdays – Fun with STEM- will meet 2:00-3:30 p.m. at the Extension office. This is a free program and open to all kids ages 5-18. Younger children (under the ages of 7- should be accompanied by an adult). Please call by Monday, June 22nd to reserve your child’s spot.

Thursday, June 25th – FCS AFTER 5 – Door Hangers – Meals served at 5:30 p.m. Workshop begins at 6 p.m. Cost is \$30 and includes meal and one door-hanger. To register come by the extension office pay with check made out to MSU Extension or register online at <https://reg.extension.msstate.edu/>

All fees are non-refundable. Participants who miss a class have two days from class date to pick up their materials.

Monday, June 29th – Green Been Canning Workshop- Class will be held at the Extension office and will begin at 2 p.m. The cost is \$15 per person. Space is limited. To register, come by the Extension office and by with check made out to MSU-Extension or register online at <https://reg.extension.msstate.edu/>

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The Argument for Just Choosing A Banana
Bananas are one of the most convenient, nutrient-dense fruits you can grab, and they pack more benefits than their simple appearance suggests. They are offered in grocery stores and coffee shops and can easily be toted in a briefcase or lunchbox. Yet you never see folks choosing them over pastries.

1. Rich in potassium (heart health)
Bananas are well known for their potassium content, an essential mineral that helps regulate blood pressure, supports heart function, and balances fluids in the body. The combination of fiber, potassium, and antioxidants contributes to lower cardiovascular risk.

2. Natural real-food

energy boost
They contain easily digestible carbohydrates (glucose, fructose, and sucrose), making them ideal for quick energy—great before or after workouts.

3. Good source of fiber (digestive health)

Bananas provide both soluble and insoluble fiber, which helps support gut health, promotes regular digestion, and keeps you feeling full longer.

4. Supports muscle function

Thanks to potassium and magnesium, bananas help prevent muscle cramps and support proper muscle contraction.

5. Vitamin powerhouse

One banana delivers a significant portion of your daily vitamin B6, which helps with:

- Brain development and function
 - Mood regulation (serotonin production)
 - Metabolism
- Contains vitamin C (immune support)
- Bananas support immune health and help combat oxidative stress through vitamin C and other antioxidants.
- Ripeness matters
- Green bananas - higher in resistant starch (good for gut health, lower sugar impact)
- Ripe yellow bananas - sweeter, easier to digest, quick energy
- Very ripe (brown spots) - highest in antioxidants and natural sugars
- Easy ways to prepare
- Peel and eat raw
 - Top yogurt and cereal
 - Make a nut butter sandwich with them
 - Add to smoothies

Article

Source: <https://www.foodandhealth.com/blog/the-argument-for-just-choosing-a-banana>