

First Baptist . . . (Cont'd from page 6)

the tomb four days. To remove the stone at this point would be a gruesome experience. Still, Jesus says remove the stone, so they do. After lifting His eyes to Heaven and thanking the Father, Jesus cried out with a loud voice, “Lazarus, come forth,” and Lazarus obeyed. He came out of the tomb alive again.

I think we can all understand those feelings, those questions they had toward Jesus. Lazarus has died before his time. His family is hurting and grieving. They not only lost their brother, but they also lost the family provider. Mary and Martha do not know what they are going to do. They are confused and scared and hopeless and all they can think is, “Lord, if you had been here,” not realizing that He is standing right in front of them now. In Mary and Martha’s most desperate hour, Jesus was there. When their lives had gotten about as low as they could get, Jesus was there. I do not believe Jesus wept for Lazarus. Jesus had no reason to weep for Lazarus. Jesus wept for the people standing around Him who had no hope. The Savior of the World, the Son of God, the Alpha and Omega, the Beginning and the End, the One who was and is and is to come is with them was standing before them. Yet, they were hopeless.

If you are a believer and you are in a season of hopelessness because life has beaten you down; your problems seem too big, your sorrow too great, your trouble too difficult, maybe you have been saying; “Lord, why didn’t you do something to keep this from happening?

Living Well . . . (Cont’d from page3)

Thursday, September 10 – ServSafe One Day training and Exam. Cost to register is \$150, must have 9th edition book. Deadline to register is August 10th.

Mississippi State University is an equal opportunity institution. Discrimination is prohibited in university employment, programs, or activities based on race, color, ethnicity, sex, pregnancy, religion, national origin, disability, age, sexual orientation, genetic information, status as a U.S. veteran, or any other status to the extent protected by applicable law. Questions about equal opportunity programs or compliance should be directed to the Office of Civil Rights Compliance, 231 Famous Maroon Band Street, P.O. 6044, Mississippi State, MS 39762

What is Micro-Prepping?

Micro-Prepping: Cook Once, Serve Twice

Meal prep doesn't have to mean spending an entire Sunday chopping vegetables and filling rows of containers. A simpler approach is micro-prepping—doing a little extra each time you cook so future meals come together faster and with less effort.

The idea is simple: whenever you're making a meal, prepare extra ingredients or portions for another meal later in the week. You're already washing, chopping, cooking, and cleaning. A few additional minutes can save you much more time later.

Why Micro-Prepping Works

- Saves time on busy weeknights
- Reduces cooking fa-

Lord, if you had only been here!” Realize that when darkness and despair seem to be around every corner,

- tigue and decision- making
 - Helps prevent food waste
 - Makes healthy meals more convenient
 - Cuts down on takeout and impulse purchases
 - Spreads meal prep throughout the week instead of dedicating an entire day
- Think of it as "cooking forward" rather than meal prepping.

Easy Ways to Micro-Prep Roast Extra Vegetables When roasting vegetables for dinner, fill the entire sheet pan.

Tonight: Roasted broccoli and carrots with chicken Tomorrow: Add leftovers to a grain bowl, omelet, soup, or salad Cook Extra Grains Prepare double the rice, quinoa, or farro.

Tonight: Salmon with brown rice Later: Grain bowls, stuffed peppers, fried rice, or a quick side dish Make Extra Protein Cook additional chicken breasts, turkey burgers, tofu, or beans.

Tonight: Grilled chicken with vegetables Tomorrow: Wraps, salads, tacos, sandwiches, or pasta dishes Double Your Soup or Chili

Soups, stews, and chili often taste even better the next day.

Serve one meal now and freeze the rest for a future dinner.

Prep Produce While You're Cooking While dinner is in the oven:

- Wash berries
- Slice cucumbers
- Chop salad veggies
- Portion snack vegetables
- Future-you will thank

when hopelessness assaults us, Jesus promised that He would never leave you nor forsake you.

★★ CELEBRATING ★★ AMERICA'S 250TH BIRTHDAY HONORING OUR VETERANS ★ ★ ★ ★ ★ with Guest Speaker SGM (R) CLARENCE “RAMBO” JONES 4TH INFANTRY DIVISION – VIETNAM JULY 18, 2026 11:00 AM MT. MORIAH BAPTIST ASSOCIATION BUILDING 3657 CR 211 • COFFEEVILLE, MS ★ ★ ASKING ALL ★ ★ VETERANS PAST AND PRESENT TO BE IN ATTENDANCE and WEAR YOUR UNIFORMS Let's honor those who served as we celebrate ★ ★ 250 YEARS OF FREEDOM! ★ ★

you.

One Week Plan for Micro-Prepping The "One Plus One" Rule

Every time you cook, ask: "What can I make extra today that will help me tomorrow?"

- Examples:
- Bake six potatoes instead of three.
 - Grill two extra chicken breasts.
 - Make a double batch of overnight oats.
 - Make double the vinaigrette.
 - Make a double batch of protein bites.
 - Chop twice the vegetables you need.

Small actions add up quickly.

- Week of Micro-Prepping
- Monday
 - Roast a large tray of vegetables.
 - Tuesday
 - Use leftover vegetables in a dense bean salad.
 - Wednesday
 - Cook extra brown rice.
 - Thursday
 - Turn leftover rice into a vegetable stir-fry.
 - Friday
 - Make a large pot of soup and freeze half.

Without spending hours meal prepping, you've created multiple meals from a few strategic extras.

Keep It Heart Healthy Micro-prepping pairs perfectly with healthy eating patterns like the

DASH Diet and Mediterranean Diet.

Focus on:

- Fruits and vegetables – getting them chopped for use all week
- Beans and lentils – cook in larger batches and freeze leftovers
- Whole grains - cook once in a big batch and save leftovers to use all week
- Lean proteins - cook once and serve multiple times. Whole chickens, family packs of lean meat, s

(cont'd on page 11)

Northwest Spring 2026 Commencement

SENATOBIA, MS (07/08/2026)-- Northwest Mississippi Community College officials announced that graduates have been awarded degrees and certificates for the Spring 2026 semester. Degrees were officially conferred by Dr. Michael Heindl, Northwest president, on May 8, during the college's 120th Commencement.

Jakya Richardson, Amyiah Whitfield, Kameron Stacy, Margaret (Meg) Daves, Marsha Daniels, and Kensley Walls, of Coffeeville.

Dershauria Robinson, of Scobey.

Jimeka Suggs and Riley Cook, of Oakland.

Haley Wortham, Aiden Lehman, Kaden Norlander, of Water Valley, Ethan Johnson, Nathaniel Allen, Ryan Carter, Lionel Harris, Aiden Isbell, Dequarius McNeal, Tristan Fiew, Mya Harden, Bethany Pryor, Nakyla Woodard, Tamarius Barnes, Mary Gough, Mary Theobald, Gabrielle Terrell, Lucy Campbell, Shiquita Carson, Mary Johnston, and Christion Lewis, all of Water Valley.

Northwest Mississippi Community College is a public, two-year institution primarily serving 11 counties in Northwest Mississippi. For more information visit www.northwestms.edu

Musicians Appreciation Service

Honoring Chasity Steen and Deon Cottom

Come and help us express our heartfelt gratitude for their unwavering commitment, and the beautiful music they have shared in worship. Their dedication has inspired our congregation, and we invite you to be a part of this special occasion.

It will be held July 26, 2026 at 2:00 P.M. at New Beginning Community Church, 15536 CR 436, Coffeeville.

Your presence will make this celebration even more meaningful as we give thanks to God for the ministry of music.

“Serve the Lord with gladness: come before His presence with singing.” — Psalm 100:2

We look forward to celebrating with you!

Pastor James Wright Secretary Sharon Booker

Food Safety Certification Class: One Day September 17, 2026

ServSafe Food Certification Class will be taught on September 17, 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 August 14, 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.

PUBLIC NOTICE to the taxpayers of Yalobusha County, Mississippi

You are hereby notified that the real and personal property assessment rolls of the above named county, for the year 2026 have been equalized according to law, and that said rolls are ready for inspection and examination and that any objections to said rolls or any assessment therein contained, shall be made in writing and filed with the clerk of the Board of Supervisors of said County, on or before the 3rd of August, 2026 at his office in the Courthouse of said County, and that all assessments to which no objection is then and there made, will be finally approved by said Board of Supervisors, and that all assessments to which objection is made, and which may be corrected and properly determined by this Board, will be made final by this Board of Supervisors, and that said rolls and the assessments contained therein will be approved by this Board of Supervisors; and that,

1. This Board will be in session, for the purpose of hearing objections to the said assessments which may be filed, at the Court house in the City of Water Valley, MS at 9:00 a.m., said County and State on the 3rd day of August, 2026; and August 4, 2026 at 9:00 a.m. at the Courthouse in the Town of Coffeeville, MS.

2. This Board of Supervisors will remain in session from day to day until all objections, lawfully filed shall have been disposed of and all proper corrections made in the said rolls.

Witness the signature and seal of the said Board of Supervisors this the 6th day of July, 2026, and,

THE BOARD OF SUPERVISORS OF YALOBUSHA COUNTY

CLERK’S CERTIFICATE

I, DONALD GRAY, Clerk of the Board of Supervisors of Yalobusha County, State of Mississippi, do hereby certify that the foregoing is a true and correct transcript of an order of said Board of Supervisors, passed on the 6th day of July, 2026, and the same appears Minute Book for July 2026 of said Board, now on file in the office of said Clerk in the City of Water Valley in said county.

Witness my hand and official seal, this the 6th day of July, 2026.

Clerk of the Board of Supervisors of said County

/s/Donald Gray

DONALD GRAY (SEAL)