

2017 Recertification due by March 31

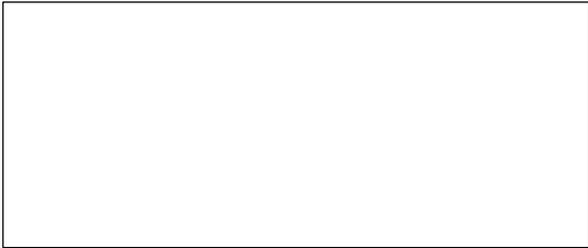


2017		MARCH					SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	01	02 <i>Food Day 1</i>	03	04	
05	06	07	08 <i>Spearsville TRIAD Noon Town Hall</i>	09 <i>Marion TRIAD 1:30</i>	10	11	
12 <i>Daylight Savings Time Begins</i>	13	14	15	16 <i>Food Day 2</i>	17 <i>Farmerville TRIAD 1:00</i>	18	
19	20 SPRING BEGINS	21	22	23	24	25	
26	27	28	29	30	31	01	

- March, 2017**
- Linda Richard - March 2*
 - Ethelle Colvin-March 5*
 - Gabe Wayne-March 7*
 - Mattie Levingston-March 11*
 - Barbara Sisk-March 16*
 - Donna Miller-March 17*
 - Shirley Jackson-March 20*
 - Calvin Jones-March 23*
 - Leroy Cole-March 27*
 - Rutha B. Fields-March 27*

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When to Keep Your Mouth Shut

DON'T OPEN YOUR MOUTH:

1. In the heat of anger - Proverbs 14:17
2. When you don't have all the facts-Proverbs 18:13
3. When you haven't verified the story-Deut. 17:6
4. If your words will offend a weaker brother-I Cor. 8:11
5. If your words will be a poor reflection of the Lord or your friends and family - I Peter 2:21-23
6. When you are tempted to joke about sin-Proverbs 14:9
7. When you would be ashamed of your words later-Prov. 8:8
8. When you're tempted to make light of holy things-Ecc. 5:2
9. If your words would convey a wrong impression-Prov. 17:27
10. If the issue is none of your business-Proverbs 14:10
11. When you are tempted to tell an outright lie-Proverbs 4:24
12. If your words would damage someone's reputation-Proverbs 16:27
13. If your words will destroy a friendship-Proverbs 25:28
14. When you are feeling critical-James 3:9
15. If you can't speak without yelling-Proverbs 25:28
16. When it is time to listen-Proverbs 13:1
17. If you may have to eat your words-Proverbs 18:21
18. If you have already said it more than one time (then it becomes nagging)-Proverbs 19:13
19. When you are tempted to flatter a wicked person-Proverbs 24:24
20. When you are supposed to be working instead-Prov. 14:23

PROVERBS 21:23, "WHOSOEVER KEEPETH HIS MOUTH AND HIS TONGUE, KEEPETH HIS SOUL FROM TROUBLE."



Happy St. Patrick's Day

Dublin Coddle

- 1 $\frac{1}{2}$ pounds potatoes
 - 1 medium onion, coarsely chopped
 - 3 tablespoons fresh parsley, chopped
 - 8 ounces pork sausage
 - 6 ounces bacon, cut into pieces
 - $\frac{1}{2}$ cup beef broth
 - freshly ground black pepper
1. Preheat the oven to 300°F.
 2. Peel the onion and coarsely chop it. Finely chop the parsley.
 3. Wash the potatoes and cut them into large chunks. (It is not necessary to peel them, unless that's your preference.)
 4. Chop the bacon into one-inch pieces. You may leave the sausages whole, or chop them into large chunks, if you prefer.
 5. In a large skillet, over medium heat, lightly brown the sausage and bacon together. Remove from the pan and drain briefly on paper towels.
 6. Put the beef broth in a small sauce pan and bring it to a boil.
 7. In a large oven-proof heavy pot, or Dutch oven, with a tight-fitting lid, layer half of the onions. Seasoning each layer with fresh-ground pepper and a bit of the chopped fresh parsley, add half of each: bacon, sausages or sausage pieces, and potatoes. Repeat with the rest of the ingredients. Don't worry if you run out of parsley and use as much, or as little pepper as you prefer.
 8. Pour the boiling broth over all. On the stove, bring the coddle to a boil. Turn off the heat, and place a sheet of aluminum foil underneath the pot lid to help seal it, and replace the lid.
 9. Put the pot in the oven and bake for three to five hours. After two-hours, check the pot for liquid. There should be about an inch at the bottom of the pot at all times.

Green Rice Casserole

- 2 eggs slightly beaten
- 1 small can evaporated milk
- $\frac{2}{3}$ cup cooking oil
- 2 T. parsley flakes
- Medium Onion, chopped
- Salt and pepper to taste
- 2 cups grated sharp cheese
- 1 cup mushrooms, chopped
- 2 cans Cream of Mushroom soup
- Garlic powder to taste

Have your rice prepared. Use one cup of minute rice or fix the old fashioned kind—I prefer the old fashioned kind myself.

Mix all ingredients well with prepared rice. Pour into well-greased baking dish. Bake one hour at 350 degrees.

Reuben Sandwiches

- Rye bread
- Thousand Island dressing
- Corned beef
- Sauerkraut
- Swiss cheese

Spread two slices of rye bread lightly with Thousand Island dressing. Put a layer of sauerkraut over one slice, top with a slice of corned beef then a slice of Swiss cheese. Top with the second slice. Butter outside of sandwich lightly with soft butter and toast on flat griddle, turning to brown evenly. Mmmmm.....!!

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*** Read the TRIAD NEWSLETTER online at www.unionsheriff.com ***

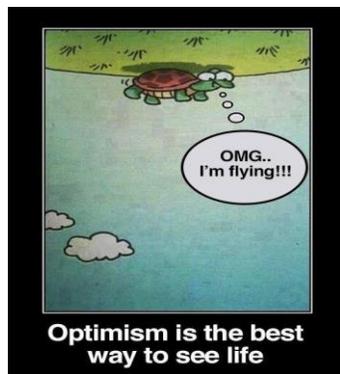
FIFTEEN REASONS TO READ THE BIBLE DAILY

1. To be rid of anxiety and have peace (Ps. 119:165)
2. To set things right when life is out of control (Ps. 19:7-8)
3. To have direction and know God's will (Ps. 119:105)
4. To experience healing and deliverance (Ps. 107:20)
5. To grow in the Lord (1 Peter 2:2)
6. To have strength, comfort, and hope (Ps. 119:28, 50, 114)
7. To shape yourself and your life correctly (Ps. 119:11)
8. To be able to see clearly (Ps. 119:130)
9. To know what's really in your heart (Heb. 4:12)
10. To build faith (Rom. 10:17)
11. To have joy (Ps. 16:11)
12. To understand God's power (John 1:3)
13. To have more life in this life (Ps. 119:50)
14. To distinguish good from evil (Ps. 119:101-2)
15. To understand God's love for you (John 1:14)

Spring Fun Word Search

Can you find the words associated with the coming of Spring?

C	U	K	K	M	F	X	S	R	E	W	O	L	F	U	Q	T	APRIL
I	A	X	I	K	A	O	R	N	R	Z	G	N	P	U	D	R	BASEBALL
L	T	S	W	T	S	D	E	E	S	E	F	N	G	B	T	A	BIRDS
R	B	A	L	I	E	E	E	H	T	S	T	F	C	T	S	I	BLOSSOMS
P	G	U	V	B	R	R	G	L	S	M	M	S	B	B	D	N	BUDS
S	X	H	D	G	M	R	I	R	X	A	X	L	A	L	R	S	DAFFODILS
U	F	Y	M	S	O	R	E	T	R	R	O	E	B	E	I	D	EASTER
N	P	W	F	W	P	W	K	B	O	S	Z	Y	G	G	B	A	FLOWERS
S	C	I	I	A	O	O	L	B	S	I	P	R	A	N	Z	F	GARDENING
H	W	N	L	H	M	E	I	O	S	Z	Y	W	O	I	E	F	GREEN
I	G	C	S	U	S	N	M	T	C	A	M	P	R	N	H	O	GROWING
N	U	O	G	H	T	S	N	D	M	E	C	I	H	E	C	D	KITE
E	I	X	U	O	Q	P	U	D	D	L	E	S	Q	D	R	I	MARBLER
A	G	Y	V	G	W	A	G	N	I	T	S	E	N	R	A	L	MARCH
D	U	Y	N	D	P	F	S	D	N	I	W	N	Z	A	M	S	MAY
Y	B	A	S	E	B	A	L	L	V	P	I	C	T	G	Z	A	NESTING
L	S	J	Y	X	A	M	G	N	I	T	N	A	L	P	M	J	PLANTING
																	PUDDLES
																	RAIN
																	ROBIN
																	SEEDS
																	SHOWERS
																	SUNSHINE
																	TULIP
																	WINDS

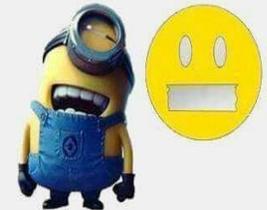


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8. Good Folate Source
9. Cardiovascular Health
10. Good Manganese Source



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Duct Tape is Silver.



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Know the rules well, so you can break them effectively.

Four Leaf Clovers

by Ella Higginson

I know a place where the sun is like gold,
And the cherry blooms burst with snow;
And down underneath is the loveliest nook,
Where the four-leaf clovers grow.

One leaf is for hope, and one is for faith,
And one is for love, you know;
But God put another in for luck--
If you search, you will find where they grow.

But you must have hope, and you must have faith;
You must love and be strong; and so,
If you work, if you wait, you will find the place
Where the four-leaf clovers grow.



Every time you take a breath and maintain your temper, your power is increased.

Everything is funnier when you are not allowed to laugh....

**TAKING NAPS
SOUNDS SO CHILDISH.
I PREFER TO CALL
THEM HORIZONTAL
LIFE PAUSES.**

Life isn't about the moments
that take our breath away.
That's asthma. You're
thinking of asthma.

From a procrastination standpoint, today has been wildly successful!

Recertification is Due !!

Bring your 2017 Proof of Income and a Picture
I.D. (Driver's License or I.D. Card) to the
TRIAD Office in Farmerville

Original	Half	One-Third
1 cup	1/2 cup	1/3 cup
3/4 cup	6 tbsp	1/4 cup
2/3 cup	1/3 cup	3 tbsp + 1-1/2 tsp
1/2 cup	1/4 cup	2 tbsp + 2 tsp
1/3 cup	2 tbsp + 2 tsp	1 tbsp + 1-1/4 tsp
1/4 cup	2 tbsp	1 tbsp + 1 tsp
1 tbsp	1-1/2 tsp	1 tsp
1 tsp	1/2 tsp	1/4 tsp
1/2 tsp	1/4 tsp	1/8 tsp
1/4 tsp	1/8 tsp	dash

There is probably not a single person alive who isn't familiar with the word "Hallelujah". We've all heard this word repeated time and again in various contexts. Hallelujah is a Hebrew loan word, it was incorporated into the English language from Hebrew. But what does this word mean in Hebrew?

The word "Hallelujah" (הללויה) is actually two Hebrew words put together: "Hallelu" (הללו) and "Yah" (יה). We call them compound words. Literally "Hallelu" is an exhortation to praise someone or something, addressed to more than one person. The old English translation of "Praise, ye" is, therefore, accurate. "Yah" is a version of יהוה "YHWH" – the English transliteration of the covenant name of Israel's God.



Living with Psoriatic Arthritis

Psoriatic arthritis occurs when your body's immune system begins to attack healthy cells and tissue. The abnormal immune response causes inflammation in your joints as well as overproduction of skin cells.

It's not entirely clear why the immune system turns on healthy tissue, but it seems likely that both genetic and environmental factors play a role. Many people with psoriatic arthritis have a family history of either psoriasis or psoriatic arthritis. Physical trauma or something in the environment — such as a viral or bacterial infection — may trigger psoriatic arthritis in people with an inherited tendency.

Several factors can increase your risk of psoriatic arthritis, including:

- Having psoriasis is the single greatest risk factor for developing psoriatic arthritis.
- Many people with psoriatic arthritis have a parent or a sibling with the disease.
- Although anyone can develop psoriatic arthritis, it occurs most often in adults between the ages of 30 and 50.

Stress and psoriatic arthritis often go hand in hand. When your body perceives a demand or threat, it triggers a chemical reaction that prepares you to respond effectively.

There's no "right" way to deal with stress. Finding what works for you is the most important thing. Take these steps now to deal with present and potential stress:

1. Learn to recognize signs that you're stressed. People may be stressed but not even realize it. Common signs of stress include changes in breathing, tight muscles, sweaty hands and fatigue.
2. It may be hard to differentiate between stress and your psoriatic arthritis symptoms. Keeping a journal of when you feel stressed, as well as surrounding events, may help you detect the difference.
3. When you know what triggers your stress, you can take steps to avoid it or prepare yourself to face it
4. Sharing your feelings with others can help you see your stressors differently and offer fresh insight.
5. Deep breathing, meditation, progressive muscle relaxation, yoga or tai chi — can significantly reduce stress. Traditional exercise, such as walking or gardening, also can help relieve stress. Talk with your doctor about an appropriate exercise program for you.

Stress won't disappear from your life. And stress management isn't an overnight cure. But with ongoing attention and practice, you can learn to manage your stress levels and live better with psoriatic arthritis.

Cutting back on the consumption of fried and processed foods, such as fried meats and prepared frozen meals, can reduce inflammation and actually help restore the body's natural defenses. Include more vegetables and fruits in your diet and cut out candies, processed foods, white flour baked goods, and sodas to reduce your arthritis pain. Rather than getting protein from meat and dairy, get the bulk of your protein sources from vegetables like spinach, nut butters, tofu, beans, lentils, and quinoa.



Why you get your Social Security payment when you do

Ever wished you could get your Social Security check earlier or wondered why it comes when it does? It may not cross the minds of senior citizens who filed for benefits before May 1, 1997: they get their payment on the third day of the month, unlike more recent filers who get it on the second, third or fourth Wednesday of the month.

If you file for Social Security benefits May 1, 1997, or later, you are assigned one of three new payment days based on the date of birth of the person on whose record your entitlement is established (the insured individual):

- The payment day for insured individuals born on the 1st through the 10th of the month is the second Wednesday of each month;
- The payment day for insured individuals born on the 11th through the 20th of the month is the third Wednesday of each month; and
- The payment day for insured individuals born after the 20th of the month is the fourth Wednesday of each month.

If the scheduled Wednesday payment day is a Federal holiday, payment is made on the preceding day that is not a Federal holiday.

Social Security payments are usually dated and delivered on the third day of the month following the month for which the payment is due. For example, payments for January are delivered on February 3.

If the third of the month is a Saturday, Sunday or Federal holiday, payments are dated and delivered on the first day preceding the third of the month which is not a Saturday, Sunday, or Federal holiday. For example, if the third is a Saturday or Sunday, payments are delivered on the preceding Friday.

You will receive your Social Security payment on the third of the month if you are any of the following:

- A beneficiary who also receives SSI payment;
- A beneficiary whose income is deemed to an SSI recipient;
- A beneficiary whose Medicare premiums are paid for by the state in which you live;
- A beneficiary living in a foreign country;
- A beneficiary entitled to payments on the third of the month, who later became entitled on another record, as long as there is no break in your entitlement;
- A recipient of garnished payments, tax levy case payments, or payments made via the critical payment system; or
- A beneficiary entitled on the same record as one of the above.

If you are paid on the third of the month, you can volunteer to change your payment day as long as all beneficiaries receiving benefits on your record agree. The date-of-birth formula determines the payment cycle for beneficiaries. The decision to change to a cycled payment day is permanent.

SSI payments are usually dated and delivered on the first day of the month that they are due. However, if the first falls on a Saturday, Sunday, or Federal holiday, they are dated and delivered on the first day preceding the first of the month that is not a Saturday, Sunday, or Federal holiday.





FROM THE OFFICE...

Well, it's almost spring. Wait a minute—hasn't it been spring for a long time?

I am generally a little impatient. I don't like to stand in line at restaurants. I don't like to wait for two hours in a doctor's office. I despise being put on hold. In other words, it don't like to wait.

Last week as I was going home and listening to my favorite radio station, I heard a song. It was a song that I have heard before, but this time I listened—really listened. The name of the song is, “The People in the Line.”

The first line says, “The people in the line they make me pretty mad sometimes. Days when I've got a lot to do. They do something and the line won't move.”

You know those days when you are in Brookshire's or Wal-Mart and the person in front of you begins to have a big old conversation with the check-out person and you're thinking, “Look, lady, I have to be at work in five minutes.” or “I have been at work ALL day and you are obviously retired—why have you decided to visit now when I need to go home and cook supper and wash clothes?” And you roll your eyes and tap your foot. But then, you think, “That could be my mother who needs someone to talk to because she has been alone all day with only the television as company.” And, you settle down a little bit.

The rest of that first verse says, “Chances are there's a broken heart standing in front of me or right behind. And I know it's Jesus who brings that to my mind about the people in the line.”

You see those people everywhere you go—the ones with sad eyes and quivering lips—that are obviously thinking about other things than what is going on around them. Maybe there is not enough money to pay the bills or there is a sick child or a parent that can no longer live alone or a spouse with cancer or Alzheimer's. I have seen the time that I was ticked off that they did not speak and there have been other times that I've noticed the sadness and stopped to give a hug or just to visit a little.

We really must think, one day this could be me. Me—that cries myself to sleep or checks my bank balance every ten minutes just to make sure that I'll have enough to keep the lights on.

“People all around me that I barely see. In need of mercy, in need of peace. Struggling underneath a heavy load. Jesus died for the people in the line.”

Then there are the ones that put on the happy face. A happy face when they are raising children alone and wondering how to buy them new clothes because the old ones are too small. A happy face when a child is in trouble and you don't know how to help. A happy face when you're so depressed that you wonder how you will get up in the morning.

Be especially aware of those with the happy faces. Let Him guide you to help those that others think are A-OK.

“People all around me that I tend to judge. Jesus only sees that they need His love. And I hear him asking what I'm gonna do. For the people in the line.”

So you see why this song so affected me. Because I've been the person in the line—Lonely. Sad. Putting on the happy face.

And—so have many of you.

-Susan

TRIAD Newsletter

March, 2017



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

TRIAD strives to reduce criminal victimization of older persons

TRIAD assesses the needs and concerns of older citizens

TRIAD leads to a broad dialogue on safety and security issues

TRIAD is the link with elderly members of the community

TRIAD combines common sense and imagination!



LOUISIANA SHERIFFS' SCHOLARSHIP PROGRAM GUIDELINES FOR SCHOLARSHIP PROGRAM

The Louisiana Sheriffs' Honorary Membership Program will award *sixty-four scholarships* of a **maximum of \$500 each**. This effort is a meaningful expression of the Program's confidence in, and respect for, education and training.

The goal of the Program is to provide assistance to worthy Louisiana students in furthering their education and training with resources made available through the Honorary Membership Program. The Sheriffs of Louisiana consider this scholarship program an investment in the future and believe this will provide for better communication with the residents of the communities served.

Scholarships will be given to graduating high school students from each parish where the Sheriff is an affiliate of the Honorary Membership Program.

There shall be no restrictions on the purposes for which the scholarship is spent. Nor shall the scholarship be considered a loan in any form. Rather, it shall be given to the student in the form of a gift to help in meeting the burdensome costs associated with higher education, in whatever manner that students deem necessary.

There shall be no restriction on any applicant by reason of race, age, creed, color, sex, or national origin. The only limitations are that applicants be permanent residents of Louisiana; scholarships be utilized at institutions of higher learning within the state of Louisiana; and students plan to be enrolled as full-time, undergraduate students.

Only the immediate family of the Sheriff is ineligible to apply. Families of Sheriff's Office employees are eligible to submit an application.

Completed applications shall be submitted to the Sheriff of the parish of the applicant's permanent Louisiana residence by the deadline of April 1st. of each year. Applicants must be eligible for admission to the school indicated on the application. The award will only be paid for attendance at institutions of higher learning within the state of Louisiana.

Applications received in the Sheriff's Office, on or before **April 1st**, are to be reviewed by a committee of nonpartisan citizens selected by the Sheriff. That committee of citizens will review, evaluate, and select the winner and two alternates to represent their parish. Selected applications should be marked: Winner, Alternate 1 and Alternate 2, accordingly. Completed applications of all winners and alternates should be forwarded to the office of the Louisiana Sheriffs' Honorary Membership Program in Baton Rouge by **April 15th** of each year.

The names of all scholarship winners will be announced **by May 1st**. of each year. Scholarship certificates will be prepared for each winner and alternates for presentation at graduation or awards' ceremonies. Funds from the Honorary Membership Program shall be remitted to the local Sheriff for distribution to the scholarship winner, after satisfactory evidence of enrollment has been received by the Program.

If for any reason, a recipient relinquishes a scholarship or fails to enroll as a full-time, undergraduate student at an institution of higher learning in the State of Louisiana that scholarship will be granted to an alternate from the same parish which was selected by the local committee. The Louisiana Sheriffs' Honorary Membership Program reserves the right to reject any winner based upon good cause, such as failure to comply with prescribed guidelines, or behavior or misconduct causing discredit and/or embarrassment to a Sheriff or the Louisiana Sheriffs' Honorary Membership Program, and to award the scholarship to an alternate from the same parish.