



Birthdays of the Month

- Marie Tubbs - April 1**
- Shirley Dixon - April 2**
- Christine Dison - April 3**
- Mildred Brantley-April 4**
- Lezolar Dixon-April 19**
- Gracie Douglas-April 22**
- Margie Colvin-April 22**
- JoAnn Jones-April 25**
- Geraldine Jones-April 26**



| 2016 | | APRIL | | | | | SUNDAY FIRST DAY OF WEEK |
|--------|--------|---------|-----------|---|---|----------|-----------------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| 27 | 28 | 29 | 30 | 31 | 01 | 02 | |
| 03 | 04 | 05 | 06 | 07 <i>Food Day 1</i> | 08 | 09 | |
| 10 | 11 | 12 | 13 | 14 <i>Marion TRIAD 1:30 p.m.</i> | 15 | 16 | |
| 17 | 18 | 19 | 20 | 21 <i>Food Day 2</i> | 22 | 23 | |
| 24 | 25 | 26 | 27 | 28 | 29 <i>TRIAD Academy 9:30- Noon</i> | 30 | |

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Everytime

I get mad

I just have

to remind
myself,

prison orange
is not your color

prison orange is not your color



Your mind is a
garden.

Your thoughts
are the seeds.

You can grow
flowers or you
can grow weeds.

Make Your Own Sweetened Condensed Milk

Ingredients:

- 1 cup nonfat dry milk powder
- 2/3 cup sugar
- 1/3 cup boiling water
- 3 Tbsp. butter

Directions:

Combine all ingredients in a metal bowl and mix well with a wire whisk. This recipe equals one regular can of sweetened condense milk. It really is best for a single use - don't double the batch to put some aside. (I tried this—I couldn't tell the difference in my recipe for lemon icebox pie.)

**"TEARS ARE PRAYERS TOO.
THEY TRAVEL TO GOD
WHEN WE CAN'T SPEAK."
PSALM 56:8**



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Condensed Milk Pound Cake

Ingredients

- 1 1/3 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup (2 sticks) unsalted butter, softened to room temperature
- 1/2 cup granulated sugar
- 3 large eggs
- 3/4 cup sweetened condensed milk
- 2 teaspoons vanilla extract

Instructions

1. Preheat your oven to 325 degrees.
2. Spray an 8 1/2 x 4 1/2 inch loaf pan with non-stick cooking spray and set aside.
3. In a bowl, sift together the flour, baking powder and salt and set aside.
4. In the bowl of a stand mixer fitted with a paddle attachment, cream the butter and sugar on high speed until light and fluffy - about 2 minutes. Add the eggs one at a time, mixing after each egg until well blended. Add sweetened condensed milk and vanilla to the butter mixture and mix until combined.
5. With the mixer on low, slowly add the dry mixture to the wet mixture (increasing the speed of the mixer as needed and scraping down the sides of the bowl as needed) until well combined.
6. Pour the batter into the prepared loaf pan. Bake for 60-65 minutes or until the top is golden brown and a toothpick inserted into the center of the cake comes out clean.
7. Cool for 10 minutes, then turn the pound cake out onto a wire rack to cool completely.

**** This would be a good time to try your
Homemade Sweetened Condensed Milk! ****

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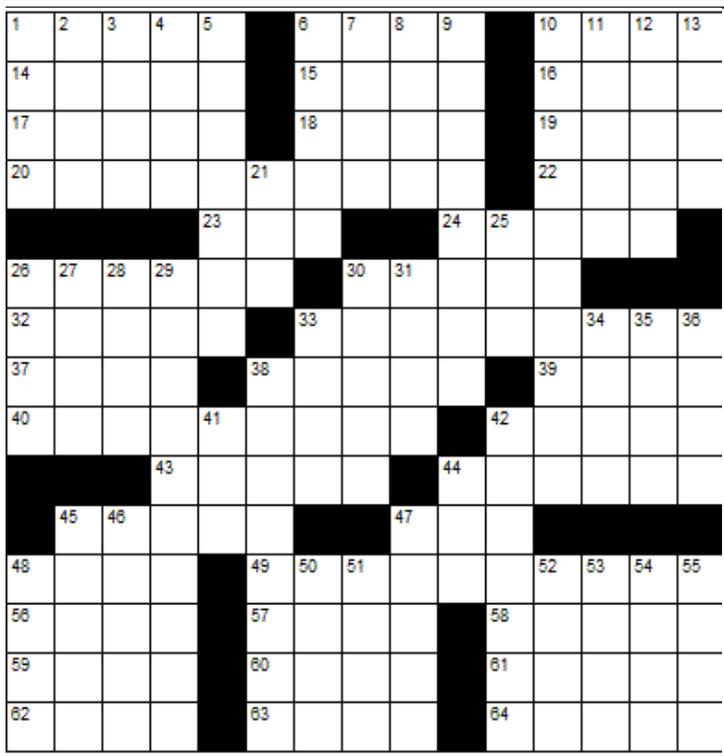
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*** Read the TRIAD NEWSLETTER online at www.unionsheriff.com ***



ACROSS

1. Overact
6. Part of a comparison
10. Scattered
14. Kidney-related
15. Anger
16. Pearly-shelled mussel
17. Inscribed pillar
18. Two-toed sloth
19. Decorate with gold leaf
20. Supervisor
22. "Comes and ____"
23. N N N N
24. Roasting appliances
26. Thin
30. A vaulted recess
32. Beginning
33. Determine one's position
37. Expunge
38. Wall climbers
39. Nile bird
40. Shabbiness
42. Periods of 60 minutes
43. France's longest river
44. A Siouan language
45. All tuckered out
47. Chafe
48. Young cow
49. Shed light on
56. 53 in Roman numerals
57. Allies' foe
58. Adult male singing voice
59. How old we are
60. Connection
61. Consumer of food
62. Short run
63. Seats oneself
64. Put on clothes

Down

1. At one time (archaic)
2. Anagram of "Meat"
3. 1 1 1 1
4. Chat
5. Any simple chemical
6. A framework of beams
7. Clue
8. Wings
9. A personality disturbance
10. Proposal
11. Scallion
12. Guiles
13. Gestures of assent
21. One or more
25. French for "Wine"
26. Mats of grass
27. Leg joint
28. Small island
29. Gar
30. Come up
31. Desserts
33. Not under
34. Adjoin
35. A rubber wheel on a car
36. Being
38. First letters
41. Charged particle
42. Clothed
44. Total
45. Type of antelope
46. Layers
47. Zwiebacks
48. Attired
50. 62 in Roman numerals
51. Fluff
52. Close
53. Initial wager
54. Foot digits
55. Makes a mistake

When you receive your 2016 notice of income from Social Security, remember to bring it by the TRIAD office in Farmerville to recertify for your monthly food box.



Farmer's Almanac Spring Planting Guide
April, 2016

- 1st-3rd** Excellent time to kill weeds, briars, poison ivy, and other plant pests.
- 4th-5th** Set strawberry plants. Excellent for any vine crops, such as beans, peas, and cucumbers. Good days for transplanting. Favorable days for planting root crops.
- 6th-7th** Poor planting days. Break ground or cultivate.
- 8th-9th** Favorable for planting beans, corn, cotton, tomatoes, peppers, and other aboveground crops.
- 10th-11th** Poor days for planting, seeds tend to rot in ground.
- 12th-13th** Plant seedbeds and start flower gardens. Plant tomatoes, beans, peppers, corn, cotton, and other aboveground crops on these most fruitful days.
- 14th-18th** Grub out weeds, briars, and other plant pests.
- 19th-20th** A favorable time for sowing grains, hay, and fodder crops. Plant flowers. Plant corn, melons, squash, tomatoes, and other aboveground crops.
- 21st-23rd** Start seedbeds. First day is a favorable day for planting aboveground crops, especially cabbage, cauliflower, lettuce, kale, celery, and other leafy vegetables. Last two days are good days for transplanting. Last two days are also good days for planting beets, carrots, radishes, turnips, peanuts, and other root crops. Also good for Leafy vegetables.
- 24th-25th** Neither plant nor sow on these barren days.
- 26th-28th** Favorable days for planting beets, carrots, turnips, radishes, onions, and other root crops.
- 29th-30th** Excellent time to kill weeds, briars, poison ivy, and other plant pests.

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From the desk of Bro. David Martin...

We are living in a time in America when churches and Christians are plagued with criticism and even hostility and animosity. As a matter of fact, in some quarters and sections of our nation among many of the academic and so-called elites we are despised and hated.

Surely most of us are aware that Christians are always among the very first responders when there are crises and people are needy and desperate for help. Consider the flooded areas we have experienced in our area and many other parishes in our state.

Many churches have become involved in the clean-up efforts as well as furnishing meals, clothing, cleaning materials, and food for many of whom lost homes and most of even all their furnishings.

Also church groups from other states have responded and provided groceries and generous aid to the families who have been decimated by the rising water.

I am aware that other groups and agencies and businesses, as well as individuals outside the Church have helped, and we deeply appreciate their good work as volunteers.

While I'm on the subject, I want to put in a word for the Farmerville and other Volunteer Fire Departments. They are among the best, on call 24-7. In recent days, they quickly responded to the fire at the Dean of Flowers, and quite possibly saved the entire block of businesses.

Thanks to all volunteers! And God Bless You!

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I have great faith in fools - self-confidence, my friends call it. (Edgar Allan Poe)

April 1. This is the day upon which we are reminded of what we are on the other three hundred and sixty-four. (Mark Twain)

We're fools whether we dance or not, so we might as well dance. (Japanese Proverb)

Republicans believe every day is the Fourth of July, but the democrats believe every day is April 15. (Ronald Reagan)

The wages of sin are death, but after they take the taxes out, it's more like a tired feeling, really. ~Paula Poundstone

A fine is a tax for doing something wrong. A tax is a fine for doing something right. Author Unknown

Did you ever notice that when you put the words "The" and "IRS" together, it spells "THEIRS?" ~Author Unknown

If you lend someone \$20, and never see that person again, it was probably worth it. ~Author Unknown

Every day I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work. ~Robert Orben

TRIAD ACADEMY

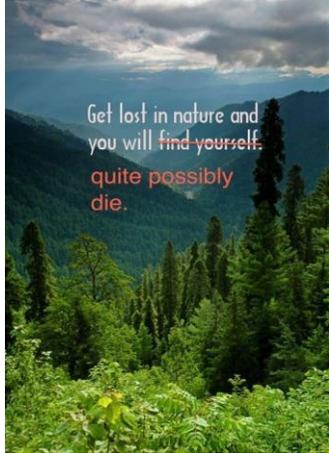
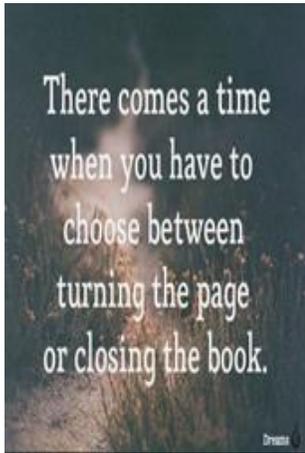
Friday, April 29, 2016

TRIAD Building at
 Union Parish Sheriff's Office

9:30 a.m. - Noon

Lunch included

"You are to rise in the presence of the elderly and honor the old. Fear your God; I am the Lord. Leviticus 19:32



Treating the Elderly with Respect and Dignity

Respecting our elders should be a courtesy ingrained in every one of us. Common grace and manners are to treat elders with respect and dignity. Sadly, these important dignities have been largely forgotten in today's society.

Today's world has greatly changed, with the Information Age putting technology at the forefront of human communication. Between bustling schedules of juggling family life and work, in addition to reaching people through cyberspace as the main mode of connection; manners have somehow been forgotten. Instead of treating our elders with the appreciation and respect they deserve, many are often either too busy or simply dismiss them and their contributions to community and family.

Senior citizens — generations that have survived The Great Depression, World War II, Vietnam and The Great Recession — are amazing individuals. They have a thing or two to teach us about enduring change and handling life's adversity. Even if a senior's hearing or memory isn't what it was in the past, our elders have great wisdom to impart. It's one thing to read about Pearl Harbor; it's more engrossing to hear about it from someone with first-hand knowledge. Younger generations must learn the importance of respecting their elders and make time to listen and spend quality with them.

The simple act of paying attention does wonders, even if loved ones suffer from cognitive diseases, such as Alzheimer's disease or other forms of dementia. Compassion, patience and learning how to pay attention to small details will not only make their day, but often yours. After all, spending quality time together and learning history — or even about your family's heritage — can be irreplaceable memories.

Baby Boomers' parents and grandparents raised them to believe in the importance of treating others with courtesy and respect and the validity of a handshake. The 'golden rule' has always been important to our parents and grandparents. These generations have held tight to dignity, ethics, faith, honesty and integrity; which is exactly why condescending comments or even inadvertent belittling are not okay — even when the goal is to protect, rather than harm.

It's important to remember to be not only considerate, but also polite to people whose mind and bodies are failing them simply because of the hands of time. Ageism exists, but being kind and showing compassion is at least one step in the right direction in a world that is often devoid of manners and humanity.

Excerpt by Dana Larsen, *a Place for Mom*

Do you love to put your crock pot to work like I do? This is some helpful information to know so you can convert your recipes to crock pot meals.

| Oven or Stove Time | Low Set Cooking | High Set Cooking |
|--------------------|-----------------|------------------|
| 15 - 30 min. | 4 - 6 hrs. | 2 - 3 hrs. |
| 35 - 45 min. | 6 - 8 hrs. | 3 - 4 hrs. |
| 50 min. - 3 hrs. | 8 - 16 hrs. | 4 - 6 hrs. |

A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like." Without looking up from her drawing, the girl replied, "They will in a minute."



FROM THE OFFICE...

Welcome to spring!! I love Bradford pears blooming, azaleas, dogwoods and the new beginning that Easter brings to mind.

As I was strolling through Facebook (don't judge me, I enjoy it) the other day, I read about someone who had recently eaten at the Piccadilly in Monroe. She remembered going there as a child and also how much her father had enjoyed dining there. And, of course, as I am want to do, I started thinking of some firsts in my life.

For instance, I well remember the first time that I went to the Piccadilly. As I rounded that corner, my first sight was blue jello. Not just jello!--blue jello. I had to have it! I continued down the line and there I saw watermelon. I don't really even like watermelon but I just had to have it! "Can I get it?" I asked my parents and they both said, "Yes." I thought I had died and gone straight to Heaven!!

Other firsts jump into my mind:

- My first day at Farmerville Elementary School. I cried like a baby (well, I really was the baby). I continued to cry every day for a long time. I thought Hazel Harston was very old until I also became a teacher and we belonged to the same sorority. She insisted that I call her Hazel and she was one of the funniest, loveliest ladies that I have ever known.(And I kept on going to school—I eventually learned to like it.)
- Going from elementary school to "high school." 7th grade. Could I be any more frightened? Would I be able to find my classrooms? Would I have to go up those stairs?
- Getting my driver's license. One of my most favoritist(I know it's not a word) days. Not only did I get out of school early but I got to drive home by myself after I got that beautiful piece of paper!
- Starting college. I remember that first day VERY well. My sister was supposed to come to help me register, but SHE DID NOT SHOW UP!! (I still talk about this is and it was 44 years ago) I didn't even know where to go much less what to do. But you know what, I actually got registered and even managed to get a degree.
- My first teaching assignment. Kindergarten. Little red building. Spearsville High School. I have never wiped more noses or tied more shoe laces.
- Meeting my husband. Let's just say that he visited my parents' home and saw me—fell instantly in love and immediately got down on one knee and proposed and we married the next day. Oh, wait, that was a Hallmark movie!

He saw me, asked somebody about me, called me for a date and 10 months later we were married. I still remember all of those important dates.

- Becoming a mother. I still say it is the best thing I ever did!!
- Other firsts: walking to Dr. Booth's office to have my ears pierced; singing solos in church; cutting up a chicken(I think I learned how the day before I got married—I can cut the neck, the back, AND the pulley bone); pulling a loaded trailer(I had to do this when our son was showing animals and then when I came to TRIAD, I found out that pulling trailers was part of my job--Bob neglected to mention this—I'm glad I knew how!)

Put your thinking caps on and dredge up those memories of your first things first!!

-Susan

TRIAD Newsletter

April, 2016

Happy "Tax Day" April 15

Here are some interesting facts on TAXES...

- The Stamp Act of 1765 was the first tax imposed directly on the American colonies by England. The new tax required the American colonists pay a tax on every piece of printed paper they used.
- The most famous protest of taxation by the America colonies was the Boston Tea Party. On December 16, 1773, colonists dumped 342 chests of tea into the Boston Harbor to protest the Tea Act and other oppressive tax measures. They argued there should be no "taxation without representation."
- Excise taxes are also called "sin taxes." They are taxes on alcohol, tobacco, and gambling.
- The first income tax in the U.S was imposed in July 1861 to help pay for the Civil War. In 1862, it was repealed and replaced with the tiered income tax. The current income tax system was made into law in 1913, before the start of WWI.
- When Americans started paying annual federal income tax in 1913, they would save money in anticipation of paying a lump sum to the federal government. It wasn't until WWII, when the government needed a more consistent stream of income to fund the war that taxes started being withheld from paychecks.
- WWII led to the creation of the Bureau of Internal Revenue, which later became the Internal Revenue Service (IRS). The IRS is the world's largest accounting and tax-collection organization.
- The federal tax code was 400 pages in 1913. In 2010 it was 70,000 pages.
- The number of words in the Federal Tax Code: 3,700,000
- The U.S. Civil War was not about slavery but mainly about taxation.
- Biblical Israel split into two kingdoms after Solomon's death in large part because his son the new king refused to cut taxes.
- According to one historian, plane geometry was not invented by Euclid but by ancient tax collectors who wanted to determine land size for harvest taxes.
- Newspapers have such large-sized sheets of paper because of a British 1816 tax on newspapers. The "knowledge tax" was levied by page. In response, newspapers started using larger paper size to accommodate more text, thereby reducing the number of pages taxed.
- Historians note that tax laws have compromised citizens' liberty more often than foreign invaders.
- In Switzerland, William Tell shot the apple off his son's head as punishment for tax resistance.
- An IRS agent anonymously wrote, "There is no important piece of information concerning you I am forbidden to seek."
- Ireland, Denmark, and other EU nations have started to tax cattle owners on cow flatulence. The tax is \$18 per cow in Ireland and \$110 per cow in Denmark. They hope to curb greenhouse gases, of which cows are responsible for 18%.
- In Britain, Lady Godiva made her famous *au naturel* ride as a tax protest.

"Nothing is certain except death and taxes." Aptly put, Benjamin Franklin! And, as J.C. Watts says, "Death and taxes may be inevitable, but they shouldn't be related."



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!

