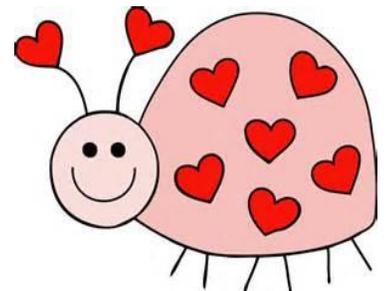


2017 Recertification due by March 31

February 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day Food Day 1	3	4
5 Super Bowl	6	7	8 Spearsville TRIAD Noon @ Town Hall	9 Marion TRIAD 1:30	10	11
12	13	14 Valentine's Day	15	16 Food Day 2	17 Farmerville TRIAD 1:00	18
19	20 Presidents Day	21	22	23	24	25
26	27	28	Notes:			

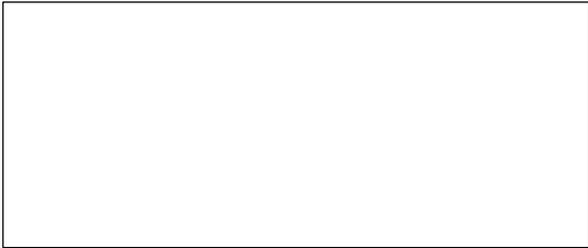


February, 2017
Bobbie Wayne-Feb 2
Linda Washington-Feb 3
Carrie Howard-Feb 6
Jamie Russell-Feb 11
Janie Elliott-Feb 21
Cynthia King-Feb 22



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February 2, 2017 will be Punxsutawney Phil's 131st prognostication!

Here are some answers to Frequently Asked Questions about the holiday:

- Yes! Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors.
- How often is Phil's prediction correct? 100% of the time, of course!
- How many "Phils" have there been over the years? There has only been *one* Punxsutawney Phil. He has been making predictions for over 131 years!
- Punxsutawney Phil gets his longevity from drinking the "elixir of life," a secret recipe. Phil takes one sip every summer at the Groundhog Picnic and it magically gives him seven more years of life.
- On February 2, Phil comes out of his burrow on Gobbler's Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter.
- According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.
- No! Phil's forecasts are not made in advance by the Inner Circle. After Phil emerges from his burrow on February 2, he speaks to the Groundhog Club president in "Groundhogese" (a language only understood by the current president of the Inner Circle). His proclamation is then translated for the world.
- The celebration of Groundhog Day began with Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May..."
- Punxsutawney held its first Groundhog Day in the 1800s. The first official trek to Gobbler's Knob was made on February 2, 1887.
- So the story goes, Punxsutawney Phil was named after King Phillip. Prior to being called Phil, he was called Br'er Groundhog.



Daddy Fell into the Pond

by Alfred Noyes

Everyone grumbled. The sky was grey.
We had nothing to do and nothing to say.
We were nearing the end of a dismal day,
And then there seemed to be nothing beyond,
Then
Daddy fell into the pond!

And everyone's face grew merry and bright,
And Timothy danced for sheer delight.
"Give me the camera, quick, oh quick!
He's crawling out of the duckweed!" Click!

Then the gardener suddenly slapped his knee,
And doubled up, shaking silently,
And the ducks all quacked as if they were daft,
And it sounded as if the old drake laughed.
Oh, there wasn't a thing that didn't respond
When
Daddy Fell into the pond!



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

Valentine's Day Crossword



ACROSS:

- 4 - the blossoms of a plant
- 5 - a sweetened brown candy
- 10 - crushed with sorrow
- 11 - central or vital area
- 12 - either of a pair of lovers
- 13 - bravery
- 15 - machine/individual that writes down
- 16 - to dishearten; deprive of hope
- 17 - innermost, critical part
- 18 - gracious and courteous
- 19 - strife; lack of harmony

DOWN:

- 1 - a sweetheart
- 2 - harmony; agreement
- 3 - filled with love
- 6 - affectionate or familiar term of address
- 7 - heart-shaped
- 8 - involvement in love
- 9 - foolish or all-absorbing passion
- 13 - the wooing of another
- 14 - vigorous and robust

12 Benefits of Walking

Walking is easy to do and offers many benefits, especially for people with arthritis. What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

1. **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart.
2. **Walking shores up your bones.** It can stop the loss of bone mass for those with osteoporosis.
3. **Walking leads to a longer life.** Those who exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts.
4. **Walking lightens mood.** Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.
5. **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
6. **Walking strengthens muscles.** It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk.
7. **Walking improves sleep.**
8. **Walking supports your joints.**
9. **Walking improves your breath.** When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.
10. **Walking slows mental decline.**
11. **Walking lowers Alzheimer's risk.**
12. **Walking helps you do more, longer.**

No More Excuses!! Get up and Walk!!

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Ever notice how many ways a heart can be described...

warm, beating, broken, loving, skipping, shallow, deep, shattered, smiling, kind, happy, giving, caring, stolen, taken, locked up, hurting, bleeding, cold, his/hers, lovely, beautiful, amazing, incredible, special, ugly, mean, evil, guarded, steel, frozen...

The heart is the most written about subject in poetry and in books. Used over one thousand times, the Bible has a lot to say concerning the heart, making it the most common anthropological term in the Scripture. Ancient people understood the heart's physical function differently than moderns. They ate to strengthen the heart and so revive the body. *Gen. 18:5 "And I will fetch a morsel of bread, and comfort ye your hearts..."*

The Bible looks at the heart as the center of hidden emotional-intellectual-moral activity. Sometimes it is also used figuratively for any inaccessible thing. *"Man looks at the outward appearance but the lord looks at the heart" (1 Sam 16:7)*. *"The Lord searches all hearts to reward all according to their conduct" (Jer. 17:10)*. In the time of judgment God will expose the hidden counsels of the heart (1 Cor. 4:5).

Jesus says that the heart's secrets are betrayed by the mouth, even as a tree's fruit discloses its nature (Matt. 12:33-34). *"A wise man's heart guides his mouth" says Solomon (Prov.16:23)*. Most important, the mouth confesses what the heart trusts (Rom 10:9).

Taking care of our heart not only involves eating right and getting the right amount of exercise—these things are physical—but we also need to take care of our heart by feeding it spiritual food to keep it healthy spiritually. Proverbs 4:4 reminds us we need this spiritual food: *"He taught me also, and said unto me, Let thine heart retain my words: keep my commandments, and live."* And Proverbs 4:20-23 *"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life."*

Keep your heart healthy—physically and spiritually.

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

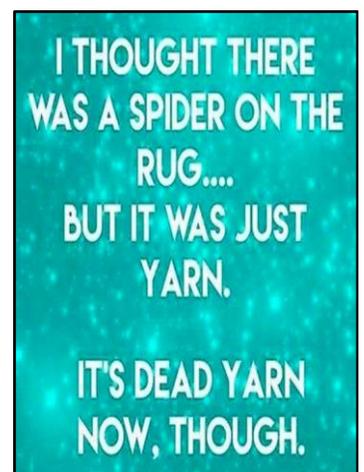
A Prayer

LORD: Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details...give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others, but help me to endure them with patience.

I dare not ask for improved memory but a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken. Keep me reasonably sweet. I do not want to be a saint—some of them are hard to live with—but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. Give me the grace to tell them so. Amen.

-Author Unknown



Elderly Pneumonia: Prevention & Care

Pneumonia is an inflammation of the lungs usually caused by bacteria, viruses, fungi or other organisms. This inflammation causes an outpouring of fluid in the infected part of the lungs, affecting either one or both lungs. The blood flow to the infected portion of the lung (or lungs) decreases, meaning oxygen levels in the bloodstream can decline. The body attempts to preserve blood flow to vital organs and decrease blood flow to other parts of the body such as the GI tract. The complications of pneumonia in the elderly can be life-threatening, from low blood pressure and kidney failure to bacteremia, an infection that spreads to the bloodstream.

Pneumonia is caused by more than thirty types of organisms; these different strains mean that symptoms can vary from case to case. However, the following symptoms can signal a bout of pneumonia:

- Malaise or feeling weak
- Cough
- Green or yellow sputum
- Pain in the chest
- Confusion
- Fever
- Chills
- Shortness of Breath

Pneumonia in the elderly as well as younger people occurs when a person's immune system is weakened. Although it can be transmitted via the air or hand-to-hand contact, if a person's immune system is strong he can fight off this infection. Preventing this disease with the following steps can keep it at bay:

- Pneumococcal Vaccine
- Influenza Vaccine
- Hand Washing
- Dental Hygiene
- Good Health Habits

Exercise, rest and healthy eating can all increase resistance to pneumonia.

Betty White is older than sliced bread. 1922, that's the year Betty White was born. By contrast, the first commercially produced, automatically sliced loaves of bread weren't made until 1928.

Anne Frank, Martin Luther King Jr., and Barbara Walters were all born in the same year. Though they're often thought of as having lived in very different times, Anne Frank, Barbara Walters, and MLK Jr. were all born in 1929.

Cabbage Casserole

- 1 Small Cabbage, sliced thin
- 1 Small Onion, sliced thin
- 2 Cans Cream of Mushroom Soup
- 1/2 Cup Mayonnaise
- 1 Cup Grated Cheese
- 2 Sleeves Ritz Crackers
- 1 Stick Butter

Preheat Oven to 350 degrees.

Slice cabbage and put in casserole dish.

In a separate bowl, combine cream of mushroom soup, mayonnaise and onion; pour over top of cabbage.

Mix together melted butter, Ritz crackers and cheese. Sprinkle over top of casserole.

Bake for about 30 minutes until bubbly and brown.

The closest I've been to a diet this year is erasing food searches from my browser history.

Ten Things About Mardi Gras

10. Carnival is a season. Mardi Gras is a day. "Mardi Gras" is the last Tuesday before Ash Wednesday ushering in 40 days of best behavior, and "Carnival" is the season that begins on the Feast of Epiphany. A krewe is an organization that puts on a parade and or a ball for the Carnival season.

9. Your dog will love Mardi Gras. Dogs just want to have fun! And that's what they get at their very own parade-- the Krewe of Barkus.

8. Mardi Gras is for families. All ages enjoy a parade!

7. The Best Ways To Get Parade Goods Aren't Always Obvious. Head to the end of the parade. You'll be showered by effervescent float-riders with a single goal: chuck all bags of beads off before they get off the float themselves.

6. You Never Know What They'll Throw. Anyone can come home with beads. Only those in the know get miniature squirting toilets and dinner.

5. The Best Parades Aren't Necessarily The Biggest.

4. Why We Throw Beads at Mardi Gras.. Legend has it in the 1880s, a man dressed like Santa Claus recieved such fame throwing beads, that other krewes followed suit. Makes sense, seeing before that, krewes threw any manner of items, including food and dirt. Today krewes buy plastic beads en masse which parade-goers prefer over dirt!

3. The Weight Of Revelry. Officials estimate upwards of 25 million pounds of Mardi Gras items get tossed from floats.

2. Mardi Gras Is a Legal Holiday. Mardi Gras is a legal holiday in Louisiana, and has been since 1875, when Governor Warmoth signed the "Mardi Gras Act."

1. Mardi Gras is More Than New Orleans. Mardi Gras is also celebrated all over the world, including many locations in Europe and massive celebrations in Brazil every year!



FROM THE OFFICE...

Welcome to February. It is special to me because my son was born in this month. Happy Birthday, Chuck!

Several people dropped in to visit this morning. I love to have someone to drink coffee with and we usually use that 15-30 minutes to solve the problems of our community, our state or our country.

Remember when we used to visit? Usually Sunday afternoon was reserved for visiting. My family and I usually went to my grandparent's house along with other aunts and uncles and cousins. The aunts and uncles sat in a circle and talked while the cousins played chase or hide and seek or sometimes Red Rover. I can see those people in my mind's eye and see still those 60 and 70 and 80 year old people as children and beautiful young men and women.

We knew about each other's lives—not because we read about each other on Facebook or got text messages (we didn't even have a telephone) but because we interacted with each other. We visited. We spent the night with cousins that lived in other places. We had picnics at the Loutre or went to the fair in Shreveport. When we went to Monroe, we always stopped and visited my aunt and her family and my uncle and his family.

Remember Homecoming and dinner on the ground. There is not a kid under the age of 35 that will have any idea of what I am talking about. We see people that we were in Sunday School with or that we made cigar box jewelery boxes with in Vacation Bible School.

As Southerners we even visit at wakes and funerals. Many times at these events it is like “Old home week.” We see people that we have not seen in years. Those that “come home” to offer condolences to families of those that have left us. How many times have you heard, “We only see each other at funerals”?

Where do you find opportunities to visit?

- doctor's office
- before church
- after church
- the ball park
- pick up line at school
- Wal-Mart
- the grocery store
- post office
- the bank
- and we all know men that meet for coffee somewhere everyday

I know that many people have their doubts about Facebook but it does allow you to “keep up” with people from your past-family that you don't see on a regular basis, classmates and in my case, students that I have taught. I really do enjoy being able to see my former students as they have become adults with their own families.

So, as you can see, although we may not visit as we did when I was a child, we STILL DO visit, but in our own new modern way!

****If you know someone that lives alone, how about a quick phone call to wish them a happy day—who knows—you might have a really good visit!

Susan

TRIAD Newsletter

February, 2017



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

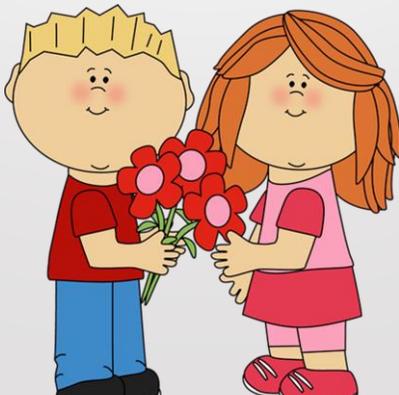
TRIAD strives to reduce criminal victimization of older persons

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!



February is American Heart Month

The American Heart Association's Diet and Lifestyle Recommendations for a healthy heart:

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

As you make daily food choices, base your eating pattern on these recommendations:

- Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.
- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans-fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans-fat in your diet.
- Limit saturated fat and trans-fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If it's hard to schedule regular exercise sessions, try aiming for sessions of at least 10 minutes spread throughout the week.

If you would benefit from lowering your blood pressure or cholesterol, the American Heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week.

♥ Happy Valentine's Day ♥