



2016

JULY

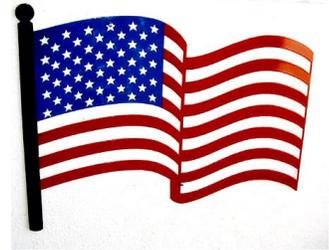
SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
03	04 Office Closed	05	06	07 Food Day 1	08	09
10	11	12	13	14 Marion TRIAD @ Oliver Center 2:30	15	16
17	18	19	20	21 Food Day 2	22	23
24	25	26	27	28	29 Bingo w/Pam @ TRIAD Office 1:30 Ice cream	30

Birthdays of the Month

July

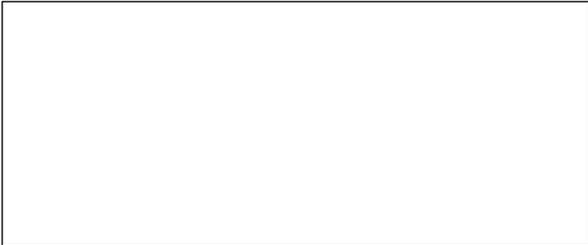
- Nevada Davis - July 1
- Helen Sutton - July 3
- Mary Wainwright - July 7
- Arrie Furlough - July 12
- Lorece Tettleton - July 21
- Johnny Gilliam - July 21

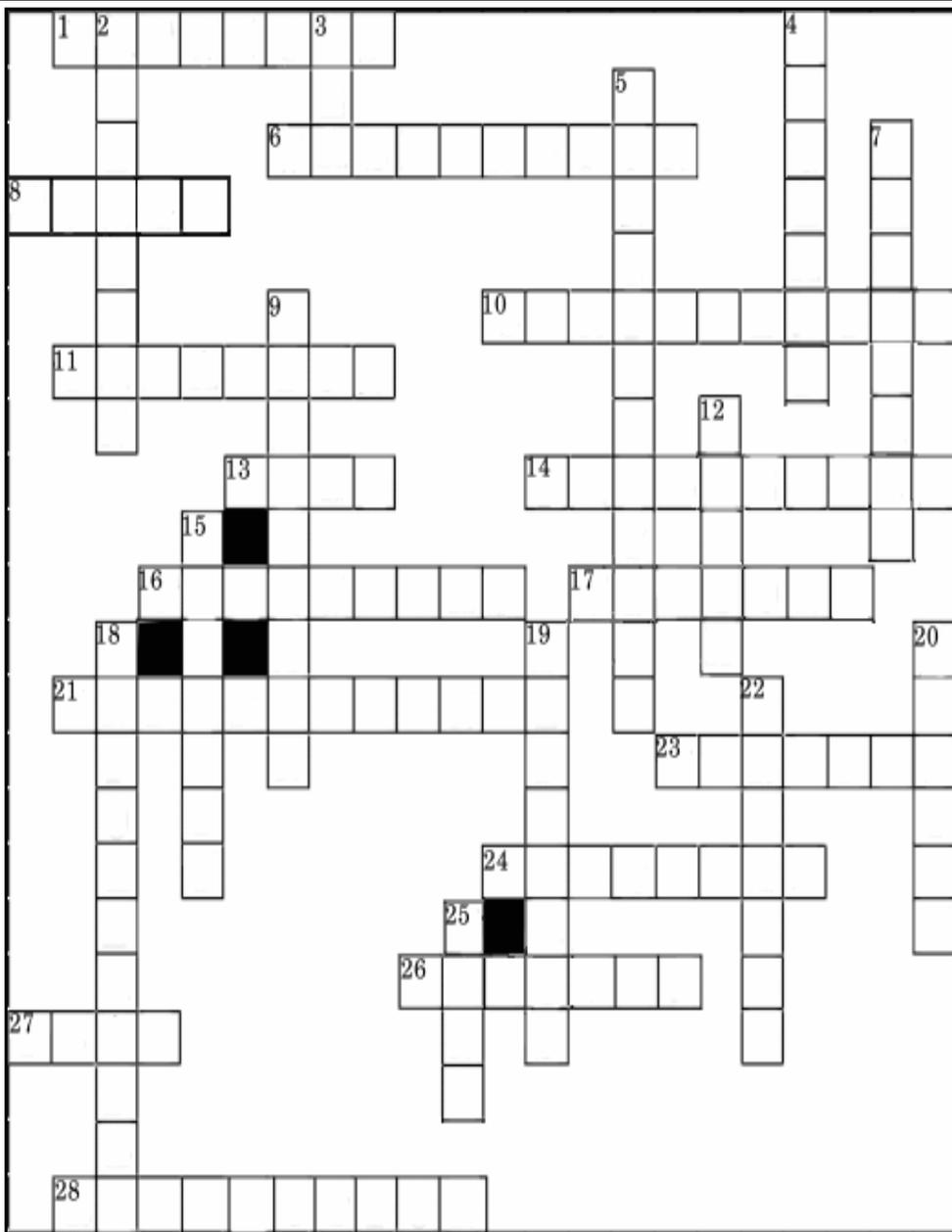


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ACROSS

- 1 Loyal to their country
- 6 Colonial army leader
- 8 Valley fort
- 10 First American Congress
- 11 Payment to government
- 13 Nation's birthday month
- 14 Made midnight ride
- 16 Bursts in the air
- 17 A big win
- 21 Freedom of choice
- 23 Bands march in
- 24 Original states
- 26 Record of events
- 27 Betsy Ross made one
- 28 British colonial war

DOWN

- 2 Citizen of USA
- 3 Colonist threw in harbor
- 4 Part of Great Britain
- 5 "We the People" document
- 7 Washington crossed it
- 9 60 second fighters
- 12 Not lies
- 15 No tyranny
- 18 ___ ACTS
- 19 British soldiers
- 20 Tea Harbor
- 22 Right of choice
- 25 George's title



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

Ten Independence Day Items of Trivia About The Bald Eagle:

1. Benjamin Franklin, John Adams and Thomas Jefferson served on the committee that picked the eagle for the national seal [Franklin wanted the turkey].
2. Bald eagles have few natural enemies and live only in North America.
3. Bald eagles get their white head and tail feathers about 4/5 years of age.
4. Bald eagles are not, and never were bald. The term comes from when "bald" meant "white-headed".
5. Their maximum speed: 40 mph or over 100 mph while in a dive.
6. They can lift roughly half their body weight.
7. The Bald Eagle is no longer considered endangered, and now only threatened.
8. The only other kind of eagle in North America is the golden eagle.
9. Bald eagles mate for life, but if one dies, the survivor will accept a new mate.
10. It is a felony to shoot an eagle.

Blueberry Yum Yum

Ingredients:

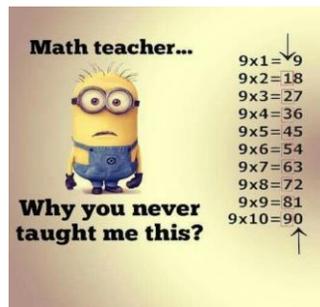
- 2 cups graham cracker crumbs
- 1 stick margarine, softened
- 1 cup sugar
- 1 package (8 ounce size) cream cheese, softened
- 1 can (21 ounce size) blueberry pie filling
- 1 container (8 ounce size) Cool Whip

Directions:

Mix margarine with graham cracker crumbs. Place half of the mixture in a 9X13 pan and pack to make crust.

Mix cream cheese and sugar together. Place half of cream cheese mixture on top of crumbs. Add all Cool Whip as next layer. Next, spread all of pie filling over Cool Whip. Add remaining cream cheese mixture. Sprinkle remaining crumbs on top. Chill overnight before serving.

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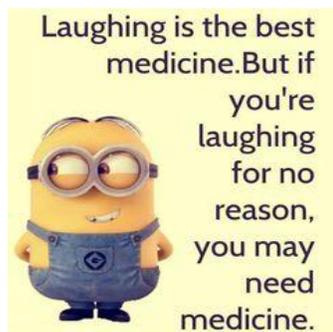
-If you were to spell out numbers, you would you have to go until 1,000 until you would find the letter "A".

-Fire escapes, windshield wipers and laser printers were all invented by women.

-One third of the land in the United States is owned by the government.

-Why don't sheep shrink in the rain?

Sometimes it's okay if the only thing you did today was breathe.



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From the desk of **Bro. David Martin...**

Quite often I reflect on some person or persons who had a profound influence on my life. There's no way I can list them all, but there are a few who stand out.

First, there were my parents. Dad was a preacher, Mother a teacher and musician. Since Dad and I shared in the ministry, we on many occasions shared things positive and negative about our work in the ministry. Dad died in 1985.

My grandparents, Charlie and Nellie Martin, were also a tremendous influence on my life. How I enjoyed my vacation times in the summer staying in their home a week or so! When I was around thirteen years old I got to spend the entire summer with them.

Two of my public teachers touched my life in a big way. The first was a Mrs. Bates at Gilbert High School, from whom I learned a lot regarding English grammar. We definitely learned the parts of speech and diagrammed sentences throughout most of the year. I loved the grammar, not so much the literature. What I learned has helped me through the years.

Again there was Mrs. Belcher, who taught me Latin and history. Mrs. Belcher had graduated from Chicago University, which was and is a very prestigious school. She knew the subjects – believe you me! Mrs. Belcher had a hard life as her daughter spent years as a mental patient in Pineville, and her husband had some like problems.

There was a Navy Chaplain, whose name I do not remember, in Yokosuka, Japan where I served who unwittingly influenced me to study the biblical Greek language in college and seminary. As I listened to him explain scripture with the exact Greek language, it so intrigued me that I thought, "I'm going to take Greek in college and seminary!" So I did!

One other lasting influence was my close high school friend William Deal of Lake Providence, a very brilliant person. We played baseball together, and did a lot of things good and bad together. Bill also was an honorable mention football player. He taught Bio-Chemistry for many years at Michigan State University, died with Lou Gehrig's disease a year after his retirement.

More about other positive influences in another article.

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Farmer's Almanac July 2016 Planting Guide

- 1st-2nd** Poor days for planting, seeds tend to rot in ground.
- 3rd-4th** Plant seedbeds and flower gardens. First day is a good day for transplanting. First day is also most fruitful day for planting root crops. Second day is most favorable for corn, cotton, okra, beans, peppers, eggplant, and other aboveground crops.
- 5th-9th** A most barren period. Kill plant pests and do general farm work.
- 10th-11th** Sow grains and forage crops. Plant flowers. Favorable for planting peas, beans, tomatoes, and other fall crops bearing aboveground.
- 12th-14th** Start seedbeds. Extra good for fall cabbage, lettuce, cauliflower, mustard greens, and other leafy vegetables. Good for any aboveground crop that can be planted now.
- 15th-16th** Barren days, neither plant nor sow.
- 17th-18th** Any aboveground crops that can be planted now will do well.
- 19th-21st** Good days for killing weeds, briars, and other plant pests. Poor for planting.
- 22nd-23rd** Set strawberry plants. Good days for transplanting. Good days for planting beets, carrots, radishes, salsify, turnips, peanuts, and other root crops. Also good for vine crops.
- 24th-25th** A barren period.
- 26th-27th** Good days for transplanting. Root crops that can be planted now will yield well.
- 28th-29th** Poor days for planting, seeds tend to rot in ground.

Benefits of Cucumbers!



1. Relieves joint pain (arthritis/gout)
2. Reduces Cholesterol
3. Aids in Weightloss
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5. Prevents Headaches
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8. High silica content for silky hair
9. Cures Diabetes
10. Controls blood pressure



Why Independent or Assisted Living May Trump Living Alone

Today there are a myriad of amenities in many communities, including barber or beauty services, gourmet dining and spas. Through these services as well as social activities, many seniors are finding that today's independent and assisted living communities provide convenience, happiness and improved quality of life.

Here are four reasons why making the move to an independent or assisted living community may be the right choice for you or your loved one:

1. **It Can Be Less Expensive:** Keeping up a family home can be costly, especially on one fixed income. The cost of repairs and utilities — from temperamental appliances, to a leak in the roof or plumbing wear and tear — can all add up. According to *MoneySense* magazine, a single person needs to earn about 70% more than someone living in a couple to cover typical home expenses. Buying in bulk to save money also usually doesn't work for a single person as food goes bad and storing items may not make sense.
2. **Manners and Civilized Behavior Are Kept In-Check:** The old adage, "If you don't use it, you lose it," can even be used in a social sense. Manners and civilized behavior can start to deteriorate if you're always alone, left in a funk or begin to feel depressed. In this way, community interaction is good. Involvement in the community makes people feel like they're contributing to society, simply because, well — they are. Independent or assisted living communities offer many outreach programs to keep seniors involved in the community, whether they're working with kids, businesses or nonprofit organizations. Having a connection and contributing feels good. And especially for senior citizens to help them not feel 'out-of-touch' in the world.
3. **There's More Opportunity for Physical Activity and Stimulation:** Assisted living communities offer many programs to keep their seniors active, from endurance and strength-building workouts that are catered to senior citizens — to water aerobics and gardening. Staying active in a fun, organized group settings can help seniors treat arthritis, keep their circulation flowing and keep their bodies engaged in healthy living.
4. **There's More Socialization:** Let's face it. Being alone in your house is less social than living in a community surrounded by many others your age with similar interests. As people age, inevitably, they get less social as they no longer need to go to work or have the desire to plan continual social events. Independent and assisted communities do all the planning for you!



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With enough coffee I can rule the world, dress myself and use my grownup manners.



Just a reminder that fireworks look even more amazing when you're not constantly checking your iPhone.



FROM THE OFFICE...

Happy Independence Day!! I love our country.

I love quotes—always have. Winston Churchill said, “Never, never, never give up!” I gave my son a plaque with that quote on it when he left for professional school. I search for appropriate quotes to send to people. One of my very favorite quotes comes from To Kill a Mockingbird--”Stand up, Scout, your father is passing.” I cry every time I read it or hear it.

Soooooo, this month you get to be entertained by some quotes that touch my heart, my mind, my soul. I hope you enjoy!

- Let your smile change the world, but don't let the world change your smile.
- For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.
- When life puts you in tough situations, don't say “Why me” say “Try me”.
- Be somebody who makes everybody feel like a somebody. (I really like this one!)
- If you stumble, make it part of the dance.
- Everything is going to be OK in the end. If it's not OK, it's not the end.
- We get so worried about being “pretty”. Let's be pretty kind. Pretty funny. Pretty smart. Pretty strong.
- F E A R has two meanings-- Forget Everything And Run OR Face Everything And Rise—The choice is yours.
- Difficult roads often lead to beautiful destinations.
- Stop waiting for Friday, for summer, for someone to fall in love with you, for life. Happiness is achieved when you stop waiting for it and make the most of the moment you are in now.---So true!
- People will forget what you said, people will forget what you did, but people will never forget how you made them feel.
- Be kind. Work hard. Stay humble. Smile often. Stay loyal. Keep honest. Travel when possible. Never stop learning. Be thankful always. And love.
- I'm stronger because I had to be, I'm smarter because of my mistakes, happier because of the sadness I've known, and now wiser because I learned.
- Only those who care about you can hear you when you are quiet.
- If only our eyes saw souls instead of bodies how very different our ideals of beauty would be.
- I will walk by faith even when I can not see.
- When you go through deep waters, I will be with you. Is. 43:2
- Enjoy the little things in life because one day you will look back and realize they were the big things.
- It's just a bad day—not a bad life.
- Do not judge. You don't know what storm I've asked her to walk through. ---God
- Storms don't last forever.
- Do all things with kindness.

Please feel free to use any of these. As I said, they touch my heart, my mind, my soul.

Love, Susan

TRIAD Newsletter

July, 2016



Brief History of American Independence

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!



On July 4, 1776, thirteen colonies claimed independence from England's King George III. And thus was born the mightiest nation on earth:

The United States of America.

Leading up to the signing, there had been growing unrest in the colonies surrounding the taxes that the American colonists were required to pay to England. The major objection was 'Taxation without Representation': the colonists had no say in the decisions of the English Parliament since they did not send representative to sit in the English House of Commons.

Rather than attempting to negotiate a satisfactory settlement, King George sent troops to the colonies to quell any rebellion that might break out. The following timeline will give you some idea of the history that led to the signing of the Declaration of Independence and America's break away from British rule.

1774 - The 13 colonies send delegates to Philadelphia, Pennsylvania to form the First Continental Congress. While unrest was brewing, the colonies were far from ready to declare war.

April 1775 - King George's troops advance on Concord, Massachusetts, prompting Paul Revere's midnight ride that sounded the alarm: "The British are coming, the British are coming." Thus began the American Revolution at the battle of Concord.

May 1776 - After nearly a year of trying to settle their differences with England, the colonies, once again, send delegates to the Second Continental Congress.

June 1776 - Admitting that their efforts were hopeless, a committee was formed to compose the formal Declaration of Independence. Headed by Thomas Jefferson, the committee also included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman.

June 28, 1776 - Jefferson presents the first draft of the declaration to congress.

July 4, 1776 - After various changes to Jefferson's original draft, a vote was taken late in the afternoon of July 4th. Of the 13 colonies, 9 voted in favor of the Declaration; 2, Pennsylvania and South Carolina voted No; Delaware was undecided and New York abstained. John Hancock, President of the Continental Congress, was the first to sign the Declaration of Independence. It is said that he signed his name "with a great flourish" so "King George can read that without spectacles!"

July 6, 1776 - The Pennsylvania Evening Post is the first newspaper to print the Declaration of Independence.

July 8, 1776 - The first public reading of the declaration takes place in Philadelphia's Independence Square. The bell in Independence Hall, then known as the "Province Bell" would later be renamed the "Liberty Bell" after its inscription - "Proclaim Liberty Throughout All the Land Unto All the Inhabitants Thereof."

August 1776 - The task begun on July 4, the signing of the Declaration of Independence, was not actually completed until August. Nonetheless, the 4th of July has been accepted as the official anniversary of United States independence from Britain.

July 4, 1777 - The first Independence Day celebration takes place. It's interesting to speculate what those first 4th festivities were like. By the early 1800s the traditions of parades, picnics, and fireworks were firmly established as part of American Independence Day culture.