



JULY, 2017

2017		JULY					SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27	28	29	30	01	
02	03	Office Closed	05	Food Day 1	07	08	
09	10	11	12	13	14	15	
16	17	18	TRIAD Bingo 10:00 a.m.	Food Day 2	21	22	
23	24	25	26	27	28	29	
30	31	01	02	03	04	05	



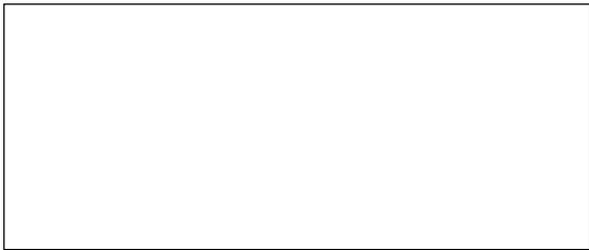
July, 2017

- 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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Warning: This old phone scam is back

According to the *Federal Trade Commission*, scammers are using auto-dialers to call cell phone numbers across the country, letting the phone ring just one time before disconnecting.

Inc.com reports that there are actually three versions of this scam now:

1. Scammer calls and hangs up before anyone answers
2. Scammer waits for the victim to answer and plays a pre-recorded message of someone in an emergency situation and then hangs up
3. Scammer sends a text message indicating that they are in trouble

Consumers face no danger by receiving the message, but calling or texting back can be quite costly.

Although the area codes may look domestic, they're international calls to premium phone numbers, which are like 900 numbers. Victims have been hit with an international call fee, plus an expensive per-minute charge.

Sometimes the scammers will reportedly play hold music or ads in an attempt to keep victims on the line.

According to the FTC, some of the area codes that have possibly been linked to the one ring scam include: **268, 284, 473, 664, 649, 767, 809, 829, 849 and 876.** *Inc.com* has an extended list of area codes, including many in the Caribbean, on its website.

Bottom line: If you receive an unexpected call or text from an area code you don't recognize, *don't answer it.* If it's someone you know, they'll call back. Be sure to review your cell phone bill carefully and contact your carrier about any suspicious charges.

If you or someone you know became a victim of the one ring scam, you can file a complaint online with the [Federal Trade Commission](#) and [Federal Communications Commission](#).

4th Of July Word Search



FIREWORKS
LIBERTY
ANTHEM
PATRIOTIC



FREEDOM
FLAG
JULY
BARBEQUE



INDEPENDENCE
AMERICA
SUMMER
PHILADELPHIA



Once you have been in the dark, you will learn how to appreciate everything that shines.

Farmer's Almanac July 2017 Planting Guide:

1st Sow grains and forage crops. Plant flowers. Favorable for planting peas, beans, tomatoes, and other fall crops bearing aboveground.

2nd - 4th 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.

5th - 6th Barren days, neither plant nor sow.

7th - 9th First two days are when any aboveground crops that can be planted now will do well. Last day is a good day for planting beets, carrots, salsify, Irish potatoes, and other root crops.

10th - 11th Good days for killing weeds, briars, and other plant pests. Poor for planting.

12th - 13th 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.

14th - 16th A barren period.

17th - 18th A barren period.

19th - 20th Poor days for planting, seeds tend to rot in ground.

21st - 22nd Plant seedbeds and flower gardens. Good days for transplanting. Most fruitful days for planting root crops.

23rd - 26th A most barren period. Kill plant pests and do general farm work.

27th - 28th Sow grains and forage crops. Plant flowers. Favorable for planting peas, beans, tomatoes, and other fall crops bearing aboveground.

29th - 31st 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.



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

Online Fraud Safety Tips

According to the Department of Homeland Security, "seniors are defrauded at twice the rate of the rest of the population." Online scammers are out to steal money or personal information. Popular ways that scammers or thieves target seniors online include emails or websites for:

- **Dating services:** The scammer becomes close with the victim and once they gain trust the scammer asks for money or personal information.
- **Charitable donations and requests for help:** Often the charity isn't legitimate or the request for help is a lie.
- **Health care offers:** The scammer promises to heal or treat conditions using medical breakthroughs that don't exist. The treatment simply doesn't work or is never received.
- **Affordable prescription medication:** There are legitimate online pharmacy sites, but there are others that are out to scam seniors. They either send medication that isn't FDA approved, don't send medication at all or simply steal the senior's financial or personal information. This scam can be deadly if it results in a senior taking the wrong medication.
- **Online auctions and community buy and sell sites:** An item is purchased but not received, a lesser quality item is received or the senior is abused or robbed when they meet up to trade the item with the seller.
- **Fake news stories:** These stories report untrue news that creates a sense of urgency. These fake news articles often end with a request for a donation to "help the cause."

Ensure you have secure passwords that are changed frequently and to have a different password for every site or asset that requires one, including your home computer. If you use one password for everything, a stolen password means that the thief has access to *everything*.

When your web browser asks you to save passwords or credit card information, DON'T! That's the equivalent to putting your key under your doormat.

***Don't** reveal any personal information to strangers or in public forums.

***Don't** open attachments or respond to email messages from people or companies that you don't know.

***Be careful** of entering contests or joining groups that require you to share your personal information. Don't accept a trip or prize for something that you didn't enter.

***Make sure** the site is legitimate. Sites that end in .edu (education) or .gov (government) are trustworthy. When you're using an online bank be sure that you're on the right page (look for https://). It's important to type the bank address directly in the address bar; don't follow links to your bank or other sites where you will need to put in personal information like a password.

NEVER BEFORE HAS A GENERATION
SO DILIGENTLY RECORDED
THEMSELVES ACCOMPLISHING
SO LITTLE.

languippe
"a little something extra"
may our lives be about giving
'a little something extra' no matter
the day, place or time

ATE SALAD FOR DINNER!
MOSTLY CROUTONS &
TOMATOES. REALLY JUST
ONE BIG, ROUND CROUTON
COVERED WITH TOMATO
SAUCE. AND CHEESE.

FINE. IT WAS PIZZA.
I ATE A PIZZA.

You call them
houseflies

I call them
skyrainsins

My brain said
"crunches" but
my stomach
auto-corrected
it to "cupcakes"



We're all brave until we realize the cockroach has wings...

Make any cake mix taste like it was from a bakery

1. Follow directions on the package.
2. Add 1 more egg (or 2 for an even richer taste).
3. Replace oil with melted butter and double the amount.
4. Replace the water with an equal amount of milk.
5. Mix and bake according to the package.

There's no use talking to God when you're not speaking to your neighbor.

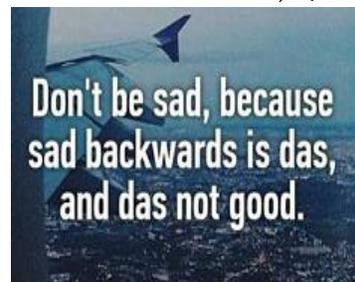
First old lady: "I hope I look as good as you do when I'm your age!"

Second old lady: "You did!!"



**YOU LAUGH, I LAUGH.
YOU CRY, I CRY. YOU
JUMP OFF A REALLY
HIGH CLIFF, I YELL,
'DO A FLIP!'**

God's Garden: LETTUCE be kind, SQUASH gossip, TURNIP for Church.



Makeup tips for seniors

(From makeup artist Bobbi Brown)

To make your makeup last and look its best, start with clean, moisturized skin. Use a mild cleanser and a rich, creamy moisturizer. Give your moisturizer a few minutes to sink in and plump the skin.

Next, apply a nickel-sized amount of creamy foundation by dotting with your index finger on cheeks, chin, nose and forehead. Apply sparingly and avoid liquid and powder foundations as they can sink into lines and make you look older. Add a small dot under each eye in the inner corner and blend outward. This will camouflage under-eye circles.

Now, choose a cream blush in pink, peach or rosy brown, and smile. Apply three small dots of blush, starting at the plumpest part of your cheek and moving up toward your cheekbone. Blend with your fingers until there are no visible edges to your glow.

The most common problem for older women is that their brows fade into near invisibility. To remedy this, use a brow powder applied with an eyebrow brush. Keep the color light and choose according to your hair color. If you have gray hair, use a taupe color, for blond use light brown, and for brunette use a medium brown. Apply lightly, brushing upward until your brows are redefined. If your brows are unruly, tame them by applying a bit of lip balm or petroleum jelly after you color them in.

To finish your look and brighten your entire face, apply lip color. To keep lipstick from bleeding into lines around your mouth, first apply a lip pencil in a nude shade. If you have deep lines around your mouth, apply a little extra moisturizer or eye cream before you apply lip color.

For lipstick, bright colors can be uplifting, but try to stay away from harsh shades like fuchsia or red browns. A good bet is a creamy lipstick in pale rose, coral, bright pink or medium pink. You may also want to experiment with the new sheer formulas, which deposit a small amount of color and give shine and moisture.



Community Trust Bank

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Squash Dressing

Ingredients

- 1 package (8-1/2 ounces) corn bread/muffin mix
- 1/2 cup water
- 4 cups chopped yellow summer squash
- 1/2 cup butter
- 1/2 cup each chopped onion, celery and green pepper
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup milk
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Prepare corn bread according to package directions. Cool and crumble into a large bowl; set aside.
2. In a large saucepan, bring 1/2 in. of water to a boil. Add squash; cook, covered, for 3-5 minutes or until crisp-tender. Drain. Meanwhile, in a large skillet, melt butter. Add the onion, celery and green pepper; sauté until tender.
3. Add vegetable mixture and squash to the corn bread. In a small bowl, combine the soup, milk, salt and pepper; add to corn bread and stir until blended. Transfer to a greased 11-in. x 7-in. baking dish.
4. Bake, uncovered, at 350° for 40-45 minutes or until golden brown. Yield: 8 servings.

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In Congress, July 4, 1776

The Unanimous Declaration of the thirteen united States of America,

When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed.

That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to affect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed.....

.....We, therefore, the Representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States, that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

Louisiana's Cajun culture runs deep. The word Cajun popped up in the 19th century to describe the Acadian people of Louisiana. The Acadians were descendants of the French Canadians who were settling in southern Louisiana and the Lafayette region of the state. They spoke a form of the French language and today, the Cajun language is still prevalent. The Cajuns had a large impact on Louisiana's culture bringing diverse cuisine, music styles and dialects to the region.

Here are a few Cajun words and sayings... see how many you can learn.

Allons [Al lohn]: Let's go.

Ça c'est bon (Sa say bohn): That's good.

Ça va (Sa va): That's enough.

C'est tout (Say too): That's all.

Cher [sha]: A term of endearment usually used with women, similar to 'dear' or 'sweetheart.'

Chevrette (she-vret): Shrimp

Cocodril (ko-ko-dree): Alligator

Envie [ahn-vee] A longing or hunger to do or eat something. Other Southerners might use the word 'hankering'.

Fais do do [fay doe doe]: A Cajun dance party.

Gris gris [gree-gree] To put a curse on someone in jest, not in reference to actual black magic.

Honte [hont]: Embarrassed or ashamed.

Lagniappe [Lahn yop]: Something extra.

Laissez les bons temps rouler [Lay say lay bohn tohn roo lay]: Let the good times roll.

Minou [mē nū'] *noun* Cat.

Pauve ti bete [Pove tee bet]: Poor little thing.

Pirogue [pee-row]: A Cajun canoe.

Veiller [vay-yay]: "to shoot the breeze."

Two Cajun Pastors

Reverend Boudreaux was the part-time pastor of the local Cajun Baptist Church and Pastor Thibodaux was the minister of the Covenant Church across the road.

They were both standing by the road, pounding a sign into the ground, that read:

'Da End is Near Turn Yo Sef 'Roun Now Afore It Be Too Late!'

As a car sped past them, the driver leaned out his window and yelled, 'You religious nuts!'

From the curve they heard screeching tires, and a big splash...

Boudreaux turns to Thibodaux and asks, 'Do ya tink maybe da sign should jussay.....'

'Bridge Out?'



FROM THE OFFICE...

Ahhhh, the wonders of summer. Brings back memories of summers in the south.

1. I was born in early summer. It must have been VERY hot in the early to mid 50's because I don't believe I had clothes on in any picture of me as a child.
2. Homemade ice cream.
3. Shelling peas with my grandmother while watching As the World Turns. This is a very distinct memory—it was raining that day and the house was cool—not from air conditioning but from all the windows being up.
4. Sleeping with the attic fan. I had very curly hair and curly hair and humidity do NOT mix. You talk about curly hair that next morning!!
5. Swimming in Bayou D'Loutre (we just call it the Loutre). The kids from all the surrounding communities would meet there on hot afternoons for some good ole swimming. The mothers visited on the bank of “Big Loutre.”
6. Spending the night. Every summer my sister and I would go to West Monroe to spend the week with our aunt, uncle and first cousin. I will never forget the summer that Burger Chef opened on Louisville Avenue. My sister would drive us there for 15 cent hamburgers. I thought we had surely died and gone to Heaven. (We called them squish burgers because they were pretty flat! But oh so good.)
7. Vacation. We usually went on some kind of vacation when I was a child. The destination of choice was Hot Springs, Arkansas. When our parents passed away, a cypress knee that my dad had purchased there was still at their house. A favorite memory is of the year that we traveled in a 1963 Volkswagen and I sat behind the back seat (you probably had to have owned a VW to understand that.)
8. Rodeos. When I was a child we always went to local rodeos, especially those in Farmerville and Crossett. I have a very vivid memory of the clown car.
9. Drive-in movies. Visiting relatives. Aunts and uncles that lived away coming home to visit. Swimming in the pond. Baling hay. Picking peas. Catching fire flies (we really did that.)
10. Buying soft drinks at the ice house in Strong, AR. The owner always iced down his drinks in an old Coke box. You had to reach down into the ice to retrieve one. There was not a colder drink anywhere!

Don't waste your summer!! Let's go do some stuff!!

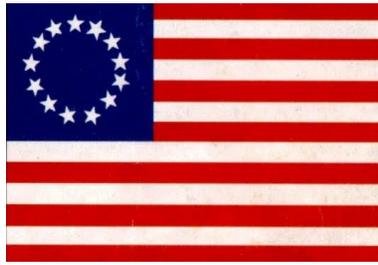
1. Sit on the patio or the porch.
2. Visit somebody you haven't seen in a while.
3. Dig in the dirt.
4. Eat an ice cream cone.
5. Eat something fresh—tomatoes, peas, squash, okra.....
6. Grill some hamburgers or a steak.
7. Read a great book.
8. Stay up late or get up early.
9. Have a picnic.
10. Take a kid fishing.

Here's hoping that you have a great summer!!!
Susan

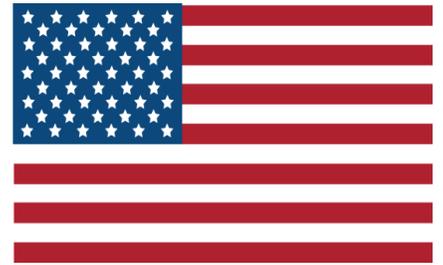
TRIAD Newsletter

July, 2017

Happy Birthday
United States of America!!!



1776 to 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!



We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

The United States Constitution is the supreme law of the United States of America. The Constitution, originally comprising seven articles, delineates the national frame of government. Its first three articles entrench the doctrine of the separation of powers, whereby the federal government is divided into three branches: the legislative, consisting of the bicameral Congress; the executive, consisting of the President; and the judicial, consisting of the Supreme Court and other federal courts. Articles Four, Five and Six entrench concepts of federalism, describing the rights and responsibilities of state governments and of the states in relationship to the federal government. Article Seven establishes the procedure subsequently used by the thirteen States to ratify it.

Since the Constitution came into force in 1789, it has been amended twenty-seven times to meet the changing needs of a nation now profoundly different from the eighteenth-century world in which its creators lived. In general, the first ten amendments, known collectively as the Bill of Rights, offer specific protections of individual liberty and justice and place restrictions on the powers of government. The majority of the seventeen later amendments expand individual civil rights protections. Others address issues related to federal authority or modify government processes and procedures. Amendments to the United States Constitution, unlike ones made to many constitutions worldwide, are appended to the document. All four pages of the original U.S. Constitution are written on parchment.

The United States Constitution is the first permanent constitution of its kind and has influenced the constitutions of other nations.