

2016

JUNE

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02 <i>Food Day 1</i>	03	04
05	06	07	08	09 Marion TRIAD the Lankford's Home 1:30	10	11
12	13	14	15	16 <i>Food Day 2 @ UPS 8:30- 10:00 a.m.</i>	17	18
19 <i>Father's Day</i>	20	21	22	23	24	25
26	27	28	29	30	01	02



*Birthdays
of the Month*

June

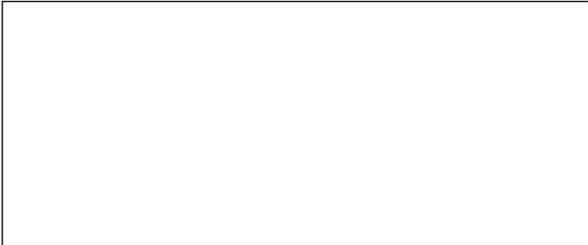
- Patsy Lankford-June 9
- Juanita Ames-June 14
- Ellen Lowery-June 14
- Lizzie Traylor-June 15
- Brooksie Morgan-June 24
- Ann Hamilton-June 27
- Alice Reeves-June 28



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The above pictures depict a few of the various speakers present at this year's TRIAD Academy. Many thanks go out to all who participated. Our speakers included: *From the Union Parish Sheriff's Office, Captain James Fuller (Patrol Division), Sgt. Jason Thomas (Training Officer), Captain Keith Blackman and staff (Detectives Division.), Captain Kenneth Bryan and Rocky Kennedy (Narcotics Division); Jerry W. Taylor, Union Parish Police Jury; Jason Holmes, LSU Extension Office; Claudia Wade, Union General Hospital; Judy Lewis, Union Parish Library; Bro. Curtis Wilson and Mike Ludwig (Farmerville First Assembly representing Union Parish Hometown Heroes); and Lance Futch, Union Parish Assessor.* Lunch was served and many door prizes were given out. If you didn't come, you missed a good time!



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

Lack of Appetite in the Elderly

Although it's normal for appetite to change with age, and doesn't always mean something is wrong, there are a number of different factors that can also cause a loss of appetite in the elderly:

- Lack of energy to cook
- Lack of interest in food due to changing taste buds, depression or loneliness
- Loss of appetite due to health conditions
- Medication side effects

The aging process brings with it a host of normal perceptual, physiological and other changes that can lead to decreased appetite in the elderly, including:

1. A lower metabolic rate and lessened physical activity means seniors need fewer calories.
2. Dental problems or gastrointestinal changes (like lactose intolerance) that go along with age can affect the appetite.
3. Changes to the sense of smell and taste can affect the enjoyment of food.

Changes to taste or appetite also occur in conjunction with some serious illnesses, including:

- Alzheimer's or Parkinson's disease
- Head and neck cancers
- Mouth and throat infections or periodontal disease
- Salivary gland dysfunction
- Thyroid disorders

Any unexplained changes to your loved ones' dietary health, including unexpected weight gain, loss or general malaise, should be checked out with a physician.

Here are a few practical things you can do to help them get enough nutrition:

1. Increase nutrient density, not portion size.
2. Set a regular eating schedule.
3. Encourage social meals.
4. Be aware of medication side effects.
5. Consider using an appetite stimulant.

TRAIN YOUR MIND TO SEE THE GOOD IN EVERYTHING. POSITIVITY IS A CHOICE. THE HAPPINESS OF YOUR LIFE DEPENDS ON THE QUALITY OF YOUR THOUGHTS

Word search: Can you find sixteen (16) books of the Bible in this paragraph?

I once made a remark about the hidden books of the Bible (merely by a fluke). It kept people looking so hard for the facts and for others it was a revelation. Some were in a jam, especially since the name of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now. There really are sixteen names of books in this story.

(Solution: Mark, Luke, Kings, Acts, Revelation, James, Ruth, Numbers, Job, Amos, Esther, Judges, Titus, Lamentations, Hebrews, Peter)

Have a sore throat? Eat a marshmallow—the gelatin instantly coats and soothes

Drinking two cups of water before meals can make you lose an average of 4.5 more pounds within 12 weeks than if you don't.

YOU'RE RETIRED. YOUR MONEY ISN'T.

You may have given up your traditional job, but your retirement money still needs to work.

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Edward Jones
MAKING SENSE OF INVESTING



From the desk of Bro. David Martin...

(Continuing Precious Memories...)

I concluded last month's article mentioning some of our gang playing games in an old inoperable gin or perhaps a warehouse for storing cotton bales.

Speaking of cotton, my brother Charles and I picked cotton on a couple of farms. The most cotton I ever picked was 207 pounds on a very long day. Many good experienced pickers could pick 300 or 400 pounds a day or more.

There were some firsts for me at Gilbert: the first sighting of a jet plane; seeing for the first time a baseball and later a game; rabbit hunting at night by carbide light (Charles and I almost shot a reclining mule—well, it did have long ears!); our first regular job as janitors at First Baptist of Gilbert; our first bicycle; my first boxing match sponsored by the Gilbert school; my first ride on a ferry across Bayou Mason which was pulled by hand; and my first (and last) ride from Gilbert to Wisner and back on the back of a motor bike owned and operated by friend Bobby Emfinger.

House fires were quite exciting in this small town. On one Sunday night we got news of a house fire, and most of the youth abandoned the building by exiting through open windows. When Dad came out to preach, the sanctuary was relatively emptied—Dad was not amused! I think the preacher's wife had left too. On another occasion, lightning struck the Gilbert home of Mr. Charlie Sherrouse of Monroe and completely destroyed it. His maid was alone in the house at the time, and thankfully was spared.

I mentioned in my last article the games the older youth played, such as "Spin the Bottle", etc. In a recent call to my sister, I was informed that my strict Dad disliked such games and bought a book with "safe and sane" games to play.

But the best gift of Gilbert was its fine people, some of the best. They were friendly, kind, generous, just regular down-to-earth people. Many were merchants and farmers and businessmen.

In closing, let me simply say that those were our "HAPPY DAYS" and "DAYS TO REMEMBER"! Yes, those were and are "PRECIOUS MEMORIES!"

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Farmer's Almanac June 2016 Planting Guide

- 1st-2nd** Good days for transplanting. Good days for planting root crops.
- 3rd-4th** Seeds planted now tend to rot in ground.
- 5th-7th** Excellent for sowing seedbeds and flower gardens. Plant tomatoes, beans, peppers, corn, cotton, and other aboveground crops on these most fruitful days.
- 8th-11th** Poor period for planting. Kill plant pests, clear fencerows, or clear land.
- 12th-14th** Sow grains and forage crops. Plant flowers. Favorable for planting peas, beans, tomatoes, and other fall crops bearing aboveground.
- 15th-16th** Plant seedbeds. Extra good for planting fall lettuce, cabbage, cauliflower, collards, and other leafy vegetables. All aboveground crops planted now will do well.
- 17th-19th** Poor planting days, cut hay or do general farm work.
- 20th-21st** Plant late beets, potatoes, onions, carrots, and other root crops.
- 22nd-23rd** Poor days for planting. Kill plant pests, spray, fertilize, do general farm work.
- 24th-26th** Set strawberry plants. Excellent for any vine crops such as beans, peas, and cucumbers. Good days for transplanting. Favorable time for planting late root crops.
- 27th-28th** Cut hay or do plowing on these barren days.
- 29th-30th** Good days for transplanting. Good days for planting root crops.

What Not To Say To A Police Officer

- Would you hold my beer while I look for my license?
- You must have been going over 120 to keep up with me.
- Sorry officer, my radar detector wasn't plugged in.
- You're not going to check in my trunk are you?
- Can you come back in five minutes? I'm in the middle of a telephone conversation.
- Are you Andy or Barney?
- Is it true that guys become cops because they can't work at McDonalds?
- Gee, Officer! That's terrific. The last officer only gave me a warning, too!
- When the Officer says "Son...Your eyes look red, have you been drinking?" You probably shouldn't respond with, "Gee Officer, your eyes look glazed; have you been eating doughnuts?"
- I was trying to keep up with traffic. Yes, I know there are no other cars around. That's how far ahead of me they are.
- What? You need a license to drive?
- Yes, I know my driving is not 100%, but you have to agree that it is still pretty good for someone who is completely drunk.
- I pay your salary!
- Did you pull me over because of the drugs under the seat, the body in the trunk, or the burned out tail-light?
- Whoops, that's the fake one... here you go; this is the real one.
- My gun fell off my lap and got lodged on the gas pedal.
- You're lucky this car needs a tune-up or you'd have never caught me.
- I thought you had to be in relatively good physical condition to be a police officer.
- Well, those two other guys didn't stop for that school bus either.
- There's no way I was going 85. I had the cruise set at 80.
- What's wrong, Ossifer? I swear to drunk I'm not God! And really, there is no blood in my alcohol.
- You don't happen to have any beer in your car?

A Grateful heart is a Magnet for Miracles



Wave Your Flag Cheesecake

Ingredients

- 4 cups fresh strawberries, divided
- 1-1/2 cups boiling water
- 2 pkg. (3 oz. each) JELL-O Strawberry Flavor Gelatin
- ice cubes
- 1 cup cold water
- 1 pkg. (10.75 oz.) prepared pound cake, cut into 10 slices
- 1-1/3 cups blueberries, divided
- 2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1/4 cup sugar
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

Preparation

- Slice 1 cup strawberries; halve remaining strawberries. Set aside. Add boiling water to gelatin mixes in large bowl; stir 2 min. until completely dissolved. Add ice to cold water to measure 2 cups. Add to gelatin; stir until ice is completely melted. Refrigerate 5 min. or until slightly thickened.
- Meanwhile, line bottom of 13x9-inch dish with cake. Add sliced strawberries and 1 cup blueberries to thickened gelatin; stir gently. Spoon over cake. Refrigerate 4 hours or until gelatin is firm.
- Beat cream cheese and sugar in large bowl with whisk until blended. Stir in COOL WHIP; spread over gelatin. Arrange strawberry halves on cream cheese mixture to resemble stripes of flag. Add remaining blueberries for stars. Serves 20





FROM THE OFFICE...

June, 2016. Wow! In 6 months we will be singing Jingle Bells!

RANDOM RAMBLINGS:

1. Family gathering when I was a child meant 18 first cousins. We hunted Easter eggs together, we had gum ball wars, we ate homemade ice cream, played softball—one of my favorite memories was the day that our grandfather ran to first base and his pants dropped to the ground—we still laugh about that one.
2. My grandfather smoked a pipe. When he was driving, my grandmother would light it for him. I can still see her puffing away on that pipe.
3. As a small child we had a well. I still remember the first time that I “drew” a bucket of water out of that thing—well water was so different from what we drink today.
4. Going to “the store.” There were two community stores in Truxno. One belonged to Mr. Lee and one to Mr. Bud and Mrs. Allie. We would go to one store one day and the other the next day.
5. One more thing about the store. When I was 11 or 12, I could already drive and I decided that I wanted to drive to the store by myself. When I got home from school that day, Mother met me at the door and told me to drive to the store for some ice cream as we had company. What a great day! I really thought that I was something!
6. When I was a child, we did not have a telephone. If there was a problem and someone needed to get in touch with us, a neighbor (Mrs. Clara Nale) from Truxno took calls and would come to our house to leave a message. I lived around some great people! What a blessing that was!
7. My salvation came as the result of deep conviction that I fell into upon hearing the Word preached at Farmerville High School. Evangelism in schools is long past.
8. Some very important people that influenced my life: Mattie Lee and Firmy Taylor, Florence Perkins, Finas Corie, Mrs. Smith, Iris Armstrong, Margie Benefield, David Clinton, Chiles Carpenter, Annette Daniels, Frank Jones, Mike Lazenby, Martha Russell, Willie and Judie Cottrell, Sherry Boyd, Betty Roberts, Beth Nyegaard, Bob Buckley and of course, my parents and my siblings. I could go on and on but the list would go off of this page.

My life has been filled with people and events that have played in my head like a movie. I take great joy in remembering the past and I look forward to what the future will bring!!

LOVE TO YOU ALL!!

Susan

TRIAD Newsletter

June, 2016

This Month in History...

June 14, 1775 - The first U.S. Military service, the Continental Army consisting of six companies of riflemen, was established by the Second Continental Congress. The next day, George Washington was appointed by a unanimous vote to command the army.

June 14, 1777 - John Adams introduced a resolution before Congress mandating a United States flag, stating, "...that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as **Flag Day**.

June 20, 1782 - The Great Seal of the United States was adopted.

June 3, 1808 - Confederate president Jefferson Davis (1808-1889) was born at Todd County, Kentucky. After the Southern states formed the Confederacy in 1861, he hoped to be named commander of the Confederate military forces but was instead chosen to be president, serving until 1865. Following the Civil War, he was imprisoned but never brought to trial. He died at age 81 in New Orleans. His birthday is celebrated in Alabama, Mississippi and Florida as a State Holiday.

June 18, 1812 - After much debate, the U.S. Senate voted 19 to 13 in favor of a declaration of war against Great Britain, prompted by Britain's violation of America's rights on the high seas and British incitement of Indian warfare on the Western frontier. The next day, President James Madison officially proclaimed the U.S. to be in a state of war. The War of 1812 lasted over two years and ended with the signing of the Treaty of Ghent in Belgium on December 24, 1814.

June 23, 1865 - The last formal surrender of Confederate troops occurred as Cherokee leader and Confederate Brigadier General Watie surrendered his battalion comprised of American Indians in the Oklahoma Territory.

June 28, 1894 - Labor Day was established as a federal holiday

In 1966 President Lyndon B. Johnson proclaimed the **third Sunday of June** to be **Father's Day**. President Richard Nixon made it a federal holiday six years later.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

June 30, 1971 - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older. The U.S. thus gained an additional 11 million voters. The minimum voting age in most states had been 21. Exercise your Right to Vote!



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!

