

2018 June 2018

2018							JUNE	SUNDAY FIRST DAY OF WEEK
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
27	28	29	30	31	01	02		
03	04	05	06	07 Food Day 1	08	09		
10	11	12	13	14 Marion TRIAD 1:30	15	16		
17 Father's Day	18	19	20	21 Food Day 2	22	23		
24	25	26	27	28	29	30		



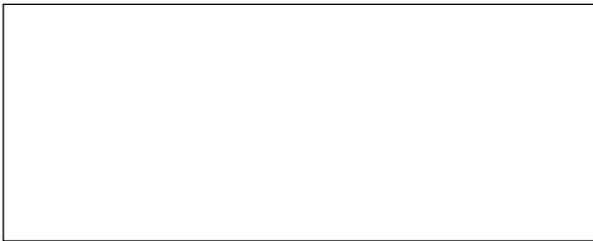
June Birthdays

- 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
- *

*PLEASE REMEMBER TO
BRING IN YOUR 2018
SOCIAL SECURITY
EARNINGS STATEMENT
TO RE-REGISTER FOR
YOUR FOOD BOX*

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All Olive Oils are Not the Same!

It was found that even 7 of the biggest olive oil makers in the USA mix their items with cheap oils to get more profits. Namely, one of the products we regard as healthiest and a remedy for longevity has been corrupted. Apparently, even 70% of olive oil sold in the U.S. stores is fake, as they have been cut with cheaper, inferior oils like canola and sunflower oil! This is similar to the 2008 practice in Italy. This meant seizure for 85 oil farms that mixed some percentage chlorophyll with sunflower and canola to the olive oil.

The oil was mixed, colored, perfumed and flavored too, and these things made the Australian government investigate their oils. The results were awful. After that, not one brand named extra virgin olive oil got the 2012 certificate of approval. These scams made the University of California to study 124 imported brands of extra virgin olive oil and discovered that more than 70% of the samples did not pass the test.

THESE ARE THE BRANDS THAT FAILED THE TEST:

- Carapelli
- Mezzetta
- Pompeian
- Mazola
- Primadonna
- Colavita
- Sasso
- Antica Badia
- Star
- Whole Foods
- Felippo Berio
- Safeway
- Coricelli
- Bertolli

THE FOLLOWING BRANDS ARE TRUSTWORTHY:

- Lucero
- McEvoy Ranch Organic
- Corto Olive
- Omaggio
- Bariani Olive Oil
- California Olive Ranch
- Lucini
- Ottavio
- Cobram Estate
- Olea Estates
- Kirkland Organic

HOW TO TEST OLIVE OIL:

Additionally, you can also test the olive oil you have at home. You should put the bottle in the fridge for half an hour, and if it starts to solidify, it means that the oil is pure, as it contains a large amount of monounsaturated fat.

On the other hand, if it does not solidify, it is fake. Yet, just to be sure, look for official governmental seals of approval on the label, like "Australian Extra Virgin Certified" and "California Olive Oil Council Certified Extra Virgin."

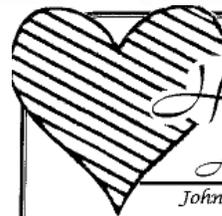
The nearest star is 4.25 light-years from Earth which is why most wishes take at least 9 years to come true!

Garden Word Search



W T R A L S T B J S I E M S H L V E O S
 H E Y O D E R H U P F G A H N S E R R E
 E K O E S A T G Y L P G N E J A E A C Z
 E C B I B E A T O M P P U D Z G C N F O
 L U R U Q R M W U P E L R L A D E E B T
 B B H F A B E A E C O A E N Y F L K P A
 A R T P Y R T O R Q E N O R O N I O N M
 R K S E S M R O W Y D T H E G L O U M O
 R A J A L A P E N O B A N W V N S U N T
 O S T E M B M G D E R B G O O B L E H S
 W T P U T H A Q U V A R B L S C I Q E O
 G N I D E E W T E B E U O F H H U H R P
 C A B B A G E S E E Y T N N S A O S B M
 P E P P E R T L N G A D P U P B Q V S O
 T O R R A C T H E T E E A S I S E N E C
 S G U H O I O F O W A V N L N B T G D L
 D A Q R U U F P U R O U M L A T E O A D
 E T N R S N E D R A G R Y W C I A A O S
 E E F E A P P L E T F E T X H W T I N R
 S J Y R R E B W A R T S A E P Y K X Q S

- | | | | |
|-----------|------------|----------|-------------|
| Apple | Garden | Pear | Spinach |
| Asparagus | Gate | Peas | Stem |
| Beans | Greenhouse | Pecans | Strawberry |
| Beds | Harvest | Pepper | Sunflower |
| Bucket | Herbs | Potato | Thyme |
| Cabbage | Jalapeno | Rhubarb | Tomato |
| Carrot | Ladybug | Roots | Trowel |
| Compost | Leaf | Rosemary | Vegetable |
| Corn | Lettuce | Sage | Weeding |
| Eggplant | Manure | Seeds | Wheelbarrow |
| Fence | Mulch | Shed | Worms |
| Flower | Onion | Shovel | |
| Fruit | Oregano | Soil | |



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6 Simple Health Tips:

1. Don't take your medicine with cold water
2. Don't eat big meals after 5pm
3. Drink more water in the morning
4. Best sleeping time is 10pm to 4am
5. Don't lie down after a big meal
6. Answer calls from your left ear

Eating a piece of chocolate at breakfast can help stabilize your mood and enhance your happiness throughout the day.

(...I'm Just Sayin'....)



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

Health Benefits of Sugarcane Juice

Sugarcane can be eaten as is or consumed in the form of juice. Popularly known as ganne ka ras the juice is not just another drink but one of the healthiest drinks that you could lay your hands on. Here are a list of health benefits of sugarcane juice that will put a lot of natural and artificial energy drinks to shame.

- *Prevents cancer: Sugarcane juice is alkaline in nature because of the high concentration of calcium magnesium potassium iron and manganese which helps prevent diseases like cancer that cannot survive in an alkaline environment. Thus it helps in fighting various types of cancer such as prostate and breast cancer.*
- *Aids in digestion: It is good for the well-being of the digestive system due to its high potassium levels. It helps in keeping the digestive system in good shape prevents stomach infections and is considered to be particularly useful in treating the problem of constipation.*
- *Prevents heart diseases: It also prevents heart diseases and stroke as it helps decrease the levels of unhealthy or cholesterol and triglycerides. Helps in reducing weight: As sugarcane juice reduces the bad cholesterol levels in the body and has natural sugars it helps in reducing weight. It is high in soluble fibre which aids in shedding weight.*
- *Good for treating diabetes: Sugarcane is sweet in taste and is full of natural sweeteners which have a low glycemic index (GI) hence it works very well for diabetic patients.*
- *Clears skin imperfections: When it comes to healthy skin Alpha Hydroxy Acids (AHAs) which are part of the natural constituents of sugarcane juice are supposed to have a lot of benefits. They fight acne reduce blemishes prevent ageing and help in keeping the skin hydrated. Just apply sugarcane juice to your skin and let it dry or add it to your favourite face mask and scrub and your skin will look radiant and clean.*



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Steen's Glazed Pork Chops

(Great for Father's Day!)

Ingredients

- 4 (3/4-inch thick) center-cut Pork Chops
- 1/2 cup Cornstarch
- 1 1/4 teaspoons Salt
- 1 teaspoon Black Pepper
- 3 Tablespoons Vegetable Oil
- 1 (6-oz.) bottle Steen's Louisiana Cane Syrup

Instructions

Pat Pork Chops dry with paper towels. Combine cornstarch, salt and pepper on a plate and mix well. Evenly coat pork chops with mixture on all sides.

Preheat oven to broil high. Set oven rack to top position.

Heat oil in a cast-iron skillet over medium high heat. Sear pork chops in batches until golden brown on all sides. Remove and place on a metal rack positioned over an oven pan coated with foil. Evenly brush the top side of each pork chop with 1 Tablespoon of Steen's Cane Syrup. Broil 2 to 3 minutes or until glaze is bubbly and no longer wet. Turn pork chops. Brush with another tablespoon of cane syrup and broil another 2 to 3 minutes. Repeat process twice or until a thermometer inserted into the center registers 160 degrees F. Let rest 10 minutes. Serves 4

My body
knows how
old i am but
my mind
refuses to
believe it..



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June 10 is National Iced Tea Day!

Since ancient times, people have believed that tea has a wide range of medicinal uses. Modern research has given credibility to many of these beliefs and identified more. In some cases research is not conclusive. Regardless of the final determination as to its value over time, drink and enjoy because there is no research to suggest that it can hurt you -- and it just tastes good.

Here are some of the known or suspected medicinal uses (if you just HAVE to have an excuse to drink it):

Avoidance of:

- heart disease
- Cancer and tumors
- Stomach ailments
- Sore throats and colds

Not to mention it's soothing, relaxing, and quenches thirst far better than a soft drink...*AND-- you don't have to wait until June 10 to enjoy!*

Dill Weed Dip

Ingredients:

- 1 cup sour cream
- 1 cup mayonnaise
- 1/2 teaspoon dill weed
- 2 teaspoon lemon juice
- 2 teaspoon finely chopped onion
- 1 teaspoon dry mustard
- 1 Tablespoon chopped parsley

Combine all ingredients, mixing well. Chill for at least two hours. Serve with your favorite cut up vegetables.

How do you feel today? Here's a good answer to that question...How I feel is never the point. We must constantly and consistently tell our feelings how to feel. Cheer yourself up—every day, all day. Always remember: Proverbs 18:20-21 says: "A man's stomach shall be satisfied from the fruit of his mouth; from the produce of his lips he shall be filled. Death and life are in the power of the tongue, and those who love it will eat its fruit."

Facebook Scams

Think before you "Like"! Be suspicious of any shared posting that seems designed to elicit an emotional response—especially ones that promise a big donation to a charitable cause if it garners enough likes. ALWAYS be cautious what you share on social media. Decline invitations from any and all strangers. They may not be the person they seem. Use privacy settings to allow only friends to see your comments. Imposters get information about their "targets" from their online interactions and can make themselves sound like a friend or family member because they know so much about you.

Tips to help with an Anxiety Attack:

- Look **AROUND** you.
- Find **Five** things you can **SEE**, **Four** things you can **TOUCH**, **Three** things you can **HEAR**, **Two** things you can **SMELL**, and **One** thing you can **TASTE**.

This is called **GROUNDING**. It can help when you feel like you have lost all control of your surroundings.

Chew peppermint or cinnamon gum when you drive. This is proven to decrease frustration by 25%, increase alertness by 30% and actually make the ride seem 30% shorter! Skeptical? Try it!



You might be surprised to learn that a lot of trendy shops give a senior citizens discount. At Banana Republic, if you over 50, you can get a 10% discount at stores simply by asking for it.

At Kohl's on Wednesdays, over 60s can get 15% off. And on Tuesdays, outlet stores Marshall's, Ross will offer up a 10% discount for seniors – though the exact age is determined by each store.

Walgreens holds a "Seniors Day" once a month too – which varies by location. Discounts of 20% are available for Rewards card members that are over 55 years old in store, and if you're shopping online you can get a 10% price reduction.

If you are 62 or older, you can get a 10% discount every Tuesday and Wednesday at Dress Barn. And that's not all, Stein Mart are treating over 55s with their clearance offer. On the first Monday of each month, you can get an extra 20% discount on clearance items. Goodwill gives 10%-20% discounts varying by store.

Just remember to check with the specific store in your area, as discounts might vary and change without notice.



Next time someone gets upset with you for being 15 minutes late.

Remind them that we live in the South

The home of tornadoes, six types of venomous snakes, 100-degree temperatures, deadly spiders, insanely high humidity, alligators, hurricanes, sharks, and a plant called kudzu that will swallow you up if you're not looking.

So, forget being late.

It's a miracle we're even alive.

Which Is It?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

It's a normal part of life to experience occasional anxiety. But you may experience anxiety that is persistent, seemingly uncontrollable, and overwhelming. If it's an excessive, irrational dread of everyday situations, it can be disabling. When anxiety interferes with daily activities, you may have an anxiety disorder.

The term "anxiety disorder" refers to specific psychiatric disorders that involve extreme fear or worry, and includes generalized anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias.

Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

It's not uncommon for someone with an anxiety disorder to also suffer from depression or vice versa. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.

Anxiety disorders are treatable, and the vast majority of people with an anxiety disorder can be helped with professional care.

Happy Father's Day

Deuteronomy 6:6-9 (MSG)

Write these commandments that I've given you today on your hearts. Get them inside of you and then get them inside your children. Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night. Tie them on your hands and foreheads as a reminder; inscribe them on the doorposts of your homes and on your city gates.

Proverbs 20:7 (NKJV)

The righteous man walks in his integrity; His children are blessed after him.

Ephesians 6:4 (MSG)

Fathers, don't exasperate your children by coming down hard on them. Take them by the hand and lead them in the way of the Master.

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Stay away from negative people. They have a *problem* for every *solution*. 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.



FROM THE OFFICE

Welcome to summer. I say summer because when school is out, it is summer to me. At least, that's what students and teachers think. Parents—not so much. I hope that each of you have a safe and adventurous summer! This past Sunday I attended a small country church that was celebrating its 100th anniversary. In 1918, a small group of people got together and decided that the community needed a place to worship God and now, one hundred years later, it still stands as a beacon against the darkness of the world.

I was also raised in a small country church.

I don't ever remember NOT going to church. I remember on the Sundays that communion was celebrated that I would be angry that I could not participate and would wonder why my family members would still be hungry although they had just partaken of a small wafer and a dram of grape juice!

I would not trade my being "raised" in a country church for any amount of money.

As you know from my past writings, I always have memories floating around in my head. For instance:

1. Both sets of my grandparents also attended our church. My grandmother was my Sunday School teacher and my mother taught Vacation Bible School.
2. Both sets of my grandparents now reside in the church cemetery not 50 yards from the front door of the church.
3. We never acted up in church. Our parents did not take us "out of church" to correct us. All they had to do was look at us. But, oh, what a look!
4. We were the second church on our pastor's circuit. We started our service at 12:00 noon. Therefore, the preacher always had "dinner" with some family in our church. All of our church became very good friends with our pastors because they actually came to our homes-often.
5. I think back to so many people that meant so much to me—Mr. Will and Mrs. Nellie and Billy Ray, Miss Florence and Mr. Ira, Lovie and Alan, Mrs. Clara, Eunice and Boyce, Big Sis, Mr. Ben and Mrs. Olive and Miss Georgia, Clinton and Eloise, Mr. Tom and Mrs. Sally, Mrs. Nellie and Mr. Dewey, Madie, Camilla, Mr. Ray and Mrs. Elmer and Mr. Billy, Mammie and Granddaddy, Mother and Daddy—these are the people of my youth, the people that had a big influence on a young girl. I remember that one of the above named became ill and he prayed at the altar for months before his death—I still see him as he fell on his knees seeking the peace that only the Lord can give.
6. I still know where my parents sat in that little country church just as I know where my husband and I sat in our little country church that we attended together. I have a tendency not to sit in the same spot anymore as there are times that the memories overwhelm me. But the fact that, by marriage, I became a part of another loving country church has always been a blessing to me.
7. I remember singing schools (now that takes you back, doesn't it?) and dinner on the ground and homemade ice cream socials. Macaroni jewelry boxes and ice cream sticks and pipe cleaners. Decorating for Christmas and exchanging presents and wiener roasts and hayrides.
8. And.....I remember the day that I finally let go of the back of that pew and walked forward, fell on my knees and gave my heart and life to Jesus. That's the most important memory of all.

- Susan

Union Parish
TRIAD Newsletter

June 2018



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!

HAPPY
FATHER'S DAY



Flag Day



Always Celebrated June 14th

Flag Day is a day for all Americans to celebrate and show respect for our flag, its designers and makers. The flag represents our independence and our unity as a nation...one nation, under God, indivisible. Our flag has a proud and glorious history. Every battle fought by Americans was under this banner, and a multitude of people have died protecting it. It even stands proudly on the surface of the moon.

Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag. This is called **Flag Etiquette**. The American flag should be held in the highest of regard. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- The flag should not be flown at night without a light on it.
- The flag should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag is flown at half-staff for 30 days. It's called "half-staff" on land, and "half-mast" on a ship.
- When flown vertically on a pole, the stars and blue field, or "union", is at the top and at the end of the pole (away from your house).
- The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.
- The union is always on top. When displayed in print, the stars and blue field are always on the left.
- Never let your flag touch the ground, never...period.
- Fold your flag when storing. Don't just stuff it in a drawer or box.
- When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. To throw it in the trash is disrespectful.
- There is a very special ceremony for retiring the flag by burning it. It is a ceremony everyone should see. The Boy Scouts of America are taught the proper ceremony and regularly perform it. Contact them for time and date. P.S. If you have an old flag, please donate it to them for this purpose.

As Americans, we have every right to be proud of our culture, our nation, and our flag. So, raise the flag today and every day with pride!