



Birthdays of the Month

- Linda Richard-March 2
- Elthelle Colvin-March 5
- Gabe Wayne-March 7
- Mattie Levingston-Mar 11
- Barbara Sisk-March 16
- Donna Miller-March 17
- Shirley Jackson-March 20
- Rutha B. Fields-Mar 27
- Leroy Cole-March 27



2016		MARCH					SUNDAY
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FIRST DAY OF WEEK
28	29	01	02	03 <i>Food Day 1</i>	04	05	
06	07	08	09 <i>Spearsville TRIAD 12:30</i>	10 <i>Marion TRIAD 1:30</i>	11	12	
13 <i>Daylight Savings Time</i>	14	15	16	17 <i>Food Day 2</i>	18 <i>Farmerville TRIAD 1:00</i>	19	
20 <i>Spring Begins Palm Sunday</i>	21	22	23	24	25 <i>Good Friday Office Closed</i>	26	
27 <i>Easter Sunday</i>	28	29	30	31	01	02	

TRIAD of Union Parish
 710 Holder Road
 Farmerville, LA 71241

 (318) 368-0469

U.S. Postage Paid
 Non-Profit Organization
 Permit No. 25
 Farmerville, LA 71241

«AddressBlock»

Things about March

BIRDS
BLOOMS
BUTTE
CABBAGE
CORNEDBEEF
FLOWERS
GREEN
IDES
INLIKEALION
IRELAND
KISSING
LEPRECHAUN
LUCKY
MARCH
ORANGE
OUTLIKEALION
PARADES
POTOFGOLD
RAINBOW
SAINTPATRICKDAY
SEVENTEENTH
SHAMROCKS
SNAKES
SPRING

Try to find **all 24** words

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

Cheesy Cauliflower Breadsticks

Ingredients

- 4 cups of riced cauliflower (about 1 large head of cauliflower)
- 4 eggs
- 2 cups of mozzarella cheese
- 3 tsp oregano
- 4 cloves garlic, minced
- salt and pepper to taste
- 1 to 2 cups mozzarella cheese (for topping)
-

Instructions

1. Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
2. Make sure your cauliflower is roughly chopped in florets. Add the florets to your food processor and pulse until cauliflower resembles rice.
3. Place the cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes. Place the microwaved cauliflower in a large bowl and add the 4 eggs, 2 cups of mozzarella, oregano, garlic and salt and pepper. Mix everything together.
4. Separate the mixture in half and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
5. Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
6. Slice and serve. (I made these...Wonderful! Will make again!))



Heart's Desire
At Home Care Service
Johnnie Jo Hollis Worley - CEO - Monroe office

Serving Northeast Louisiana (Region 8)

<p>Monroe Office 3114 Mercedes Drive Monroe, LA. 71201 PH: 387-5765 1-800-261-6492 e-mail: heartsdesire4652@aol.com FAX: 329-2936</p>	<p>Farmerville Office Rita Isaac, Director 116 North Main Street Farmerville, LA. 71241 PH: 368-7475 * 381-4786 * 778-0597*</p>
---	---

*Private pay care available through our subsidiary company,
Caring Hearts, Inc.*
Hearts Desire is State Licensed

TRIAD
of
Union Parish
extends our
Deepest Thanks
to our
Advertising
sponsors
for their support!

GREAT AUTO INSURANCE RATES

*With Dependable, Local Service
You Know and Trust!*



Tommy Futch

507 Sterlington Road
Farmerville, LA. 71241

PH: 368-9757

AUTO - HOME - LIFE

LBFINSURANCE.COM * LOUISIANA FARM BUREAU CASUALTY INSURANCE CO.
ML CA12(0909)LA * SOUTHERN FARM BUREAU CASUALTY INSURANCE CO.
SOUTHERN FARM BUREAU LIFE INSURANCE CO., JACKSON, MS/SFBLI.COM

MARION
STATE BANK



"Growing By Helping Others Grow"

MEMBER FDIC

100 Years of Continuous Service Since 1907

345 Main St., Marion ♦ 718 Sterlington Hwy., Farmerville ♦ 9032 Hwy 165 N., Sterlington

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



From the desk of Bro. David Martin...

When the then Senator Barack Obama was a candidate for the presidency of these United States, his wife Michelle made a statement that for the first time in her life, she felt proud of being an American. Obviously she felt she had the right to feel that way.

I've always been proud to be an American, to have been immeasurably blessed to have been born in this nation. The privileges and freedoms and liberties enjoyed in America are absent from many or most countries.

Contrariwise, however, there are many things that I'm not proud of, and those shameful and sinful ways God cannot be pleased with if I know my Bible. And I've been studying and preaching the Word of God over fifty years.

Born in 1934 and having lived in this country all these years, except for two years I lived in Japan during my Navy stint from 1952-1955, I've seen many shameful and sinful changes.

For the most part morality and spirituality and ethics (and manners) have been completely ignored and even replaced by wickedness and evil. Many or even most of the modern ideologies and ideas and philosophies do not even consider God in the situation, and especially as the solution to our dilemma: the confusion and chaos of our time.

When I was in the lower grades in Mississippi and Louisiana, we had the Pledge of Allegiance to the American flag and a prayer led by one of the students. It seemed that the prayers were in most cases copycat prayers: "God, thank you for the trees, rain, and sunshine..." But they were sincere prayers. One could be fired or jailed for that today in most schools, particularly in states outside the South.

People do not fear the judgment. But God judges nations, peoples, and individuals. You cannot and will not commit sin against a Holy God with impunity. Our nation may try to hide or even harbor its wrongdoing and wickedness, cover it up or dismiss it, but God is still on His throne. Read Proverbs 14:34: "Righteousness exalteth a nation; but sin is a reproach to any people."

Arbor Lake
 Skilled Nursing and Rehabilitation
 Where YOUR Family becomes OUR Family!

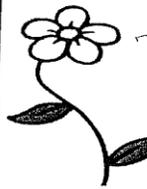
Arbor Lake provides you with a superior choice in Farmerville. The care created the moment you step into our home will instill the confidence you need to make a once-difficult decision an easy choice.

Specializing in Your Care between Hospital and Home

PHONE 318-368-3103
 1155 Sterlington Hwy
 Farmerville, LA 71241
 Re-Defining Health Care for Seniors

*Long-Term Nursing Care
 *Physical, Occupational & Speech Therapy
 *Skilled Nursing Care
 *Hospice Suite Available
 *Respite Services
 *Specializing in Short-Term Rehabilitation
 *Full Calendar of Activities
 *Cable TV and Salon Services

For more information, contact
 Arbor Lake or Sister Facility
ARBOR ROSE AT 368-1948

 The
 Dean of Flowers

Leslie Cobb
 800.366.8452
 318.368.9272
 www.deanofflowers.com


Community Trust Bank

Tim Tettleton
 Senior Vice President
 Business Development

Office 318.368.3111
 Fax 318.368.7028
 Mobile 318.548.4598
 200 North Main Street
 Farmerville, LA 71241

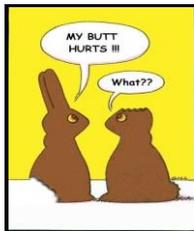
ttettleton@ctbonline.com
 www.ctbonline.com

Farmer's Almanac March 2016 Planting Guide

- 1st-2nd** Barren days, do no planting.
- 3rd-4th** Any root crops that can be planted now will do well.
- 5th-6th** A barren period, best suited for killing plant pests. Do plowing and cultivating.
- 7th-8th** Good for planting cucumbers, melons, pumpkins, and other vine crops. Set strawberry plants. First day is a good day for transplanting. First day is also a favorable day for planting beets, carrots, radishes, salsify, turnips, peanuts, and other root crops. Second day is a good day for planting aboveground crops.
- 9th-10th** Cultivate and spray, do general farm work, but no planting.
- 11th-12th** Favorable for planting crops bearing yield above the ground.
- 13th-14th** Seeds planted now tend to rot in ground.
- 15th-17th** Excellent for sowing seedbeds and flower gardens. Best planting days for aboveground crops, especially peas, beans, cucumbers, and squash where climate permits.
- 18th-22nd** A most barren period, best for killing plant pests or doing chores around the farm.
- 23rd-24th** Fine for sowing grains, hay, and forage crops. Plant flowers. Favorable days for planting root crops.
- 25th-27th** Start seedbeds. Good days for transplanting. Excellent time for planting root crops that can be planted now. Also good for Leafy vegetables.
- 28th-29th** Barren days, do no planting.
- 30th-31st** Any root crops that can be planted now will do well.

Lesser Known Murphy's Laws

- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- He who laughs last, thinks slowest.
- Change is inevitable, except from a vending machine.
- Those who live by the sword, get shot by those who don't.
- Nothing is foolproof to a sufficiently talented fool.
- The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time, on a hill, in the fog.
- If the shoe fits, get another one just like it.
- The things that come to those who wait will be the things left by those who got there first.
- Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day, drinking beer.
- Flashlight: A metal tube used to store dead batteries.
- The shin bone is a device for finding furniture in a dark room.
- A fine is a tax for doing wrong. A tax is a fine for doing well



Qualifying for Assisted Living Write-Offs

There are ways that seniors and caregivers can get a tax deduction for assisted living facility costs if they can be characterized as medical or dental expenses. Diligent record keeping throughout the year, even for related expenses like mileage from doctor visits, can add up to a lot of write-offs come tax time.

As long as you've been keeping those records throughout the year for assisted living costs and medical expenses, then when tax time rolls around, you'll be well prepared to qualify for write-offs. First and foremost, the taxpayer must be entitled to itemize deductions. However, other requirements differ depending on who the taxpayer is: the senior or the caregiver.

1. For **seniors**, or if you're preparing taxes on a senior's behalf, you can deduct qualified medical expenses the taxpayer paid for during the tax year (see the next section of this article to find out what qualifies for a deduction). A doctor's certification for a medical condition can help you provide verification of medical expenses if needed.
2. For **caregivers**, you'll need to first make sure your loved one qualifies as a dependent. They should also be a U.S. citizen or national, or a resident of the U.S., Canada, or Mexico. Next, determine whether you paid at least half of the support for that person and the senior does not have income exceeding \$3,950.
 - If you provided more than half of your loved one's support, then you can deduct those qualified expenses on your tax return.
 - If you are part of a formalized multiple support agreement with other family caregivers, you can still deduct medical expenses if, collectively, the caregivers provide more than half of your loved one's support – even if you, individually, did not contribute more than half.
 - You will also be allowed to take a dependency exemption for that individual

Caregivers take note: According to the IRS, Publication 502, "For you to include these expenses, the person must have been your dependent either at the time the medical services were provided or at the time you paid the expenses."

There may also be different requirements for married couples filing separate returns, so make sure to check with a financial advisor if you're not sure whether you qualify for assisted living write-offs.

Trivia: Over 90 million chocolate Easter bunnies are made each year.

Irish Toast: May you live as long as you want, and never want as long as you live.



FROM THE OFFICE...

Welcome to almost spring!! You know, of course, we will see flowers blooming and frost on the rooftops.

Many people have commented on my articles that speak to my childhood or “the good old days.” I love to think back to those times of childhood bliss (I actually typed “bless”, which also fits in this context). How often do you remember the “good times”?

I often think of the times that I got a Golden Goose egg when I got new shoes at Turnage's.
I remember buying a Super Ball at Sander's Five and Ten for five cents.
We traveled to Strong, AR many hot summer afternoons to get a cold drink from the ice house.
His drinks were iced in an old Coke box with shaved ice. The coldest drinks anywhere.
Swimming in the Loutre. Swimming in our pond or my grandparent's pond.
Saddling old Peanut for a ride through the woods.
Shelling peas with my mother and grandmother. (and watching *As the World Turns*)
Riding in the back of the old black Chevy truck.
Feeding and watering baby chickens on cold winter days. (My siblings will disagree with this statement—they thought I didn't work in the chicken houses.)
Learning to drive and getting to drive to the community store alone (well before I ever had a driver's license!)
Making homemade ice cream.
Visiting my grandparents on Sunday afternoons.
Going to drive- in movies.
I saw the original 101 Dalmatians at the Farmerville movie theatre when I was about six years old. I also saw *The Blob*—it almost scared me to death. I can also remember seeing *Dr. Kildare*.
Sitting in front of our first television in my little wooden rocking chair watching *Captain Kangaroo*—eating buttered toast. My siblings will say that I was a little spoiled.
Having gum ball fights with my cousins. Walking down the highway and popping asphalt bubbles.
Riding the school bus—I could tell some really good stories about the bus, but I will not. Well, I will tell one. All you Truxno people, do you remember when we pushed the bus when it would not start?
Going on dates with my sister and her beau. Not many sisters would allow that, but mine did. I still go a lot of places with them all these many years later.
Playing cowboys and Indians with my sister. (Pete and Joe)
Singing “You are my Sunshine” with my bus driver. (I was the last one off of the bus)

Sometimes it does us good to wander down the backroads of our past and I know that it is not all perfection. But then again, He did not promise perfection.

“I will never leave you nor forsake you.”

-Susan

TRIAD Newsletter

March, 2016



WHAT IS TRIAD?

TRIAD is cooperation between Law Enforcement Agencies and Senior Citizens

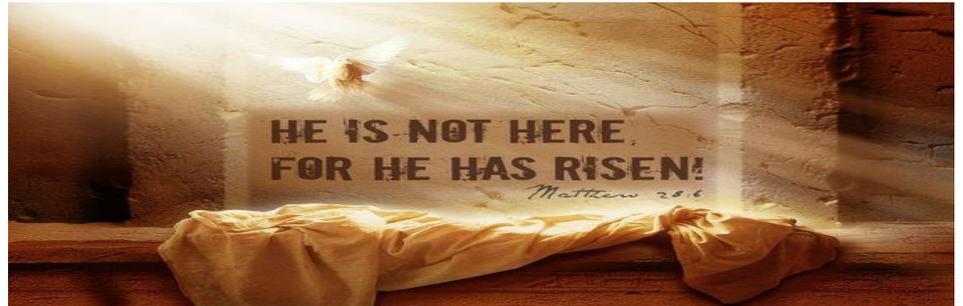
TRIAD strives to reduce criminal victimization of older persons

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!



HE IS RISEN!!

Luke 24:1-9 King James Version (KJV)

¹ 24 Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them.

² And they found the stone rolled away from the sepulchre.

³ And they entered in, and found not the body of the Lord Jesus.

⁴ And it came to pass, as they were much perplexed thereabout, behold, two men stood by them in shining garments:

⁵ And as they were afraid, and bowed down their faces to the earth, they said unto them, Why seek ye the living among the dead?

⁶ He is not here, but is risen: remember how he spake unto you when he was yet in Galilee,

⁷ Saying, The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.

⁸ And they remembered his words,

⁹ And returned from the sepulchre, and told all these things unto the eleven, and to all the rest.

