



Birthdays
of the Month

MAY

Mary Alderson-12
Susan Edwards-14
Lizzie McElroy-20



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

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Mother's Dictionary of Meanings

Dumbwaiter: One who asks if the kids would care to order dessert.

Feedback: The inevitable result when the baby doesn't appreciate the strained carrots.

Full Name: What you call your child when you're mad at him.

Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

Hearsay: What toddlers do when anyone mutters a dirty word.

Independent: How we want our children to be for as long as they do everything we say.

Did you know that:

- Every day more money is printed for Monopoly than for the US Treasury.
- The Hawaiian alphabet has 12 letters.
- Men can read smaller print than women; women can hear better than men.
- The city with the most Rolls Royce's per capita: Hong Kong

Some people call them grey hairs,
I call them stress highlights.



If at first you don't succeed, try doing it the way Mom told you to in the first place!

*Be careful when you blindly follow the masses.
Sometimes the M is silent.*

The Connection Between Diabetes and Dementia

In two recently published studies in *Diabetes Care* and the *Journal of the American Medical Association*, researchers at the University of California, San Francisco, have found a potentially dangerous connection between diabetes and dementia. The link is hypoglycemia, or low blood sugar.

"Hypoglycemia commonly occurs in patients with diabetes mellitus (DM) and may negatively influence cognitive performance," says the *JAMA* study. "Cognitive impairment in turn can compromise DM management and lead to hypoglycemia." Because the brain uses glucose for energy, cognitive function can be impaired when blood glucose drops too low; severe hypoglycemia can cause neuronal damage, say the study's authors — possibly leading to neurological issues like Alzheimer's disease and dementia.

Diabetes affects the production and regulation of insulin, a hormone that helps with glucose absorption by the blood, and that puts diabetics at risk for hypoglycemia. The researchers found that diabetics who had experienced a hypoglycemic event severe enough to require hospitalization had a twofold increased risk for developing dementia over a 12-year follow-up period.

If your elderly loved one has diabetes, you can help by staying on top of their daily diabetes care and blood glucose levels in order to minimize their risk of hypoglycemia. You can also schedule a doctor visit to ask about cognitive function tests, which can help diagnose dementia levels. Familiarize yourself with the early signs and symptoms of dementia, such as:

- Short-term memory loss
- Confusion
- Problems handling money

Why is the man who invests all your money, called a broker?

Why does the sun lighten our hair, but darken our skin?

Why is it called lipstick if you can still move your lips?

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

Memorial Day Observance

In traditional observance, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.

Section 1082 of the 1998 Defense Authorization Act adds the flying of the POW-MIA flag on all Federal and U.S. Military Installations on Memorial Day. The POW-MIA flag is to be half-staffed until noon along with the National flag. Other traditional observances included wearing red poppies, visiting cemeteries and placing flags or flowers on the graves of our fallen heroes, and visiting memorials.

Traditional observance of Memorial Day has diminished over the years and many Americans have forgotten the meaning and traditions of the day. At many cemeteries, the graves of the fallen are increasingly ignored or neglected. Most people no longer remember the proper flag etiquette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades.

There are a few notable exceptions. Since the late 1950s on the Thursday before Memorial Day, 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing. In 1951, the Boy Scouts and Cub Scouts of St. Louis began placing flags on the 150,000 graves at Jefferson Barracks National Cemetery as an annual Good Turn, a practice that continues to this day. More recently, beginning in 1998, on the Saturday before the observed day for Memorial Day, the Boys Scouts and Girl Scouts place a candle at each of approximately 15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park on Marye's Heights (the Luminaria Program). And in 2004, Washington D.C. held its first Memorial Day parade in over 60 years.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed in December 2000. It asks that at 3 p.m. local time all Americans "voluntarily and informally observe in their own way a Moment of Remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps."

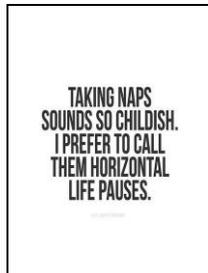


Sea and Beach

E	R	E	G	N	U	O	L	N	U	S	H	W	A
D	T	E	E	R	A	T	Y	O	O	R	C	C	A
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O	O	O	T	A	A	S	H	E	R	S	R	N	O
R	W	R	S	O	D	G	U	E	O	A	T	D	N
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U	L	E	R	O	S	T	T	E	I	A	R	E	C
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C	E	O	S	R	E	N	N	T	T	T	R	E	N
P	O	E	N	R	R	O	R	R	E	E	N	A	O
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O	T	N	E	U	N	T	N	H	T	T	E	E	E

COVE
WESTERN
SANDY
NORTHERN
HORSESHOE
SURROUND
EASTERN
SCATTER
TOWEL
STRETCH
SUN LOUNGER
PIER
CANOPY
ROUGHLY
SOUTHERN

It is believed that Shakespeare was 46 around the time that the King James Version of the Bible was written. In Psalms 46, the 46th word from the first word is "shake" and the 46th word from the last word is "spear".



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From the desk of Bro. David Martin...

Precious Memories? They would come later. In June, 1945, our family loaded up our possessions, including that old heavy upright piano which took four or more men to load, and also our cow "Sukey" to move from Tylertown, Mississippi to Gilbert, Louisiana. Dad was to become the pastor of First Baptist Church there; Mother taught school. We were there 1945-1949.

I had no special love from Tylertown, but at the same time it meant moving farther from my Martin grandparents and moving to a "foreign" land.

We were able by moving in the summer to make some adjustments, also meet new friends, and to receive ample warning about Mr. Gunn, the principal of the school. Our older sister, Theresa, whom we always called "Sister" was informed that Mr. Gunn was apt to ask high school students the number of windows in the building, perhaps the number of steps in the stairs. I think she had pretty well mastered that before school started in September. Mr. Gunn was an extremely strict disciplinarian! I thought he was seven feet tall, but years later I spoke at an anniversary homecoming at the church and saw he was around five feet at the most.

One event that stood out in August of 1945 was the end of World War II when the atomic bombs were dropped on Japan. What a time of celebration! The town siren screamed at the appropriate time and there was an enormous amount of shouting and screams; and a great sigh of relief and tears.

Gilbert didn't have any paved streets, but all gravel. My sister Theresa learned to drive and spun a little gravel now and then. How dusty it was in the little town.

We had a garden. On one occasion Dad cut some bean poles and Dad, Charles and I got poison ivy. Only "Sister" and I are left of the children.

The favorite games at parties for the high schoolers were "Spin the bottle" or "Post Office" also "Pleased or Displeased". The younger ones only observed.

As far as sports, baseball was king. It seems we played the biggest part of the year in a level cow pasture. Basketball was before the day of jump shots and three points. A good thing too, as that gym had a very low ceiling. Once in a while someone would manage to overshoot and hit the ceiling. Dad coached the boys' basketball team on one occasion, as the school had no coach. Football didn't come to Gilbert until 1948 or 1949.

We boys created our own fun in those days. Charles and I finally got a bicycle together and had a few scraps as to whose turn it was to ride. We rabbit hunted at night with carbide lights (I believe was illegal); rabbit hunted in the snow; on one occasion had BB gun wars until Mr. Corbett, the mayor, put a stop to it; camped out on a canal; and, of course, played ball. We also spent a lot of time playing in an empty cotton gin.

Time and space have run out on this issue....."Precious Memories" will be continued next month...!

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🍅 **May 2016 Farmer's Almanac Planting Guide** 🍅

- 1st-2nd** Fine for vine crops. Set strawberry plants. Good days for transplanting. Favorable time for planting late root crops.
- 3rd-4th** Poor planting. Fine for cultivating or spraying.
- 5th-6th** First day is a good day for transplanting. First day is also when planted root crops will yield well. Second day is favorable for planting beans, corn, cotton, tomatoes, peppers, and other aboveground crops.
- 7th-8th** Any seed planted now will tend to rot.
- 9th-10th** Plant seedbeds and flower gardens. Most favorable for corn, cotton, okra, beans, peppers, eggplant, and other aboveground crops.
- 11th-15th** A barren period. Favorable for killing plant pests, cultivating, or taking a short vacation.
- 16th-18th** Favorable time for sowing hay, fodder crops, and grains. Plant flowers. Excellent time for planting corn, beans, peppers, and other aboveground crops.
- 19th-20th** Plant seedbeds. Excellent for planting aboveground crops, and planting leafy vegetables.
- 21st-23rd** Seeds planted now will do poorly and yield little.
- 24th-25th** Plant late beets, potatoes, onions, carrots, and other root crops.
- 26th-27th** Kill plant pests on these barren days.
- 28th-29th** Fine for vine crops. Set strawberry plants. Good days for transplanting. Favorable time for planting late root crops.
- 30th-31st** Poor planting. Fine for cultivating or spraying.

Learn how to make this homemade self-rising flour recipe with just three easy ingredients.

Self-Rising Flour

Yield: A little over 1 cup

Ingredients:

- 1 cup all-purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Directions:

Whisk all ingredients together until blended.

Southern Peach Cobbler

For the cobbler:

- 1/2 cup (1 stick) of butter
- 1 cup of sugar
- 3/4 cup self-rising flour
- 3/4 cup of milk

For the fruit:

- 1 can (28 ounce) peaches in heavy syrup, OR 2 cups of fresh sliced peaches
- 1 cup of sugar
- 1 cup of water
- 1 tablespoon cinnamon (for sprinkling on top)

Here's what you need to do:

Preheat oven to 350 degrees F. Put the butter in a 13 x 9 x 2 inch baking dish and place in the oven until the butter melts. Remove from oven and set aside. In a bowl, mix together the flour and sugar and stir in the milk. Batter will have a few lumps but that's okay. Pour the batter on top of the melted butter. If using fresh peaches, put fresh sliced peaches, sugar and water in a saucepan and bring to a boil, reduce heat and simmer for about 10 minutes. Spoon fruit on top of batter and then slowly pour the liquid on top of that. Be careful not to mix the fruit INTO the batter. Sprinkle with cinnamon. Bake for 35 to 45 minutes. Batter will rise to the top while baking to make an amazing crust!

According to Genesis 1:20-22 the chicken came before the egg.



How much CAJUN do you understand??

Here are a few words and saying in Cajun you may hear when visiting South Louisiana.

1. **bouder** [bou-deh] *verb*: To pout or sulk. "She boude'd all night because he stood her up."
2. **envie** [ahn-vee] *noun*: A longing or hunger to do or eat something. Other Southerners might use the word 'hankering' where a Cajun would use 'envie.' "I've got an envie for some boudin."
3. **gris gris** [gree-gree] *noun*: To put a curse on someone. Frequently used in jest, not in reference to actual black magic. "Grandma got so mad when I ate her pie, she put a gris gris on me."
4. **fais do do** [fay doe doe] *expression*: A Cajun dance party. (Also an expression adults use when they want children to go to sleep.) "Will we see you at the fais do do?"
5. **cher** [sha] *noun*: A term of endearment usually used with women, similar to 'dear' or 'sweetheart.' "Would you like another cup of coffee, cher?"
6. **tit** (masculine) or **tite** (feminine) [tee or teet] *noun*: The Cajun equivalent of 'junior,' but placed before the name rather than after. "I had dinner with John and his son Tit John."
7. **veiller** [vay-yay] *verb*: To talk with friends. Cajun equivalent of "to shoot the breeze." "She was vellier with all her friends on the porch"
8. **honte** [hont] *adj.*: Embarrassed or ashamed. "I drank too much and fell into the bayou. Boy, was I honte!"
9. **minou** [më nü] *noun* Cat. "Get that minou off the table! It's time for dinner."



God who gave us life gave us liberty...And can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of people that these liberties are the gift of God? That they are not to be violated but with His wrath? Indeed, I tremble for my country when I reflect that God is just, that His justice cannot sleep forever. --Thomas Jefferson, Notes on the State of Virginia



FROM THE OFFICE...

Dear Union Parish,

Just a note to let you know just what I think of you and your people. I think that you are the bomb (I know this is not used anymore, but I don't care), the cat's meow, the best, the king of the hill. When I think of you and your kind, nice, polite, sweet, thoughtful, generous people, tears spring to my eyes! Is there anywhere else that loves its neighbors, friends, strangers, those in need like you do? Do you know what I am talking about?

- You watch your neighbor's house when they are gone.
- You call your neighbor when something is going on in your neighborhood.
- You take food when there is a death in a family.
- You provide a meal for the family of a deceased friend or church member.
- You raise money for those that are going through difficult times.
- You join together to help those that have personal tragedies.
- You pray for those in heartache or sorrow or in financial distress or sickness or tragedy.
- You show up to hug those that need it.
- You send cards to those that need them.
- You watch your neighbor's kids play ball and they watch your kids.
- You buy food for those that are hungry.
- You volunteer for whatever needs to be done.
- You quietly help people—and they probably never even know about it.
- You buy cakes that you won't eat or plates that you give away because somebody has a bigger need than you do.
- You buy wrapping paper or cookie dough or insulated cups because your co-worker's child or your grandchild or your neighbor's child is selling it.
- You make brownies and cookies and cakes and pies because your church family wants to fellowship.
- You form prayer chains so that those in need will be brought before the throne.
- You pay it forward just because you have a good heart.
- You visit the nursing home and the shut in and your neighbor that is all alone.
- You call your neighbor just so that they will hear a kind voice each day.
- You help a widow spray for ants or clean out a flower bed.
- You rejoice when a marriage takes place or a child is born and you mourn when there is a death in the community.
- You take people to church or to the doctor or the drug store or the grocery store.

Now, Union Parish, do you see why I love you so?

-Susan

TRIAD Newsletter

MAY, 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!



Wishing you the very best this Mother's Day!



Happy Mother's Day

The story of Mother's Day is the story of firm determination of a daughter, Anna Jarvis who resolved to pay tribute to her mother, Mrs. Anna M Jarvis and all other mothers of the world. Anna Jarvis dedicated her life to fulfill her mother's dream of the recognition of a day for honoring mothers. Though never a mother herself, Founder of Mother's Day, Anna Jarvis is today recognized as the 'Mother of Mother's Day'. An apt title to define the remarkable woman's ceaseless devotion to her mother and motherhood in general.

Anna Jarvis got the inspiration of celebrating Mother's Day quite early in life. It so happened that one day when Anna was 12 years old, Anna's mother Mrs. Jarvis said a class prayer in the presence of her daughter. To conclude the lesson on 'Mothers of the Bible', Mrs. Jarvis said a small prayer, "I hope that someone, sometime will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."

After the death of her mother in 1905, Anna Jarvis resolved to honor her mother. She became all the more serious in her resolution when she found that adult children in the U.S. were negligent in their behavior towards their parents. Besides the desire of her mother that someone would one day pay tribute to all mothers, living and dead and appreciate their contributions made Anna's decision even stronger.

In 1907, Miss Anna began an aggressive campaign to establish a National Mother's Day in US. On the second death anniversary of her mother she led a small tribute to her mother at Andrews Methodist Church. By the next year, Mother's Day was also celebrated in her own city of Philadelphia.

To give shape to her resolution, Miss Anna Jarvis, along with her supporters, began to write hundreds of letters to those holding the positions of power to advocate the need for a national Mother's Day. A fluent speaker, Anna used every platform to promote her cause. Though the response was cold initially, she achieved a breakthrough by gaining the support of great merchant and philanthropist, John Wanamaker of Philadelphia. The movement gained a fresh impetus with his support. In 1909, forty-five states including Puerto Rico, Hawaii, Canada and Mexico observed the day by appropriate services. People also wore white and red Carnations to pay tribute to their mothers, according to the tradition started by Anna Jarvis. Anna chose carnations because they were her mother's favorite flowers. White carnation was her most favorite because it represented the purity of a mother's heart. A white carnation was to be worn to honor deceased mothers, and a red one to honor a living mother.

By 1911, Mother's Day was celebrated in almost every state of the Union. And in 1914, President Woodrow Wilson made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the second Sunday of May.

Happy Mother's Day to ALL of our Mothers! May Blessing and Honor be yours. Enjoy your special day!!