



# Birthdays of the Month

## October

- Betty Baker - Oct 6
- Billy Ray Jamerson - Oct 8
- Alyce Milford - Oct 10
- Dorothy Hanner - Oct 13
- Mary Jo Green - Oct 13
- Ernestine Gray - Oct 22
- Ernestine Benson - Oct 24
- Lee Washington - Oct 30
- Barbara Romero - Oct 31



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

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# You Say... God Says...

You Say	God Says	Bible Verses
I can't figure it out.	I will direct your steps.	Proverbs 3:5-6
I'm too tired.	I will give you rest.	Matthew 11:28-30
It's impossible.	All things are possible.	Luke 18:27
Nobody loves me.	I love you.	John 3:16
I can't forgive myself.	I forgive you.	Romans 8:1
It's not worth it.	It will be worth it.	Romans 8:28
I'm not smart enough.	I will give you wisdom.	I Corinthians 1:30
I'm not able.	I am able.	II Corinthians 9:8
I can't go on.	My grace is sufficient.	II Corinthians 12:9
I can't do it.	You can do all things.	Philippians 4:13
I can't manage.	I will supply all you needs.	Philippians 4:19
I'm afraid.	I have not given you fear.	II Timothy 1:7
I feel all alone.	I will never leave you.	Hebrews 13:5

Exactly How Long IS a "Cotton Picking Minute"??

**Six ethics of life**

Before you Pray - Believe  
 Before you speak - Listen  
 Before you spend - Earn  
 Before you write - Think  
 Before you Quit- try  
 Before you Die - Live.



Ummm...

**Can we just admit we may have taken this "anybody can grow up to be President" thing a bit too far?**

## Double Layer Pumpkin Cheesecake

"A great alternative to pumpkin pie, especially for those cheesecake fans out there. Serve topped with whipped cream."

### Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

### Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving. YUM!!



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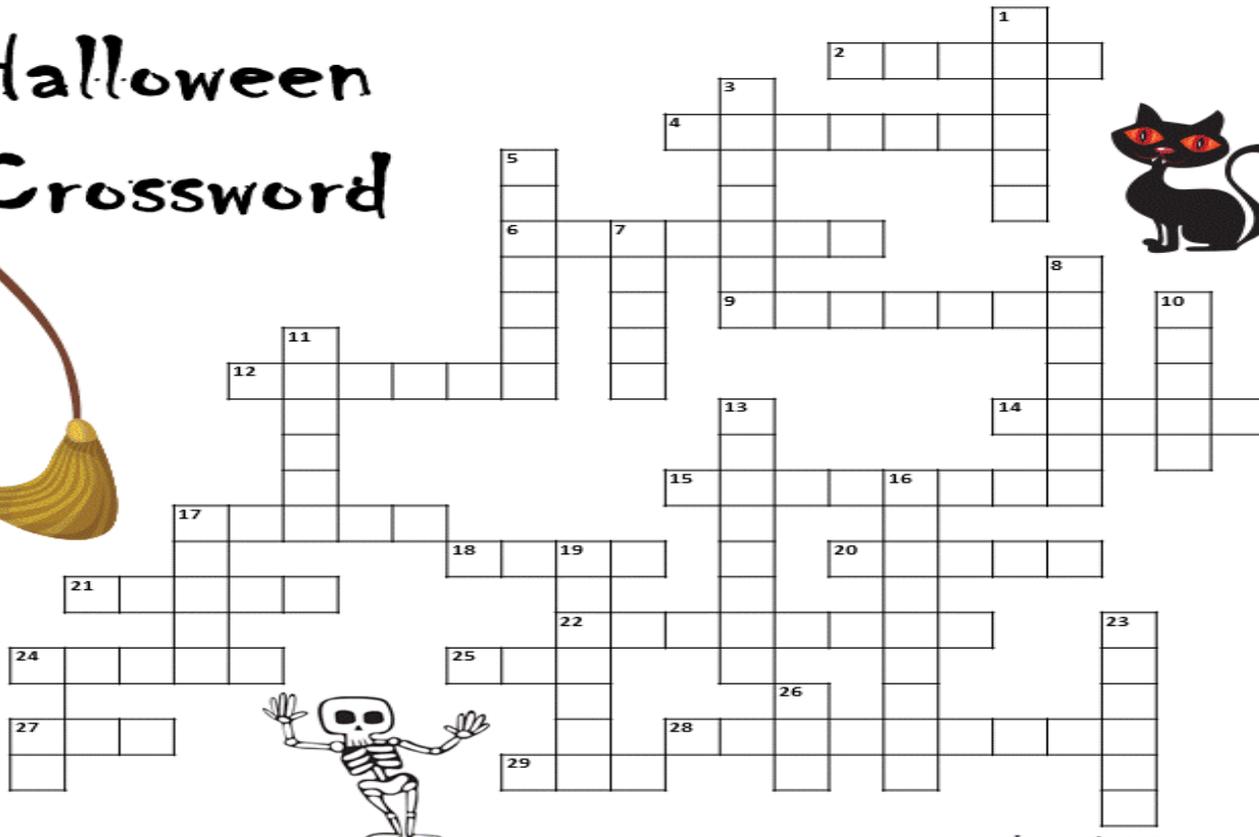
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\*\*\* Read the TRIAD NEWSLETTER online at [www.unionsheriff.com](http://www.unionsheriff.com) \*\*\*

# Halloween Crossword



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## Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. \_\_\_\_ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern
- 20. What the pot might call the kettle
- 21. \_\_\_\_ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 29. What a spider spins

## Down

- 1. When something makes our skin crawl, it's this
- 3. \_\_\_\_ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and \_\_\_\_ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

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### Homemade weed killer:

- 2 C. Apple cider vinegar
- 1/4 C. Epsom salt
- Spray bottle

Mix, Shake and spray weeds!!

YOU KNOW YOU'RE SOUTHERN WHEN...

you use the term "used to could."

I don't have an inner child.

I have an inner old person who wants everyone to be quiet.



*From the desk of Bro. David Martin...*

Today Halloween has become a really big experience. Wal-Mart and other stores displayed their costumes and candy in early September. I read somewhere that Halloween now does much more business and makes more profit than Easter. That wasn't always so.

Halloween wasn't that big an event during my growing-up years. I may have forgotten, but I don't recall our family being involved in the earlier years in treating or tricking. But in my high school years at Lake Providence we might "paint" some windows or screens with a bar of soap, else try to scare persons, but that was about it!

Things changed when my children came along. We took them trick-or-treating, and also passed out candy, etc. It was then a wonderful experience for all!

How things have drastically changed today! Halloween has become extremely big! I challenge anyone interested enough to even attempt to visit our neighborhood on Terral Island Road on Halloween Eve. The crowds—no, the multitudes—start arriving at around 5:30 p.m., sometimes still coming as late as 8:30 or later. They arrive in cars, trucks, vans, and on the backs of large trailers. The caravan goes down one side of the street and returns on the other side. And they come from far and near, from many backgrounds. I've wondered if some aren't hitting us going and coming, displaying their costumes and bags and buckets to receive their goodies. Most of the youngsters say "thank you" on receiving their sweets.

We seem to hardly ever have enough candy or fruit or whatever to fill the bill. At times we've had to turn out the lights and some still come. I've challenged my wife, Pat, to not participate on some occasions but she hasn't agreed. So being the generous person I'm reputed to be, in closing let me say, "Happy Halloween, everybody!!"

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**Farmer's Almanac Planting Guide - October, 2016**

- 1st** Fine for sowing grains, hay, and forage crops. Plant flowers. Favorable day for planting beans, peas, squash, sweet corn, tomatoes, and other aboveground crops in southern Florida, Texas, and California.
- 2nd-4th** Start seedbeds. Favorable days for planting aboveground crops, and leafy vegetables such as lettuce, cabbage, kale, and celery where climate is suitable.
- 5th-6th** Do clearing and plowing, but no planting.
- 7th-9th** Plant tomatoes, peas, beans, and other aboveground crops, indoors in the North and outdoors in lower South.
- 10th-11th** Poor planting days. Kill poison ivy, weeds, clear land, but no planting.
- 12th-13th** Extra good for vine crops. Favorable days for planting aboveground crops where climate is suitable.
- 14th-15th** Barren days, do no planting.
- 16th-17th** Good days for transplanting. Good days for planting beets, carrots, onions, turnips, and other hardy root crops where climate is suitable.
- 18th-19th** Poor days for planting, seeds tend to rot in ground.
- 20th-21st** Start seedbeds and flower gardens. Good days for transplanting. Best planting days for fall potatoes, turnips, onions, carrots, beets, and other root crops where climate is suitable.
- 22nd-26th** A most barren period, best for killing plant pests or doing chores around the farm.
- 27th-28th** Fine for sowing grains, hay, and forage crops. Plant flowers. Favorable days for planting root crops.

## Have you ever noticed the small loop at the back of the shirt and asked, "What is this for"?

Clothes are a way of expressing your personality, and the level of self-esteem becomes visible through the clothes you choose to wear during the time spent at work. A man's shirt reflects the confidence he has, whether an industrial leader, businessman or worker at a factory.

Have you ever noticed the small loop on the back of a shirt? In the past, people hung their clothes by these loops to keep the shirt from getting wrinkled. There were no hangers at that time. The loops were originally used by east coast sailors who hung their shirts on hooks onboard the ships. This little detail soon found itself on the streets and suddenly a new trend emerged with the US made Oxford button down shirts in the 1960's. After that it became part of Ivy League culture and continues in today's fashions.

Later, this little loop indicated the relationship status (pre Facebook) of a man. Ladies would take the locker loops of the men they liked to indicate their interest. And sometimes a man would remove the loop by himself to show that he was already in a relationship. The trend still exists in some places today. Of course with all the hangers that we have today, we don't need to hang the shirt using that small loop. Its purpose today is to be just a decorative embellishment. Now you know!



Evolving from the ancient Celtic holiday of Samhain, modern Halloween has become less about literal ghosts and ghouls and more about costumes and candy. The Celts used the day to mark the end of the harvest season and the beginning of winter, and also believed that this transition between the seasons was a bridge to the world of the dead. Over the millennia the holiday transitioned from a somber pagan ritual to a day of merriment, costumes, parades and sweet treats for children and adults.



## Sundowning, or Sundown Syndrome (according to Wikipedia)

is a psychological phenomenon associated with increased confusion and restlessness in patients with some form of dementia. Most commonly associated with Alzheimer's disease, but also found in those with mixed dementia, the term "Sundowning" was coined due to the timing of the patient's confusion. For patients with Sundowning syndrome, a multitude of behavioral problems begin to occur in the evening or while the sun is setting. Sundowning seems to occur more frequently during the middle stages of Alzheimer's disease and mixed dementia. Patients are generally able to understand that this behavioral pattern is abnormal. Sundowning seems to subside with the progression of a patient's dementia. Research shows that 20–45% of Alzheimer's patients will experience some sort of Sundowning confusion.

Symptoms are not limited to but may include:

- Increased general confusion as natural light begins to fade and increased shadows appear.
- Agitation and mood swings. Individuals may become fairly frustrated with their own confusion as well as aggravated by noise. Individuals found yelling and becoming increasingly upset with their caregiver is not uncommon.
- Mental and physical fatigue increase with the setting of the sun. This fatigue can play a role in the individual's irritability.
- Tremors may increase and become uncontrollable.
- An individual may experience an increase in their restlessness while trying to sleep. Restlessness can often lead to pacing and or wandering which can be potentially harmful for an individual in a confused state.

It is thought that with the development of plaques and tangles associated with Alzheimer's disease there might be a disruption within the suprachiasmatic nucleus (SCN). The suprachiasmatic nucleus is associated with regulating sleep patterns by maintaining circadian rhythms. These rhythms are also strongly associated with external light and dark cues. A disruption within the SCN would seem to be an area that could cause the types of confusion paired with Sundowning.

Another cause can be oral problems, like tooth decay with pain. When the time a meal is served comes close, a patient can show symptoms of Sundowning. This cause is not yet widely recognized.

### Treatment

- If possible, a consistent sleeping schedule and daily routine that a sufferer is comfortable with can reduce confusion and agitation.
- If the patient's condition permits, having increased daily activity incorporated into their schedule can help promote an earlier bed time and need for sleep.
- Check for over-napping. Patients may wish to take naps during the day, but unintentionally getting too much sleep will affect nighttime sleep. Physical activity is a treatment for Alzheimer's, and a way to encourage night sleep.
- Caffeine is a (fast-working) brain stimulant, but should be limited at night if a night's sleep is needed.
- Caregivers could try letting patients choose their own sleeping arrangements each night, wherever they feel most comfortable sleeping, as well as allow for a dim light to occupy room to alleviate confusion associated with an unfamiliar place.
- Some evidence supports the use of melatonin to induce sleep.





### ***FROM THE OFFICE...***

Fall, would you please come on? I'm tired of flip-flops and ready for boots!!

#### **“Coffee and Friends Make the Perfect Blend”**

Remember the term “coffee klatch”? I was always a little jealous of those that were involved in a coffee circle. You see, I did not drink coffee. I loved the smell of coffee, I could make a good cup of coffee. As a matter of fact, I made the coffee at my school for years and never drank a cup!

My dad drank coffee—all day. There was always a pot of coffee brewing at my parents' house. Mother was in “hog heaven” when she got a Bunn brewer because it made coffee in a matter of almost seconds. Someone was always drinking coffee in my mother's kitchen. My brother joined them in the mornings and my sisters drank coffee after work. And then there was me. I usually drank a Diet Coke. But it was just not the same. I always felt a little left out. There seemed to be a real kinship or connection among the coffee drinkers.

I retired from teaching and was hired at TRIAD. Once again, a coffee klatch. Sitting around, visiting, drinking a cup of coffee and solving the problems of the world. Me and my Diet Coke. “Sigh” The sheriff hired a young lady (Claudia Wade) that joined the coffee klatch but added some pizzazz to the group—Southern Pecan Coffee Creamer. As I was cleaning up the coffee area one day, that delicious smell wafted toward me. I couldn't just turn up the container and drink it, sooooo I decided to fix myself a cup. Four Splendas and a good helping of that wonderful smelling creamer later, I too joined the coffee klatch!!

I've been drinking coffee ever since. My sister has often chastised me, “Don't you know how Mother would have loved for you to have a cup of coffee with her?” Yes, I do realize that and I also realize that I have missed a lot of world problem solving and just downright good fellowship with other drinkers of that addictive elixir.

And now all these years later, others have joined our little coffee klatch. I don't drink my first cup until one of the members of our club comes through the door. We still solve problems and talk about our childhoods and walk down memory lane and we do it with a cup in our hands.

P.S. Often when I was much younger than I am now and we were shopping in Monroe, we would stop by the Piccadilly on Louisville Avenue and eat a piece of pie and drink a cup of coffee (Of course, I had my ever present D.C.) A couple a weeks ago, in honor of our mother, my sisters and my niece and her children visited the Piccadilly for the traditional pie and coffee. The fellowship was great and the coffee was delicious!!

#### ***I ONLY NEED COFFEE ON DAYS ENDING WITH “Y”***

*You can't buy happiness but You can buy COFFEE and that's pretty close.*

BTW: If you see a coffee cup with red lipstick on it, please return it to me! Susan

# TRIAD Newsletter

October, 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!*



## Happy Halloween

Keep Your Hard-earned Money Safe! Don't get "tricked"...

According to Clark Howard, here are Nine Places to NEVER Use a Debit Card:

### **1. Pay at the pump**

Skimmers aren't the only danger to your wallet. The gas station will put a big hold on your account, typically for 4 days, that could cause your checks to bounce. If you must pay with debit at gas station, go inside and pay at the cashier.

### **2. When you're buying online**

Credit card is a much better option. If you don't get your merchandise, you can do a chargeback during a 60-day window.

### **3. At the supermarket**

A couple of years ago, Save Mart supermarkets were hit by criminal rings that put skimmers on the credit/debit card readers at self-check lanes in 20 Save Mart and Lucky branded locations throughout California. Very often, this particular kind of scam will be perpetrated by a crook dressed in the counterfeit uniform of the technology company that does regular routine maintenance on credit/debit card readers at a business!

### **4. At the car rental counter**

Pamela Yip of *The Dallas Morning News* found that it's standard practice (and completely legal) in the industry for car rental companies to do a hard inquiry on your credit report, often without your knowledge or consent. They're trying to protect themselves against auto thieves that love to use debit cards as a low-risk method to get rentals that they can steal. But that inquiry can drastically lower your credit score in the process. The simple solution is to use a real credit card instead.

### **5. When booking advanced travel**

If you have concerns about the solvency of a company you're buying future travel from, you're better off using a credit card. This holds true particularly during an economic downturn when leisure travel businesses like cruises and some airlines can go bust. Paying with credit card ensures you can do a chargeback if you don't get the travel you paid for.

### **6. When buying furniture and major appliances**

If you are ordering furniture or appliances and waiting on delivery, pay only by credit card. You reduce your risk if the store goes bust by doing that, which we saw a lot of during the housing slump when furniture and appliance retailers really took it on the chin. If you do not have your delivery within 50 days, put the credit card charge in dispute. You lose all right to any dispute after the 60th day.

### **7. When setting up automatic drafts**

Auto drafts are a favorite way of utility companies, cable companies, health clubs, burglar alarm companies, and even mortgage lenders to get their money from you each month. But that business may continue to make monthly automated clearing house (ACH) debits from your account once your contract with them ends, which is illegal.

### **8. Independent ATMs**

You run the risk of skimmers. While skimmers can be found on bank ATMs, they're less likely because there are often security cameras in place.

### **9. At a restaurant**

Because there is such high turnover at restaurants, you don't want a dishonest employee to get hold of your digits.

*The only safe way to handle a debit card is...*

If you wish to continue using a debit card in the future, be sure you tie it into a separate account that's only used for debit transactions so only that money is at risk. You want your account that has the money you pay your mortgage, your car payment, your student loans, etc. cordoned off so it can't be compromised.

***Have a Safe Halloween!!***