

# Laughs & Lifts

Funny, Uplifting, and Entertaining

If I can make one person laugh or feel good long enough to forget his or her problems and thousands more to just feel better, then my day has not been wasted!





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**Teacher: "There are two words I don't allow in my class. One is gross, and the other is cool."  
Johnny: "So, what are the words?"**



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Interested in joining our Farmers' Market? Call the Ozark Area Chamber of Commerce 334-774-9321 or email us at [info@ozarkalchamber.com](mailto:info@ozarkalchamber.com)



## HOW MANY DOES IT TAKE

1. How many telemarketers does it take to change a light bulb? Only one, but he has to do it while you are eating dinner.
2. How many narcissists does it take to screw in a light bulb? One. The narcissist holds the light bulb while the rest of the world revolves around him.
3. How many DIY buffs does it take to change a light bulb? One, but it takes two weeks and four trips to the hardware store.
4. How many paranoids does it take to change a light bulb? Who wants to know?

## Did you hear about:

- ... the crustacean accused of promoting his own shellfish interests?
- ... the bankrupt poet who ode everyone?
- ... the shepherd who drove his sheep through town and was given a ticket for making a ewe turn?
- ... the cat who ate a ball of yarn? She had mittens.



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## I'M HERE FOR YOU

A pastor assured his congregation he was their servant and that they should feel free to call him anytime they had a problem. That night the pastor's phone rang at 3 a.m. On the other end was a dear elderly lady who said, "Pastor, I can't sleep." "I'm so sorry to hear that," he comforted her. "But what can I do about it?" the pastor asked. She sweetly replied, "Preach to me a while, pastor."

## ROUGH LANDING

A career Army officer I once met was jumpmaster for his unit and was taking up a few novices for a drop. The flight was pretty rough, and after a while, the jumpmaster called off the jump because of high winds. As the plane headed back to base, and the pilot pulled off an unusually smooth landing, two of the neophytes got airsick. "How come you could take that rough flight, but you couldn't handle the smooth landing?" asked the jumpmaster. "Well, sir," one trainee explained, "We've always jumped out of planes. We've never actually landed before."

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**What do you call someone with no body and no nose?  
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### PATIO PROBLEM

Ray, was attempting to build a patio for the first time. He bought 100 cement blocks. Laying them out in a pattern, he discovered the chosen area was too small. He stacked the blocks against the house and cleared more space. The next day Ray put the cement blocks back down, only to find that the ground was too hard to keep the patio level. He ordered a truckload of sand to be delivered the following morning. Again he stacked the 100 blocks against the house. Observing all this, our next-door neighbor asked, "Ray, are you going to put your patio away every night?"

### MATH EXAM

Rebecca said to her husband, "Do you know the neighbor's daughter scored a 99 on her math exam?" Her husband Tom, sipping his tea, remarked, "Really? What happened to the remaining 1 point?" Rebecca replied sarcastically, "Your son scored it."



**Singing in the shower is all fun and games until you get shampoo in your mouth, then it just becomes a soap opera...**

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### PASSED NOTE

A nearsighted minister glanced at the note that Mrs. Jones had sent to him by an usher. The note read: "Bill Jones having gone to sea, his wife desires the prayers of the congregation for his safety." Failing to observe the punctuation, he startled his audience by announcing: "Bill Jones, having gone to see his wife, desires the prayers of the congregation for his safety."

### BET YOU DIDN'T KNOW THIS

In 2008, fast food chain Burger King released a product that NO ONE could have foreseen. They released their own cologne. Flame, as it was called, had the tagline of 'Fire meets Desire'. Burger King described the scent as a mix of seduction and flame-broiled meat. The cost for this very unique scent... \$3.99.

## SPOT THE 10 DIFFERENCES



My relatives are beautiful on my dad's side of the family.

## THE EARTH IS FLAT

Despite what some people think, since the world is arguably 75% water that is not carbonated,... One could accurately say that it's technically flat.

## KISS A DONKEY

In the medieval days of Germany, they had an interesting way of curing a toothache. They would kiss a donkey. You read correctly. Somehow, the dentists of back then convinced their patients to kiss a donkey whenever they had a toothache.

*Some people today are this gullible today about Covid.*

*They have kissed a lot of donkeys!*

# Neighbors Serving Neighbors

John Cawley is Managing Funeral Director of Fuqua Bankston. Cawley, a longtime resident of Ozark, leads a team of compassionate and caring funeral service professionals and administrators at Fuqua Bankston. John Cawley is more than just a funeral director and embalmer. He is a proud community member, generous advocate and supportive funeral care professional. Fuqua Bankston is proud to have him as part of the team and we are proud to be managed by an Ozark native again.



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## DEVIL'S ADVOCATE

The term "devil's advocate" comes from the Roman Catholic church. When deciding if someone should be sainted, a devil's advocate is always appointed to give an alternative view!

*Stallone: I'm making a movie about composers. I'm playing Beethoven.*

*Van Damme: I'll be Mozart.*

*Schwarzenegger: Stop it guys, I'm not saying it.*

## WAILING WALL

A female CNN journalist heard about a very old Jewish man who had been going to the Western Wall to pray, twice a day, every day, for a long, long time. So she went to check it out. She went to the Western Wall and there he

was, walking slowly up to the holy site.

She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Pardon me, sir, I'm Rebecca Smith from CNN. What's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing!

What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims. I pray for all the wars and all the hatred to stop. I pray for all our children to grow up safely as responsible adults, and to love their fellow man."

"How do you feel after doing this for 60 years?"

"Like I'm talking to a BRICK wall."

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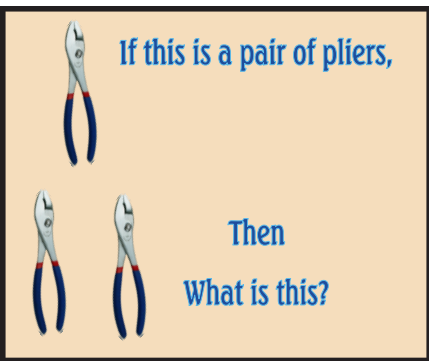
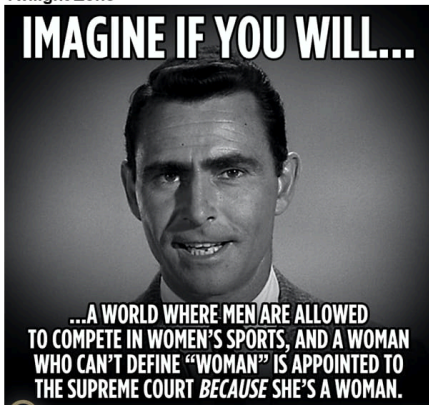
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*"It's a calling from God to be a hospice nurse."*

Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

Twilight Zone



I love bacon because I can wrap it around anything.

Amen. It's the duct tape of food!



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This morning my son said his ear hurt and I said on the inside or outside, so he walks out the front door, comes back in and says, "Both." Moments like this has me wondering if I'm saving too much for college.



**The 3 C's of life:**

Choices, Chances, Changes.  
You must make the choice,  
to take a chance,  
if you want anything  
in life to change.

8yo: I feel like you're always making up rules and stuff

Me: like what?

8yo: like if we don't pick up our room a portal will open and take us to another dimension

Me: well that's what happened to your older brother

8yo: what older brother?

Me: exactly.



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Sometimes I wonder what happened to all the people who asked me for directions.



# AUNT T'S KITCHEN

## CRAB MEAT LOAF

### Ingredients

- 1 pound imitation crabmeat, chopped
- 1/2 cup mayonnaise
- 1/4 cup thinly sliced green onions
- 1/4 cup diced celery
- 2 cups shredded part-skim mozzarella cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 loaf (1 pound) unsliced French bread, split

### Directions

1. In a large bowl, combine the crab, mayonnaise, onions and celery. Stir in the cheese, salt and pepper. Spread over bread bottom; replace top.
2. Wrap in a large piece of heavy-duty foil. Place on an ungreased baking sheet. Bake at 400° for 20 minutes or until heated through. Cut into slices.

## ROMAINE WITH ORANGES & ALMONDS

### Ingredients

- 8 cups torn romaine
- 1 can (11 ounces) mandarin oranges, drained
- 2 green onions, thinly sliced
- 1/4 cup slivered almonds, toasted

# What's For Supper?

- 1/4 cup sugar
- 1/4 cup vegetable oil
- 1/4 cup white vinegar

### Directions

1. In a bowl, toss the first four ingredients. In a jar with a tight-fitting lid, combine sugar, oil and vinegar; shake well. Drizzle over salad and toss to coat.

## BROWNIE MOCHA TRIFLE

### Ingredients

- 1 package fudge brownie mix (8-inch-square pan size)
- 1-3/4 cups cold 2% milk
- 2 packages (3.4 ounces each) instant vanilla pudding mix
- 1/4 cup cold brewed coffee
- 2 cups whipped topping
- 1 Heath candy bar (1.4 ounces), crushed

### Directions

1. Prepare brownie batter and bake according to package directions. Cool; cut into 1-in. pieces.
2. In a large bowl, beat milk and pudding mixes for 2 minutes or until thickened. Stir in coffee. Fold in whipped topping.
3. In a trifle bowl or 2-qt. glass bowl, layer a third of the brownie pieces, pudding mixture and crushed candy bar. Repeat layers twice. Chill until serving.

## FRESH FRUIT MEDLEY WITH HONEY GLAZE

### Ingredients

- 4 cups fresh raspberries
- 4 medium plums, coarsely chopped
- 4 medium apricots, coarsely chopped
- 2 medium peaches, coarsely chopped
- 2 tablespoons minced fresh mint
- 2 tablespoons honey

### Directions

1. In a large bowl, combine the first five ingredients. Drizzle with honey and toss to coat. Refrigerate until chilled.



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# What's For Supper ?

## LEMON CHICKEN BAKE

### Ingredients

- 3 tablespoons butter, melted
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup seasoned bread crumbs
- 4 boneless skinless chicken breast halves (6 ounces each)

### Directions

1. Preheat oven to 350 deg;. In a shallow dish, combine butter, lemon juice, garlic, salt and pepper. Place bread crumbs in another dish. Dip chicken in butter mixture, then coat with crumbs.
2. Place in a greased 13x9-in. baking dish. Drizzle with remaining butter mixture. Bake, uncovered, until a thermometer inserted in chicken reads 165 deg;, 25-30 minutes.

## GREEN BEAN-CHERRY TOMATO SALAD

### Ingredients

- 1-1/2 pounds fresh green beans, trimmed
- 1 pint cherry tomatoes, halved
- 1 small red onion, halved and thinly sliced
- 3 tablespoons red wine vinegar
- 1-1/2 teaspoons sugar
- 3/4 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 cup olive oil

### Directions

1. In a 6-qt. stockpot, bring 6 cups water to a boil. Add beans in batches; cook, uncovered, 2-3 minutes or just until crisp-tender. Remove beans and immediately drop into ice water. Drain and pat dry.
2. Transfer beans to a large bowl. Add tomatoes and onion; toss to combine. In a small bowl, whisk vinegar, sugar, oregano, salt, garlic powder and

pepper. Gradually whisk in oil until blended. Pour over bean mixture; toss to coat.

## MAPLE CARROT CUPCAKES

### Ingredients

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 4 large eggs, room temperature
- 1 cup canola oil
- 1/2 cup maple syrup
- 3 cups grated carrots (about 6 medium)
- FROSTING:
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup butter, softened
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- Walnuts, optional

### Directions

1. Preheat oven to 350°. In a large bowl, combine the first 6 ingredients. In another bowl, beat eggs, oil and syrup. Stir into dry ingredients just until moistened. Fold in carrots.
2. Fill 18 greased or paper-lined muffin cups two-thirds full. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.
3. For frosting, combine the cream cheese, butter, syrup and vanilla in a bowl; beat until smooth. Frost cooled cupcakes. Add nuts if desired. Store in the refrigerator.

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They warned not to lean over the edge of that tower in Paris.  
Eiffel

# The Dale Medical Center Annual Awards Banquet was held May 12<sup>th</sup>, 2022 at the Warehouse.



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Laboratory



**Teresa Vernon 35 Years**  
Laboratory



**Sandra Walker 35 Years**  
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**Shelly Aho 25 Years**  
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**Angelia Laster 25 Years**  
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**Dale Nelson 20 Years**  
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**Robert Smith 20 Years**  
Nursing



**Rick Wright 20 Years**  
C.F.O.



**Stuart Skinner 15 Years**  
Dietary



**Ed Garza 10 Years**  
Maintenance



**Brenda Murphy 10 Years**  
New Day

**Not Pictured: Theo Wallace, 30 Years ; Chris Stevens, 20 Years:  
Sharon Johnson, 15 Years, Ardis Pruitt, 10 Years**





**Mary Cregar 5 Years**  
Environmental Services



**Jeff Dixon 5 Years**  
Emergency Room



**Brenda Donovan 5 Years**  
Materials Management



**Andre Glenn 5 Years**  
Environmental Services



**Marianela Gonzalez 5 Years**  
Infection Control



**Audrey Hix 5 Years**  
Dr. Hammack



**Ben McCain 5 Years**  
Intensive Care



**Olivia Ortiz 5 Years**  
Intensive Care



**Miranda Sasser 5 Years**  
Radiology



**Amanda Simmons 5 Years**  
Emergency Room



**Felicia Thompson 5 Years**  
Dr. Watts



**Troy Walker 5 Years**  
Environmental Services



**Yolanda Williams 5 Years**  
Hospice

**Not pictured:**

**Hunter Clark 5 Years**

**Cynthia Figueroa 5 Years**

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to a deeper relationship with  
GOD**

By

**Wallace Kennedy, Jr.**



Jesus says: I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!" John 16:33

1 Peter 4:12-13 Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing His glory when it is revealed to all the world.

Pain is an undesirable friend that pushes us closer to God! Our prayers are filled with passion and even desperation, when things cause us pain and disappointment. Suffering is often how God shows us Himself.

- When we have a need He show Himself as our Provider.
- When we are sick, He shows us He is our Healer.
- When we need protection, we know in His strong tower, we are protected.
- When we can't find our way, don't know what to do, He will make away when it seems impossible.
- When we have no peace, He is our Prince of peace.
- When we are tired, we can rest in Him.

The Lord is our everything!

"Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing" (James 1:2-4)

None of us enjoy or want to invite pain into our lives, but when it comes, we endure because we can depend on, and trust the promises of God. Remember, God will use our adversities to work for our good. Don't faint when doing what is good. God got you!

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## FINAL EXAM

The student asked the professor how many problems there would be on the final exam.

The professor looked the student over and replied, "I think you will have lots of problems on the final."

## HARRY HOUDINI

Harry Houdini was a famed magician/illusionist who became popular at the turn into the 20th century. He was also involved in World War I. Houdini would train American soldiers and show them how to escape handcuffs, in case they were caught by the Germans.

## HOUSE OF REPRESENTATIVE

After serving for several years in the House of Representatives, Charlie decided to run for a seat in the Senate. A fellow congressman asked Charlie why he was making this change. Charlie explained: "My wife wanted me out of the house."

## THE FIRST PANCAKE

A mother was preparing pancakes for her sons, Kevin, 5, Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'"

Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

## THREE QUESTIONS

**The cop asked, "Whose car is this? Where are you headed? What do you do?"**

**The miner replied, "Mine."**

**HAPPY**  
*Father's*  
**DAY**

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CHANCES YOU DON'T TAKE

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# Sudoku

EASY

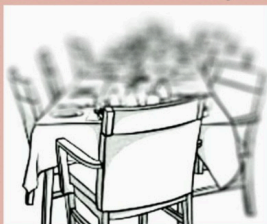
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 |   | 1 |   |   | 3 |   |   | 4 |
|   | 2 |   |   | 8 |   |   |   | 6 |
| 3 |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   | 8 |   |   |
|   | 4 |   |   |   | 7 | 9 |   | 3 |
|   |   | 9 |   |   |   |   |   |   |
|   |   |   |   | 6 |   |   | 1 | 7 |
|   |   | 4 |   |   |   | 2 |   |   |
|   | 8 |   | 9 |   |   |   | 3 |   |

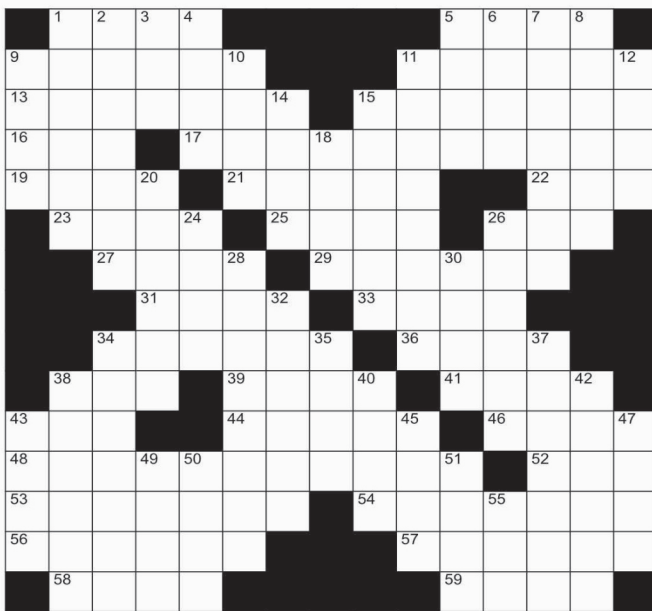
MEDIUM

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   | 8 | 5 |
|   |   | 9 | 6 |   | 4 |   |   |   |
|   |   |   |   | 3 |   | 2 |   |   |
|   |   |   |   |   |   |   |   |   |
| 5 | 6 |   |   |   | 8 |   |   |   |
|   |   |   |   | 4 | 2 |   |   | 1 |
|   | 1 |   | 2 |   |   | 3 | 5 |   |
|   |   | 6 |   |   |   |   | 4 |   |
|   |   | 3 |   |   | 7 |   | 9 |   |

**There's something about The Dinner Table**

*It's Honored and Respected  
 It's Sacred and Gently protected  
 It's Warm, Kind and so Inviting  
 Conversations are Sincere, Exciting & Surprising  
 We were taught to say Grace and give it  
 We learned about The Bible and how to live it  
 You couldn't bring anything to The Dinner Table  
 For Everything you needed was there  
 Just waiting on Family and Friends to show up  
 And Express how much they care  
 At The Dinner Table  
 We are all the same  
 Yet underneath some of us were lame,  
 With some kind of deformity  
 One way or another  
 Yet while at The Dinner Table  
 We were simply a sister or a Brother  
 So Here's my offer to you and the crew  
 Come back to The Table and be made new  
 Like Mephibosheth, You'll always have a seat  
 That's something in the world that Noone can defeat  
 So welcome back to The Dinner Table Where it all began  
 Where there's no pressure to be perfect  
 We simply do the best we can.  
 Agape Ministry  
 FB/Melissa Stuckey*





**CLUES ACROSS**

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1. Slovenian mountain               | 33. Female mammal's nipple      |
| 5. Growl                            | 34. Pandemonium                 |
| 9. Where things stand               | 36. Satisfy                     |
| 11. Made a sharp sound              | 38. Arrived extinct             |
| 13. Female spirit in Irish folklore | 39. Shipborne radar (abbr.)     |
| 15. Deteriorate with age            | 41. Network of nerves           |
| 16. A way to save for retirement    | 43. Monetary unit               |
| 17. The Big Apple                   | 44. Showed old TV show          |
| 19. Intestinal pouches              | 46. They help you hear          |
| 21. City in New Hampshire           | 48. One who eliminates          |
| 22. Giving a bad impression         | 52. Congress' investigative arm |
| 23. Samsung laptops                 | 53. Parties                     |
| 25. Without (French)                | 54. Most supernatural           |
| 26. Scientist's tool (abbr.)        | 56. Takes illegally             |
| 27. System of one more computers    | 57. Breathes while asleep       |
| 29. Captures                        | 58. Sea eagles                  |
| 31. Authentic                       | 59. German surname              |

**CLUES DOWN**

- |   |                                    |
|---|------------------------------------|
| 1. Looks at for a long time             | 26. Long upholstered seat          |
| 2. Solution for diseases                | 28. Set wages                      |
| 3. Belonging to a thing                 | 30. Peter Gabriel song             |
| 4. Former Packers fullback              | 32. Sides of a jacket              |
| 5. Contemptible person                  | 34. More beautiful                 |
| 6. One billionth of a second (abbr.)    | 35. Actress Kate                   |
| 7. Helps                                | 37. Furniture with open shelves    |
| 8. Final section of the large intestine | 38. Indicate                       |
| 9. Invests in little enterprises        | 40. The cost of a room             |
| 10. Look for                            | 42. Gets rid of something          |
| 11. Unbeliefs                           | 43. Impudence                      |
| 12. Susan and Tom are two               | 45. No No No                       |
| 14. Female sheep                        | 47. Drunkards                      |
| 15. A poet writes it                    | 49. Middle eastern country         |
| 18. Affirmatives                        | 50. High energy lasers (abbr.)     |
| 20. "Full House" actress Barber         | 51. Primary component of ribosomes |
| 24. Traveled rapidly                    | 55. An informal debt instrument.   |



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### The OK Corral

A Shootout at the OK Corral! That expression or quote has been heard in movies and even in real life conversation. Was this a real event? Did it take place? It did. It took place 137 years ago today, October 26, 1881, in Tombstone, Arizona.

The Shootout at the OK Corral was a 30 second gunfight in which the Earp brothers (Wyatt, Morgan, and Virgil) and Doc Holliday took on the 5 members of the Clanton-McLaury gang.

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God Bless you all. Roger Parrish, Publisher**

## Claybank Master Gardeners June 2022

### Greetings Gardeners,

\*\*June is upon us, the daylilies and roses are amazing us with their beauty, and soon the other heat-tolerant plants, shrubs and veggies will be wowing us with their beauty, aromas & taste.

\*\*Last month the Claybank Master Gardeners were welcomed to Lilies of the Field, an incredibly beautiful & serene daylily farm in Midland City, by owners BJ & Carolyn Yance. They have been growing & hybridizing daylilies there for over 20 years and their collection keeps growing. It has all the serenity of a well-landscaped park, peaceful & lovely, but you can also actually buy plants to take home or give as gifts. We learned that although daylilies do well in drought times, they will grow healthier and larger blooms when you give them plenty of water & a bit of fertilizer. Growing from rhizomes, daylily plants return every spring and bloom through early fall. They multiply themselves so you will also have plenty to give away. You can call the Yanceys at (334) 794-3496 Mon-Sat, 8 AM to 4 PM and they will give you the royal tour.



\*\*Here's a random tip for you gardeners: save & rinse your eggshells, dry them, then grind them up in your blender, and sprinkle them around your plants & veggies. Eggshells are 93% calcium carbonate, so they add lime & other beneficial nutrients to your soil. They also deter cats, slugs & other crawling pests.

\*\* The SOW app says you can plant corn, cucumbers, eggplant, okra, southern peas & sweet potatoes now.

\*\*Stay hydrated, drink fluids with electrolytes and protect yourself from the sun, gardeners. You are welcome to come to our Claybank Master Gardener meetings the 2nd Wednesday of each month at 11:00 AM at Hoppergrass Restaurant in Ozark. The lunch line opens at 10:30 AM. It is always a good idea to call the Dale County Extension Office at (334) 774-2939 to verify our meeting date.



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*See you  
soon!*



*Gladys, if I  
lost three  
fingers on  
my right hand,  
do you think  
I would still  
be able  
to write  
with it?*



## Six Deer Exceed the Limit

Two deer hunters hired a pilot to take them way back into the forest. After the hunt, the pilot returned and saw that they shot six deer.

"The plane won't carry six deer, you'll have to leave two of them," said the pilot, trying to be friendly.

Unwilling to leave their dead deer, the hunters said "We got six on the plane last year." The pilot gave in, and just five minutes after takeoff the plane crashed into the forest. Lucky to be alive, one of the hunters said, "Any idea where we are?" The second hunter said, "Yeah, right about where our plane went down last year."



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Goodness, JC  
Maybe,  
but  
I wouldn't  
count  
on it!



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I wonder if songbirds get mad at hummingbirds for not knowing the words.

Told the girl working the checkout to be careful she didn't cut herself when she picked this up.  
Blank stare.  
Some people just don't appreciate a good dad joke. 😞



**PUZZLE SOLUTION**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|   | S | P | I | K |   |   |   | G | N | A | R |   |   |   |
| S | T | A | T | U | S |   |   | H | I | S | S | E | D |   |
| B | A | N | S | H | E | E |   | S | E | N | E | S | C | E |
| I | R | A |   | N | E | W | Y | O | R | K | C | I | T | Y |
| C | E | C | A |   | K | E | E | N | E |   |   | S | U | S |
|   | S | E | N | S |   | S | A | N | S |   | S | T | M |   |
|   | A | D | P | S |   | S | E | I | Z | E | S |   |   |   |
|   |   | R | E | A | L |   | T | E | A | T |   |   |   |   |
|   | B | E | D | L | A | M |   | S | A | T | E |   |   |   |
|   | D | O | A |   | A | P | A | R |   | R | E | T | E |   |
| S | E | N |   |   | R | E | R | A | N |   | E | A | R | S |
| A | N | N | I | H | I | L | A | T | O | R |   | G | A | O |
| S | O | I | R | E | E | S |   | E | E | R | I | E | S | T |
| S | T | E | A | L | S |   |   | S | N | O | R | E | S |   |
|   | E | R | N | S |   |   |   | A | U | E | R |   |   |   |

## BAMBOOZABLES

- |   |             |   |                   |   |                      |
|---|-------------|---|-------------------|---|----------------------|
| 1 | ____ RANGE  | 2 | PAWALKRK          | 3 | ICEBERG              |
| 4 | HORSIS      | 5 | IFLAND IFIFC      | 6 | NOW <sup>HE</sup> RE |
| 7 | FIF<br>ERRE | 8 | YOU DESERVE TODAY | 9 | BA NK                |

Answer on page 29

# KITTY CAT WORD SEARCH

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

## WORDS

- AILUROPHOBIA
- CALICO
- CAT
- CATNIP
- CLOWDER
- DEWCLAW
- DIGITIGRADE
- DOMESTIC
- FELINE
- FERAL
- HAIRBALL
- JOWLS
- KITTEN
- KNEAD
- MEOW
- NEUTER
- PAPILLAE
- PURR
- SPAY
- STRAY
- STROPPING
- TABBY
- TONGUE
- WHISKER

Find the words hidden vertically, horizontally, diagonally, and backwards.

Solution on page 29



**GRILLED CHICKEN**

**Do more than belong...Participate.**  
**Do more than care...Help.**  
**Do more than belief...Practice.**  
**Do more than be fair...Be kind.**

**Do more than forgive...Forget.**  
**Do more than dream...Work.**

**- William Arthur Ware**

My friend Joe recently went on the Dolly Parton diet. It really made Joe lean, Joe lean, Joe lean, Joe lean.

### BACK IN THE DAY

A group of young men were sitting around the coffee shop complaining about how hard it was to get by in this day and age. Bob, an old timer, was listening to them and finally spoke. "You kids don't know what hard times are. Why, when I was your age, we were so poor we couldn't afford electricity. Why, we even had to watch television by candlelight."



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# IT

Some people never seem to get it. I want to be a help, so here it is. Feel free to cut it out or copy it, you never know if you will come across it again. If you don't need it, you might want to share it with someone else that just doesn't get it. When I remember, I carry it in my pocket so I can give it to people whenever they need it, especially those who think they are it.

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**ANSWERS TO BAMBOOZABLES**

1. Point blank range
2. Walk in the Park
3. Tip of the Iceberg
4. Horsing around
5. 1 if by land 2 if by sea
6. He came out of nowhere
7. Crossfire
8. You deserve a break today
9. Break the Bank

**OIL CHANGE BOUQUET**

When I go to a local discount store to get oil and filters for my car, I buy my wife a bouquet of flowers on display near the checkout counter.

During one trip, some women in line behind me were oohing and aahing about a husband getting flowers for his wife. "How often do you do that?" one asked. Before I could answer, the cashier, more than familiar with my routine, said, "Every three months or 3,000 miles, whichever comes first."

**LOVE & OBEY**

"How did the wedding go?" asked the preacher's wife. "Just fine until I asked the bride if she would obey and she said, 'Do you think I'm nuts?' and the groom said, 'I do,' and then things really began to happen fast."

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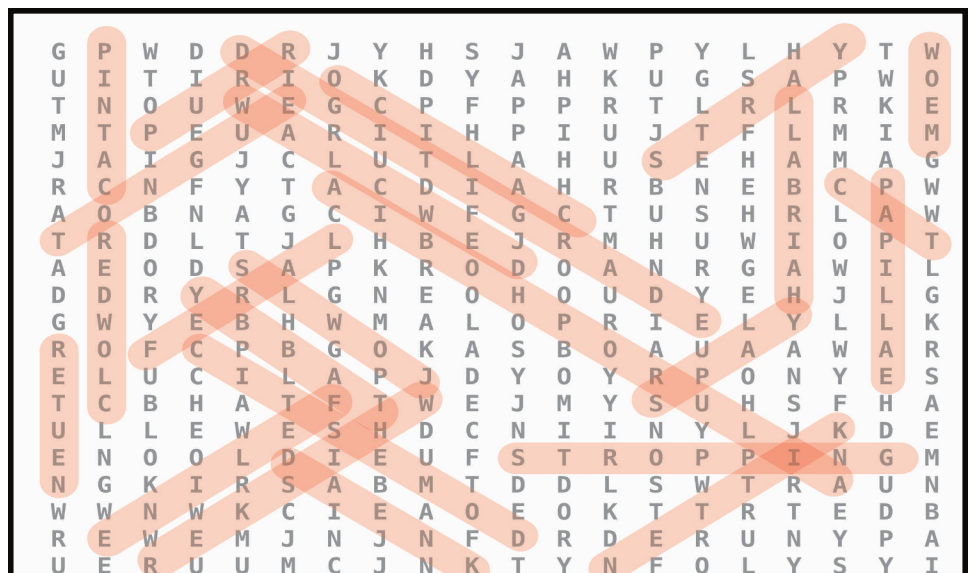
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**You can't hold a man down without staying down with him. ~ Booker T. Washington**



# W A N T T O B E



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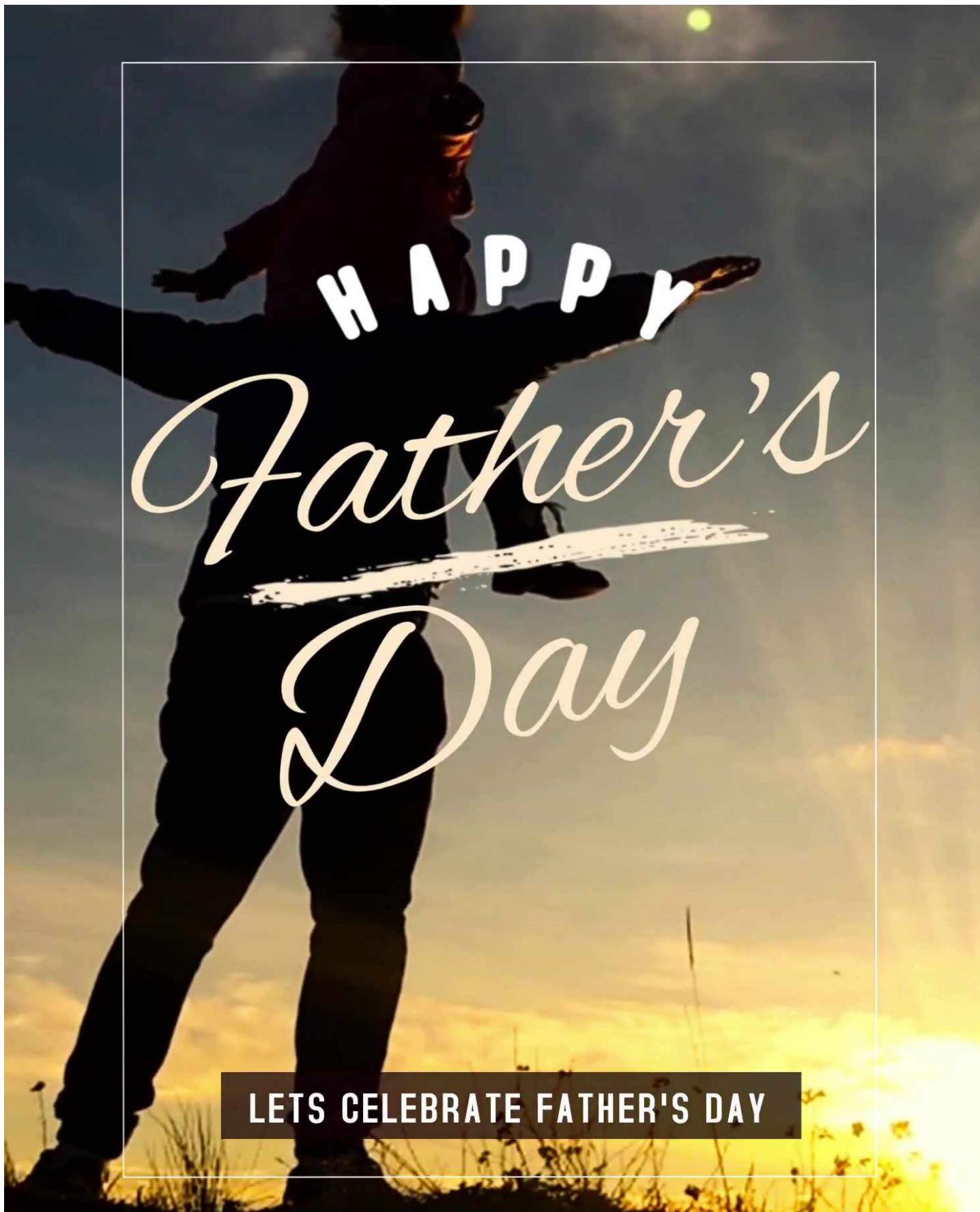
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**LETS CELEBRATE FATHER'S DAY**

**How come I always get blamed for the things I do?**

# Is it time for your next DEXA scan?



If you are a woman 65 or older, a man 70 or older, or have risk factors for osteoporosis, It's time for your DEXA scan.



## What is a DEXA scan?

A DEXA scan is a painless, high-precision x-ray measuring bone mineral density and bone loss.

**Women younger than 65 and men ages 50 to 69 should consider the DEXA scan if they have risk factors for serious bone loss.**

### **Risk Factors Include:**

- Braking a bone in a minor accident
- Having rheumatoid arthritis
- Having a parent who broke a hip
- Smoking
- Drinking heavily
- Having a low body weight
- Using corticosteroid drugs for three months or more
- Having a disorder associated with osteoporosis

**Bone Density or DEXA scans are available at the Troy Regional Women's Diagnostic Center located at 1001 S. Franklin Drive in Troy.**

**Please ask your physician for a referral and call 334-670-0927 to make an appointment.**



**TRMC Women's Diagnostic Center**