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April 2016 Issue 93

# Laughs and Lifts

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# Laughs and Lifts

Laughs and Lifts is the most unique and most loved monthly magazine in the Wiregrass Region, and is distributed Free in over 150 locations & online at [LaughsandLifts.com](http://LaughsandLifts.com)

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## Laughs and Lifts

Publisher/Editor  
Roger Parrish  
P.O. Box 681 Ozark, AL  
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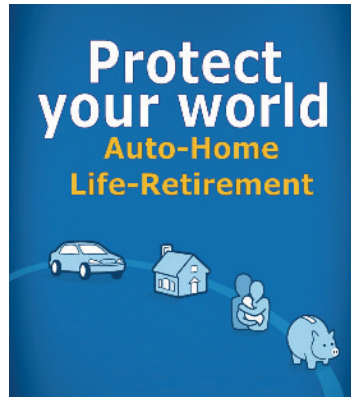
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**Now that oil is cheaper, we should start drilling for black printer ink.**

I have to do so many things that if I procrastinate  
I would be multitasking.

# Laughs and Lifts

The writings contained within Laughs and Lifts do not necessarily reflect the views or opinions of the publisher.

Laughs and Lifts is published on or near the first of every month and is distributed throughout the Dale County Alabama Area including Ozark, Daleville, Level Plains, Fort Rucker, Midland City, Pickard, Newton, Ariton, Brundidge,, Abbeville, Skipperville, and Echo, and into Dothan and Enterprise In over 150 locations. Laughs and Lifts are mailed to subscribers in 31 states and anywhere in the world. You can also read the current edition online at [LaughsandLifts.com](http://LaughsandLifts.com)

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Golf is a lot like taxes...you drive hard to get to the green and end up in the hole.

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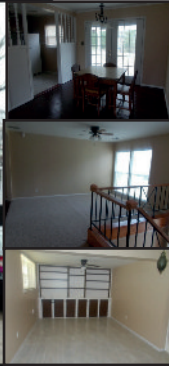
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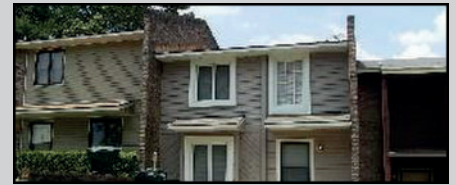
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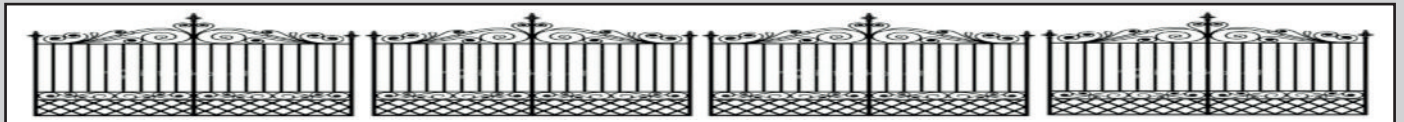
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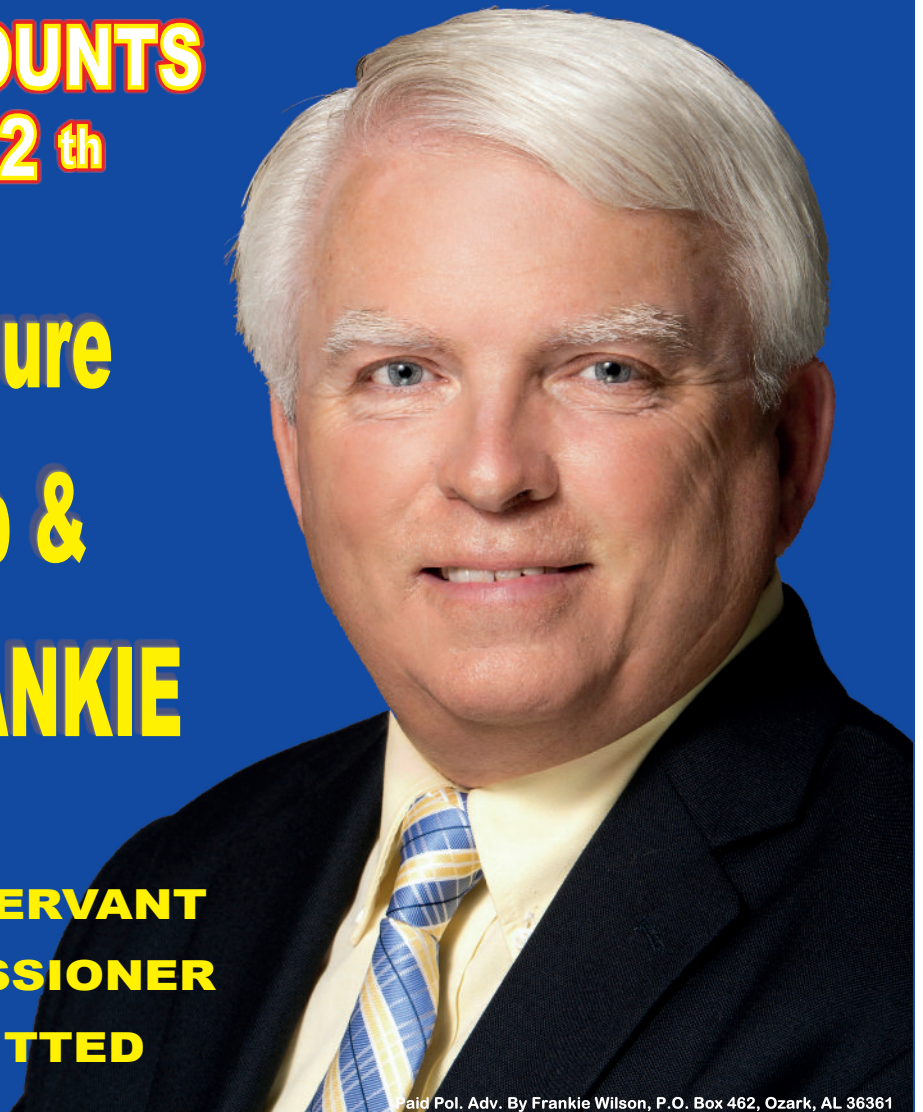
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Paid Pol. Adv. By Frankie Wilson, P.O. Box 462, Ozark, AL 36361

Why do people point out that they adopted their dog? Are they afraid people won't think it looks like them.

APRIL 2016

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**Laughs  
and Lifts**



**A** West Virginia state trooper, stopped a woman for going 15 miles over the speed limit. After he handed her a ticket, she asked him, "Don't you give out warnings?" "Yes, ma'am," he replied. "They're all up and down the road. They say, 'Speed Limit 55.'"

**Beware of "spin."  
Case in point:**

**A** group of doctors and a group of lawyers got together to play a softball game. The doctors won the game, but they lost the public relations war. Here's how the lawyers reported the game: "The lawyers powered their way to a second place finish, while the doctors managed to finish next to last."

**My phone spends so much time stuck to a charger, I might as well call it a land line!**

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If your not living like Jesus, being around Jesus is going to make you uncomfortable!! -Pastor Haley

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## INSPIRATION

A boy was watching his father, a pastor, write a sermon.

"How do you know what to say?" he asked.

"Why, God tells me."

"Oh, then why do you keep crossing things out?"

**M**y husband had run to the store with our daughters, Ages (4) & (2) and on the way home he drove through a neighborhood looking for houses for sale. After a bit the 4 year old asked, "Daddy, what are we doing?"

My husband said he was looking at the houses that were for sale.

"Are you gonna buy a new house?" She asked?

Dad replied "Maybe."

Then she said with much concern, "But Dad, how will we get it HOME?!"

*But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.*

*1 Peter 2:9*



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Learn a lesson from your dog...no matter what mess life brings you, kick some grass over that mess and move on!

APRIL 2016

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**Laughs  
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**I** was at the drug store to pick up my prescription. The line wasn't clearly formed, and there was an old man with a cane nearby me. It was unclear as to who was next. When we got to the front of the line, the man gestured to me and said, "After you." I smiled at him and said, "No, please, after you. I have all day." Then he said, "No. You go ahead. My doctor says I have at least six months."

**A** gentleman goes to an estate sale and notices that one of the items for sale is a large parrot. He's always wanted a talking bird, so when it comes up for bid he offers \$50. The bidding proceeds hot and heavy with someone always bidding ten dollars more than he until the parrot is finally sold to him for \$1,500. When he goes to get the bird, he asks the auctioneer, "Can the bird talk?" The auctioneer replied, "Who do you think was bidding against you?"



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A politician getting an endorsement from another politician is like Bill Cosby getting Bill Clinton as a character witness.

I am fairly certain that the person who put the first r in February also decided how to spell Wednesday

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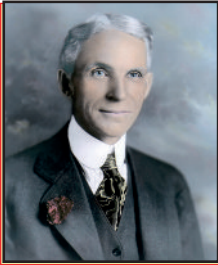


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he can be happy and prosperous by letting  
the government take care of him...  
better take a closer look at the  
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*Henry Ford*



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**Mildred, the church gossip,** and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra curricular activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon. She emphatically told George (and several others) that everyone seeing it there would know what he was doing.

George, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny. He said nothing. Later that evening, George quietly parked his pickup in front of Mildred's house... walked home... and left it there all night.



The difficult part in an argument is not to defend one's opinion but rather to know it. ~ Andre Maurois




## Mr. Schwartz

was the oldest of 7 children, so he had to quit school and work to help support his younger brothers and sisters. He never learned to read, so when he married and started a checking account, he signed his checks simply "XX". Eventually he started his own business, which immediately prospered. He soon was a very rich man. One day, he got a call from his bank. "Mr. Schwartz," said the banker, "I need to ask you about this check. We weren't sure you had really signed it. All these years you've been signing your checks 'XX', but we just got one that was signed with three XXX's..."

Mr. Schwartz answered, "No problem, my friend. It's just that since I've become so wealthy, my wife thought I ought to have a middle name."


MY DOCTOR IS  
CONCERNED WITH  
MY BLOOD  
PRESSURE.  
I TOLD HIM, NEXT  
TIME DON'T LEAVE  
ME SITTING IN THE  
WAITING ROOM FOR  
2 HOURS.

"The Bible is to be read as if written expressly for you." - A. B. Simpson



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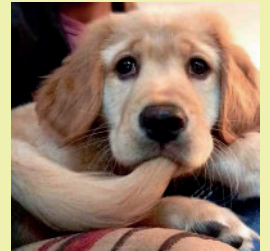
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"Could you please cut off my dog Buster's tail?"  
The vet examined the tail carefully, and then with raised eyebrows replied, "But there's nothing wrong with his tail. He is such a handsome fellow - why on earth would you want this done??"  
"My mother-in-law is coming to visit," I explained, "and I don't want anything in the house to make her think that she is welcome!"



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Some people are extremely impressed when you tell them you're a Navy SEAL. Case in point: My grandson's pre-K class on Career Day. I regaled them with stories of my exploits in the military. After I finished, hands shot up into the air all over the classroom. The kids were eager to ask questions. "So," asked one little girl, "can you balance a ball on the end of your nose?"

No nursing home for us. We'll be checking into a Holiday Inn! With the average cost for a nursing home care costing \$188.00 per day, there is a better way when we get old and too feeble. I've already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it's \$59.23 per night. Breakfast is included, and some have happy hours in the afternoon. That leaves \$128.77 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. \$5 worth of tips a day you'll have the entire staff scrambling to help you. They treat you like a customer, not a patient. There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp). To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and

**CONTINUED ON PAGE 12**



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No man will make a great leader who wants to do it all himself, or to get all the credit for doing it. ~ Andrew Carnegie



eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you're not stuck in one place forever -- you can move from Inn to Inn, or even from city to city. Want to see Hawaii ? They have Holiday Inn there too. TV broken? Light bulbs need changing? Need a mattress replaced? No problem.. They fix everything, and apologize for the inconvenience. The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance or the undertaker. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life. And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation. The grandkids can use the pool. What more could I ask for? So, when I reach that golden age, I'll face it with a grin as I check in the Holiday Inn!

**When I was younger, I could remember anything, whether it happened or not.**



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Now add this, Many of those who refuse, or are unable to prove they are citizens will receive free insurance paid for by those who are forced to buy insurance because they are citizens."  
Think about that for a while... Ben Stein



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### Where did they come from?

#### "A SHOT OF WHISKEY"

In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

#### "THE WHOLE NINE YARDS"

American fighter planes in WWII had machine guns that were fed by a belt of cartridges. The average plane held belts that were 27 feet (9 yards) long. If the pilot used up all his ammo he was said to have given it the whole nine yards.

#### "BUYING THE FARM"

This is synonymous with dying. During WWI soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.



When Louis Lindley Jr. dropped out of high school at 16 to join a rodeo, he called himself "Slim Pickens" so his father wouldn't see his name on the entry lists. In 1950, after 20 years of getting gored by bulls, thrown by horses and suffering injuries that included a crushed chest and a twice-broken back, Pickens was spotted at a rodeo by Director William Keighley, who offered the cowboy a screen test that began his career in movies.

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You have brains in your head and you have feet in your shoes. You can steer yourself any direction you choose. ~ Dr. Seuss



# Aunt T's Kitchen

## QUICK CAJUN CATFISH

### Ingredients

- 1/4 cup nonfat buttermilk
- 2 teaspoons Dijon mustard
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground pepper
- 4 catfish fillets, (1 1/4 pounds; see Tip)
- 4 lemon wedges

### Preparation

1. Preheat broiler. Lightly oil a wire rack large enough to hold fish in a single layer. Place the rack on a baking sheet.
2. Whisk buttermilk and mustard in a medium bowl until smooth. Combine cornmeal, salt and paprika, onion powder, garlic powder, thyme, cayenne pepper and black pepper in a shallow dish. Dip each fillet in the buttermilk mixture, turning to coat. Transfer to the cornmeal mixture, turning to coat completely. Place the fillets on the prepared rack; they should not touch.
3. Broil 4 inches from the heat source until the fish is opaque in the center, about 3 minutes per side. Serve hot with lemon wedges.

## CATFISH ALMANDINE

### Ingredients

- 1 tablespoon plus 1 1/2 teaspoons extra-virgin olive oil, divided

# CATFISH

- 1 tablespoon butter
- 1/4 cup sliced almonds
- 3 cloves garlic, thinly sliced
- 1/2 cup low-fat milk
- 1 large egg, lightly beaten
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 pound catfish, cut into 4 portions
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh parsley



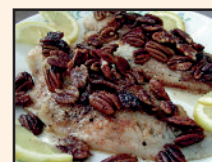
### Preparation

1. Heat 1 tablespoon oil and butter in a small saucepan over medium heat. Add almonds and garlic and cook until both are just beginning to brown, 1 to 3 minutes. Set aside.
2. Combine milk and egg in a shallow dish. In another shallow dish, combine flour, salt and cayenne. Dip fish in the milk mixture, then in the flour mixture; shake off any excess flour. (Discard any leftover mixtures.)
3. Heat the remaining 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add fish and cook until lightly browned and opaque in the center, 4 to 6 minutes per side.
4. Return the almond-garlic sauce to the stove over medium heat. Add lemon juice and heat through, 1 to 2 minutes. Pour the sauce over the fish and sprinkle with parsley.

## CATFISH WITH PECAN BROWN BUTTER

### Ingredients

- 6 tablespoons unsalted butter
- 4 (6 ounce) catfish fillets
- salt



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# CATFISH

- fresh ground pepper
- 1 pinch cayenne pepper
- 1/3 cup all-purpose flour
- 1/2 cup pecans, halved lengthwise
- 1 finely grated lemon, zest of
- 2 teaspoons fresh lemon juice
- lemon wedge, for serving

## Preparation

Melt 2 tablespoons of the butter in a large skillet. Season the catfish fillets with salt and pepper and the cayenne. Coat the catfish fillets lightly with flour, then add them to the skillet and cook over moderately high heat, turning once, until golden brown on both sides and cooked through, about 10 minutes. Transfer the catfish fillets to a platter; tent with foil and keep warm.

Melt the remaining 4 tablespoons of butter in the skillet. Add the pecans and cook over moderately high heat, until the pecans and butter are browned and fragrant, about 3 minutes. Stir in the lemon zest and juice and season with salt. Spoon the pecan butter over the catfish fillets and serve immediately with lemon wedges.

## SOUTHERN FRIED CATFISH

### Ingredients

- 4 cups all-purpose flour
- crab boil seasoning
- salt, to taste
- 8 (5 to 6 oz) catfish fillets
- 1 cup corn meal
- oil, for frying



### Preparation

Heat a fryer or a deep pot halfway filled with oil to 350°. Sprinkle both sides of each catfish with salt

# Aunt T's Kitchen

and crab boil seasoning. In a separate bowl, combine the flour and the cornmeal. Dredge the catfish in the flour mixture and place in fryer. Deep fry for approximately 7 to 8 minutes until done. Drain on paper towels.

## BAKED CATFISH

### Ingredients

- 8 skinned catfish fillets
- 1 cup breadcrumbs
- 1 cup grated parmesan cheese
- 3/4 cup chopped fresh parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1 teaspoon paprika
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/2 lb butter, melted
- lemon wedge
- parsley sprig



### Directions

Preheat the oven to 375°F.

Lightly coat a 13x9-inch baking dish with oil cooking spray.

Pat the fish dry.

Combine the dry ingredients in a shallow bowl and stir well.

Dip the catfish in the melted butter and roll in the bread crumb mixture.

Arrange the fillets in the prepared baking dish.

Bake uncovered for 20-30 minutes or until the fish flakes easily.

Garnish with lemon wedges and parsley sprigs.

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## Employee Banquet Honors Employees of Dale Medical Center

Dale Medical Center is filled with excellent employees and hospital leadership is always eager to recognize their skill and commitment. That was done on February 25, 2016 at the annual Employee Banquet with the theme, "DMC Makes a Big Deal about Their Employees", playing off of "Let's Make A Deal". This year 46 employees were recognized for a total of 660 years of combined service to Dale Medical Center. The banquet was held at the Hoppergrass Restaurant downtown Ozark.



5 years of service recipients: L-R: Larry Ezell, Board Chairman, Dr. Rifat Parwaiz, Cindy Shiver, Darlene Sims, Ashley Byrd, Jamie Abshire, Sharon Steward, Lynn Jaggars, Tom Sawls, Alecia Rivers, Kristy Woods, and Vernon Johnson, CEO.



10 Year Recipients. L-R: Larry Ezell, Board Chairman, Stephanie Smith, Josh Sims, Janet Barron, Billy Crockrell and Vernon Johnson, CEO.



15 Years of Service recipients. L-R: Larry Ezell, Board Chairman, Tracy Berry, Kim Armstrong, Tina Johnson, Pat Blackburn, John Page, John Pruitt, Todd Chancey, Debra Ray, Cindy Johnson, Vonda Sutton and Vernon Johnson, CEO.

20 Years of Service recipients: L-R: Larry Ezell, Board Chairman, Becky Worthington, Shanika Reeves, Pam Gill, Sherry Cooper and Vernon Johnson, CEO.



25 Years of Service recipients: L-R: Larry Ezell, Board Chairman, Patty Smith, Julie Jones and Vernon Johnson, CEO.



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30 Years of Service - Dale Jones, Facilities Director. L-R: Vernon Johnson, CEO; Dale Jones and Larry Ezell, Board Chairman.



35 Years of Service - Phyllis Sexton, Executive Assistant. L-R Vernon Johnson, CEO; Phyllis Sexton and Larry Ezell, Board Chairman.



50 Years of Service - Carolyn Helms, Unit Secretary. L-R: Vernon Johnson, CEO, Carolyn Helms and Larry Ezell, Board Chairman.

Receiving the Employee Engagement Award: Brad Hull, CFO; Tina Johnson, Dir. of Pt. Accts.; Dale Jones, Facilities Director and John Pruitt, Security Supervisor. Not Pictured: Dr. Rifat Parwaiz and Maggie Hughes, CRNP. These individuals were recognized for their commitment to the goals, values and have demonstrated the motivation required to contribute to the overall success of the organization.





Dear Mom,  
 Thanks 4 putting  
 Up with a spoiled,  
 Ungrateful, messy,  
 bratty child like  
 my sister.  
 Love,  
 Your Favorite

Johnny was working at the fish plant in Carbonear when he accidentally cut off all ten of his fingers. He went to the emergency room in St. John's and when he got there the doctor looked at Johnny and said "Let's have da fingers and I'll see what I can do." Johnny said, "I haven't got da fingers."  
 "What do you mean, you haven't got da fingers? For Pete's sake it's 2016! We got microsurgery and all kinds of incredible techniques. I could have put dem back on and made you like new! Why didn't you bring da fingers?"  
 Johnny says .....  
 "How was I suppose to pick dem up???"

I haven't spoken to my wife for 18 months; I don't like to interrupt her.

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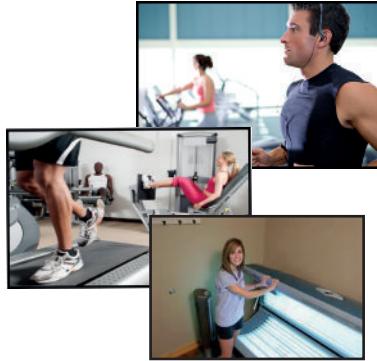
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## SPEEDING TICKET

A police officer stops a blonde for speeding and asks her very nicely if he could see her license. She replied in a huff, "I wish you guys would get your act together. Just yesterday you take away my license and then today you expect me to show it to you!"

## RIVER WALK

There's this blonde out for a walk. She comes to a river and sees another blonde on the opposite bank. "Yoo-hoo!" she shouts, "How can I get to the other side?" The second blonde looks up the river then down the river and shouts back, "You ARE on the other side."

I'm having some vision trouble today: I can't see myself doing anything.

APRIL 2016

19

**Laughs  
and Lifts**



## Money has different names!!

In church it's called (offering), in school it's (fee), In marriage it's (dowry), in divorce it's (alimony), When you owe someone it's (debt), when you owe the government it's (tax), in court it's (fines), civil servant retirees (pension), boss to workers (salary), when borrowed from the bank (loan) when you offer after a service (Tip) To kidnappers (Ransom) Illegally received in the name of service (Bribe) I bet you can think of more names for money!

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~ T. Edison

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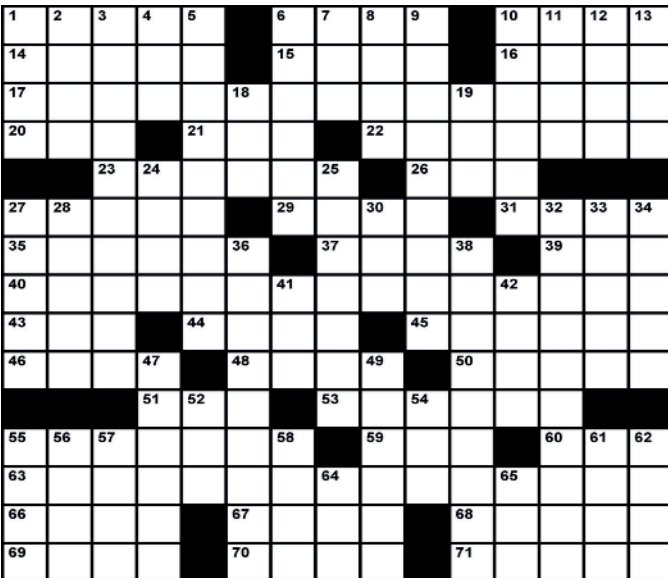
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  21. Poetic palindrome
  22. WWII battle site
  23. Crackers
  26. Mandela's org.
  27. Stimulant ingredients
  29. Kuwaiti, e.g.
  31. Land of leprechauns
  35. Profits
  37. Indonesian roamer
  39. Australian runner

40. Rags?
  43. Addition
  44. Affectation
  45. Cow fuel
  46. Some beans
  48. Campaigns
  50. Some bays
  51. Family dog, for short
  53. Psychoanalyzed?
  55. Cooling-off periods?
  59. Bit in a horse's mouth
  60. Ripen
  63. Mags
  66. Algonquian Indian
  67. Brown shade
  68. Fat units?
  69. Frau's partner
  70. Blabs
  71. Nobel, for one
- Down**
1. Perry Como's "\_\_\_ Loves Mambo"
  2. Any thing
  3. In Aruban fashion?
  4. Cool
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  6. Linked series of writings
  7. "Aladdin" prince
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  9. Gotcha moments
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  13. Bean used to make miso
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  24. Catch
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  27. "Who \_\_\_?"
  28. Kind of molding
  30. Aardvark's tidbit
  32. Worthy of comment
  33. Candidate's concern
  34. Certain posers
  36. Quail food
  38. Disney workers
  41. Fed. construction overseer
  42. Brio
  47. Sirhan Sirhan, e.g.
  49. Fuse mishaps
  52. Back when
  54. Churchill's "so few," (abbr.)
  55. Creep
  56. Bird beak part
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Nine tenths of education is encouragement. ~ Anatole France



## GOOD SUCCESS

### Wallace Kennedy, Jr.



How do we measure success?

A traditional definition of success is often thought to be associated with wealth, power and position.

Attaining personal goals and having good relationships with family and friends. How fast we move up the corporate ladder, social status, level of education, the number of people that follow or are influenced by.

God's view of "Good Success" was given to Joshua when Moses died, and Joshua was charged with leading the children of Israel to the "Promise Land".

Joshua 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have GOOD SUCCESS.

- To meditate therein day and night, that we might understand it and have it ready in us upon all occasions.
- Whatever affairs of this world we have to mind, we must not neglect the one thing needful. Not to let it depart out of our mouth. Consider: life and death is in our tongue; we live by the fruit of our lips. Man cannot live by food alone, but every word that proceeds out of the mouth of God.
- We must observe to do according to all that is written. It is not enough to hear and read the word, to commend and admire it, to know and remember it, to talk and discourse of it, but we must do it. Careful observance is necessary to universal obedience, blessings and the promises of God belongs to those that will adhere to what it says.
- Those that make the word of God their rule, and conscientiously walk by that rule, shall both do well and speed well; it will furnish them with the best maxims by which to order their conversation (how you live) (Ps. 111:10); and it will entitle them to the best blessings: God shall give them the desire of their heart.

Those that strives to please the Lord (a living sacrifice) will have "Good Success"!

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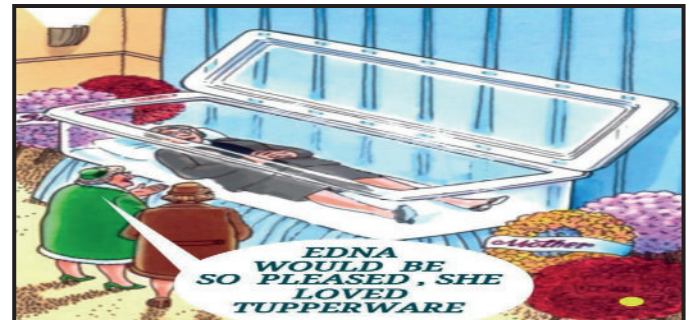
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# BAMBOOZABLES

Answers On Page 31

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F F I R R E E	YOU DESERVE TODAY	BA NK
BARBERSHOP BARBERSHOP BARBERSHOP BARBERSHOP	CONTRACT	PEN <sup>SWORD</sup>



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**EXERCISE!! Heaven's No!**

**I thought you said extra fries!**

APRIL 2016

23

**Laughs  
and Lifts**



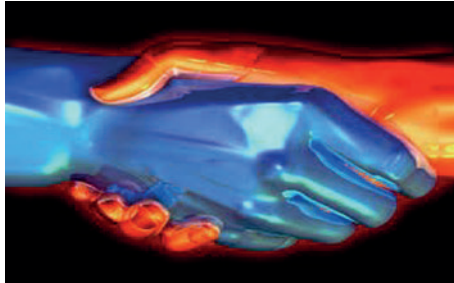
# PASTOR'S POINT

Pastor Haley Einfinger

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headed toward Daleville

## I WILL BLESS YOU IN-DEED

Oh how many times we call out for God to bless us and it seems that it does not happen. In life we are paid for the problems we solve. The bigger problem we solve the bigger payment we receive. Well in the realm of the LORD, God blesses us by our deeds! In Revelation 3; 14-15 it says:



*14 "To the angel of the church in Laodicea write: The Amen, the faithful and true Witness, the Beginning of the creation of God, says this: 15 I know your deeds, that you are neither cold nor hot; I wish that you were cold or hot. 16 So because you are lukewarm, and neither hot nor cold, I will spit you out of My mouth....*

Christians are not called to blend in with anything that they do for the kingdom of God. Truthfully we are not supposed to blend in at all!! 2 Corinthians 6; 17 says:

*"Therefore, COME OUT FROM THEIR MIDST AND BE SEPARATE," says the Lord. "AND DO NOT TOUCH WHAT IS UNCLEAN; And I will welcome you.*

I have learned that when the Lord was talking about us being hot or cold that it is not necessarily talking about temperature but more so about mixture. What is the right mixture that God is looking for or is he looking for a mixture at all? Be ye Separate in-deeds !! Deeds are an action that is performed intentionally or consciously. 2 Corinthians 9; 8 says:

*8 And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed...*

Let's live life intentionally conscious of all that we are doing so we can have an abundance for every good DEED !!

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The letter H.



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They can see right through you.**



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GARDENERS**  
ALABAMA COOPERATIVE EXTENSION SYSTEM

## Claybank Master Gardeners

**MARK YOUR CALENDARS:** The Claybank Master Gardeners are pleased to bring to the Ozark area the following events:

\* The **annual Claybank MG Plant Sale** will be held at the Ozark-Dale County Library on **Saturday April 2nd** from 9 AM to 12 noon. Come see the huge variety of plants ready for you to plant in your garden, to put on your windowsill, or to give as gifts! Or just come and ask the Master Gardeners your questions. We love sharing information.

\* Lucy Edwards, our Regional Extension Agent, will be doing an **Incredible Edibles Home Gardening Series** in New Brockton at the Coffee County Farm Center Complex, 1055 East McKinnon St., **every Wednesday in April** from 9 AM to 11 AM. Topics include: Incredible Edible Landscapes on **April 6th**, Scouting Your Garden **April 13th**, Growing Vegetables in Small Spaces **April 20th**, and The Fruits of Your Labor: Eating, Harvest, and Storage on **April 27th**. The cost is \$5 per program.

\* Ft. Rucker is hosting an Earth Day Exposition at the post Festival Grounds from 10 AM to 3 PM on **Thursday, April 21st** on various "Green Living" topics.

\* A **Home Grown Tomato Workshop** will be held in Ozark at the Dale County Extension Office on May 5th from 9 AM to 2:30 PM. Cost of the workshop is \$10, pre-register by calling the Extension Office at [334-774-2329](tel:334-774-2329)

\* A **new Master Gardener Volunteer Training Course** will be offered in Ozark at the Dale County Extension Office this fall. The cost is \$135. It will meet each Wednesday from 8:30 a.m. to 12:30 p.m. beginning **September 7th through November 16th**. For more information or an application please contact Lucy Edwards at the Dale County Extension Office at [334-774-2329](tel:334-774-2329).

Come join the Master Gardeners at their next meeting on **April 21st at the Hoppergrass Restaurant** from 11:00-1:30. We welcome visitors!

*Do you have questions about growing healthier, more attractive plants and trees? You are welcome to join us at our monthly Master Gardener Meetings!  
Call the Master Gardener Help line for more information: (334)703-8134*

APRIL 2016

25

**Laughs  
and Lifts**





# Dr. Geoff Gaunt

**"Your Hometown Dentist"**

Hello everyone,

It's March, and I'm getting excited about the As I'm writing, I'm immersed in one of my favorite annual pastimes.....March Madness!!

If you don't know what I'm referring to, it's the NCAA (College) basketball end-of -season tournament to determine the national champion for the 2015-'16 season. This year has been especially entertaining as many of the lower seeded teams are beating the higher seeded ones. I grew up playing a lot of basketball, and I still play at least once a week. One thing that surprises me as I watch the games is that it's very rare to see any of the players wearing protective mouthguards. Personally, I don't play without one. It's not a thick one, but it is enough to absorb the shock if I get hit in the mouth or under the chin which causes the teeth to slam together. I imagine that my patients would rather that I have a full compliment of teeth as I encourage them to maintain their pearly whites!

I was actually talking this week with the goalkeeper on the Northview High School Girls JV soccer team that I help coach about a mouthguard since her father was concerned about her risk of getting hit in the mouth by a ball or opponent. Naturally, she was concerned about not being able to communicate with her teammates if she had a guard in her mouth. I assured her that it doesn't have to be big and bulky. Mouthguards are best if they are custom fitted to the teeth rather than the rather large store-bought boil-and-bite ones that are supposedly "'one size fits all". The custom guards are made by first getting an impression of the upper teeth at your dental office. From there, a plaster model of your teeth is made, and then a sheet of heated flexible plastic is molded over the model using suction to create a formed fit. The thickness of a finished mouthguard is a minimum of 0.06 inches. So they aren't that obtrusive.

If you are an athlete of any age, playing a sport that involves any contact, then YOU need to be wearing a protective mouthguard!! The cost is minimal compared to the cost of having to repair or replace any of your teeth. I guess you could say it would be pure MADNESS to play without one!!

To your Health and Happiness,

Geoff Gaunt, DMD  
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**I am not proud to be white, but I'm not ashamed of it nor do I feel guilty about it either. God chose my parents and he chose yours. We had nothing to do with it. We should be proud of how God made each of us.**

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## EARTHLY TREASURES

Showing his friend around his home, Fred started to point out all of the collectibles he and his wife had acquired over their long years of marriage.



"The day before I die, I'm going to sell every piece we've got just to see how much it's all worth."

"But you couldn't possibly know the day before you were going to die, so how could you sell it?"

"Simple: If I sell it, my wife would kill me!"

## PASSING THE BUCK THE BUCK STOPS HERE

Most men in the early west carried a jack knife made by the Buck knife company. When playing poker it was common to place one of these Buck knives in front of the dealer so that everyone knew who he was. When it was time for a new dealer the deck of cards and the knife were given to the new dealer. If this person didn't want to deal he would "pass the buck" to the next player. If that player accepted then "the buck stopped there".

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How could a baker not know how flower is spelt?



## Fair Trade

A preacher was making his rounds to his parishioners on a bicycle, when he came upon a little boy trying to sell a lawn mower. "How much do you want for the mower?" asked the preacher. "I just want enough money to go out and buy me a bicycle", said the little boy.

After a moment of consideration, the preacher asked, "Will you take my bike in trade for it?" The little boy asked if he could try it out first, and after riding the bike around a little while said, "Mister, you've got yourself a deal." The preacher took the mower and began to try to crank it. He pulled on the rope a few times with no response from the mower. The preacher called the little boy over and said, "I can't get this mower to start."

The little boy said, "That's because you have to cuss at it to get it started." The preacher said, "I am a minister, and I cannot cuss. It has been so long since I have been saved that I do not even remember how to cuss." The little boy looked at him happily and said, "Just keep pulling on that rope. It'll come back to ya!"

Education is what remains when you have forgotten everything that you have been taught.



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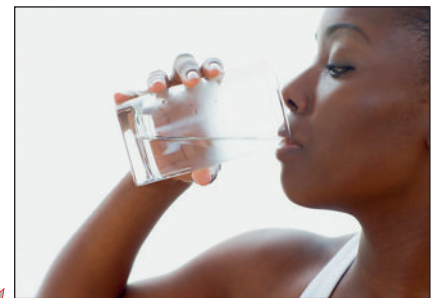
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A woman goes to the Doctor, worried about her husband's temper. The Doctor asks: "What's the problem?" The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason, and it scares me." The Doctor says: "I have a cure for that."



When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or goes to bed and falls asleep."

Two weeks later the woman comes back to the doctor, looking fresh and reborn. The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?" The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick...."

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Don't accept your dog's admiration as conclusive evidence that you are wonderful. ~ Ann Landers

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4. Horsing Around
5. 1 If by land 2 If by Sea
6. He Came Out of Nowhere
7. Crossfire
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"Real forgiveness means looking steadily at the sin and seeing it in all its horror, dirt, and malice, and nevertheless being wholly reconciled to the man who has done it. There is all the difference in the world between forgiving and excusing."

C. S. Lewis

The doctor's office was crowded as usual, but the doctor was moving at his usual snail's pace. After waiting two hours, an old man slowly stood up and started walking toward the door.

"Where are you going?" the receptionist called out.

"Well," he said, "I figured I'd go home and die a natural death."

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APRIL 2016

31

**Laughs  
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**APRIL 12<sup>th</sup>**



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