

October 2023

Issue 182

Laughs & Lifts

The title 'Laughs & Lifts' is rendered in a large, bold, orange 3D-style font with a white outline and a drop shadow. A red smile with a white interior and a grey shadow is positioned behind the 'L' of 'Laughs'. To the right of 'Lifts' is a blue stylized figure of a person jumping or lifting, with a blue starburst above its head and a blue swoosh below it.

Funny, Inspiring and Entertaining

Happy Fall
ya'll



When someone accuses you of wearing a tinfoil hat, remind them it's better than wearing a blindfold. ~ Angie H.

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If I am to insulted; I must first value your opinion.
 ~ Val Kilmer Tombstone Flashbacks



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Ted Smith



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Bill Sullivan



Ozark Baptist Church
celebrated its 175th Anniversary on August 23, 2023.
Photo By J. Nicholas Bull • Sunday Morning August 20, 2023

They spent ages trying to work out the meaning of inconsequential, before realizing that it wasn't that important.

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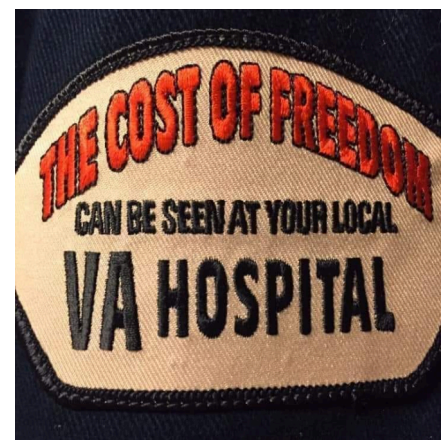
Absolute Rest

"Madam, your husband must have absolute rest."


"Well, Doctor, he won't listen to me."

"A very good beginning, madam, a very good beginning."

Don't be mad at the pastor.
He didn't know what you did before he preached the sermon.



SOMETIMES THE THING THAT IS HOLDING YOU BACK IS ALL IN YOUR MIND.



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Don't let yourself be controlled by three things:
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Parking By Ear

A young man was trying to park his car between two others. He put it in reverse and bang, right into the car behind him. He then went forward and bang, right into the car in front. A young woman watching the maneuver couldn't contain herself. "Do you always park by ear?" she asked.

Never trust the DOUBTED ones and never doubt the TRUSTED ones, you have "REAL-EYES" to "REALISE" the "REAL-LIES."

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My Daughter Won't Eat Fish

I was talking with my mother-in-law about our daughter's picky eating habits.

"She refuses to eat fish," I told her. "Any recommendations for a replacement?"

She thought a moment, then answered, "Cats. They love fish."

If you know you can do better...then do better.

Read this.
Then read from the bottom to the top.

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality creates
My attitude
It's all beyond my control
And you never in a million years hear me say
Today was a good day

Now read from the bottom to top.



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My girlfriend dumped me so I stole her wheelchair. Guess who came crawling back.

God Did It

Just as I arrived home after working the night shift, my wife told me to go checkout our five-year-old son's bed. When I entered Jimmie's room, I saw that his bed had collapsed and the mattress was sitting on the floor.

"What happened?" I asked him.

He responded, "God did it."

Interesting, I thought, and went back to tell my wife. Laughing she said that when she had heard the crash, she ran into Jimmie's room, saying, "Oh God, what have you done now?"

Sometimes I joke about what I'd do if I had one day left to live. Eat junk, go crazy, etc.

Today it hit me: Jesus knew. And He washed feet.

He. Washed. Feet.

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My nephew just applied to study highway engineering at TwoLane University.



I told a joke during a Zoom meeting... No one laughed...
Turns out, I'm not remotely funny.




Mexican Restaurant

A Mexican restaurant I pulled up to looked great. Only one problem - it wasn't open.


So, I jotted down the name for


another day. Just then, a man came out of the restaurant and took a peek at what I'd written.

"That's not the name of the restaurant," he said, pointing to the sign over the door. "That's Spanish for 'Closed on Mondays.'"



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Burglar: "Aren't you going to call the police?"
Me: "Why? No one else knows you're here."

Aunt T's Kitchen

GRANDMA'S GROUND BEEF CASSEROLE

Ingredients

- 1 pound ground beef
- 2 (15 ounce) cans tomato sauce
- 1 teaspoon white sugar
- 1 teaspoon garlic salt
- 1 teaspoon salt
- 1 (8 ounce) package egg noodles
- 1 cup sour cream
- 3 ounces cream cheese, softened
- 1 large white onion, diced
- ½ cup shredded sharp Cheddar cheese, or more to taste



Directions

1. Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
2. Mix tomato sauce, sugar, garlic salt, and salt into the ground beef; simmer until flavors blend, about 20 minutes. Remove from the heat, cover the skillet, and cool to room temperature.
3. While the sauce is cooking, bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, 7 to 9 minutes. Drain.
4. While the egg noodles are cooking, preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch casserole dish.

Ground Beef Casseroles

5. Mix sour cream, cream cheese, and onion together in a bowl.
6. Layer 1/2 of the egg noodles into the prepared casserole dish. Top with 1/2 of the sour cream mixture, then 1/2 of the ground beef mixture. Repeat layers once more. Sprinkle Cheddar cheese over top.
7. Bake in the preheated oven until cheese is melted and golden brown, 25 to 30 minutes.

CHESSY BEEF AND TOMATO CASSEROLE

Yield 6 servings

Ingredients

- 1lb lean (at least 80%) ground beef
- 1 medium onion, chopped (1/2 cup)
- ½ teaspoon salt
- 1/8 teaspoon pepper
- ¾ cup uncooked medium-grain white rice
- 1 cup water
- 1 medium zucchini, cut into 1/4-inch-thick slices (2 cups)
- 1 large tomato, chopped (1 cup)
- 1 can (19 oz) Progresso™ Vegetable Classics tomato basil soup
- 2 cups shredded mozzarella cheese (8 oz)



Directions

1. Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Sprinkle with salt and pepper.
2. Place rice and water in baking dish; stir to mix. Layer cooked beef, zucchini and tomato over rice. Pour soup over top. Cut 16x12-inch sheet of foil; spray with cooking spray. Cover dish with foil, sprayed side down.
3. Bake 40 minutes. Uncover dish; sprinkle cheese over top. Bake uncovered 10 to 15 minutes longer or until edges are bubbly and cheese is lightly browned.

HAMBURGER POTATO CASSEROLE

Ingredients

- 1 pound lean ground beef
- 1 (10.5 oz) can condensed cream of mushroom soup
- ¾ cup milk
- ½ cup chopped onion



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Do you know one thing that God left out of the Bible..... your opinion!

- salt and ground black pepper to taste
- 3 cups peeled and thinly sliced potatoes
- 1 cup shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F
2. Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.
3. Mix condensed soup, milk, onion, salt, and pepper in a medium bowl until combined. Alternately layer the potatoes, soup mixture, and browned ground beef in a 2-quart baking dish.
4. Bake in the preheated oven until potatoes are tender, about 1 to 1 1/2 hours. Top with Cheddar cheese, and continue baking until cheese is melted.

CHESSY BEEF & MACARONI CASSEROLE

Yield 8 servings

Ingredients

- 1 pound dry macaroni noodles
- 1 pound lean ground beef
- 2 cloves garlic minced
- 1 cup diced onion
- 1 cup diced green pepper
- 1 can crushed tomatoes 28 oz
- ½ cup tomato sauce
- 3-4 tablespoons tomato paste
- ½ teaspoon dry basil
- salt & pepper to taste
- 3 cups shredded cheddar cheese divided
- ¼ cup freshly shredded Parmesan cheese
- 3 tablespoons chopped fresh parsley divided



Directions

1. Preheat oven to 375°F.
2. Cook noodles for ¾ of time according to package. (My noodles said 9 minutes so I cooked them for 6). Drain and rinse under cold water.
3. Meanwhile, brown beef, garlic & onion in a frying pan. Drain.
4. Combine green peppers, beef, noodles, tomatoes, tomato sauce & paste, basil, salt & pepper, 1 cup of cheddar cheese, 2 tablespoons fresh parsley. Pour into a 9x13 casserole dish.
5. Combine remaining cheeses & 1 tablespoon of parsley. Sprinkle on top of casserole. Bake uncovered for 35-40 minutes or until bubbly and cheese is browned!

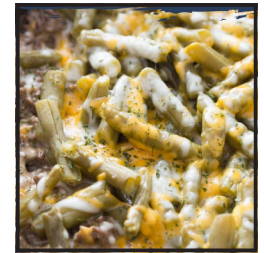
KETO GROUND BEEF CASSEROLE WITH GREEN BEANS

Ingredients

- 1 pound ground beef
- 3 ounces cream cheese
- 1/2 cup beef broth

Yield 8 servings

- 1/2 cup heavy whipping cream
- 2 tsp Bragg's Aminos
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cans green beans, drained
- 3/4 cup cheddar cheese
- 3/4 cup mozzarella cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Instructions

1. First, turn on your oven and set it to 350°F (175°C) degrees.
2. Next, grab a cast-iron skillet (a sturdy pan) and cook the ground beef in it. When it's done, strain to remove any extra grease.
3. Add the cream cheese to the cooked beef in the skillet. Stir it until the cheese melts and mixes with the beef.
4. Pour in the beef broth, heavy whipping cream, Bragg's Aminos, garlic powder, onion powder, and a pinch of salt and pepper. Stir everything together well.
5. Bring the mixture to a boil by turning up the heat a bit. Keep an eye on it and let it cook on medium heat until it starts to thicken up a little.
6. Reduce the heat to low and let it simmer.
7. Place the green beans on top of the beef mixture in the skillet.
8. Sprinkle some cheddar cheese and mozzarella cheese on top of the green beans.
9. Pop the skillet into the preheated oven and bake it all together for 25 minutes.

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— Albert Einstein

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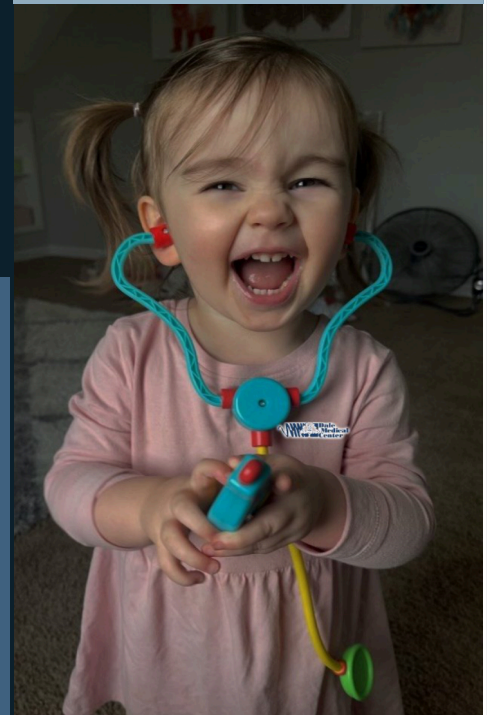
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My wife told me I was acting immature. I told her to get out of my fort!

FIND 7 DIFFERENCES

IN THESE PHOTOS ... Solution on Page 30



His Name Is Stevland

Stevie Wonder is a well known and respected American singer-songwriter. Some of his top hits include Ebony and Ivory, I Just Called To Say I Love You, and Superstition. His stage name is Stevie Wonder, but his real name is Stevland Hardaway Morris.

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It could be Your MOUTH Is the problem



A new study has found that women with large backsides live longer than men who mention it!

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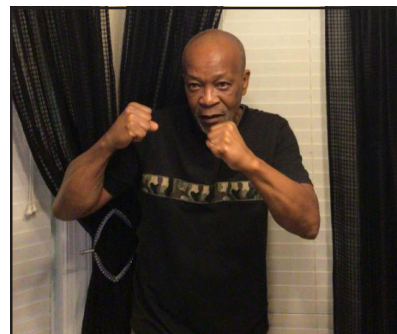


@Laughs and Lifts Magazine

STAY IN THE FIGHT

By Wallace Kennedy, Jr.

Work is a vital part of fulfilling God's purpose for our life, a means of providing for our family and contributing to those in need. Pleasing God, and striving hard to be all God wants us to be, in a world that seems to be drifting farther away from Christian values. Life in this world will leave us feeling drained, but we can find rest in the Lord.



I hope this message will encourage you to "Stay in the Fight."

Your time invested in family, friends, neighbors, your dedication to your career, and all the time devoted on your knees praying, and seeking the presence of the Lord is not in vain. Great are your blessings now and the reward after this life is over.

There was a time in young Timothy's life as a pastor he wanted to quit. Paul's words of encouragement to him: **2 Timothy 3:14 As for you, continue in the things you have learned and about which you have become convinced.** Paul's wisdom to Timothy are things we can consider for ourselves:

You know the things you have learned on your faith journey. Maintain faithfulness to the teachings you already have been walking in.

You know who you are, handpicked by God for a purpose. You know your assignment and who gave it to you.

"Now take a deep breath and let's get back in the fight."

You are a part of God's family, throwing in the towel of giving up is not an option. Greater is He that is in you than any challenge you will face in this world, you are equipped to win!

Listen to this verse, meditate on it. **Galatians 6:9 Let us not grow weary or become discouraged in doing good, for at the proper time we will reap, if we do not give in. (AMP)**

Paul references the good fight again in **2 Timothy 4:7 where he says, "I have fought the good fight, I have finished the race, I have kept the faith."** Fighting the good fight of the faith is also about persevering and continuing, even when the road is hard.

Pray: Father God, speak to my identity in You and help me to keep going when I don't feel like it. Help me Lord to press and push towards the call You have on my life. I place all my trust in You. Lead me by your Spirit, and that Your Word will be the lamp for my feet, in Jesus' name, amen.

May our Lord and Savior Jesus Christ keep you in His care always.

"Moses came down with the Ten Amendments, which were God's Bill of Wrongs." -
Susie F., age 7

"Wise Words"

By: Hayes Wise
Your Lot In Life

What is a "lot"? Haven't you heard someone say, "roll the dice" or "luck of the draw"? Arbitrary selection to determine a result goes way back. In the Bible they used a system of dice rolling that is referred to as "casting lots". (Mat 27:35). Did you ever have to make a decision about who gets something? "Heads I win". I remember as kids we would use a system called "Eenie, Meenie, Miney, Moe" to determine what happened. Remember your first "crush" when you used plucking flower petals to decide if you would be loved?

Sometimes what we perceive as our "lot" in life is really the result of the decisions that we made. We might try to explain it away as a random misfortune, but in reality it is our own fault. This is exactly what happened to a man named Abraham in the Bible. One day he heard the voice of God. The LORD said to Abram, "Leave your native country, your relatives, and your father's family, and go to the land that I will show you." (Gen 12:1). Notice that God has specifically asked him to leave his home, leave his relatives, and leave his immediate family. He was almost successful, but he took his nephew, Lot, with him. He was supposed to make a clean break from statue worship and the past, but he compromised in one area, his nephew, Lot. Read Genesis through chapter 23. What might look like a series of random misfortunes in the life of Abraham actually were the result of a premeditated choice on his part to disobey the word of God. He deliberately hung on to something from his past that God had specifically directed him not to. Even what seems a good, noble thing won't work if it's not of God. How about you? Are you hanging on to something in your life that is destined to be a great burden to both you and your family in the future? These things become the "Lot's" in our lives and what starts out small and innocent, if it is disobedient to God, will have long term consequences farther on in life. It will affect your lot in life.

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I heard you went to a magic show when you were on vacation in Mexico.

Yes, I did! It was the weirdest thing. The magician said "Uno, Dos, and then he vanished without a tres.



For plumbers a flush beats a full house.



I believe my house is haunted. Every time I look in my mirror a crazy old lady stands in front of me so I can't see my reflection!

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One day you realize that it wasn't the game, it was who you watched it with. It wasn't about the house you owned. It was the people in it.

It wasn't about the best coffee ever, but who you made it for.

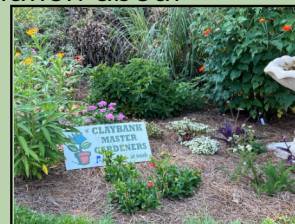
It wasn't all the work you put in, but who was in the trenches with you.

It wasn't a great dinner prepared for you. It was who brought you your plate. You must learn how to value the time that someone gives you because that's something they will never get back. It's priceless.

CLAYBANK MASTER GARDENERS

Greetings Gardener Friends,

Last month the Claybank Master Gardeners were treated to a presentation from owner **Stan West of D & J Nurseries** in Dothan. He gave us much useful information about growing citrus trees, which they sell in multiple varieties. Many of us were hit by the hard freeze last December, killing many of our citrus trees. Some can be revived by carefully pruning branches growing below knee height. Trees with long thorns may have reverted to the original stock below the graft point. Citrus trees need to be fertilized every couple months with a balanced fertilizer like 8-8-8 or 10-10-10. Just sprinkle by handfuls around the drip line of your tree. He said to cover trees with heavy cloth, NOT bed sheets or plastic. Remove the covers in daytime to let the accumulated moisture air out. Don't let fruit remain on young trees until about the third year. This will give the root system longer to develop in the ground. There are new varieties were will soon be available that can tolerate even colder temperatures.



Be sure to look in on **Dothan Area Botanical Gardens**. There will be a **plant sale there the 29th and 30th of September, 9 to 4 pm** if you see this before then. Their Scarecrows in the Gardens event starts October 1st through the 31st.

What to plant now? The **SOW app** tells us that we can now plant **broccoli, carrots, kale, lettuce, mustard, onions, radishes, spinach, turnips**. (Those in italics were not on the list but may be okay as started plants).

The **Claybank Master Gardeners** meet at Hoppergrass Restaurant in Ozark on the **2nd Wednesday of each month at 11:00-12 noon**. Come at 10:30 if you wish to get ahead of the lunch line, and enjoy chatting with the early birds. Call the **Dale County Extension Office** to verify meeting date and time. **(334-774-2329)**

Dee Gilbert
Claybank Master Gardener



It may be true that you can't fool all the people all the time, but now it seems you can fool enough of them to rule a large country.

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle?

Solution on page 28

| | 1 | 2 | 3 |
|---|-------------------------------------|---|---|
| A | FORK \$\$\$\$\$\$\$\$ | FUNNY FUNNY WORDS WORDS WORDS WORDS | ONE ANOTHER ONE ANOTHER ONE ANOTHER ONE ANOTHER ONE ANOTHER |
| B | ADO ADO ADO ADO O ADO ADO ADO | R O O M U N N I N G | D E K O O B |
| C | OWT 1 ² | FAVOR A L L | JOHN + MMMM |
| D | UR KAISER | ___ CADET | THINK USPEAK |



A bad attitude
is like a flat tire.
You can't go
anywhere until you
change it.

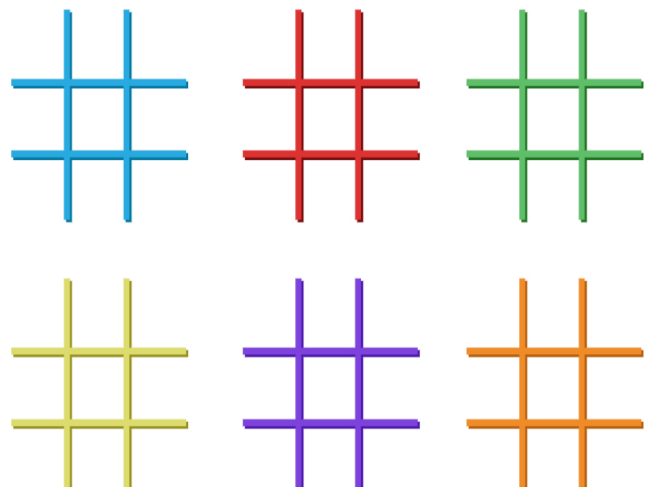
ADDICTION Is
Giving Up
Everything
For One Thing.
RECOVERY Is
Giving Up One
Thing
For Everything.



Whether your pouring milk or oil you should pour from the **OTHER SIDE** of the carton. With less fluid and air moving around in the container it'll help you keep your hand steady and the stream of liquid should flow more evenly.

Me ___ You ___ Ties ___

Tic Tac Toe



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Sudoku

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

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

Never tell your mom her diet's not working. - Michael, 14

My wife calls me 12? I asked her, "Why?" She answered, "Dozen cook, dozen clean, dozen do anything..."



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Pirates Had Life Insurance

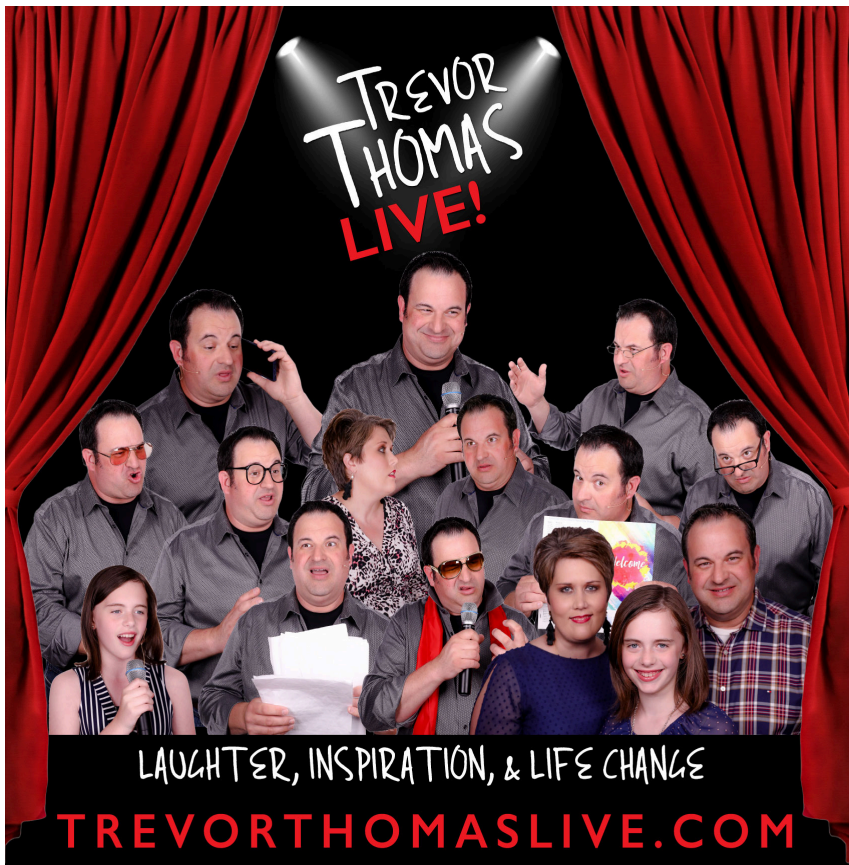
Pirates used earrings as a life insurance policy. Pirate earrings were made of gold or silver and would be sold when a pirate died to cover their burial expenses. The gold or silver would then be melted. It was said that some pirates engraved the name of their home port on the inside of the earrings. That way their body could be returned home for a proper burial.

In All Four Hemispheres

The world is divided up into four hemispheres, Northern, Southern, Eastern, and Western. To illustrate just how big the continent of Africa is, parts of Africa are found in ALL four hemispheres.

When I woke up this morning,

I asked myself, "What is life about?" I found the answer in my room...the fan said, "Be cool." The roof said, "Aim high." The window said, "See the world!" The clock said, "Every minute is precious." The mirror said, "Reflect before you act." The calendar said, "Be up to date." The door said, "Push hard for your goals." The floor said, "Kneel down and pray."



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What did your
doctor say about
the fluid on your
knee?

He said,
"I wasn't aiming
straight."



Have you been using that drawer for storing pots and pans? Well, that's not what it's for. Turns out manufacturers originally made that drawer for keeping food warm until people were ready to serve it. It's a warming oven! I bet you didn't know that. I know I didn't. Guess it's time for me to go clean out all my pot lids and the Turkey tray I only use at Thanksgiving.

ADD 1 LINE TO MAKE THIS TRUE

$$5 + 5 + 5 = 550$$

Solution on page 29



“Coward ”should really mean”to move in the direction of a cow”.

Autumn Word Search

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

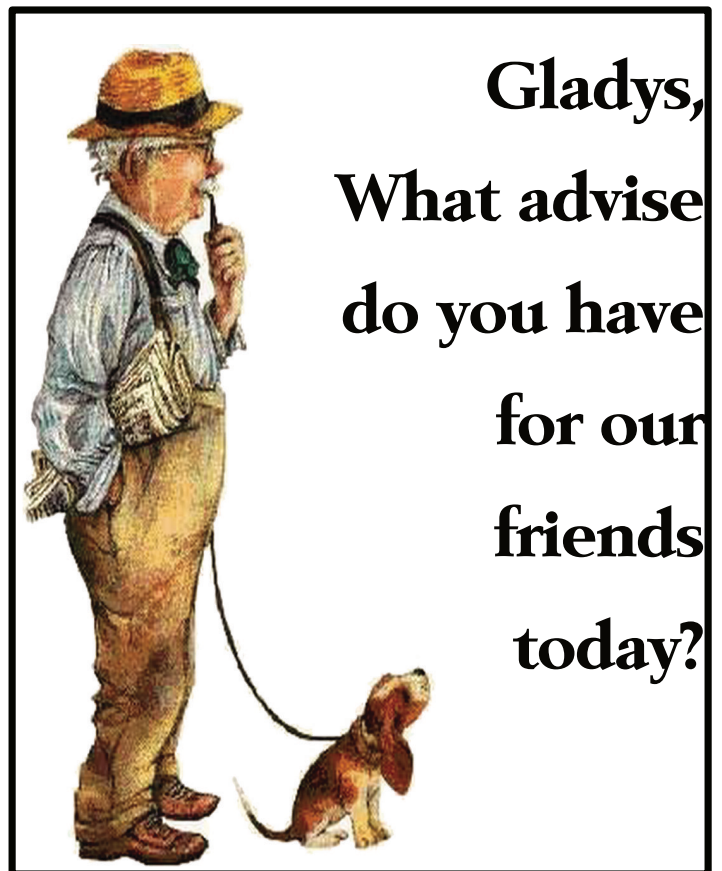
- HARVEST
- CHILLY
- THANKFUL
- WHEAT
- MAZE
- RED
- COLORS
- MAPLE TREE
- GEESE
- SWEATER
- ORCHARD
- PUMPKIN
- PEAR
- BROWN
- HAY
- LEAVES
- RAKE
- OCTOBER
- APPLE
- ORANGE

BILL COLLECTOR
 A bill collector knocked on the door of a country debtor. "Is Fred home?" he asked the woman who answered the door. "Sorry," the woman replied. "Fred's gone for cotton." The next day the collector tried again. "Is Fred here today?" "No, sir," she said, "I'm afraid Fred has gone for cotton." When he returned the third day he humped, "I suppose Fred is gone for cotton again,?" "No," the woman answered solemnly, "Fred died yesterday." Suspicious that he was being avoided, the collector decided to wait a week and investigate the cemetery himself. But sure enough, there was poor Fred's tombstone, with this inscription: "Gone, But Not for Cotton."

HOOVES & HORNS BY A.W. ERWIN



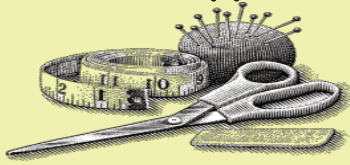
"My PawPaw says, folks will Buy a Lie quicker than the Truth. I'm gunna rake in the cash in this county!"



Gladys,
 What advise
 do you have
 for our
 friends
 today?

When you dig another out of their troubles, you find a place to bury your own.

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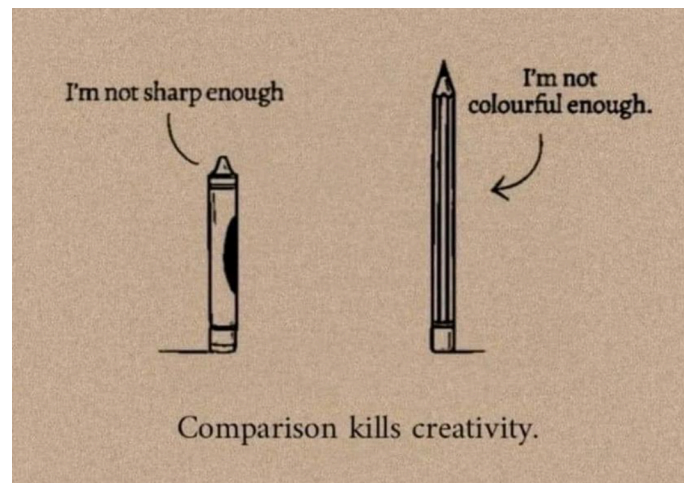
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J.C.,
They need to
know this: They
will learn more
when they only
listen to those
people who
don't have much
to say.



A cop pulled me over and said, "Your eyes are red, have you been drinking?"
I said, "Your eyes are glazed, have you been eating donuts?"
He laughed and I laughed as he handed me my ticket.

Unless we made plans before I got off..Once I'm off and I'm home, I'm home!!
I'm not going anywhere.



Political Conference

Arriving late for a political conference, the college student asks another student standing by the door, "How long has the candidate been talking now?"

"Half an hour."

"And what is he talking about?"

"That I wouldn't know, he hasn't said."



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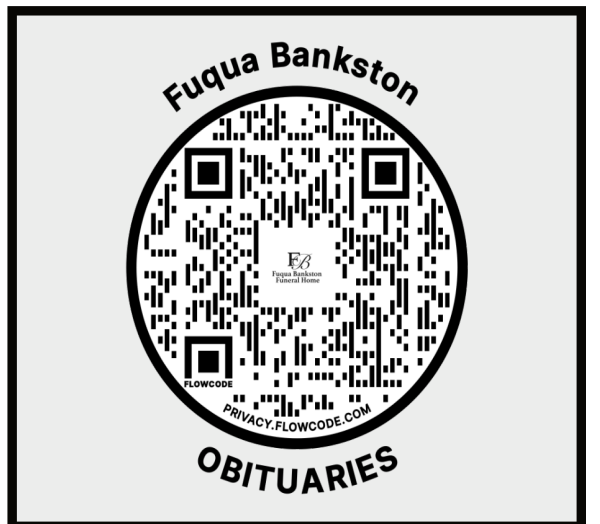
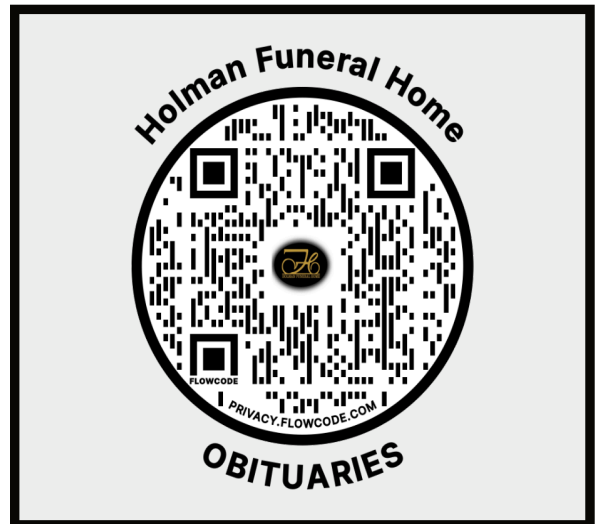
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"Did you tell her that what you said was in strict confidence?"
"No, I didn't want her to think it was important enough to repeat."

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