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September 2016 issue 98

Laughs and Lifts

Published since 2008, Laughs and Lifts is the Wiregrass' Favorite Family Magazine.

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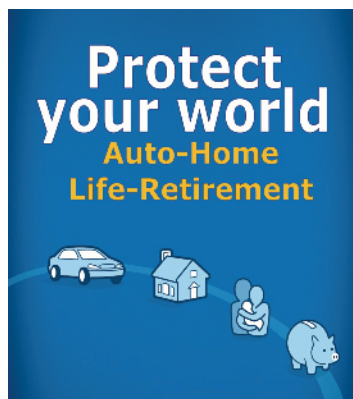
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Challenges makes you more responsible. Always remember that life without struggle is a life without success. Don't give up and don't quit!

THANKS!

From Bob Bunting

I want to thank all of you who believed in my candidacy for Ozark's Mayor and helped with the campaign and voted for me. Your support was extremely important in me being a run-off candidate for Mayor. I am indebted to you for doing your part to place our City in the right position to move forward. We have work to do over the next six weeks to ensure that we capture the vote and win the Mayoral race on October 4th. **Just remember:** My strength of service **PLUS** visible economic accomplishments **PLUS** focused/principled leadership **PLUS** political/business contacts **PLUS** upbeat/positive attitude **PLUS** your support **EQUALS** Ozark progress.

VOTE BOB BUNTING ON OCTOBER 4TH!

Paid Political Ad by the Bunting Campaign for Mayor of Ozark, Joe Godwin, Treasurer, 1309 AB Stubbs Road, Ozark, AL 36360

MOST OF THE PROBLEMS IN LIFE ARE FROM TWO REASONS... WE ACT WITHOUT THINKING OR KEEP THINKING WHEN WE SHOULD BE ACTING.

Don't insult the alligator till after you have crossed the river.

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The relationship between a Husband and Wife is very psychological, One is Psycho and the other is Logical.

Now please don't try to figure out Who is Who.

Out of this World

Out in space two aliens forms are speaking to each other. The first spaceman say, "The dominant life forms on Earth have developed satellite-based weapons." The second alien, who looks exactly like the first, asks, "Are they an emerging intelligence?" The first spaceman says, " I don't think so...they have them aimed at themselves."

Boudreaux suddenly quit drinking,

took a bath, quit chasing women, quit his poker games and started laying around. He started cutting the grass around the church, even painted it and was faithful to be first to attend on Sundays! Father Thibodeaux asked him what about dis wonderful change that had done overtook him. Boudreaux explained, "I heard 'Crisis in the Gulf' and if He's dat close, I wanna be good to go!"

VOTE **BRENDA SIMECHAK**
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"If you aren't fired with enthusiasm, you will be fired with enthusiasm." Vince Lombardi

SEPT. 2016
3

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SIN wouldn't be so attractive if the wages were paid immediately.

VOTE OCTOBER 4TH

Mike Barefield

★★★★★★ FOR MAYOR



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The King's

"But my God shall supply ALL your needs according to His riches in glory by Christ Jesus"
Philippians 4:19

Ah. Synonym rolls...just like grammar used to make.

BAMBOOZABLES

Answers On Page 31

I Q	STANDING MISS	WAS REMOS	h a p p i n e s s	PAY	PPPPPP EARTH
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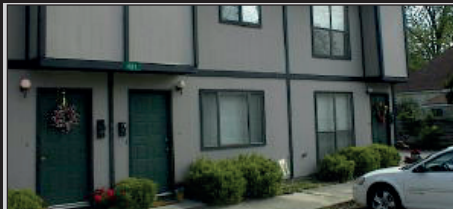
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If someone calls you ugly, say "Excuse me. I am not a mirror!"

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Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward. -C.S. Lewis.

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The Lone Ranger and Tonto

sat down to have a drink, when in walks a cowboy who yells, "Who's white horse is that outside?" The Lone Ranger, slams down the glass, turns around and says, "It's my horse. Why do you want to know?"

The cowboy looks at him and says, "Well, your horse is standing out there in the sun and he don't look too good."

The Lone Ranger and Tonto run outside and they see that Silver is in bad shape, suffering from heat exhaustion. The Lone Ranger moves his horse into the shade and gets a bucket of water.

He then pours some of the water over the horse and gives the rest to Silver to drink. It is then he notices that there isn't a breeze so he asks Tonto if he would start running around Silver to get some air flowing and perhaps cool him down.

Being a faithful friend, Tonto starts running around Silver. The Lone Ranger stands there for a bit then realizes there is not much more he can do, so he goes back inside to finish his drink.

After a bit a cowboy walks in and says, "Who's white horse is that outside?"

Slowly the Lone Ranger turns around and says, "That is my horse, what is wrong with him now?"

"Nothing," replies the cowboy, "I just wanted to let you know that you left your Injun running."

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The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one. ~Erma Bombeck

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We all have great power in our hands. Sometimes it needs belief to turn it on.

SEPT. 2016

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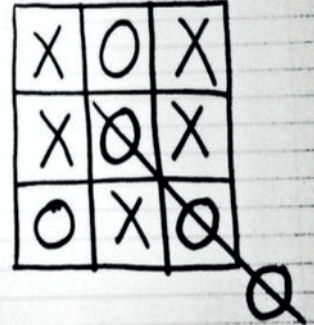
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THE BOX



Some people should
become educated
before they become
opinionated.!

A man
got so
drunk
last
night.
He



walked across the
dance floor to get
another drink and
he won the dance
contest.

A cop pulled me
over and says,
"Papers."
I turned to him and
said, "Scissors. I win!"
and then drove away.

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Now you're trying to find the "You"!

And you're disappointed because you couldn't find it.




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Natural Treatments For Sciatica Sufferers

What is sciatica?
 Sciatica is a collection of symptoms, ranging from dull annoyance to painful debilitation, related to an underlying problem. These issues typically occur along the sciatic nerve when it's compressed, inflamed or stretched. The sciatic nerve runs from the lower back, through the buttocks, back of the thighs and behind the knees before ending at the feet.

What are some signs I may have sciatica?
 Sciatica usually affects one side of your body, and the pain often starts in the lower back and travels into the buttocks and back of the thigh. You may experience numbness or tingling, weakness when trying to control your leg or pain when moving your foot or knee.

What causes sciatica?
 Sciatica can be acute or chronic and may be related to certain activities, poor posture or physical or psychological stress. I first look for spinal diseases, such as a bulging disc, the most common cause of sciatica, or lumbar spinal decay (arthritis). It can also be caused by Piriformis Syndrome, pelvic misalignment, muscle overuse, obesity, trauma or pregnancy.


How is sciatica diagnosed?
 After discussing health history, I

complete an exam and testing to assess the integrity of the nervous system. I'll then check for spinal motion, and, depending what I find, I may perform some imaging tests.

How is sciatica treated?
 Chiropractic is beneficial for sciatica treatment. Adjustments and therapeutic modalities in our office help restore joint motion and decrease inflammation. Stretching and trigger point work aid in pelvic misalignments and Piriformis Syndrome causes. I also provide follow-up exercises to strengthen and stabilize the lower back to help prevent sciatic pain in the future. If left untreated, sciatica can worsen over time, leading to more invasive treatment.

Is treatment covered by insurance?
 Yes, typically all musculoskeletal conditions are covered. We are happy to verify your individual insurance benefits for you.

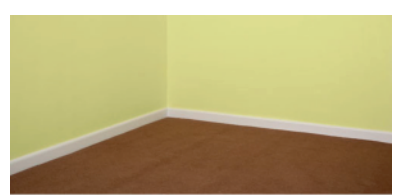
Dr. Massey is a board certified Doctor of Chiropractic who hails from the prestigious Palmer College of Chiropractic in Davenport, Iowa, where she graduated with highest honors. Her passion is helping individuals and families reach their health goals and teaching others how to live healthy, drug-free lives. She joined Pain Relief Chiropractic in July 2015 and has enjoyed serving the Ozark community. This issue, Dr. Massey discusses sciatica which affects millions of Americans. If you think you may be suffering from either, contact Dr. Massey right away at Pain Relief Chiropractic 334-445-2525



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A little girl asked her daddy, "Daddy? Do all fairy tales begin with "Once Upon A Time"?"
 "No, there is a whole series of fairy tales that begin with "If elected I promise".

Ordinarily, staring is creepy. But if you spread your attention across many individuals, then it's just people watching.



When you are cold just Stand in a corner for a while. They are usually around 90 degrees.

When I was in school my English teacher asked me to name two pronouns. I said "Who, Me?"

Be careful with your words. Once they are said they can only be forgiven, NOT FORGOTTEN... -Unknown

"A good speech should be like a woman's skirt; long enough to cover the subject and short enough to create interest." W. Churchill

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SHAVED BY GRACE

A fellow got up one morning and decided he no longer was going to shave himself, he was instead going to the barber for his morning shave. The town barber also happened to be the local pastor in town. When the guy walked into the barber shop the barber/pastor was not there, he was out on a pastoral call but his wife Grace was in the shop. The man said to Grace, "I want a shave." Grace told him to climb up in the chair and she gave him a shave. When Grace was finished he asked her how much for the shave and Grace said, "Twenty dollars." "Twenty dollars, that seems a little steep," the guy replied.



The Last Quarter

The economy is terrible. At the beginning of the year, the politicians promised things would improve by the last quarter... Well, I'm down to my last quarter and they haven't improved!



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Grace said: "That's my charge."
 So the guy gave her \$20 bill and went on his way. The next morning when he got up he went to the mirror and looked and his face was as smooth as when he was shaved the day before. He checked the following the day, same thing, a week went by, two weeks and his face stayed as smooth as a baby's face. Finally after the third week he stopped back in the barber shop and Grace happened to be there. The guy said to her: "Grace, I can't believe I still don't need another shave. You did some kind of magnificent job." And Grace replied, "Well, you have been shaved by Grace and once shaved always shaved!"

"The difference between stupidity and genius is that genius has its limits." A. Einstein

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- Mark Twain -

A Mother's Eyesight

The teenager lost a contact lens while playing basketball in his driveway. After a brief, fruitless search, he gave up. His mother took up the cause and within minutes she had found the lens.

"I looked everywhere, how did you do that?" he asked.
 "We weren't looking for the same thing," she explained.
 "You were looking for a small piece of plastic. I, on the other hand, was looking for \$150!"

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I was gratified to be able to answer promptly, and I did. I said I didn't know. Mark Twain

Do Not Judge My Story By The Chapter You Walked In On.

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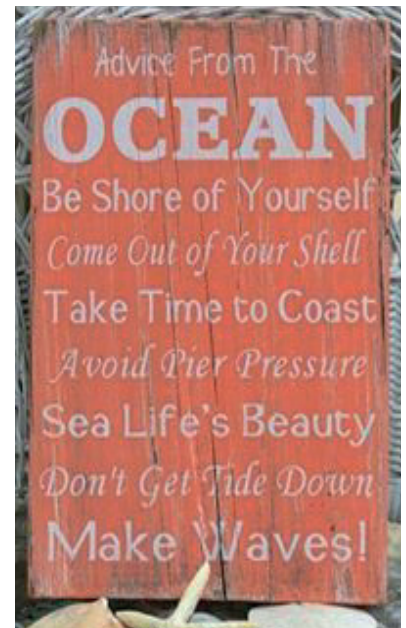
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Be decisive.

**Right or wrong,
make a decision.**

The road of life
is paved with
flat squirrels
who couldn't
make a decision.

***I'm going to stop asking,
"How dumb can you get?
People seem to be taking
it as a challenge."***



**He Doesn't
Know the
Meaning**

A football coach was asked about his star lineman. The coach replied, "He doesn't know the meaning of the word fear. In fact, I have seen his grades and there are a lot of words he doesn't know the meaning of!"

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A COP PULLED ME OVER AND SAID "YOUR EYES ARE RED, HAVE YOU BEEN DRINKING?"

I REPLIED, "YOUR EYES LOOK GLAZED, HAVE YOU BEEN EATING DONUTS?"

WE LAUGHED AND WE LAUGHED.
I NEED BAIL MONEY!

"Leadership is the art of getting someone else to do something you want done because he wants to do it." – Dwight Eisenhower

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We were listening to a lecture on psychic phenomena in our Comparative Religions course. Our instructor told us about a woman who contacted police working on a missing-persons case. "She gave eerily detailed instructions on where to find the body," the teacher said. "In fact, the detectives did find the body just as she had described. Now what would you call that kind of person?" While the rest of us pondered the question, a sheriff's officer taking the course raised his hand and replied, "A suspect."

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THE OLYMPIC SPEECH

The veteran politician, not known for his public speaking skills, and who depended on the teleprompter was going to give a speech at the Olympics. He looked at the teleprompter and began, "O, O, O, O, O." An aid quickly ran over and told him, "That is the logo sir."



Aunt T's Kitchen

CORN FLAKE COOKIES

Ingredients

- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 1/4 cups shortening
- 1 cup sugar
- 1 cup brown sugar, firmly packed
- 2 eggs, well-beaten
- 1 teaspoon vanilla
- 2 cups coconut (shredded or flaked)
- 2 cups corn flakes

Directions

Pre-heat oven to 350* and line your cookie sheets with parchment or grease them well.

Sift flour, soda, salt and powder together and set aside.

Cream sugars and shortening together until light and fluffy. Add eggs and vanilla.

Add dry ingredients to creamed and mix well. Add coconut and cornflakes and mix slowly just til mixed inches.

Drop by spoonful onto the parchment and bake 8 - 10 minutes until delicately browned.

BUTTERSCOTCH CRUNCHIES

- 1 (12 oz.) bag butterscotch bits
- 1/4 c. crunchy peanut butter
- 3 1/2 c. cornflakes

Melt butterscotch bits and peanut butter over very low heat. Stir in cornflakes and mix well. Drop from

CORNFLAKES



teaspoonfuls onto wax paper and refrigerate until hardened, about 5 minutes.

CORN FLAKE FUDGE

Ingredients

- 2 c. packed dark brown sugar
- 1 c. half-and-half
- 1/2 tsp. kosher salt
- 7 tbs. unsalted butter, cut into pieces
- 1 tsp. pure vanilla extract
- 1 1/2 c. confectioners' sugar
- 4 oz. bittersweet chocolate, finely chopped (about 1/2 c. plus 1 tbs.)
- 2 c. cornflakes
- Flaked sea salt, for serving

Directions

1. Place the sugar, half-and-half, salt, and 4 tablespoons butter in a medium heavy- bottomed saucepan. Warm over medium heat, stirring occasionally, until the sugar melts and is no longer sandy, 4 to 5 minutes.
2. Place a candy thermometer in the pan and gently boil, without stirring, until the mixture reaches 235 degrees F, 10 to 12 minutes.
3. Meanwhile, line an 8" square pan with nonstick foil, leaving a 2" overhang on two sides.
4. Transfer the mixture to the bowl of an electric mixer and stir in the vanilla. With the mixer on low speed, gradually beat in the confectioners' sugar until the mixture is smooth and lighter in color, 3 to 4 minutes. Spread the mixture into the prepared pan.
5. In a large bowl, microwave the chocolate and the remaining 3 tablespoons butter, stirring every 30 seconds, until melted and smooth. Add the cornflakes

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CORNFLAKES

and gently fold until evenly coated. Spoon on top of the fudge, then sprinkle with flaked salt, if desired.
6. Refrigerate until firm, at least 30 minutes and up to 5 days. When ready to serve, use the overhangs to lift the fudge out of the pan and cut into 1" pieces.

NO-BAKE EASY CORN FLAKE BALLS

Yield: 45 balls

Ingredients

- 1 cup sugar
- 1 cup light corn syrup
- 1 1/3 cups peanut butter
- 1 teaspoon vanilla
- 4 cups corn flakes
- Raisins
- Peanuts
- Coconut

Directions

1. Heat sugar and corn syrup in large saucepan until mixture reaches a boil.
2. Remove from heat.
3. Mix in peanut butter and vanilla; combine well.
4. Stir in corn flakes and raisins, peanuts, and coconuts
5. Shape into small mounds (about 1 inch) on waxed paper to cool.

NO-BAKE CHOCOLATE, PEANUT BUTTER, CORN FLAKE BARS

Servings: 16

Ingredients

Aunt T's Kitchen

- 3 cups corn flakes, crushed
- 1 cup crunchy peanut butter
- 1/2 cup sugar
- 1/2 cup white corn syrup
- 6 ounces chocolate chips

Directions

1. Heat peanut butter, sugar and corn syrup over low heat to melt. Stir in cereal.
2. Pat into a 8 x 8 lightly greased pan. (I line my pan with foil and then lightly spray it. When it is time to cut them, the foil lifts right out.)
3. Melt chocolate chips over low heat or in the microwave and spread over top. Cool until firm.

CORN FLAKE PIE CRUST

Ingredients

- 1/3 c sugar
- 1/2 c butter, melted
- 4 c corn flakes cereal

Directions

Add together: sugar, butter, and crushed corn flake cereal crumbs. Press firmly into the bottom and sides of a 9 inch pie plate. Bake at 350 degrees about 7 -9 minutes. Let cool before adding pie filling.

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FOR GOOD FRIENDS WITH WHOM TO SHARE IT,
WE THANK YOU LORD, AMEN

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Me? Crazy? I should get down off this unicorn and slap you.

AN AMERICAN CREED

*I do not choose to be a common man.
 It is my right to be uncommon — if I can.
 I seek opportunity — not security. I do not wish to be a kept citizen,
 humbled and dulled by having the state look after me.
 I want to take the calculated risk; to dream and to build, to fail and to
 succeed. I refuse to barter incentive for a dole.
 I prefer the challenges of life to the guaranteed existence; the thrill of
 fulfillment to the stale calm of utopia.
 I will not trade freedom for beneficence nor my dignity for a handout. I
 will never cower before any master nor bend to any threat.
 It is my heritage to stand erect, proud and unafraid; to think and act for
 myself, enjoy the benefit of my creations, and to face the world boldly
 and say, this I have done.
 All this is what it means to be an American.*

Dean Alfange (1897-1989) wrote this statement in the 1950's. It has also been referred to as "My Creed." It originally appeared in This Week Magazine. A condensed version was published in Reader's Digest.



A bolt of lightning contains enough energy to toast 160,000 pieces of bread. Unfortunately, the bolt only takes 1/10,000 of a second - so turning the bread over might prove difficult! *Second*

SO I GOT MY CONCEALED GUN PERMIT YESTERDAY...

And went over to Gander Mountain to get a small 9mm pistol for home protection. When I was ready to pay for the gun and bullets, the cashier said "Strip down, facing me."

Making a mental note to complain to the NRA about the gun control wackos running amok, I did just as he had instructed. When the hysterical shrieking and alarms finally subsided, I found out he was referring to how I should place my credit card in the card reader! I've been asked to shop elsewhere in the future. They need to make their instructions to seniors a little clearer. I still don't think I look that bad.

Life is not a fairy tale.
 If you lose a shoe at midnight, you're drunk.

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A young woman wasn't feeling well and asked one of her co-workers to recommend a physician. "I know a great one in the city, but he is very expensive. Five hundred dollars for the first visit, and one hundred dollars for each one after that." The woman went to the doctor's office and, trying to save a little money, cheerily announced. "I'm back!" Not fooled for a second, the doctor quickly examined her and said, "Very good, just continue the treatment I prescribed on your last visit."

Even if you are on the right track, you'll get run over if you just sit there. – Will Rogers

GIFTS THAT DON'T COST A CENT

- 1 **THE GIFT OF LISTENING** - But you must **REALLY** listen. No interrupting, no daydreaming, no planning your response. Just listening.
- 2 **THE GIFT OF AFFECTION** - Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
- 3 **THE GIFT OF LAUGHTER** - Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."
- 4 **THE GIFT OF A WRITTEN NOTE** - It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.
- 5 **THE GIFT OF A COMPLIMENT** - A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.
- 6 **THE GIFT OF A FAVOR** - Every day, go out of your way to do something kind.
- 7 **THE GIFT OF SOLITUDE** - There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.
- 8 **THE GIFT OF A CHEERFUL DISPOSITION** - The easiest way to feel good is to extend a kind word to someone; really it's not that hard to say, "Hello" or "Thank You."

Saying the same thing over and over again but expecting different results is called parenting.

The Congressional Revolver

Taurus USA has a new handgun: the Congressional Revolver (pictured below).

Its name is beautifully engraved on the cylinder.



Available for the right hand (Republicans) or the left

(Democrats), it really is just like a congressman: it has a dull finish.

It of course *has* to be a revolver, since it turns around and around, and yet you get the same old thing every time -- just like elections! Anti-gunners don't worry! We weren't kidding when we said this exquisite piece *really is* modeled after Congress: it doesn't work, and you can't fire it.

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Cold Wave Linked to Temperatures
Typhoon Rips Through Cemetery; Hundreds Dead
Panda Mating Fails; Veterinarian Takes Over [What a man!]
Juvenile Court to Try Shooting Defendant
War Dims Hope for Peace





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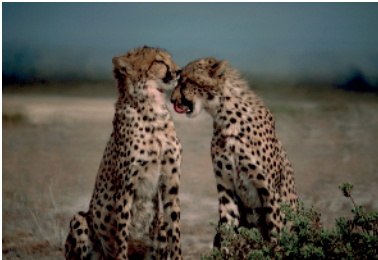
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I bet when two Cheetahs race and one of them cheats, the other one goes "Man, you're a cheetah!" And they laugh & eat a zebra or whatever.



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THE OBVIOUS

To prove his love for her, he swam the widest river, crossed the widest desert, and climbed the highest mountain.
She divorced him!
He was never home.

**WHEN YOU
THOUGHT I WASN'T
LOOKING**

When you thought I wasn't looking,
I saw you hang my first painting on the refrigerator,
and I wanted to paint another one.

When you thought I wasn't looking,
I saw you feed a stray cat,
and I thought it was good to be kind to animals.

When you thought I wasn't looking,
I saw you make my favorite cake for me,
and I knew that little things are special things.

When you thought I wasn't looking,
I heard you say a prayer,
and I believed that there was a God to talk to.

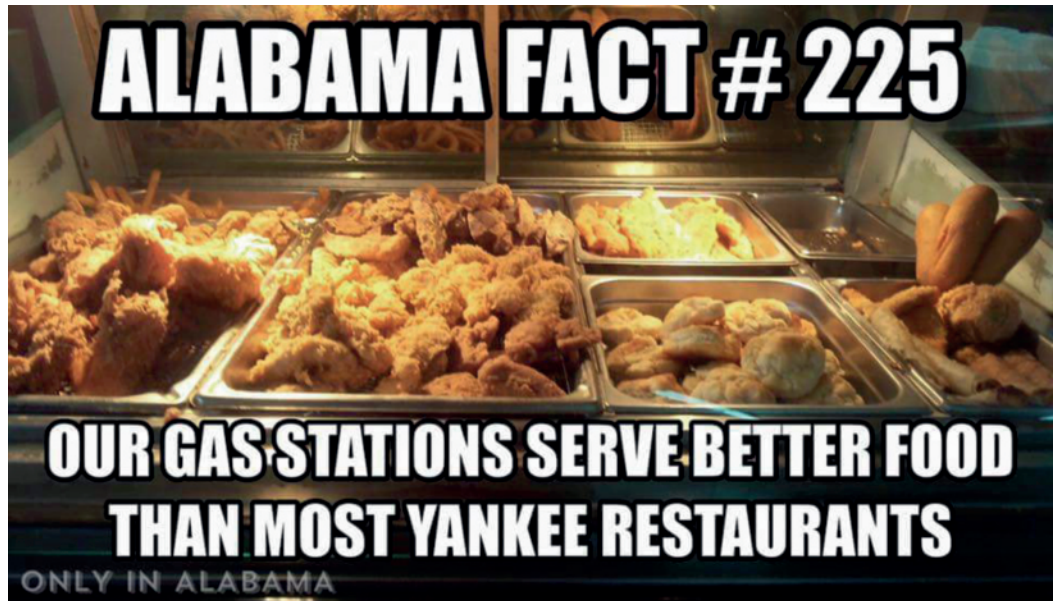
When you thought I wasn't looking,
I felt you kiss me goodnight,
and I felt loved.

When you thought I wasn't looking,
I saw tears come from your eyes,
and I learned that sometimes things hurt,
but it's alright to cry.

When you thought I wasn't looking,
I saw that you cared,
and I wanted to be everything that I could be.

When you thought I wasn't looking,
I looked....
and I wanted to say thanks for all the things
I saw when you thought I wasn't looking.

Drive carefully, It's not just cars that can be recalled by their maker.



**Annabell: My Mom has the worst memory.
Destiny: She forgets everything?
Annabell: No, she remembers everything!**

**Never be defined by your past. It was a lesson,
not a life sentence.**

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The first novel ever written on a typewriter was Tom Sawyer.

SEPT. 2016
21

**Laughs
and Lifts**

"Lord Help Me"

Wallace Kennedy, Jr.

"Lord Help Me" At this very moment, people, from all walks of life, are uttering these words. Perhaps this is your heart's cry too.

Whatever trials you may be facing, God can deliver you from them. Psalm 34:19

Many are the afflictions of the righteous, But the LORD delivers him out of them all.

God lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. Psalm 40:2 The same things God has done for others; He can do for you too.

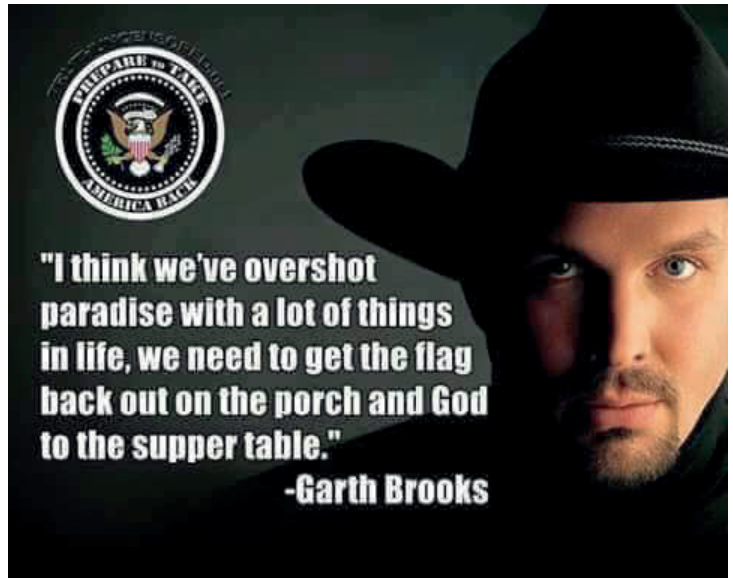
There isn't a need you have that He isn't aware of. The Lord is just a breath away. He says, "Call on Me, and I will answer you, and show you great and mighty things that you do not know" (Jeremiah 33:3). No emotion is beyond God's comprehension, nor is there a problem so great that He can't solve it, or a burden too heavy for Him to carry. He is God! All things are possible with Him. And He loves you as a parent would love a child. You are precious in His sight.

Deliver me from my enemies, O LORD. I flee to You to hide me. Teach me to do Your will, for You are my God, and Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake. In Your righteousness bring my soul out of trouble. (Psalm 143:9-11)

Keep looking to God, there is where all our help comes from!

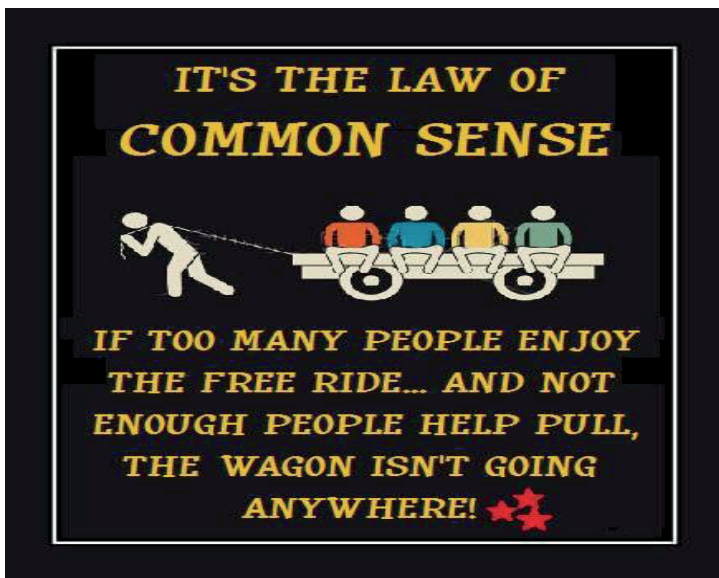


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Lesson from a Southern Woman:

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Storms makes trees take deeper roots.
~ Dolly Parton

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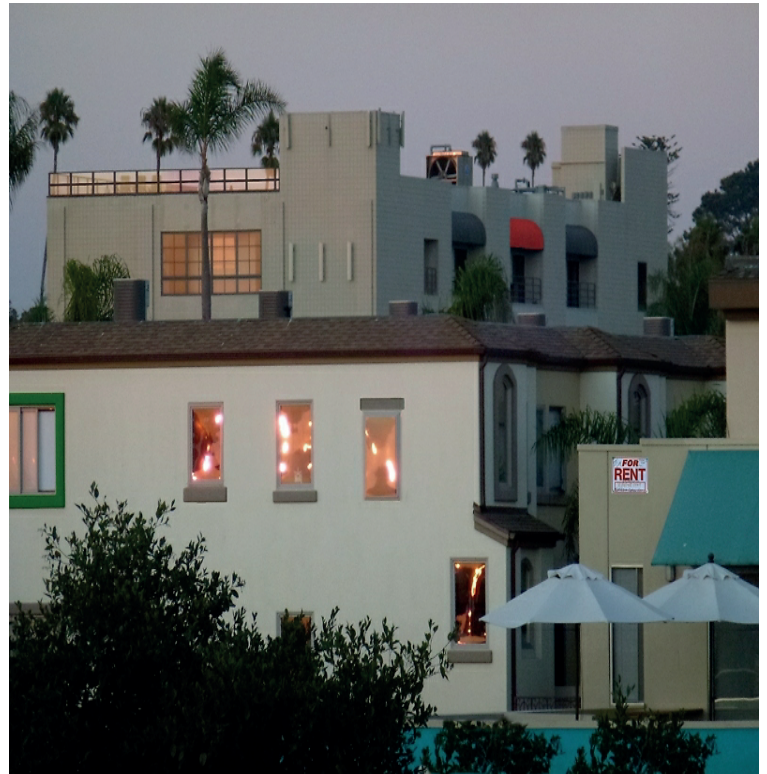
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Romans 14:17..... For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Joy is a commodity that is found only in the Trinity of God. Life throws curve balls and hurdles are raised. The enemy Satan throws the fiery darts, but laugh Jesus has overcome the world. In Nehemiah 8; 10 is says..... *for the joy of the LORD is your strength.*" This is where we find our strength to press on to the Mark of the high calling in Christ Jesus.

James 4:14.... whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.

What is your life? Paul said it is no longer I that live but Christ that lives in me. Can we lighten up some a laugh a little? LOL

Be somebody who makes everybody feel like a somebody.

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Claybank Master Gardeners

Hello Gardeners,



September is upon us, may the cooler days begin! The Claybank Master Gardeners will meet **Thurs. Sept. 15th at the Ozark-Dale County Library at 6 pm.** Come and hear from your community

gardeners how to restore sanity after summer's chaos & havoc (e.g. RAIN , HEAT & ANTS) to your yard & gardens. Here are some upcoming dates to remember:

September 22nd:

THE GOOD, THE BAD, AND THE UGLY: BACKYARD INSECTS AND WILDLIFE:

Dealing with nuisance pest and wildlife in your home garden? Wondering about the best control tactics? Need to know the good bugs from the bad? Join us to learn about the best management practices for your home!

TOPICS INCLUDE:

Fire Ants and Other Home Pests

Lawn and Garden Insects

Managing Wildlife for Homeowners

AT THE HEADLAND RESEARCH AND EXTENSION CENTER

TIME: 9:00 AM TO 12 PM

DATE: SEPT. 22ND

Headland Research Center Auditorium

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To Register, Call the Research Center 334-693-2010 by September 21st Space is limited!

October : A Seed Swap a Coffee County Master Gardener program:

Have you ever grown a vegetable variety that was superior to other varieties

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*Gardeners Guide to Saving Seed

*Starting Seeds Indoors

*Heirloom Varieties: Golden Oldies of the Garden

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A word of encouragement during a failure is worth more than an hour of praise after a success.

SEPT. 2016

25

Laughs and Lifts



Dr. Geoff Gaunt

"Your Hometown Dentist"

Hi Readers!

In case you were wondering how highly respected and impactful this publication is that you are holding in your hands, let me tell you what happened right after last month's article on the benefit of flossing hit the world-wide press. I had no idea how controversial the subject of flossing was until the Associated Press countered my article, saying that there is "weak science" to back up the idea that flossing is beneficial in preventing tooth decay and gum disease! Dr. G, say it's not so!!

Well, before you joyfully throw away the floss, let's take a closer look at what they are actually saying. With today's demand for evidence-based research to back up any claims of medical effectiveness, it is true that there really aren't any solid studies that prove that flossing prevents disease. In fact, it would be very difficult to perform an accurate, standardized long-term study on flossing since everyone's technique is different. Instead, it is through deductive reasoning that we should floss. We know for certain that gum disease is always preceded by gingivitis, which is caused by the accumulation of undisturbed (remember from last month?) plaque on the teeth. Since flossing removes plaque, then we should be able to conclude that flossing should at least help prevent gum disease and the bone and tooth loss that can result from the disease. The same rationale applies to tooth decay! That's my story and I'm sticking to it! My patients and readers can expect that I'm going to keep advising them to floss.

Until next month, Heath and Happiness,

Geoff Gaunt, DMD
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trust·wor·thy adj.
*'able to be relied on
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While making rounds, a doctor points out an X-ray to a group of medical students. "As you can see," she says, "the patient limps because his left fibula and tibia are radically arched. Michael, what would you do in a case like this?" "Well," ponders the student, "I suppose I'd limp too."

A "BUTT"
was a Medieval unit of measurement for wine.

Technically, a buttload of wine is about 475 liters or 126 gallons.

Shopping with your husband is like hunting with the game warden.

Cheap olive oil: gets a lot of bad press.

BIRD LOVING WIFE

A happily married man had only one complaint, his wife was always nursing sick birds. One cold evening, he came home to find a raven with a splint on its beak sitting in his favorite chair.



On the dining room table there was a feverish eagle pecking at an aspirin while in the kitchen his wife was comforting a shivering little wren that she found.

The furious spouse strode over to where his wife was toweling down the cold little bird. "I can't take it any more! We've got to get rid of all of these darn..."

The wife held up her hand to cut him off in mid-course. "Please dear," she said, "not in front of the chilled wren."

THE FELLOW WHO WILL NEVER ADMIT HE WAS WRONG IS REALLY SAYING HE IS NO SMARTER NOW THAN HE USED TO BE!

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9							2	5
	4		9	1				
4		7				9		
	2	3						
			7	5				3
					1	8		
1				9	8			
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Calvin sees Elmer and asks, "What's up?" Elmer says, "First I got tonsillitis, followed by appendicitis and pneumonia. After that I got erysipelas with hemachromatosis. Following that I got poliomyelitis and finally ended up with neuritis. Then they gave me hypodermics and inoculations." "Boy, you had quite a time." "I'll say! I thought I'd never pull trough that spelling test."

Name That Baby

When Diane found out she was pregnant, she told the good news to anyone who would listen. Her 4-year-old son overheard some of his parents private conversations. One day, when Diane and her 4-year-old were shopping, a woman asked the little boy if he was excited about the new baby. "Yes!" the 4-year-old said, "and I know what we are going to name it, too. If it's a girl we're going to call her Christina, and if it's another boy we're going to call it quits!"



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"It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."



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