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October 2016 Issue 99

# Laughs & Lifts

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# Laughs and Lifts

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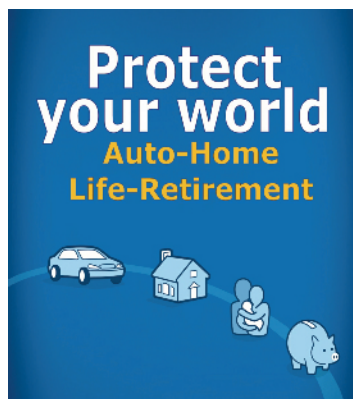
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My luck is like a bald guy who just won a comb.



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**Marlo Thomas**

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**T**he carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.



When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again." He paused. "Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."

I wish everything was as easy as getting fat!



When you live life in the fast lane you can expect a few fender benders.

# Coffee County Arts Alliance

LARRY GATLIN & THE BLACKWOOD QUARTET COUNTRY & GOSPEL GRAMMY AWARD WINNERS	Oct 25, 2016 7 PM	Enterprise High School Performing Arts Center
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PINEY WOODS ARTS FESTIVAL A JURIED ARTS & CRAFTS SHOW	Mar 18, 2017 Mar 19, 2017	Enterprise State Community College



Information: 334.406.2787 or  
CoffeeCountyArtsAlliance.com



**Grammy Award winner Larry Gatlin**, an American country legend and Southern Gospel singer and songwriter, achieved success as part of a team with his brothers, Steve and Rudy. As their fame grew in the country music genre, the band became known as Larry Gatlin and The Gatlin Brothers. Their biggest hits include "Broken Lady", "All the Gold in California", "Houston (Means I'm One Day Closer to You)", "She Used to Be Somebody's Baby", "Talking to the Moon" and "Heartbreak Ridge and New Hope Road". Larry Gatlin shares the music and stories from four decades as a solo artist and with The Gatlin Brothers. He has performed on 33 Top 40 single hits

combining his solo recordings and those with his brothers. The Blackwood Quartet continues the gospel sound made famous by The Blackwood Brothers Quartet of 1934, which is considered the First Family of Gospel Music. The Blackwood Brothers won eight Grammys and six Dove Awards and they were inducted in the Gospel Music Hall of Fame in 1998. Expect to hear songs such as "How Great Thou Art", "Swing Down Sweet Chariot", "I'll Fly Away", "Peace in the Valley" and "When the Saints Go Marching In".

Performances are made possible by support from corporate and individual memberships, by the

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Many people drink alcohol excessively to drown their problems.  
Unfortunately problems are really good swimmers.

OCT. 2016

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**Laughs  
and Lifts**



Was it really a bad day? Or was it a bad five minutes that you milked all day?

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## Hard Worker

A farmer and his recently hired hand were eating an early breakfast of biscuits and gravy, scrambled eggs, bacon and coffee that the farmer's wife had prepared for them. Thinking of all the work they had to get done that day, the farmer told the hired man he might as well go ahead and eat his lunch too. The hired man didn't say a word, but filled his plate a second time and proceeded to eat. After awhile the farmer said, "We've got so much work to do today, you might as well eat your supper now too."

Again, the hired man didn't respond but re-filled his plate a third time and continued to eat. Finally, after eating his third plate of food, the hired man pushed back his chair and began to take off his shoes.

"What are you doing"? the farmer asked. The hired man replied, "I don't work after supper."

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**INSTRUCTIONS ON HOW TO MAKE A LITTLE DEBBIE HONEY BUN SUGAR FREE.**

By: Frankie Wilson

1. Carefully remove it from package
2. Slowly lick icing off of it
3. Enjoy honey bun



**Works Every Time**

It's Black Friday and the mall is packed with shoppers and Frank can't find his wife. He goes up to a very attractive woman and says, "Excuse me, can you help me? I cannot see my wife, and I know that she is here in the shopping mall somewhere. Can you just talk to me for a couple of minutes?"

The attractive woman replies, "Why?" Frank replies, "Because every time I talk to a beautiful woman, my wife

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My girlfriend is a Fruit Loop in a bowl of Cheerios.



**Dr. Massey, I have been sitting at my computer so long I've developed a floppy disk.**



## Chiropractic... Getting Back to the Basics!

*According to The Association of Chiropractic Colleges, "Chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs and surgery. The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health."*

### Let's get back to basics, back to our roots!

Everything in the body is controlled by nerves, not just the muscles, but the organs, glands and cellular tissues. The nerves trace back to the spinal cord, which runs from the brain stem, down to your sacrum and coccyx, or "butt-bone." It is encased in vertebra of the spinal column, the cervical, thoracic and lumbar vertebra. These vertebrae are separated and cushioned by discs, which make several joint spaces that should always have good motion. When there is pressure on the nerve root at the spinal level, there is interference to the nerve flow. When this subluxation occurs, or misalignment of the spine, wouldn't it stand to reason that wherever the nerve is going, the end spot would not work efficiently?!

Chiropractic, through spinal and extremity adjustments, removes the interference on the nerve and allows it to flow at 100%, allowing the body to function at 100%! **Think of the signs and symptoms that people live with on a daily basis, such as neck and back pain; headaches/migraines; sinus/allergies/asthma; upset stomach/heart burn; constipation/diarrhea; sleep disturbances; weight gain; emotional sensitivities; and hip, knee and feet pain.** The list goes on and on. Think about if the nerve flow to these specific organs or glands that control hormonal releases, or cortisol/insulin releases, was at 100%, wouldn't the result be better performance?

Now, there are other factors involved in the dysfunction of the body, but if the basic nerve interference is removed first, then persisting signs and/or symptoms can be dealt with accordingly. As chiropractic adjustments are performed, and the body is becoming stronger and more able to stay in alignment, the other factors should be discussed, as in body chemistries, nutrition and daily activities of living such as work, play and sleep. The body as a whole must be evaluated and treated as a complete entity, not just the specific signs and symptoms. It is important to have regular spinal check-ups, just as regular dental check-ups are

recommended. Pain, signs and symptoms are warning signs to the body that there is something going on and they usually emerge after the body has been compensating on its own for some time. Allow the body to function without interference, allow the body to function at 100%, and see Dr. Massey today for an evaluation. Get back to the basics, back to your roots!

*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*



## PAIN RELIEF CHIROPRACTIC

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She hurried to the pharmacy to get medication, got back to her car and found that she had locked her keys inside. The woman found an old rusty coat hanger left on the ground. She looked at it and said, "I don't know how to use this." She bowed her head and asked God to send her some HELP.

Within 5 minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag. He

got off of his cycle and asked if he could help.



She said: "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?" He said, "Sure." He walked over to the car, and in less than a minute the car was open. She hugged the man and through tears said, "Thank You, God, for sending me such a very nice man." The man heard her little prayer and replied, "Lady, I am NOT a nice man. I just got out of prison yesterday; I was in prison for car theft." The woman hugged the man again, sobbing, "Oh, thank you, God! You even sent me a Professional!"



## Tim Stafford

owner of Ozark and Dothan Tire Service is now filling tires with confetti.

He said, "I put confetti in tires so when there is a blow out it's still kind of an okay day."

## F.E.A.R.

has two meanings-  
Forget Everything And Run  
OR  
Face Everything And Rise

The choice is yours.

**T**oday," said the professor, "I will be lecturing about the kidneys, intestines, pancreas, and the liver." One med student leaned toward his friend sitting next to him, "Great, we have to sit through another organ recital."

Complaining about a problem without offering a solution is called whining.

# INGRAM —MEMORIAL—



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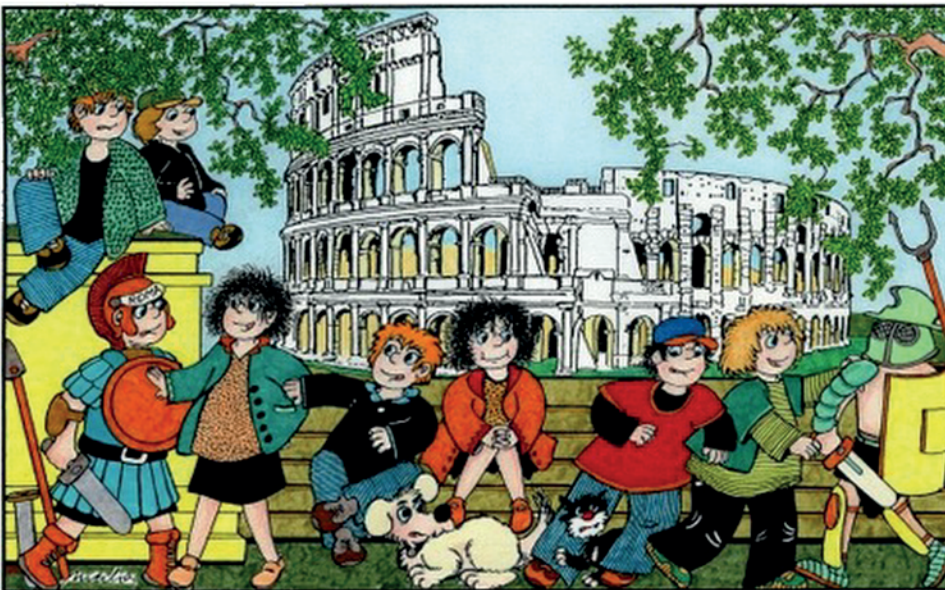
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SEE IF YOU CAN FIND 10 DIFFERENCES IN THE PHOTOS BELOW. SOLUTION ON PAGE 29



Chester and Earl are going hunting. Chester says to Earl, "I'll send my dog out to see if there are any ducks out in the pond. If there aren't any ducks out there, I'm not going hunting."

So he sends the dog out to the pond. The dog comes back and barks twice. Chester says, "Well I'm not going to go out. He only saw two ducks out there."

Earl says, "You're going to take the dog's barks for the truth?" Earl doesn't believe it, so he goes to look for himself. When he gets back he says, "I don't believe it where did you get that dog? There really are only two ducks out there!"

Chester says, "Well, I got him from the breeder up the road. If you want, you can get one from him, too."

So Earl goes to the breeder and says he wants a dog like the one his friend Chester has. The breeder obliges and Earl brings the dog home, tells it to go out and look for ducks. Minutes later the dog returns with a stick in it's mouth.

Outraged, Earl takes the dog back to the breeder and says, "This dog is a fraud. I want my money back!"

The breeder asks Earl what the dog did. So Earl tells him that when he sent the dog out to look for ducks, it came back with a stick in its mouth.

The breeder says, "Earl, all he was trying to tell you was that there are more ducks out there than you can shake a stick at!"



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## Now That's A Long Wait

I waited for a very long time for my number to be called at the Department of Motor Vehicles to renew my driver's license. As I approached the window, the clerk asked how she could help me.

I replied, "I need to get a haircut, can you save me my spot?"

She said, "Why didn't you get a haircut before your came here?"

I replied, "I didn't need one before I got here!"

## JOB IMPRESSIONS

I had always talked about my job a lot at home, and my young daughter had always expressed great interest. So I thought it would be a treat for her to spend the day with me at the office. Since I wanted it to be a surprise, I didn't tell her where we were going, just that it would be fun.

Although usually a bit shy, she seemed excited to meet each colleague I introduced. On the way home, however, she seemed somewhat down. "Didn't you have a nice time?" I asked.

"Well, it was okay," she responded, "but I thought it would be more like a circus." Confused, I asked, "Whatever do you mean?" She said, "Well, you said you work with a bunch of clowns, and I never got to see them!"

"Do Not Touch!" Must be the scariest thing to read in braille.

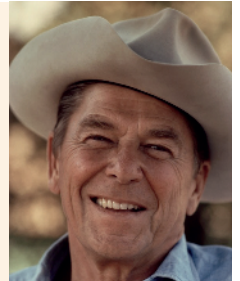


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Ronald Reagan



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I saw an ad for burial plots & thought,  
"Now that's the last thing I need!"

OCT. 2016  
11

**Laughs  
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**THE BUZZARD**



If you put a buzzard in a pen six or eight feet square and entirely open at the top, the bird, in spite of his ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of ten or twelve feet. Without space to run, as is his habit, he will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

**THE BAT**



The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight

*Stay Away From Still People*

Still Complaining, Still Hating, Still Angry, Still Not Making A Change, Still living in the past, still making excuses, and Still not Taking Responsibility.



"I have traveled just about all over the world."



"Wow, you must know geography well?"

"Oh yes, I spent 2 months there!"

**I don't say my Golf game is bad, but if I grew tomatoes, they would come up sliced!**

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elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

**THE BUMBLEBEE**

A bumblebee, if dropped into an open tumbler will be there until it dies unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom it will seek a way where none exists, until it completely destroys itself.



In many ways, there are lots of people like the buzzard, the bat and the bee. They are struggling about with all their problems and frustrations, not realizing that if they look up, they'll find the answer.

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To those of you who received honours, awards and distinctions, I say well done. And to the C students, I say you, too, can be president of the United States. ~ George W. Bush



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3. I AM EVERYWHERE.
4. SHE'S MY LITTLE PRINCESS NOT YOUR "SCORE" .
5. UNDERSTAND I DON'T LIKE YOU.
6. I DO BETTER RESEARCH THAN THE FBI
7. KNOW YOUR ABC'S ABSTINENCE, BOUNDARIES, CURFEW
8. IF YOU PULL INTO MY DRIVEWAY AND HONK, YOU'D BETTER BE DELIVERING A PIZZA.

Go where you're celebrated not where you're tolerated.



# Aunt T's Kitchen

## APPLE SPICE CAKE TRIFLE

### Ingredients

- 1 package spice cake mix (regular size)
- 1-1/4 cups cinnamon applesauce
- 3 eggs
- 1/3 cup canola oil
- 1 can (21 ounces) apple pie filling
- 1 tablespoon butter
- 7 teaspoons ground cinnamon, divided
- 3 cups cold milk
- 1 package (5.1 ounces) instant vanilla pudding mix
- 1 envelope whipped topping mix (Dream Whip)
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1/2 cup chopped walnuts
- 1/4 cup English toffee bits or almond brickle chips

### Directions

1. In a large bowl, combine the cake mix, applesauce, eggs and oil; beat on medium speed for 2 minutes. Pour into a greased 13-in. x 9-in. baking pan.
2. Bake at 350° for 35-40 minutes or until toothpick inserted near the center comes out clean. Cool on a wire rack.
3. In a small saucepan, cook pie filling, butter and 1 teaspoon cinnamon until butter is melted; stir until well blended. Cool.
4. In a large bowl, combine the milk, pudding mix, topping mix and remaining cinnamon. Beat on high until thickened, about 5 minutes; set aside. Spread a third of the whipped topping in a 6-qt. trifle bowl.
5. Cut cake into cubes; place half over topping. Top with half of the fruit mixture, walnuts and pudding mixture. Repeat layers. Spread with remaining

# SWEET POTLUCK PLEASERS

whipped topping. Sprinkle with toffee bits. Cover and chill for at least 2 hours. Yield: 20-24 servings.

## APPLE SALAD

### Ingredients

- 1 can (20 ounces) unsweetened pineapple chunks
- 1/4 cup butter, cubed
- 1/4 cup sugar
- 1 tablespoon lemon juice
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 cup mayonnaise
- 8 cups chopped tart apples
- 2 cups green grapes
- 2 teaspoons poppy seeds
- 3/4 cup chopped pecans, toasted



### Directions

1. Drain pineapple, reserving juice; set the pineapple aside. Place juice in a saucepan; add butter, sugar and lemon juice. Bring to a boil. Combine the cornstarch and cold water until smooth; add to the saucepan, stirring constantly. Return to a boil; cook and stir for 2 minutes. Chill. Stir in mayonnaise. In a large bowl, combine pineapple, apples, grapes, poppy seeds and cooked dressing. Fold in the pecans just before serving. Yield: 14 servings.

## PEANUT CAKE BARS

### Ingredients

- 1 package chocolate cake mix (regular size)
- 1/2 cup water

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# SWEET POTLUCK PLEASERS

1/3 cup butter, softened

1 egg

TOPPING:

3 cups miniature marshmallows

1 package (10 ounces) peanut butter chips

2/3 cup light corn syrup

1/4 cup butter, cubed

2 teaspoons vanilla extract

2 cups crisp rice cereal

2 cups salted peanuts

## Directions

1. In a bowl, combine dry cake mix, water, butter and egg until blended. Press into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350° for 13-16 minutes or until a toothpick inserted near the center comes out clean. Sprinkle with marshmallows. Bake 2 minutes longer. Cool.

2. In a saucepan, combine peanut butter chips, corn syrup, butter and vanilla. Cook over low heat until melted; stir until smooth. Remove from the heat; stir in cereal and peanuts. Spoon over marshmallows. Cool before cutting. Yield: about 3 dozen.

## OVERNIGHT FRUIT SALAD

### Ingredients

3 large eggs, beaten

1/4 cup sugar

1/4 cup vinegar

2 tablespoons butter

2 cups green grapes

2 cups miniature marshmallows

1 can (20 ounces) pineapple chunks, drained

1 can (15 ounces) mandarin oranges, drained



2 medium firm bananas, sliced

2 cups heavy whipping cream, whipped

1/2 cup chopped pecans

## Directions

1. In a double boiler over medium heat, cook and stir eggs, sugar and vinegar until mixture is thickened and reaches 160°. Remove from the heat; stir in butter. Cool.

2. In a large serving bowl, combine grapes, marshmallows, pineapple, oranges and bananas; add cooled dressing and stir to coat. Refrigerate for 4 hours or overnight. Just before serving, fold in whipped cream and pecans. Yield: 12-16 servings.

### US Dry Volume Measurements

MEASURE	EQUIVALENT
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 Tablespoon
1/8 cup	2 tablespoons (= 1 standard coffee scoop)
1/4 cup	4 Tablespoons
1/3 cup	5 Tablespoons plus 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons
1 Pound	16 ounces

### US liquid volume measurements

8 Fluid ounces	1 Cup
1 Pint	2 Cups (= 16 fluid ounces)
1 Quart	2 Pints (= 4 cups)
1 Gallon	4 Quarts (= 16 cups)

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# SAVE A LIFE



**Choking due to an obstructed airway is a serious situation that can lead to death. If you notice someone who is choking but not coughing or able to speak, call 911 immediately. Then you should perform the Heimlich maneuver.**



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- Place yourself slightly behind the victim and place your arms around his or her waist.
- Make a fist with one hand placing your thumb toward the victim, just above his or her navel.
- Grab your fist with your other hand and deliver five upward thrusts into the victim's abdomen.
- Your thrusts may move air out of the victim's lungs and create an artificial cough.
- Repeat the Heimlich maneuver until the food is dislodged.

**It's important to call for emergency assistance BEFORE performing the Heimlich maneuver. Even if you are successful in dislodging the obstruction, the victim should still be checked out by medical personnel.**

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A man observed a sign in the window of a restaurant that read "Unique Breakfast" so he walked in and sat down. The waitress brought him his coffee and asked him what he wanted. "What's your Unique Breakfast?" he asked inquisitively. "Baked tongue of chicken!" she proudly replied. "Baked tongue of



A Mexican bandit made a specialty of crossing the Rio Grande from time to time and robbing banks in Texas.

Finally, a reward was offered for his capture, and an enterprising Texas ranger decided to track him down.

After a lengthy search, he tracked the bandit to his favorite cantina, snuck up behind him, put his trusty six-shooter to the bandit's head, and said, "You're under arrest. Tell me where you hid the loot or I'll blow your brains out."

But the bandit didn't speak English, and the Ranger didn't speak Spanish. Fortunately, a bilingual lawyer was in the saloon and translated the Ranger's message. The terrified bandit blurted out, in Spanish, that the loot was buried under the oak tree in back of the cantina.

"What did he say?" asked the Ranger.

The lawyer answered, " Well, the best I can make out he said ...

DRAW!"."

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chicken?... baked tongue of chicken! Do you have any idea how disgusting that is? I would never even consider eating anything that came out of a chicken's mouth!" he fumed.

Undaunted, the waitress asked, "What would you like then?"

"Just bring me some scrambled eggs," the man replied.

Worrying is assuming God doesn't know what He's doing.

# TRUMP PENCE '16

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### STARTED MY NEW DIET

I ate a salad for dinner! Mostly croutons & tomatoes. Really just one BIG, round crouton covered in tomato sauce. And Cheese.

FINE, it was a pizza. I ate a pizza.

### The Dream

Moshe was talking to his psychiatrist. "I had a weird dream recently," he says. "I saw my mother but then I noticed she had your face. I found this so worrying that I immediately awoke and couldn't get back to sleep. I just stayed there thinking about it until 7am. I got up, made myself a slice of toast and some coffee and came straight here. Can you please help me explain the meaning of my dream?"

The psychiatrist kept silent for some time, then said, "One slice of toast and coffee? Do you call that a breakfast?"

### The Dot

The bank clerk reminded the customer that he forgot to dot the "I" in his signature. The customer said, "Can't you do that for me?"

The teller replied, "Sorry sir. It must be in the same handwriting."

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M. Monroe

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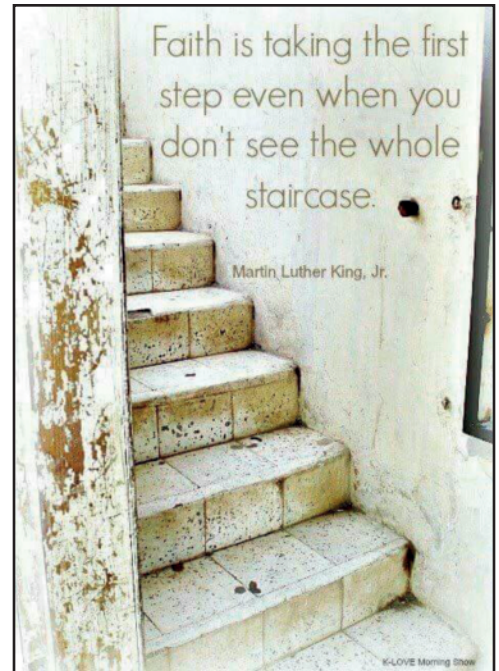
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As the truck began sinking the Noles fan yelled for the Gator players to get out truck, to which they replied, "We're tryin' to get out, but we can't get the dang tailgate open!"

### The Second Floor Suite

My wife, a real estate agent, wrote an ad for a house she was listing. The house had a second-floor suite that could be accessed using a lift chair that slid along the staircase. Quickly describing this feature, she inadvertently made it sound even more attractive: "Mother-in-law suite comes with an electric chair."

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**I**t was election time and a politician decided to go out to the local reservation and try to get the Native American vote. They were all assembled in the Council Hall to hear the speech. The politician had worked up to his finale, and the crowd was getting more and more excited. "I promise better education opportunities for Native Americans!" The crowd went wild, shouting "Hoya! Hoya!" The politician was a bit puzzled by the native word, but was encouraged by their enthusiasm. "I promise gambling reforms to allow a Casino on the Reservation!" "Hoya! Hoya!" cried the crowd, stomping their feet. "I promise more social reforms and job opportunities for Native Americans!" The crowd reached a frenzied pitch shouting "Hoya! Hoya! Hoya!" After the speech, the Politician was touring the Reservation, and saw a tremendous herd of cattle. Since he was raised on a ranch, and knew a bit about cattle, he asked the Chief if he could get closer to take a look at the cattle. "Sure," the Chief said, "but be careful not to step in the hoyas."



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My husband and I divorced over religious reasons. He thought he was God and I didn't.

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## "What Are Your Giants"

**Wallace Kennedy, Jr.**



Be encouraged today my brothers and sisters, nothing is too big for our God.

Often times in my own life when facing a new challenge, a new job, a new project, being ask to do something that appears to be greater than my abilities, "It Looks Like a Giant".

When the children of Israel sent ten spies into the land of promise (milk and honey) 8 people said it can't be done, the land occupied by mighty giants, and the other two spies, Caleb and Joshua saw the task at hand through the eyes of faith in God's abilities and not their own abilities and said, "It can be done, we can do this". In this story a question was asked: "Who's Report Will You Believe?" Listen my friends, we can always rest assured in the report of the Lord.

Faith, on the other hand, though it never minimizes the dangers and difficulties of any circumstance, looks away from them to God and counts on His invisible presence and power.

What are your "giants"? A habit you cannot break? A temptation you cannot resist? A difficult marriage? A drug-abusing son or daughter? Troublesome child, seeking employment, challenged to come out your comfort zone. If we compare ourselves with our difficulties, we will always be overwhelmed. Faith looks away from the greatness of the undertaking to the greatness of an ever-present, all-powerful God.

*Behold, I am the LORD, the God of all flesh: is there anything too hard for me?*

*Jeremiah 32:27*

*Now faith is the assurance of things hoped for, the conviction of things not being seen.*

*Hebrews 11:1*

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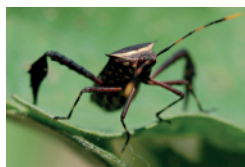


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## Claybank Master Gardeners

Hello Gardeners,  
Our Dale County Master Gardener course is in full swing, and already we are learning new and useful things about the importance of soil management to produce quality plants. It is amazing how much we don't know about what we thought we already knew all about! It is humbling yet fascinating. If you missed this chance to take the course, mark your calendars, because there will be another one offered in **Houston County, January 11th through March 29th, 2017. Call 334-794-4108** for more information.



Did you know that you can learn all about good and bad bugs through the online extension service? On **Friday, October 7th at 1 PM** there will be free webinar called:

**"Don't Use Too Much Pesticide or Fertilizer: Learn How to Calibrate your Lawn and**



**Garden Sprayers and Spreaders"** by Dr. Wayne Buhler from the Extension Service. You can also

tap into any of the previous 2016 webinar series about good and bad bugs at <http://articles.extension.org/pages/73668>. There is a wealth of useful research-based information through this website. There will be a **Seed Saving Workshop** on **Tuesday, October 11th, from 9:00 to 12:00** at the **Enterprise Farmer's Market. Registration at the Coffee County Extension Office, 334-894-5596.** Highlights are: Gardeners' Guide to Saving Seed; Starting Seed Indoors; Heirloom Varieties: Golden Oldies of the Garden. The October **Claybank Master Gardeners meeting** will be held at **Hoppergrass at 11:00 AM, on Thursday October 20th.**



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Laughs  
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## FRUIT OF OUR LIPS!!



**I**n the Beginning God said let there be light and there was light. God saw the light and it was good, and God divided the light from the darkness. In

just a spoken word God created the sun. In just a spoken word God created something in the natural that could dispel the darkness. Darkness is the absent of light. Nothing can live in the darkness. *Proverbs 18; 21... 21 Death and life are in the power of the tongue, And those who love it will eat its fruit.* The natural form of light that God created now is something that is placed in the right location and time that produces life for the human, animal, and plant kingdom on this earth. It was spoken at the right time and place which is 92.96 million miles away from the earth. At any other point or place then life could not exist.

*Proverbs 18; 20.....20 With the fruit of a man's mouth his stomach will be satisfied; He will be satisfied with the product of his lips.*

God saw the light and it was good. How many times do we speak and wish we would have stayed silent? How many times have we spoke to soon or not quick enough and we have had to endure the effects of the placement of our words? How many of us have said "me and my big mouth!"

*Proverbs 13; 2 .....2 From the fruit of a man's mouth he enjoys good, But the desire of the treacherous is violence. 3 The one who guards his mouth preserves his life; The one who opens wide his lips comes to ruin....*

Help us Lord today speak with conviction and with wisdom from the Holy Spirit. Help us think, ponder, meditate and pray before we ever utter a word.

"The stupid sees difficulty in every opportunity; the intelligent sees opportunity in every difficulty."



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**The winner will be called so please be sure to leave cell and work number.**

A person who asks a question is a fool for 5 minutes,  
but a person who never asks is a fool forever.



At the airport check-in counter I overheard a woman ask for window seats for both she and her husband.

The clerk pointed out that this would prevent them for sitting together.

"Sweetie," the woman replied, "I've just spent 10 days of quality time in a compact rental car with this man. I \*know\* what I'm requesting!"



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## Make Up Your Mind, Oreo

(by Arthur Gordon)



This

morning our cat Oreo (so named because he is a handsome black-and-white), and I went through a familiar ritual at the back door.

Oreo had been outside for a while and began meowing because he wanted to come in. I opened the door and waited, but he did not come in! He stopped and lowered his head suspiciously, as if I were a deadly enemy. "Come on, Oreo," I said impatiently. He sat down thoughtfully and began to wash his face.

"Oreo," I said, "I give you food, and I supply all your needs. If you do anything in return, I don't know what it is.. Now I'm personally inviting you into my home. Please come in."

Oreo put one foot across the threshold, then drew it back. He turned to look out across the yard with some remote, unfathomable expression, and he didn't come in.

"Oreo," I said, "I'm not going to stand here forever. If you don't come in, I'm going to close this door. This is your last chance!" I started to slowly close the door. Did he come in? No, he sat there exercising his free will or something. He'd come in when it suited him and not before. He figured I'd be patient. So far, he's always been right. God made cats, He also made people. I wonder how He feels when He stands at the door and waits ... and waits ... and waits ... I think I know.





# Dr. Geoff Gaunt

**"Your Hometown Dentist"**

Hi Readers!

Since we have officially established that flossing IS actually good for your dental health, and health in general, let me wrap up our flossing discussion this month with a few suggestions regarding flossing.

My preferred way to floss is with the Reach flosser. It is a different version of a flosser in that it holds the disposable floss cartridge with the floss perpendicular to the handle instead of being in line with the handle. This flosser is much easier to use in between the hard-to-reach back teeth because you don't have to twist the handle around to the side to use it back there.

If you are a traditionalist, and wind the floss around your fingers, there is a flat, thin floss by Glide that is considerably easier to get between tight teeth. If you don't have that issue, then any standard waxed floss will do. While there is really no perfect alternative to flossing, Using a Waterpik, or HydroFloss is a nice alternative, especially if there is either an aversion to flossing, or if a person has difficulty flossing due to physical limitations. These are also particularly useful if someone has bridgework that is hard to floss under or if a patient has temporary crowns or veneers that may be connected. If you have any other questions about flossing or the alternative methods, feel free to contact me and I would be glad to address it in the next article!

Until next month, Heath and Happiness,

Geoff Gaunt, DMD  
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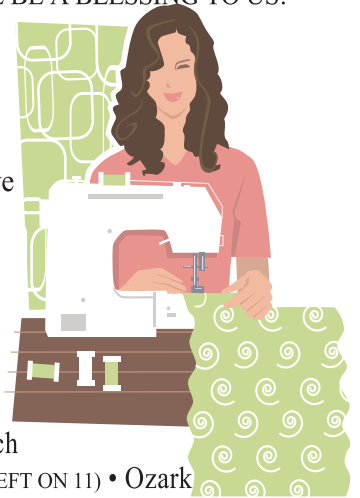


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**On the way to lunch, a teacher spotted two boys playfully fighting. She asked one of the boys to go to the back of the line and he came back right after. "Why aren't you at the end of the line?" asked the teacher. The boy replied, "I couldn't, someone was already there."**

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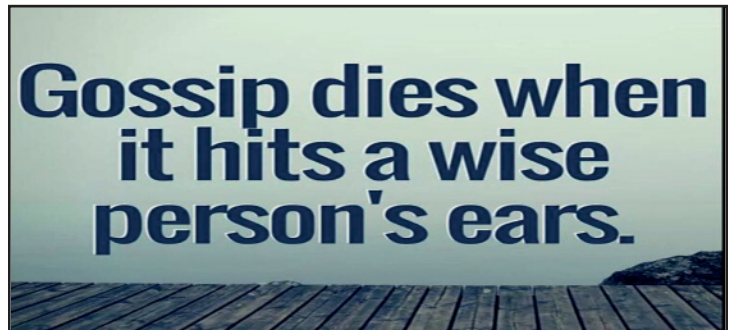
### I Can Make This Putt



Playing golf with his buddies, my grandfather had to make a slick 25-foot putt. As he lined it up, he announced, "I have a dollar bill that says I can make this putt. Does anyone want to bet?" His three friends eagerly agreed to the wager. My grandfather missed the putt by ten feet, and his friends gathered around to collect their money. Granddad pulled out a dollar bill on which he had written, "I can make this putt." His pals are still trying to collect on the bet - and grandpa is too.

## BAMBOOZABLES Answers On Page 31

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**Jennifer Lairmore Has Won \$100**

Jennifer found all the hidden school icons and even named most of the schools.

They were:

- Carroll High Eagle
- GW Long L
- Daleville Warhawk
- Ariton Purple Cat A
- Troy U. Trojan
- Alabama Helmet
- Auburn Helmet
- Alabama State
- Hornet

Thanks to everyone who entered, and thanks for reading Laughs and Lifts.

**I**sabella said to her friend, "Destiny, if both of your parents were born in 1967, how old are they now?"

After a few moments, Destiny answered, "It depends."

"It depends on what?" she asked.

"It depends on whether you ask my father or my mother."

# BAMBOOZABLES ANSWERS

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5. Tilt a Whirl
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7. Musically Inclined
8. Overcome the Odds
9. The Underdog
10. Cut Above the Rest
11. One Thing After Another
12. Waving Goodbye

Obstacles are those frightful things you see when you take your eyes off your goal. ~ Henry Ford



*"[The Bible] doesn't say love your neighbor for the same religion. It doesn't say love your neighbor if they're the same color as you. It doesn't say love your neighbor if they pull for the same team as you. It doesn't say love your neighbor if they're the same gender as you.. or love your neighbor if they have the same sexuality as you.*

*It just says love your neighbor as you love yourself.*

*If we all lived by that in this country, we wouldn't have near the problems that we have. That's just my opinion."*

*- Clemson head football coach  
Dabo Swinney*

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Laughs  
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