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December 2016 Issue 101

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would start using it!

DECEMBER 2016

3

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BREAKING NEWS FROM CANADA

The flood of Trump-fearing American liberals sneaking across the border into Canada has intensified beginning early yesterday morning. Trump's victory is prompting an exodus among left-leaning Americans who fear they'll soon be required to hunt, pray, pay taxes, and live according to the Constitution.

Canadian border residents say it's not uncommon to see dozens of sociology professors, liberal arts majors, global-warming activists, and "green" energy proponents crossing their fields at night.

"I went out to milk the cows the other day, and there was a Hollywood producer huddled in the barn," said southern Manitoba farmer Red Greenfield, whose acreage borders North Dakota. "He was cold, exhausted and hungry, and begged me for a latte and some free-range chicken.

In an effort to stop the illegal aliens, Greenfield erected higher fences, but the liberals scaled them. He then installed loudspeakers that blared Rush Limbaugh across the fields, but they just stuck their fingers in their ears and kept coming. Officials are particularly concerned about smugglers who meet liberals just south of the border, pack them into electric cars, and drive them across the border, where they are simply left to fend for themselves after the battery dies.

"A lot of these people are not prepared for our rugged conditions," an Alberta border patrolman said. "I found one carload without a single bottle of Perrier water, or any gemelli with shrimp and arugula. All they had was a little Napa Valley cabernet and some kale chips. When liberals are caught, they're sent back across the border, often wailing that they fear persecution from Trump high-hairers.

CONTINUED ON PAGE 7



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CONTINUED FROM PAGE 4

Rumors are circulating about plans being made to build re-education camps where liberals will be forced to drink domestic beer, study the Constitution, and find jobs that actually contribute to the economy.

Canadian citizens have complained that the illegal immigrants are creating an organic-broccoli shortage, are buying up all the Barbara Streisand CD's, and are overloading the internet while downloading jazzercise apps to their cell phones.

"I really feel sorry for American liberals, but the Canadian economy just can't support them," an Ottawa resident said. "After all, how many art-history majors does one country need?"

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John and Nancy were married for 40 years and decided they wanted to renew their vows and planned a second wedding. They were discussing the details with their friends. Nancy wasn't going to wear a traditional bridal gown and she started describing the dress she was planning to wear. One of her friends

asked what color shoes she had to go with the dress. Nancy replied, "Silver." At that point, her husband chimed in, "Yep silver...to match her hair." Shooting a glaring look at John's bald spot, Nancy's friend said, "So, John, I guess you are going barefoot."

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Retired Air Force weather man, Gerald Sammons, from Ariton, said for the two years he was stationed in the Bahamas he never missed correctly predicting the weather. "That is quiet an accomplishment." I said. He said, "It really wasn't that difficult. Everyday was the same, "Slight Chance of Rain.!"

I frequently receive calls from pollsters asking me to participate in telephone surveys. One woman began with a barrage of questions. "Wait a minute," I said. "Who are you and whom do you represent?" She told me and immediately continued asking questions. "What's the purpose of this survey?" I asked. "Sir," she replied irritably, "I don't have time to answer your questions," Then she hung up.

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MLS 20161354 Offered at \$204,900



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116 Woodland Hills Drive

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MLS 20161993 \$147,900



Mini-Estate

612 Walker Road

Lovely home on 5 acres of land with a pool (needs liner), pool house w/shower, workshop and more. Inside you have a central vac system, Fireplace & a walk-in access bathtub.
MLS 20160771 \$185,000



Great Price

406 Merry Dell Drive

Compare this 3/2 to others in this size range and You'll love how this one shapes up!
NEW roof, stove, dishwasher.
COME SEE IT!
MLS 20152017 Just \$77,900



Balcony View

296 Forestview Drive

4 bedrooms for your growing family. A cozy fireplace for winter and a refreshing pool for summer. Workshop!
Stainless steel appliances in the kitchen.
MLS 20162069 \$128,900



1 Acre

11780 County Road 68

Enjoy the privacy of this home that features Hardwood & imported Spanish tile flooring. Double oven in the kitchen. A cozy fireplace & A sunroom to enjoy your summer days.
MLS 20161252 Priced at \$129,900

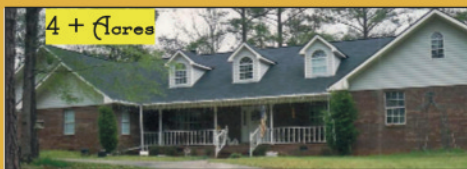


Cute Cottage

181 Houston Street

Updates include carpet, security system, storage shed and a VERY LARGE DECK!
Call for full list of updates in this 3 bedroom home.

MLS 20162093 Just \$53,500

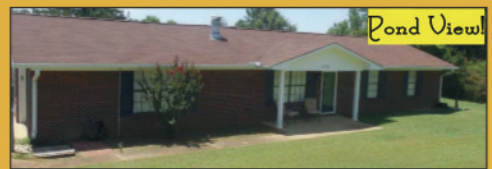


4 + Acres

2871 S County Road 59

This home has been remodeled with LOVE! A few features include: Bamboo floors, heated floor in master bath, 2 HVAC units. WORKSHOP!

MLS 20162026 \$299,500



Pond View!

712 Gunter Street

An updated kitchen with new appliance is just one feature this home has to offer! New lighting. Gas log fireplace.
Take time to look at this one!
MLS 20161253 Just \$117,000

Motivated Seller



185 Mark Avenue

4 bedrooms. Cozy fireplace in family room. Large eat-in kitchen with open bar,
MLS 20152017 WHAT? Only \$54,000



Priced Right

194 Valleyview Drive

This is a great home for the first time buyer! Sunroom. RV parking area. Close to PARK & LAKE!
MLS 20162102 Priced to sell at \$75,000



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COWBOY BARK

What You'll Need:

- 2 cups dark chocolate chips
- 1 teaspoon vegetable shortening
- 1 cup mini pretzels, coarsely broken
- 8 creme-filled sandwich cookies, coarsely chopped
- 1/4 cup chopped peanuts
- 1/4 cup toffee bits
- 1/3 cup white chocolate chips



What To Do:

1. Line a baking sheet with wax paper. In a medium microwaveable bowl, combine dark chocolate chips and shortening. Microwave 1-1/2 to 2 minutes, stirring occasionally until smooth. Spoon chocolate onto wax paper and smooth into a rectangle shape about 1/4-inch thick.
2. Evenly sprinkle with pretzels, cookies, peanuts, toffee bits, and white chocolate chips. Using a spatula, press nuts and candy gently into chocolate.
3. Refrigerate 30 minutes. Break into pieces. Store in airtight container in refrigerator.

CRACKLIN CHOCOLATE TOFFEE

What You'll Need:

- 1/4 cup (1/2 stick) butter
- 1/2 cup sweetened condensed milk
- 1/4 cup light corn syrup
- 3/4 cup light brown sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups crispy rice cereal
- 1 cup semisweet chocolate chips



Aunt T's Kitchen

What To Do:

1. Line an 8-inch square pan with aluminum foil and coat with cooking spray.
2. In a saucepan over medium heat, melt butter. Add condensed milk, corn syrup, brown sugar, and salt. Cook 8 to 10 minutes, or until mixture reaches 280 degrees on a candy thermometer, stirring constantly. Remove from heat and stir in vanilla and cereal.
3. Spoon mixture evenly into pan and immediately sprinkle with chocolate chips. Let stand 5 minutes, then spread chocolate evenly with a spatula.
4. Let cool 4 hours, or until firm. Lift foil with toffee from pan and cut into 1-1/2-inch pieces.

HOLLY FUDGE

What You'll Need:

- 1 cup granulated sugar
- 1/2 cup (1 stick) butter
- 1/2 cup heavy cream
- 1/8 teaspoon salt
- 2 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup red and green candied cherries, chopped



What To Do:

1. Coat 8-inch square baking dish with cooking spray.
2. In large saucepan, bring granulated sugar, butter, heavy cream, and salt to boil over medium heat, stirring

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Easy Christmas CANDY

frequently. Allow to boil 5 minutes, stirring constantly.

3. Remove from heat and slowly add confectioners' sugar and vanilla, stirring until smooth and well combined. Stir in cherries until evenly distributed.

4. Spoon into baking dish and chill 1 hour, or until firm. Cut into squares and serve, or store in an airtight container.

WHITE CHOCOLATE FUDGE

What You'll Need:

- 6 ounces premium white chocolate, chopped
- 1/2 (8-ounce) package cream cheese, softened
- 3 cups sifted powdered sugar
- 1/2 teaspoon vanilla extract
- 1 cup chopped pecans
- 25 pecan halves

What To Do:

1. Cook white chocolate in small heavy saucepan over low heat until melted, stirring occasionally. Remove from heat.
2. Beat cream cheese in large bowl at high speed with an electric beater until creamy. Gradually add powdered sugar; beat at medium speed until smooth. Stir in chocolate and vanilla; beat well. Stir in chopped pecans.



3. Press mixture into lightly buttered 8-inch square pan. Cover and chill. Cut into 25 squares. Gently press a pecan half onto each square of fudge. Store in an airtight container in refrigerator.

MARTHA WASHINGTON BALLS

What You'll Need:

- 2 cups shredded coconut
- 8 cups powdered sugar
- 1 stick butter, melted
- 1 can Eagle Brand milk (that's sweetened condensed milk)
- 1 teaspoon vanilla
- 4 cups chopped pecans
- chocolate flavored almond bark

What To Do

1. Combine first six ingredients well
2. Roll into small balls and chill at least 1 hour
3. Once thoroughly chilled, dip balls in melted chocolate flavored almond bark and allow to cool on wax paper



FRUIT 'N' NUT CLUSTERS

What You'll Need:

- 1 cup vanilla or white chips
- 1/3 cup dried cranberries
- 1/3 cup salted whole cashews

What To Do:

- 1. In a microwave-safe bowl, melt chips; stir until smooth. Stir in cranberries and cashews. Drop by tablespoonfuls onto a waxed paper-lined baking sheet. Refrigerate until firm. Store in an airtight container. Yield: 1 dozen.

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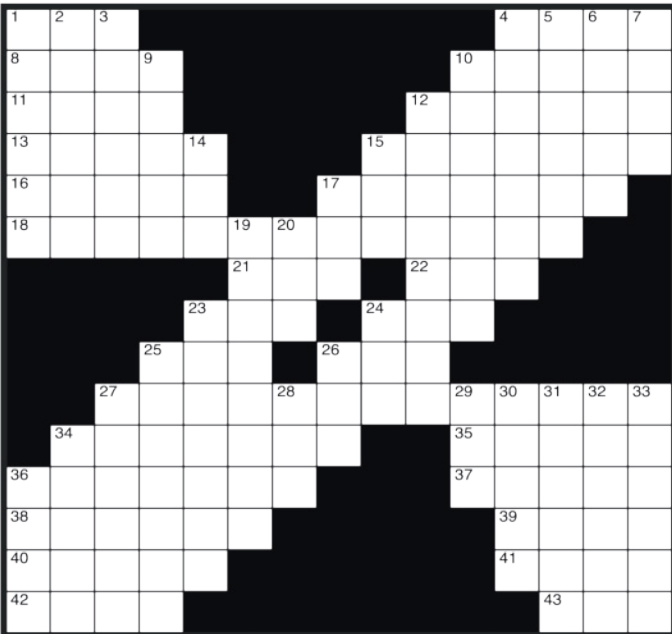
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- 26. Taoism
- 27. 1950's sex symbol
- 34. Imprisonment
- 35. Small freshwater ducks
- 36. Happening later than it should have
- 37. Unit of measurement
- 38. Coen Bros' "The Dude" does this
- 39. The destroyer (Hindu)
- 40. Kids take these to school
- 41. Flow or leak through
- 42. East Greenwich High School
- 43. Midway between south and southeast

CLUES DOWN

- 1. Many-colored flower
- 2. Strangers
- 3. One who is outcast
- 4. Transmitters
- 5. Theory of interconnection
- 6. Happening
- 7. Native of ancient Asian kingdom
- 9. Black (Span.)
- 10. Destructive storm
- 12. Condemn beforehand
- 14. Baseball players do this
- 15. Exclamation that denotes disgust
- 17. When you expect to get there
- 19. Dreams up
- 20. Peacock network
- 23. Robbers
- 24. Beverage container
- 25. Celebrations
- 26. A way to change color
- 27. Bullheaded
- 28. Type of visual display
- 29. Easily purchased type of medication
- 30. City along the western Rhine
- 31. Animal disease
- 32. Martinis have these
- 33. Run away
- 34. Remove errors from
- 36. Slugger Ruth



SOLUTION ON PAGE 27

CLUES ACROSS

- 1. Way to fish
- 4. Not us
- 8. "M*A*S*H" actor Alda
- 10. A store of valuable things
- 11. Bring on
- 12. Gave birth to horse
- 13. British poet Hunt
- 15. Swine-like
- 16. Asteroid 1532 __
- 17. Devout
- 18. A boost
- 21. Licensed for Wall Street
- 22. Tooth caregiver
- 23. Political action committee
- 24. Make a soft murmuring sound
- 25. Porky is one

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A Sign of the Times

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"



ISABELLA AND DESTINY

Isabella was visiting her friend, Destiny, who had acquired two new dogs, and asked her what she had named the dogs.

Destiny responded by saying that one was named Rolex and one was named Timex. Isabella said, "Whoever heard of someone naming dogs like that?"

'HELLLOOOOOOOO.....,' answered Destiny. "They're watch dogs"!

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Christmas Shepherd

One Christmas, Joe and Peter built a skating rink in the middle of a field. A shepherd leading his flock decided to take a shortcut across the rink. The sheep, however, were afraid of the ice and wouldn't cross it. Desperate, the shepherd began tugging them to the other side.



"Look at that," remarked Peter to Joe, "That guy is trying to pull the wool over our ice!"

WHAT ON EARTH IS THAT?

A little old lady was among a group at an art exhibition in a newly opened gallery.

Suddenly one contemporary painting caught her eye. "What on earth," she inquired of the artist standing nearby, "is that?"

He smiled condescendingly.

"That, my dear lady, is supposed to be a mother and her child."

"Well, then" snapped the little old lady, "why isn't it?"

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Submitted By A Reader

As we grow older, and hence wiser, we slowly realize that wearing a \$300 or a \$30.00 watch - - they both tell the same time. Whether we carry a \$300 or a \$30.00 wallet / handbag - - the amount of money inside is the same. Whether we drink a bottle of \$300 or \$10 wine - - the hangover is the same. Whether the house we live in is 300 or 3000 sq. ft. - - loneliness is the same. You will realize, your true inner happiness does not come from the material things of this world. Therefore, I hope you realize, when you have close friends and loved ones, who you chat with, have belly laughs with, cry with, sing songs with, talk about everything and nothing with ...You're already RICH!

There are 66 books in the Bible.
 Subtract your age and add 50.
 Did u get the year u were Born?
 This applies to everyone of us.



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HERE'S SOME OF THE BEST ADVICE I'VE EVER HEARD:

1. Don't educate your children to be rich. Educate them to be Happy. So when they grow up they will know the value of things not the price.
- 2: Best awarded words: "Eat your food as your medicines. Otherwise you have to eat medicines as your food."
- 3: The One who loves you will never leave you because even if there are 100 reasons to give up he or she will find one reason to hold on.
- 4: There is a big difference between a human being and being human. Only a few really understand it.
5. You are loved when you are born. You will be loved when you die. In between, You have to manage!
- 6: If you just want to Walk Fast, Walk Alone! But if you want to Walk Far, Walk Together!

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A STORY OF BROTHERHOOD

A young man received a new sports car from his older, successful brother as a birthday present. One day, when he was walking up to his vehicle, he saw a poor boy that appeared to be homeless walking around the shiny new car, admiring it. "Is this your car?" the young boy asked. The man nodded, "Yep, my brother gave it to me for my birthday." The boy was astounded. "You mean your brother gave it to you, and it didn't cost you a penny? Boy, I wish..." and his voice trailed off and he hesitated to finish his sentence.

The man rolled his eyes, knowing what the boy was going to wish for. He was going to wish he had a brother like his brother that would give him a new car, but then what the boy finished saying stopped him in his tracks.

"I wish," the boy continued, "that I could be a brother like that."

Napoleon Hill once said: "If you cannot do great things, do small things in a great way."

DECEMBER 2016

19

Laughs and Lifts

BAMBOOZABLES

Answers On Page 27

I Q	STANDING MISS	MASHREMOS
ONE ONE ONE	BATTLE	TIMES
drawn scale scale	eapp snel	rab bit rab bit rab bit
THERE THERE THERE	I t t t t t t t...	folks folks folks folks

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Back Pain: Is this Normal?

Back pain, while common, is not normal. According to the ACA, 80% of us will have a back problem some time in our lives. It is the 2nd most common complaint during a visit to the medical doctor.

Some tips for preventing back pain:

1. Healthy diet and maintain proper weight
2. Remain active-under your chiropractor's guidance
3. Avoid bed rest and prolonged inactivity
4. Sleep on a medium firm mattress to avoid curves to your spine
5. Always lift with your knees, avoid twisting, and pull objects close to your body
6. Use good posture
7. Wear comfortable, supportive shoes
8. Warm up before activities and stretch afterward
9. Quit smoking
10. Work with your chiropractor to address major and minor injuries when they occur

Dr. Massey delivers safe manual spinal adjustments as an effective treatment for back pain. A recent medical study has shown that manual manipulation offers better short term relief for chronic back pain than medication. Spinal adjustments, along with lifestyle modifications, natural therapeutic modalities, and strengthening exercises and stretches help to get you back to your activities pain free!



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Backside of Grandmother's gravestone.
Every time someone asked for her
cookie recipe, She said,
"Over my dead body!"

POLICE DOG FREEZE

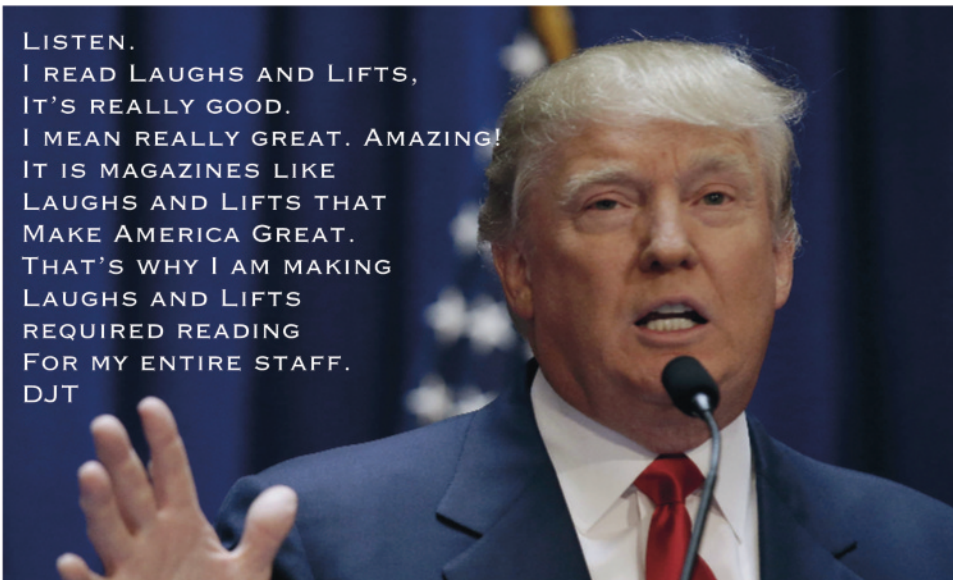
A friend of mine is a deputy with the sheriff's department canine unit. One evening, the deputy was dispatched to the scene of a possible burglary, where he discovered the back door of a building ajar. He let the dog out his patrol car and commanded it to enter and seek. Jumping from the back seat, the dog headed for the building. After lunging through the doorway, the dog froze and backed out. My friend was puzzled until he investigated further. Then he noticed the sign on the building:
"Veterinarian's Office."

DECEMBER 2016

21

**Laughs
and Lifts**

LISTEN.
I READ LAUGHS AND LIFTS,
IT'S REALLY GOOD.
I MEAN REALLY GREAT. AMAZING!
IT IS MAGAZINES LIKE
LAUGHS AND LIFTS THAT
MAKE AMERICA GREAT.
THAT'S WHY I AM MAKING
LAUGHS AND LIFTS
REQUIRED READING
FOR MY ENTIRE STAFF.
DJT



Procrastination is a great thing...You will always have something to do tomorrow and nothing to do today!

"The Birthing Of A Gift"

Wallace Kennedy, Jr.

Most have read in the gospel of Matthew the story of Mary, who is the mother of Jesus. In those days a young woman might become betrothed or in our terminology engaged to a young man as early as 12 to 14 years of age, but they may not consummate (complete) the marriage through ceremony or physical intimacy until they were legally married. This could be months or years later. The scriptures read that Mary was impregnated by the Holy Spirit at a young age, that age being what we would normally call a teenager.

Now let's consider Mary's situation: She is Joseph's fiancée, she is not pregnant by Joseph, she is poor (in our day she would qualify for food stamps or welfare) and she has an unbelievable story that the Holy Spirit is the Father of her baby. The latter alone would catch many by surprise in her time as well as now. Who could Mary trust, who could she talk to during this time, who would understand what she was going through? In her quest for someone to understand she went to be with Elizabeth who was also pregnant at the time with John the Baptist. Being that she was 70 or so in age and pregnant for the first time which is another miraculous move of God, surely she would understand Mary's agony. Two miracles in the making comforting one another. God's handiwork.

Mary had endured a lot more than what has been mentioned above. Could you just imagine having your peers, strangers and loved ones laughing and talking about you and then your husband not believing you? Not only was she facing the ridicule but she had to leave home because her family was poor and one more mouth to feed was just too much and would put a burden on her household. Regardless of all of that Mary never gave up on the gift she was carrying. She believed and trusted God and brought forth the greatest Gift to mankind; our Savior who would die later die for the sins of the world. Read John 3:16 The question to us today is this: have we aborted or forfeited what God has placed inside of us, will we carry to full-term or will we allow fear, doubt, ridicule and discouragement from people cause us to give up on our God given gift? Mary endured the labor pains birthing a gift from God? What God has placed in us is not for us only, but those gifts we must share in the world and advance God's kingdom here on earth. Push, press, squeeze, do what you need to do through Christ to bring forth God's gifts.

God gave us the greatest gift that we could ever receive. Let us find within ourselves this season what God has placed in us to birth and share it with the world.

Merry Christmas!



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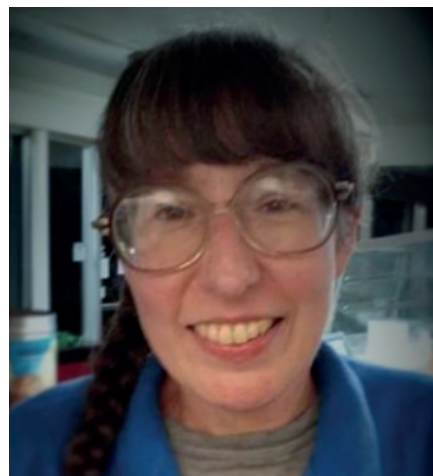
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is also a lifelong learner and academic hobbyist. In addition to her computer certification from Troy University's Dothan Campus, she has also earned her Bachelor's Degree in Business Administration in Restaurant Management from Oneida University and diplomas in Food Safety and Customer Service from the Alison Online Academy.

Laura continues to serve the people of Ozark and the Wiregrass area where customers are most welcomed and always Number One!

Sudoku



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

THE STAR OF BETHLEHEM

The Star of Bethlehem just appeared recently in 2015. It was the first time in 2000 years. You and I were so busy, we didn't even pay attention to this most important event! Some theologians think God is sending us a sign. (*And there will be signs in the sun and moon and stars, and on the earth distress of the nations in perplexity cont'd*) Luke 21:25-27

2000 years ago, God sent the Star of Bethlehem to announce the birth of Christ, our new born king. Also to lead the wise men to where Jesus lay in a manger. (*When they saw the Star, they rejoiced and was with exceeding great joy! And when they saw the young child with Mary his mother and fell down and worshipped him!* Mathew 2:2)

September 28, 2015 was the last of this Blood Moon Series known as a tetrad. The idea of a blood moon serving as an omen the coming of the End Times comes from the Bible, the book of Joel; (*The sun shall be turned to darkness and the moon to blood, before the great and awesome day of the Lord comes. Joel 2:31 & Acts 2:20*)
Let not your heart be trouble: you believe in God, believe also in me.

In my fathers house are many mansions: If it not so, I would have told

you, I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to myself; that where I am, there you may be also. John 14: Verses 1-2-3

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A small business owner was dismayed when a brand new corporate chain much like his own opened up next door and erected a huge sign which read **BEST CHRISTMAS DEALS.**

He was horrified when another competitor opened up on his right, & announced its arrival with an even larger sign, reading

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The small business owner panicked, until he got an idea. He put the biggest sign of all over his own shop-it read...

MAIN ENTRANCE.

I f you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a LOT of time dealing with a life you don't want." ~ Kevin Ngo

Her asked why the house isn't clean since I am home all day. I asked why aren't we rich since he works all day.

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Victory

Victory is mine, Victory is mine, Victory today is mine. I told Satan get thee behind. Victory today is mine. Have you ever heard this chorus sung before? What a great song to sing but it leaves out a key factor. In James 4; 7-8 it declares:

"Submit yourselves, then, to God. Resist the devil, and he will flee from you. Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded...."

Victory comes to a believers house when he submits himself to God !! Let God arise and His enemies be scattered Psalms 68; 1 says. We have found ourselves this month in the Christmas Celebration. We celebrate this month as the month of Jesus' Birth. Truly the day Jesus shows up victory showed up with Him. Isaiah in 9; 6 says watch for Him, wait for Him, it will happen;

"For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace."

If your standing in the middle of defeat today, try standing "IN CHRIST" Victory can be found in Him. In Him you can sing it with all your might "Victory today is mine!!" Merry CHRISTmas!!

THREE WAYS TO FAIL AT EVERYTHING IN LIFE

1. Blame all your problems on others.
2. Complain about everything.
3. Not be Grateful

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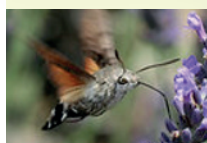
Claybank Master Gardeners

The Claybank Master Gardener Class & Alabama Cooperative Extension Service hosted the graduating class of 2016 from the Master Gardeners course on November 16 at Hoppergrass Restaurant.

Left to right: Larry & Mary Gober, Abbeville; Carol Taylor, Dothan; Jerry Sanders, Ozark; Aletha Solomon, Dothan; Othan Gilbert, Ozark; Carolyn Wooley, Ozark; Gerald Colley, Newton; Kylie Martin, Enterprise; Charles Gann, Ozark; Christine Springis, Dothan; Debbie Loyd, Troy; not shown are Lexi Bowen, Ozark, Debbie Breedlove, Midland City; Will Slade, Eufala; Patricia Whittaker, Ozark; also Lucy Edwards, Regional Extension Agent; Dee Gilbert, Claybank Master Gardener. Each student must also complete 50 hours of volunteer work and/or education classes to complete certification as a Master Gardener.

The next Master Gardener course to be offered will be held in Dothan on Wednesdays from January 11th to March 29th, at the Houston County Extension Office, 1701 Cottonwood Road.

Have you ever seen a moth that looks like a dead leaf? I found this one under the mosquito netting I covered my rose bush with at night (to keep the deer from eating the buds). According to my research these moths are a type of hawk or sphinx moth.



Usually nocturnal, these moths often resemble hummingbirds in flight when sipping nectar from flowers.

To grow healthy winter vegetables, make sure your soil is neither too acid or too alkaline, which is what pH level measures. In our area, winter veggies will do best at a pH level between 6.0 and 6.5. Soil test kits are available from your local extension office, which they will send to the Auburn test lab with results in a week or two.

There will be workshops in the coming weeks around the Wiregrass area on how to prune your trees and shrubs. Check at www.aces.edu and look on their calendar for upcoming workshops. The website is also a great resource for tips on lawn and gardening and related topics.

Find Claybank Master Gardeners on Facebook.



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DECEMBER 2016

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**Laughs
and Lifts**



Dr. Geoff Gaunt

"Your Hometown Dentist"

Dear Readers,

Ok, Mr. serious dentist guy is going to start this month's article with a corny joke that my assistant Casey told the team today. Which is only fitting since we are just past the Peanut Festival, partly famous for the Corn Dog Man corn dogs and roasted corn, both of which are absolutely delicious! I know that is a reach, but here it goes:

The wife comes home and tells her husband, "My dentist says I need a crown". He replies, " I know, you've been telling me that for years!"

Told you it was corny!

Well, speaking of crowns (what a way to get around to the topic, huh!) I've been asked many times what is so special about these metal-free crowns that I'm putting on teeth these days. Especially from patients who have had gold crowns or white crowns with the metal rims showing. In fact, I answered that question for a guy today. I told him that today's ceramic crowns are fabricated much differently than crowns used to be. The computer age has a lot to do with that. As it is with much of what is fabricated now, the crowns are made with basically CAD/CAM technology where a digital scanner reads the edges of a tooth that the crown fits on, the position of the neighboring teeth, and also where the opposing teeth need to come into contact on the biting surface! So, the fit is incredibly precise!

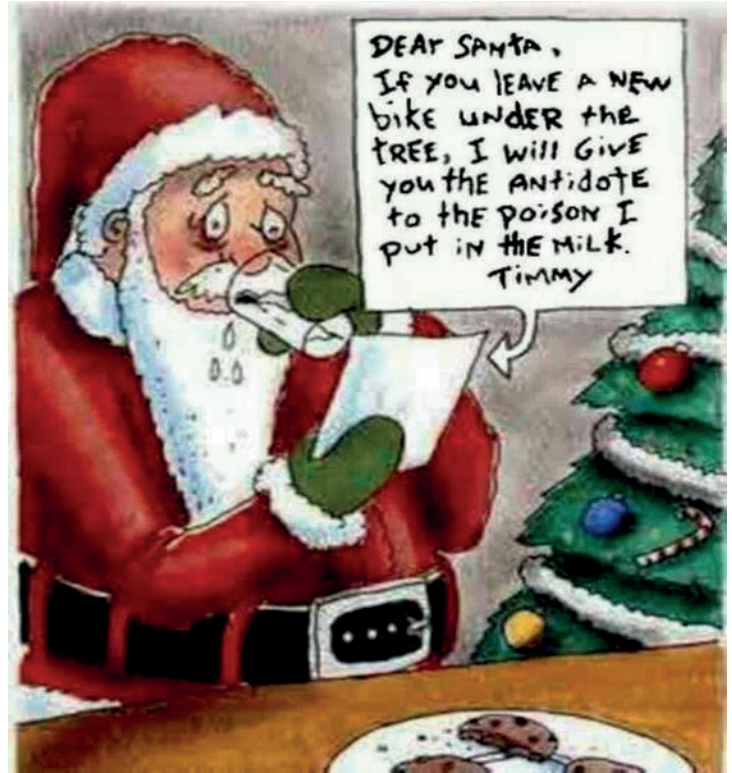
That along with the use of Zirconia- yes, like the diamond-hard Cubic Zirconia- these crowns are very durable!

So, if you are still looking for the perfect gift for your sweetheart for Christmas, get him or her a crown. It will make them feel very special!

And if I can help with that, feel free to give me a call! Wink, Wink!

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5. Upwards Battle
6. Times Up
7. Drawn to scale
8. Round of Applause
9. Splitting Hairs
10. They're all the same
11. There's no end to it
12. Different strokes for different folks

CONGRATULATIONS

Jacqueline Rease Has Won
\$100

Jacquelin found the hidden items in November's edition of Laughs and Lifts.

The items were in:

Annie Pearl's Rest.

Back Yard Cabin ~ Dyess Tree Service

Road Mart ~ POJ Days ~ Hoppergrass Rest.

Trump/Pence ~ Gate way Realty

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

1000

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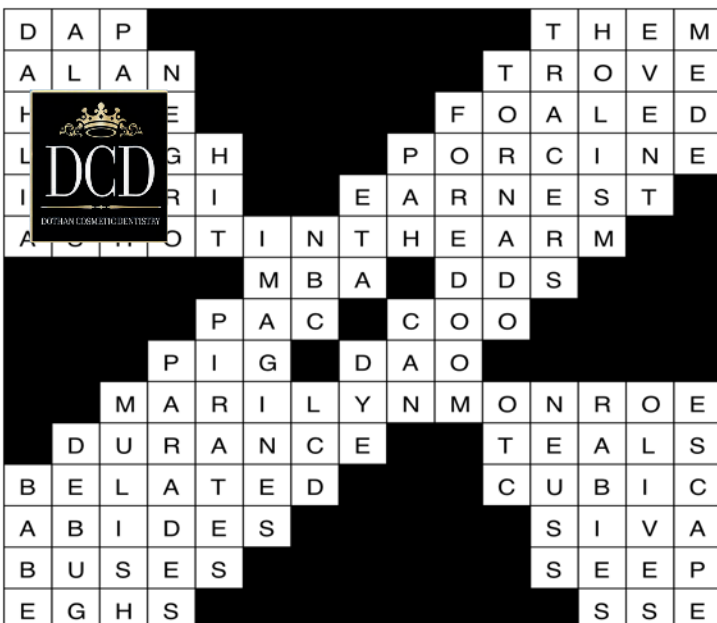
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FIND THE HIDDEN ITEMS CONTEST

Every month Laughs and Lifts is giving away \$100. Playing and entering is easy. Here's how:

Search the ads in this edition of

Laughs and Lifts ...Find the hidden items below:



Mail or Email the names of the 8 business' in which you found the hidden items along with your Name, Phone Number and Town

T0: Parrish Publishing

PO Box 681 Ozark, AL 36361

Email to Roger@laughsandlifts.com with subject or attn: line: **HIDDEN ITEMS**

NO PHONE CALLS PLEASE.

Drawing will be held on the 20th of the month.

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

"The greatest gift a man can give his children is to love their mother." - Theodore Hesburgh -

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**Laughs
and Lifts**



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Cayenne has been known to stop a heart attack with 30 seconds. Capsicum (cayenne pepper) is a wonder herb for its ability to boost circulation, and increase heart action. Capsicum has many powerful actions on the entire cardiovascular system. It can enhance cardiovascular performance while lowering Blood pressure. It is one of the strongest natural stimulants known with out the harsh side effects. Cayenne pepper is pure nutrition for the heart. It literally feeds the heart.

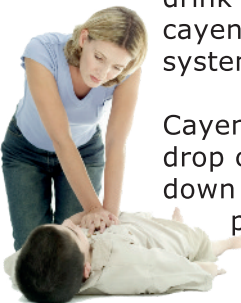
NOTE: CALL 911 if you think you or someone else is having a heart attack.

Things You'll Need

- Cayenne extract or cayenne pepper
- Glass of warm water (if available)



It is best if you have a high quality cayenne extract or cayenne pepper on hand in case of emergencies. You can do this while you are waiting for the ambulance to come. It has saved many lives. If using cayenne pepper it is best if you are using a non irradiated brand. Irradiation leaves herbs ineffective medicinally. If using an extract it is best to have one that has at least 30,000 to 40,000 HU (Heat Units). If you are using cayenne extract give yourself a dropperful or if you are administering it to someone else pour a dropperful in their mouth right away. If you are using cayenne pepper put a teaspoon into a cup of warm water, and drink immediately. Make sure you use warm water, it will open up the cell structure, and cayenne will be received much faster. It will go straight to the heart, through the artery system and feed it.



Cayenne can also be use along with CPR on someone who has had a heart attack. You can drop cayenne extract into their mouth or pour worm water with a teaspoon of cayenne pepper down their throat. You want to give a Dose of cayenne every 15 minutes until the crisis has passed. Ride with them in the ambulance , and keep administering cayenne.

*** If someone has heart problems be sure to keep a 1 or 2 ounce bottle of Cayenne tincture with you in your purse, car, office or wherever you are and don't be afraid to use it. They may turn red but they will be alive!

SIGNS OF A HEART ATTACK

- Chest pain or chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Breaking out in a cold sweat

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