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APRIL 2017

Issue 105

Laughs and Lifts

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Laughs and Lifts

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Laughs and Lifts is the most unique and most loved monthly magazine in the Wiregrass Region, and is distributed Free in over 200 locations & online at LaughsandLifts.com

Laughs and Lifts provides laughter in clean jokes & cartoons, & encouragement through uplifting articles based firmly in God's Word. Sudoku, Recipes, Puzzles & More.

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Thomas Edison's laboratory was virtually destroyed by fire in December, 1914. Although the damage exceeded \$2 million, the buildings were only insured for \$238,000 because they were made of concrete and thought to be fireproof. Much of Edison's life's work went up in spectacular flames that December night. At the height of the fire, Edison's 24-year old son, Charles, frantically searched for his father among the smoke and debris. He finally found him, calmly watching the scene, his face glowing in the reflection, his white hair blowing in the wind. "My heart ached for him," said Charles. "He was 67 - no longer a young man - and everything was going up in flames. When he saw me, he shouted, "Charles, where's your mother?" When I told him I didn't know, he said, "Find her. Bring her here. She will never see anything like this as long as she lives." The next morning, Edison looked at the ruins and said, "There is great value in disaster. All our mistakes are burned up. Thank God we can start anew." Three weeks after the fire, Edison managed to deliver his first phonograph. - The Sower's Seeds

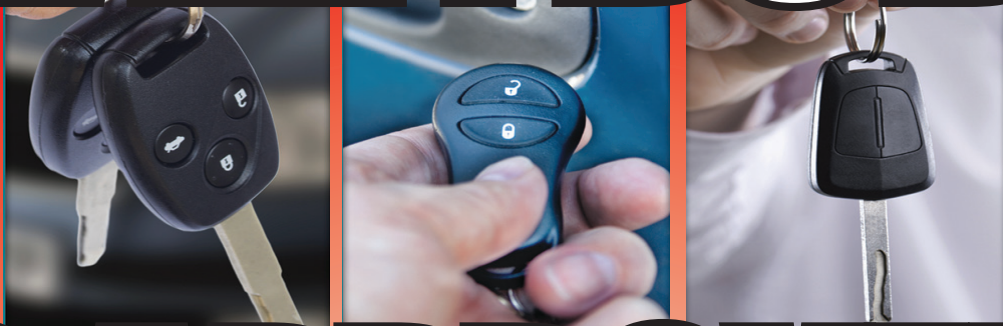
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NO RED IN RUSSIA

Two men were talking one day and one mentioned he was visiting Russia. The friend tells him that it's politically rough over there and that they check letters leaving the country for dissenters. So, he instructs the man to use a code-write in black ink if everything is fine and red ink if things are bad. The man goes to Russia. A couple weeks later the friend gets a letter in black ink. It says all sorts of positive things about Russia- how rich it is and how nice the people are to him. "My only complaint," he writes, "is that they don't have red pens."



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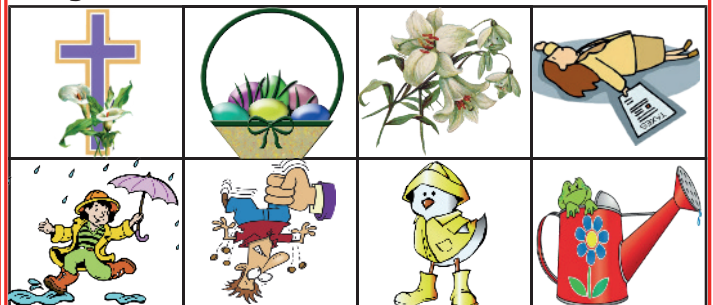
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Mail or Email the names of the 8 business' in which you found the hidden items along with your Name, Phone # and Town of Residence
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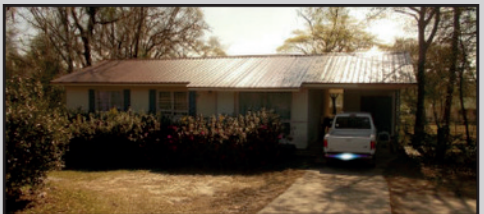
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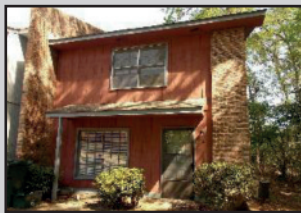
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I was born to be wild...but only till around 9:30

APRIL 2017

7

**Laughs
 and Lifts**



Emily Sue passed away and Bubba called 911. The 911 operator told Bubba that she would send someone out right away. "Where do you live?" asked the operator. Bubba replied, "At the end of Eucalyptus Drive." The operator asked, "Can you spell that for me?" There was a long pause and finally Bubba said, "How 'bout if I drag her over to Oak Street and you pick her up there?"

At a church in Mississippi, the pastor announced that their prison choir would be singing the following evening. I wasn't aware there was a prison in the vicinity, so I looked forward to hearing them. The next evening, I was puzzled when members of the church approached the stage. Then the pastor introduced them. "This is our prison choir," he said, "they're behind a few bars and always looking for the key."

 		<p>3071 S. US Hwy. 231 Ozark, AL 334-774-9030 7:30 am - 5:30 pm Mon.-Fri.</p>
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<p>Air Conditioning Service*</p> <p>\$79⁹⁵</p> <p><small>Expires on 04/15/2017 Coupon Code:8</small></p> <p><small>Performance test system. Inspect system for leaks. Check drive belt condition and tension. Check hoses. Plus tax, if applicable. Not valid with other offers. Coupon valid at vehicle check-in.</small></p> <p><small>*Please contact us for more information.</small></p>	<p>Everyday Value Price*</p> <p>Most ACDelco Professional Brake Pads Installed (per axle)</p> <p>\$109^{95*}</p> <p><small>Expires on 12/31/2017 Coupon Code:203</small></p> <p><small>Includes rotor inspection. 12-month/unlimited-miles limited brake pad warranty.**</small></p> <p><small>*Turning or replacing rotors, all other services, and tax extra. Excludes medium duty trucks and high-performance pads. Retail customers only. See dealer for eligible vehicles and details. Brake pad warranty non-transferable. Offer ends 12/31/17.</small></p>	

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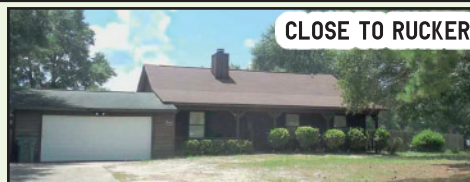


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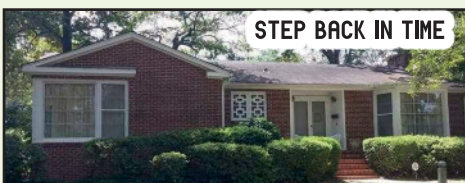


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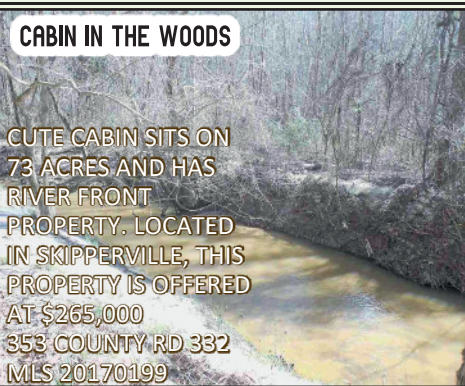
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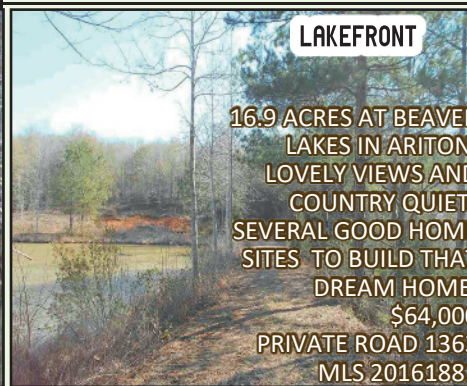


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I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me, and always she was correct. But it was fun for me, so I continued. At last, she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

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Did you ever notice when you put the two words "The" and "IRS" together, it spells "THEIRS"?

FIND 10 DIFFERENCES IN THE TWO PICTURES...Solution on Page 21



**Brain cells come and brain cells go,
 but fat cells remain FOREVER**

CHEESY POUND CAKE

Ingredients

1-1/2 cups butter, softened
One 8 ounce package cream cheese, softened
3 cups sugar
6 large eggs
3 cups all-purpose flour
Dash of salt
2 cups (8 ounces) sharp Cheddar cheese, finely shredded
1 tablespoon vanilla extract

Directions

Preheat oven to 325F. Beat butter and cream cheese at medium speed 2 minutes, or until creamy. Gradually add sugar, beating 5 to 7 minutes. Add eggs, one at a time, beating just until yellow disappears. Combine flour mixture. Beat at low speed. Stir in Cheddar cheese. Pour into a greased and floured 10 inch tube pan. Bake 1 hour 45 minutes or until a wooden pick inserted in cake comes out, clean. Cool. Remove from pan. Serve with apple butter if desired.

AZTEC POUND CAKE

Ingredients

1 cup butter -- softened
1 tablespoon grated orange rind
2 cups sugar
6 eggs -- separated
1 teaspoon vanilla
2 cups flour
1 cup yellow cornmeal
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup sour cream

Directions

Beat butter and orange rind at medium speed with an electric mixer until fluffy; gradually add sugar, beating well. Add egg yolks, one at a time, beating just until yellow disappears. Stir in vanilla.

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Laughs
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12

Aunt T's Kitchen

Combine flour, cornmeal, soda and salt; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.

Beat egg whites at high speed until stiff peaks form; fold into batter. Pour batter into a greased and floured 9- x 5- x 3-inch loaf pan. Bake at 325° for 2 hours or until wooden pick inserted in center comes out clean. (Cindy's note: This is too much batter for a 9- x 5- x 3-inch loaf pan. I put as much as I could in that size pan and then put the rest in a little 5-6" diameter individual serving casserole. I don't remember how long it took the loaf pan to bake but I think it was less than 2 hours.) Cool in pan on a wire rack 10 minutes; remove from pan and cool completely on wire rack.

BROWN SUGAR POUND CAKE

Ingredients

1 cup butter, softened
1/2 cup shortening
2 cups firmly packed brown sugar
1 cup granulated sugar
6 large eggs
3 cups cake flour
1 teaspoon baking powder
1 cup evaporated milk
2 teaspoons vanilla extract
2 cups chopped pecans, toasted



Directions

Beat butter and shortening at medium speed with an electric mixer until creamy. Gradually add sugars, beating until light and fluffy. Add eggs, 1 at a time, beating just until the yellow yolk disappears.

Sift together flour and baking powder; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat batter at low speed just until blended after each addition. Stir in vanilla and pecans. Pour batter into a greased and floured 12-cup tube pan. Place pan in a cold oven; set oven temperature at 300°.

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POUND CAKES

Bake for 1 hour and 30 minutes to 1 hour and 45 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes. Remove from pan; cool completely on wire rack.

LEMONY POUND CAKE

Ingredients

1 cup vegetable oil
2 1/2 cups sugar
1 cup buttermilk
4 egg whites
1 large egg
1 teaspoon vanilla extract
1 teaspoon butter flavoring
1/2 teaspoon lemon extract
3 cups all-purpose flour
1/4 teaspoon salt
1/4 teaspoon baking soda

Directions

Beat oil and sugar at medium speed with a mixer 2 minutes.
Combine buttermilk and next 5 ingredients, stirring until blended.
Combine flour, salt, and soda; add to oil mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Pour into a greased and floured 10-inch tube pan.
Bake at 325° for 1 hour or until a wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool completely on wire rack.

BANANA POUND CAKE

Ingredients

1 1/2 cups shortening
2 cups sugar
4 large eggs

2 cups mashed ripe bananas
1/3 cup buttermilk
1 teaspoon vanilla extract
3 cups all-purpose flour
1 1/4 teaspoons baking soda
1/4 teaspoon salt
1/2 cup chopped pecans

Directions

Beat the shortening at medium speed for 2 minutes or until creamy. Gradually add the sugar, beating 5 to 7 minutes. Add the eggs one at a time, beating just until the yellow disappears.
Combine the bananas, buttermilk and vanilla in a medium bowl.
Combine the flour, baking soda and salt together. Add the flour mixture to the shortening mixture, alternating with the buttermilk mixture, beginning and ending with the flour mixture. Mix at low speed after each addition just until blended.
Stir in the pecans and spoon the batter into the greased and floured 10-inch tube pan.
Bake at 350° F for 1 1/2 hours or until toothpick inserted in center comes out clean. Cool in pan for 15 minutes then remove and cool completely on wire rack.



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ACRES OF DIAMONDS

An early 20th-century Baptist preacher told an inspiring story about the opportunities that are all around us. According to his story, a wealthy man named Al Hafed owned a large farm in India. He lived a happy life until an ancient Buddhist priest told him of the existence of diamonds, the world's most valuable mineral. Hafed became so obsessed with the thought of finding diamonds that he sold his farm and traveled the world searching for diamonds. He eventually spent all his money, became very depressed, and took his own life.

Meanwhile, the new owner of Hafed's property took his camel to the brook to give it a drink of water when he noticed a sparkling rock in the water. He took it home and placed it on his fireplace mantel. A few days later, the old Buddhist priest stopped by to visit and recognized it as a large diamond in the rough. The property was discovered as one of the highest quality diamond mines of all time.

Here's the way I see it: The opportunities we seek are often closer than we think. Rather than constantly seeking a better opportunity or fortune, if you take the time to dig a little further, you'll often find treasures within your current job, family, or circumstances. We hope you'll give us a call when you are looking for a diamond in the rough for your advertising campaigns. Remember, other magazines may be nearby, but none comes close to the value of Laughs and Lifts.

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- Sometimes stays in bed till after 6 am.
- In his sock drawer, you find pictures of women without bonnets.
- Shows up at barn raisings in full "Kiss" makeup.
- When you criticize him, he yells, "Thou sucketh!"
- Defiantly says, "If I had a radio, I'd listen to disco!"
- You come upon his secret stash of colorful socks.
- Uses slang expression, 'Talk to the hand, cause the beard ain't listening.'
- He's wearing his big black hat backward.

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While driving through Buffalo after a heavy snow storm, a motorist noted a policeman, standing waist deep in snow, directing traffic.

Feeling sorry for him, the motorist called out "I'm sorry you have to work half buried in the snow." The policeman called back, "Don't feel sorry for me, feel sorry for my horse!"

The Sermon I think this Mom will never forget...
...'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face. Without you, we are but dust...' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four-year-old girl voice, ' Mom, what is butt dust?'

**"The road to success is not straight.
There is a curve called Failure.
A loop called Confusion.
Speed bumps called Friends.
Red lights called Enemies.
Caution lights called Family.
You will have flats called Jobs."**

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I'm not the person you should have on speaker phone.

APRIL 2017

15

**Laughs
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Dale Medical Center Holds Annual Employee Awards Banquet

On February 23rd 2017 the following employees were recognized for their years of service.



5 years: Pictured left to right: Senia Casey, Mary Burden, Ed Garza, Billy Paramore, Board Member, Larry Ezell, Chairman of the Board, Brenda Murphy, Latasha Johnson, Carol Stevens, Ardis Pruitt, Vernon Johnson, CEO



10 Years: Pictured left to right: Robin Campbell, Billy Paramore, Board Member, Stuart Skinner, Larry Ezell, Chairman of the Board, Vernon Johnson, CEO



15 Years: Pictured left to right: Rick Wright, Dale Nelson, Billy Paramore, Board Member, Robert Smith, Larry Ezell, Chairman of the Board, Chris Stevens, Vernon Johnson, CEO



20 Years: Pictured left to right: Billy Paramore, Board Member, Shelley Aho, Larry Ezell, Chairman of the Board, Angelia Laster, Vernon Johnson, CEO



30 Years: Pictured left to right: Teresa Vernon, Billy Paramore, Board Member, Sandy Walker, Larry Ezell, Chairman of the Board, Vernon Johnson, CEO



35 Years: Pictured left to right: Billy Paramore, Board Member, Larry Ezell, Chairman of the Board, Wanda Cryer, Vernon Johnson, CEO



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

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 experience,
 tomorrow is hope,
 and today
 is getting
 from one
 to the other.



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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.

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Sudoku



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

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APRIL 2017
 19

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DEAR DIARY (Wife's Diary)

Dear Diary,
Tonight, I thought my husband was acting strange. We went to a nice restaurant for dinner. I thought he was upset by the fact that I was a bit late, but he said nothing about it. I asked him what was wrong, He said, 'Nothing.' I asked him if it was something I had done. He said he wasn't upset, that it had nothing to do with me, and not to worry about it. On the way home, I told him that I loved him. He smiled slightly, and kept driving. I can't explain his behavior, I don't know why he didn't say, 'I love you, too.' When we got home, I felt as if I had lost him completely, and again he said nothing. He continued to seem distant and absent. Finally, I decided to go to bed. About 15 minutes later, he came to bed. He fell asleep - I cried. I don't know what to do. I'm sure his thoughts are with someone else. My life is a disaster.

(Husband's Diary)
Dear Diary,

Boat wouldn't start, can't figure it out.

BAMBOOZABLES

Answers On Page 27

crycrycrycryBANK	stake stake	BAD BAD
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DAEHiiYM	skirt	AALLLL
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3. BLAME 4. BLAME	I right I	jack
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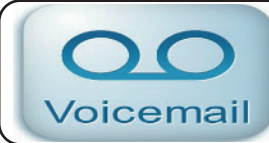
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I CAN'T TAKE IT ANY MORE!

Sally found her husband hanging in their bedroom. There was a note on his bed which read, 'I can't take the criticism anymore.' She quickly cut the rope, lowered him down and revived him. As her husband lay in her arms and slowly opened his eyes, she remarked, "That's NOT how you spell criticism my dear!"

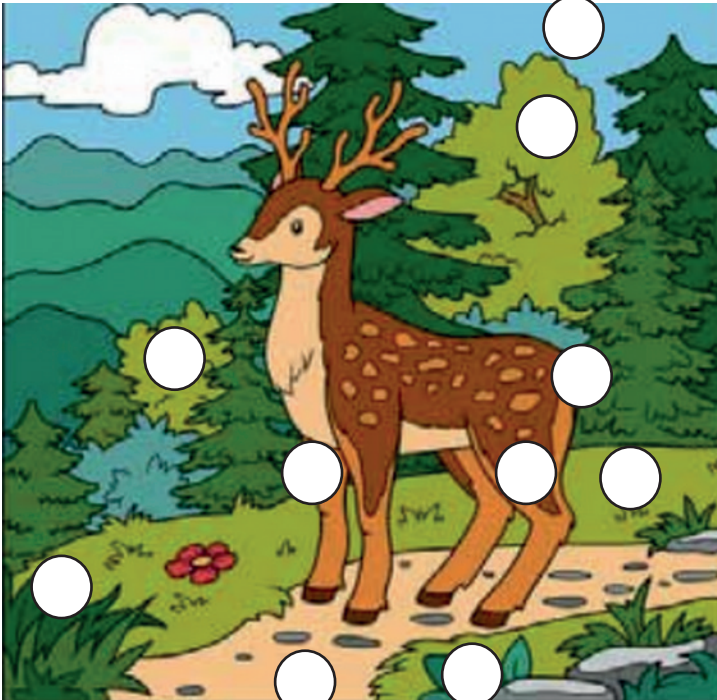
I stayed up all night to see where the sun went. Then it dawned on me.

One fisherman to another, "You should've seen what happened yesterday at the lake." "What happened?" "I caught a thirteen pound bass!" "Were there any witnesses?" "Yes, of course! If there wasn't, it would've been twenty-three pounds."



My Dad finally left me a voicemail where he didn't introduce himself. I think we're getting closer.

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I would call my fashion style, "Clothes that still fit."

APRIL 2017
21

**Laughs
and Lifts**

"DEBT FREE"

Wallace Kennedy, Jr.



Debt Free! I know this sounds like music to our ears, and it's an achiever goal we all would like to reach. Just think for a moment how much being debt free would boost our moral, increase our confidence and lessen the cares about what other people think. That freedom would eliminate feeling that clenching anxiety when the bills show-up, especially those that we were not expecting. We could be free to do more of things we desire to do. Thinking now to myself, I am very overdue for a vacation. We could sit back and relax knowing I don't owe anyone anything.

Well I have some good news for everyone. The "Resurrection" of Jesus Christ paid our sin debt free in full. We were bought at a price... (1 Corinthians 6:20) which cost Jesus Christ His life. He freely gave His life on the Cross for the sins of the world. That includes you and me. John 3:16 says, "For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life."

Romans 3:22-24 condensed says: "For all have sinned and fall short of the glory of God, and we all need of a Savior." Romans 10:8 says: "If you confess with your mouth that Jesus is Lord and believe in your heart God raised him from the dead you will be saved" Jesus credit is greater than our debt! That was so good, I must repeat it to ensure that you got it. Jesus credit is greater than our debt! Without resurrection we'd be dead in sins without "hope".

Jesus' resurrection was necessary as we must be: united with Him, clothed in Him, hidden in Him, interceded for by Him, saved by Him, healed by Him, protected by Him and welcomed home by Him to a glorious eternity of no pain. Jesus said: "The thief comes only in order to steal, kill and destroy. I came that you may have and enjoy life, and have it in abundance [to the full, till it overflows]. John 10:10

The Resurrection Of Jesus Christ Provides A Debt Free Kingdom, Not Just When We Die Only, But Right Now! "Thy kingdom come, Thy will be done, in the earth where we live, as it is where You/Father God live, Amen

[Lord Jesus I acknowledge and confess with my mouth that I am a sinner, you are the Son of a living God, You died for my sins, please forgive me and make me new. I surrender every area of my life to you Lord Jesus, save me, make me whole, and cleanse me from all unrighteousness. May your Holy Spirit dwell richly in me and I will follow You until the day of redemption, it is in your holy name Lord Jesus I pray, Amen]. "I am saved!"

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The time of year when we *really* appreciate our kids.



Text message from husband to his wife:
 A very nice Highway Patrol officer asked me if I was drinking.
 I jokingly replied, "That depends, are you buying?" Please send bail money.



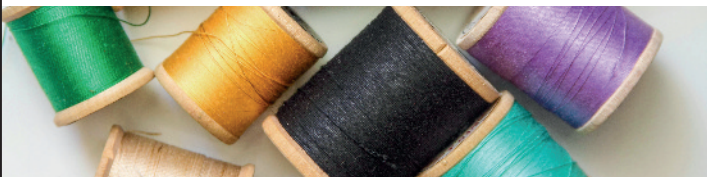
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Husband: "For Heaven's sake. It's a scarf!"

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WHO WANTS TO DIE?

Billy Graham said "someday you will read or hear that Billy Graham is dead. Don't you believe a word of it. I shall be more alive than I am now. I will just have changed my address. I will have gone into the presence of God." Jesus clarifies in His word in 1 Corinthians 15:55-57: *55 O death, where is thy sting? O grave, where is thy victory? 56 The sting of death is sin; and the strength of sin is the law. 57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.*



The gospel is the good news to us that God is restoring our broken lives through the death and resurrection of Jesus Christ. The gospel, JESUS can step in at any point in your life and bring a resolve, bring an answer to your situation and problem. There is a human condition that without Jesus we are dead. For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. Jesus has to be your Lord in order to bring death to an end. Jesus makes a lot of statements in the bible that are not all inclusive, but are exclusive meaning that only a few will choose to do so. One being that no man goes to the father except by me. He also says in Romans 8:1: *[There is] therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For as in Adam all die, even so in Christ shall all be made alive. – 1 Corinthians 15:22* Remember death comes by the flesh and not by the Spirit. Let's bring death to an end and walk after the Spirit and not the flesh.

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Join us for the 4th Annual
Crawdad 5K Color Run for Cancer

Sponsored by Pea River Electric Cooperative
 Proceeds benefitting the American Cancer Society

Saturday, April 8, 2017

Registration 7:00 a.m.
 Race Starts 8:00 a.m.
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Pre-Race Registration \$25 or \$30 Day of the Race
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Claybank Master Gardeners

Next to the time spent playing in the dirt, one of the most enjoyable things about gardening is learning about the amazing benefits of the plants our Creator provides to feed and nurture and delight us. Last month the Claybank Master Gardeners were treated to a presentation by another of our own Ozark ladies, Robyn Ziots, who shared from personal experience and university based research about the amazing properties of certain specific mushrooms to heal us, our animals, and the land, and how to learn to recognize the good from the bad. She cited the well-known researcher Paul Stamets (Google or watch him on YouTube) and other university based

Claybank 2nd Wednesdays

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- April 12, 2017
Backyard Tomatoes, Neil Kelly
- May 10, 2017
Controlling Weeds in the Lawn and Garden, Thomas Agee
- June 14, 2017
Attracting Pollinators to Your Garden, Bashira Chowdhury
- July 12, 2017
Water Wise with Lawn and Landscape Irrigation, Mike Porterfield
- August 9, 2017
Shade Gardening, Carol Ball
- September 13, 2017
Plant Propagation at Home, Don Lassiter
- October 11, 2017
Learning About Bees, Phillip Carter
- November 8, 2017
Growing Citrus in Home Garden, Dallas Hartzog
- December - No Meeting



researchers who have mountains of evidence attesting to the good works of these mushrooms.
(<http://www.aces.edu/urban/metro/news/vol3no4/Mushroom.html>)

The next meeting of the Claybank Master Gardeners will be at Hoppergrass Restaurant at 11:00 AM on Thursday, April 20th. The presenters will be from the Midland City Daylily Farm, Lilies of the Field. A field trip to the farm will follow the lunch meeting.

The April Lunch and Learn in Ozark will be held on Wed. April 12th, 12 noon to 1 PM, on Backyard Tomatoes, presented by Neil Kelly. Bring your lunch, drinks will be provided, address is 202 Hwy 123 South. Phone 334-774-2329 for more information.



Diplomacy is the art of saying 'good doggie' while looking for a bigger stick.

APRIL 2017
25

Laughs and Lifts

GRADUATION SPEECH

When my son graduated from high school, he had to give a speech. He began by reading from his prepared text.

"I want to talk about my mother and the wonderful influence she has had on my life," he told the audience. "She is a shining example of parenthood, and I love her more than words could ever do justice."

At this point he seemed to struggle for words. After a pause, he looked up with a sly grin and said, "Sorry, but it's really hard to read my mother's handwriting."

THE LION

Ben went on safari with his wife and mother-in-law.

One evening, while still deep in the jungle, the Mrs. awoke to find her mother gone.

Rushing to her husband, she insisted on them both trying to find her mother.

Ben picked up his rifle, took a swig of whiskey, and started to look for her.

In a clearing not far from the camp, they came upon a chilling sight: the mother-in-law was backed up against a thick, impenetrable bush, and a large male lion stood facing her.

The wife said, "What are we going to do?" "Nothing," said Ben, "The lion got himself into this mess, let him get himself out of it."

There was a blonde and a man from the Soviet Union at a coffee shop. The man said, "My country was the first in space," and at that time a red head came up, she said, "My country was the first to go to the moon."

Then the blonde said, "Oh yeah, well I am gonna go to the sun!" The red head said, "Stupid, you can't go to the sun, it is too hot." Then the blonde replied, "That is why I'm going at night."



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What does a basketball player do when he or she loses their eyesight? Become a referee.

Bamboozable Answers

- | | |
|--------------------------------|---------------------------|
| 1. Cry all the way to the bank | 1. No one to Blame |
| 2. The stakes are high | 2. Right between the eyes |
| 3. That's too bad | 3. Jack in the Box |
| 4. Eyes in the back of my head | 4. Down Payment |
| 5. Miniskirt | 5. Left Overs |
| 6. All in All | 6. Bedspread |

My kid threatened to hold his breath until I gave him dessert. He's now passed out on the floor. I don't negotiate with terrorists.

The loud-mouthed tourist had been complaining a great deal about the food. "Here," he said to the waitress, holding out a piece of meat for inspection, "do you call that pig?" "Which end of the fork, sir?" The waitress asked sweetly.

At a local cafe, a young woman was expounding on her idea of the perfect mate to some of her friends. "The man I marry must be a shining light amongst company. He must be musical. Tell jokes. Sing. And stay home at night!" An old granny overheard and spoke up, "Honey, if that's all you want, get a TV!"



On any important truth the devil tries to get you to stop too short, or go too far.

CONGRATULATIONS

Aleta Fannin
of Goshen, Al
She Has Won

\$100

She found the hidden items in March's edition of Laughs and Lifts.

The items were in:
Basketball...Annie Pearl's
Leprechaun...Ozark Fitness
Bird...Laughs and Lifts
Yellow Flower...Mixon Farms
Relay for Life...Milky Moos's
Four Leaf Clover...Dollar Bee
Daylight Saving Clock...Standing Alone
Gold, Hat, Clover...Local Cash Advance

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

"How's the diet going?"
"Not good,
I had eggs for breakfast."
"Scrambled?"
"No, chocolate."

WE NEED YOUR HELP!!

Throughout each week people come to the food pantry of the Dale County Rescue Mission asking for food. We are able to minister to the needy people of our community because we are supported by generous and caring people. You can help us by your donation of non-perishable canned goods. Please support the needy people in our community. You can bring your donation to our store location...186 North Union Ave. in Ozark. For more information please call our office at 334.774.6510. Thank you for any and all donations.

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APRIL 2017
27

Laughs
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**Laughs
and Lifts**

APRIL 2017
28

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and a lot of that comes from bad judgment.

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Timing has an awful lot to do with the outcome of a rain dance.

APRIL 2017

29

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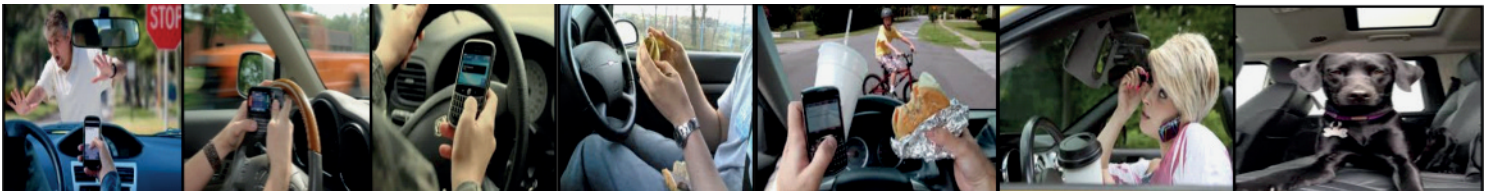
Distracted Driving

By: Wallace Kennedy, Jr. Army Safety Center Rucker

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. Some of those "Distractions" are:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming/Make-Up
- Reading, including maps
- Using a navigation system
- Watching a video
- Unrestrained Children
- Unrestrained Pets
- Adjusting a radio, CD player, or MP3 player

These are activities that requires our eyes, hands and cognitive attention away from operating the vehicle safely.



Texting while driving, also called texting and driving, is the act of composing, sending, reading text messages, email, or making similar use of the web on a mobile phone or device while operating a motor vehicle.

The U.S. Department of Transportation is leading the effort to stop texting and cell phone use behind the wheel.

More than a million crashes each year that cause a half million injuries and take 6,000 lives.

According to FocusDriven®, up to 80 percent of all crashes involve some form of driver distraction.

Polices and Guidance: AAA <https://www.aaafoundation.org/distracted-driving> for more information and statistical data. Also check with your local law enforcement and driver's education programs.

The best way to end distracted driving is to educate our community, neighbors, friends and family members about the danger posed by "Distracted Driving". Put down the phone and other distractions when you are behind the wheel – it can mean the difference between life and death. Together, we can help save lives.

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Jesus said, *"You will know the truth, and the truth will set you free."*

It is God's desire for us to experience victory in every area of our lives.

Laughs and Lifts

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