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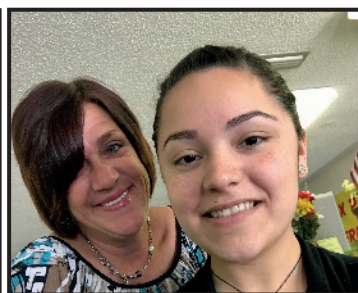


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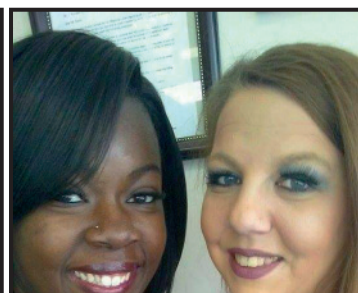


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"Holding a grudge is letting someone live rent free in your head."

MAY 2017
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**Laughs
and Lifts**

Laughs and Lifts

Published since 2008,

Laughs and Lifts is Everyone's Favorite Family Magazine.

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

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A soldier in my National Guard platoon became concerned when the Army insisted that he sign up for direct deposit. "It's not going to work for me," he said, panicked.

"Why not?" I asked.

"Because I use my Guard pay for spending money."

"So?"

"For the past ten years, I've been telling my wife that I serve for free!"

First Day of School

A child comes home from his first day at school.

His mother asks, "Well, what did you learn today?"

The kid replies, "Not enough. They want me to come back tomorrow."

Can't Go Home Again

I went back to my home town and decided to visit the house I grew up in.

I ask the occupants if I could come inside. They said, "No!"

My parents can be so grouchy some times.

Some people love to complain...

If they won the Florida lottery, they would still complain about the drive to Tallahassee!!

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MAY 2017

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 Amen.




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I hate the key of e-minor.
 It gives me the e-b-g-b's

After learning that her parents were in a minor car accident, my wife called her mother. "What happened?" she asked. "I was driving and fell asleep," said her mother, irritated, "and of course, your father wasn't paying attention!"

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 Success is not defined by obtaining everything you want, but by appreciating everything you have.
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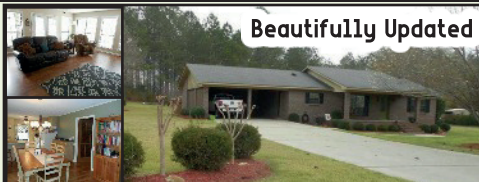
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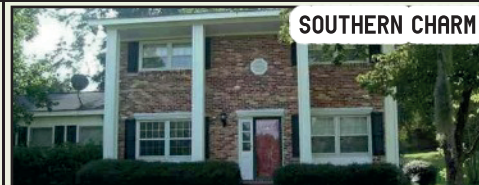
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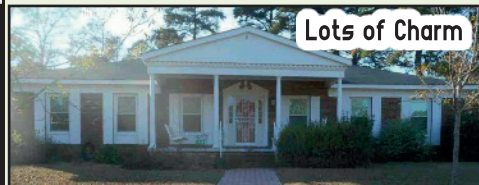
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5 cups uncooked medium egg noodles
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
1/4 teaspoon ground nutmeg
Salt and pepper to taste
1 cup (4 ounces) shredded Swiss cheese



Directions

1. In a large saucepan, cook noodles according to package directions until tender.
2. In another saucepan, melt butter; stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the spinach, nutmeg, salt and pepper. Drain noodles. Add to spinach mixture; toss gently to coat.
3. Transfer to a greased shallow 2-qt. baking dish; sprinkle with cheese. Cover and bake at 350° for 20 minutes or until heated through. Yield: 4 servings.

CHEESY CAULIFLOWER

Ingredients

1 medium head cauliflower
1 can (10-3/4 ounces) condensed cheddar cheese soup, undiluted
1/8 teaspoon salt
1/4 teaspoon paprika

Directions

1. Break cauliflower into florets or leave whole; place in Dutch oven or large saucepan. Add 1 in. of water. Cover and steam until tender, 7-10 minutes for florets or 15-20 minutes for the whole head. Meanwhile, heat soup and salt; serve over cauliflower. Sprinkle with paprika. Yield: 4-6 servings.



Aunt T's Kitchen

FANCY FRENCH BEANS

Ingredients

4 cups frozen French-style green beans
1 cup canned bean sprouts
1 can (8 ounces) sliced water chestnuts, drained
2 tablespoons butter
2 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
Dash cayenne pepper
1-1/2 cups half-and-half cream
1/2 teaspoon Worcestershire sauce
1/2 cup sliced almonds
1/4 cup shredded Swiss cheese
1/4 cup grated Parmesan cheese

Directions

1. Cook beans according to package directions. Add bean sprouts and water chestnuts; heat through. Drain well and set aside. In a saucepan, melt butter. Stir in flour, salt, pepper and cayenne until smooth. Gradually add cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Add Worcestershire sauce and bean mixture; toss to coat. Pour into a greased 2-qt. baking dish. Combine almonds and cheese; sprinkle over the top. Broil 4-6 in. from the heat for 5 minutes or until almonds are golden brown and cheese is bubbly. Yield: 6-8 servings.

CREAMY MINT CARROTS

Ingredients

2 to 2-1/2 pounds carrots, thinly sliced
1 teaspoon cornstarch
2 teaspoons cold water
1 cup heavy whipping cream
1/4 cup packed brown sugar

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SIDES

2 to 3 tablespoons minced fresh mint or 2 to 3 teaspoons dried mint
2 tablespoons butter
1 teaspoon salt
1/2 teaspoon pepper

Directions

1. Place carrots in a saucepan; cover with water. Bring to a boil; reduce heat. Cover and simmer for 10 minutes or until crisp-tender; drain. In a small bowl, combine cornstarch and water until smooth. In a small saucepan over medium heat, bring cream to a boil. Stir in cornstarch mixture. Cook and stir for 2 minutes or until thickened. Stir in the remaining ingredients. Pour over carrots. Yield: 8 servings.

BRUSSELS SPROUTS SUPREME

Ingredients

1 pound fresh brussels sprouts, trimmed
1 cup chopped celery
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
1/2 cup process cheese (Velveeta)
1/4 teaspoon salt
Pinch cayenne pepper, optional



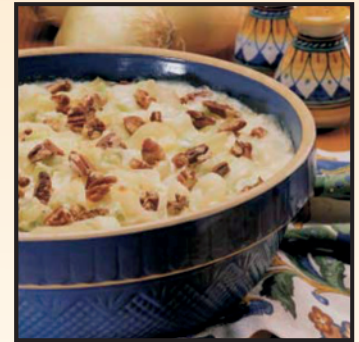
Directions

1. Cut an X in the core of each brussels sprout. Place brussels sprouts, celery and a small amount of water in a large saucepan; cover and cook for 8-9 minutes or until crisp-tender.
2. Meanwhile, in another large saucepan, melt butter. Stir in flour until smooth. Gradually add milk; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened. Add cheese, salt and cayenne if desired; stir until cheese is melted. Drain brussels sprouts and celery; top with cheese sauce. Yield: 4-6 servings.

PARMESAN ONION BAKE

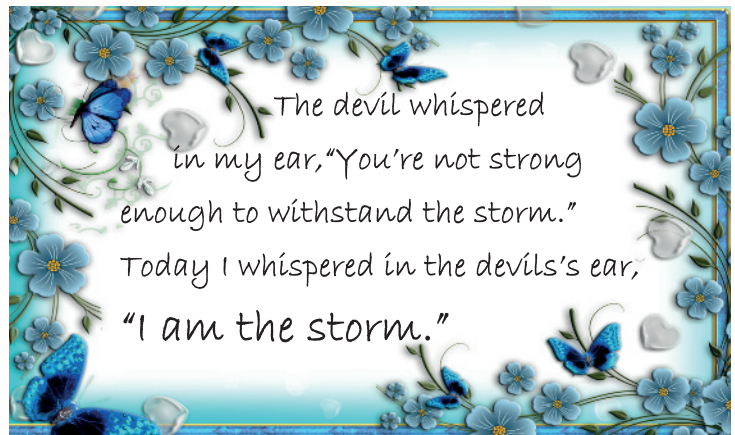
Ingredients

6 medium onions, sliced
1 cup diced celery
8 tablespoons butter, divided
1/4 cup all-purpose flour
1 teaspoon salt
1/8 teaspoon pepper
1-1/2 cups milk
1/3 cup grated Parmesan cheese
1/2 cup chopped pecans



Directions

1. In a large skillet, saute onions and celery in 3 tablespoons butter until tender; drain and set aside.
2. In a saucepan, melt the remaining butter; stir in flour, salt and pepper until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over vegetables; toss to coat.
3. Pour into an ungreased 2-qt. baking dish. Sprinkle with cheese and pecans. Bake, uncovered, at 350° for 20-25 minutes or until heated through. Yield: 6-8 servings.



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**Laughs
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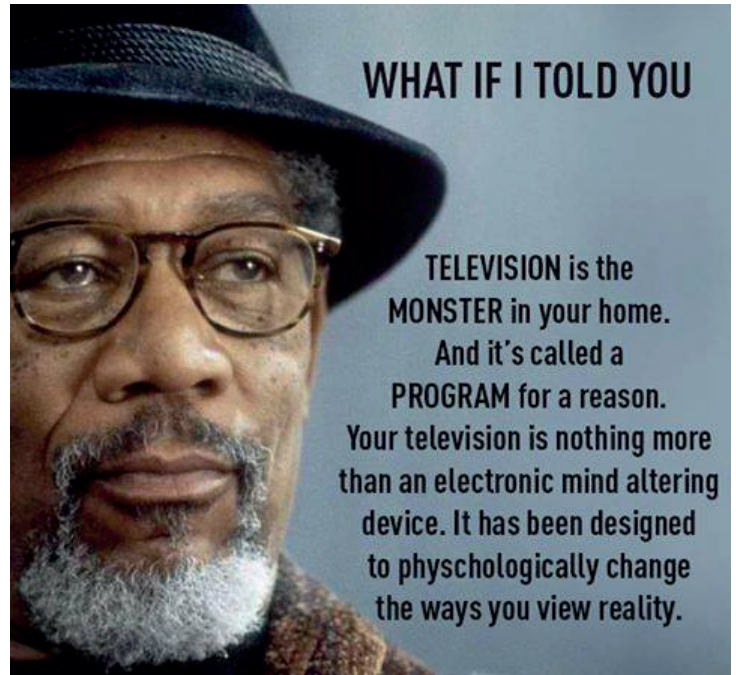
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trust·wor·thy adj.
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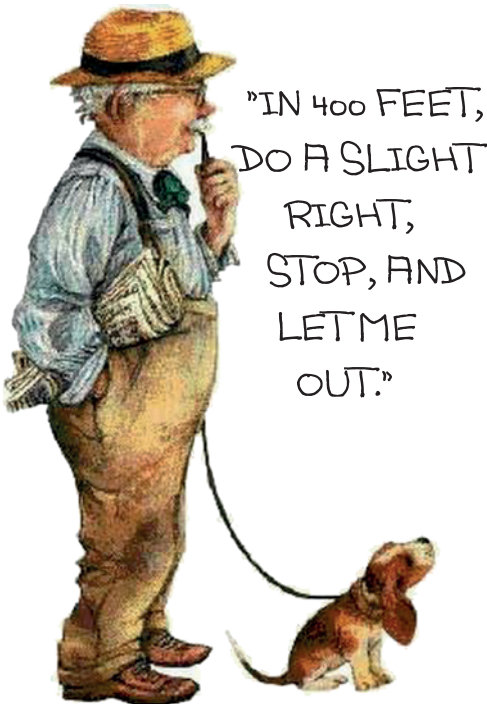


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BAMBOOZABLES

Answers On Page 27

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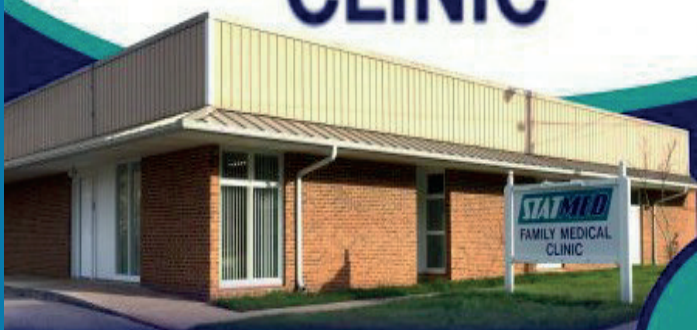


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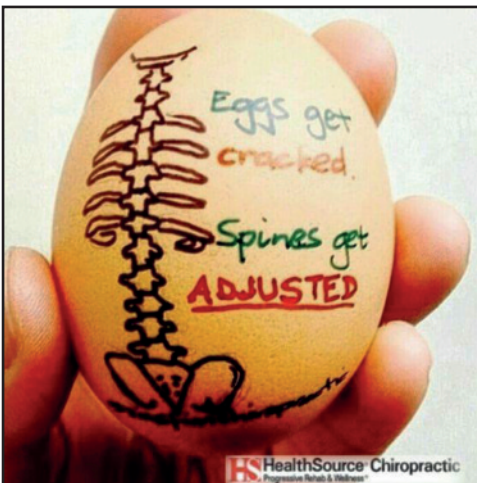
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Sudoku



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

Level: Beginner



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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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CHIROPRACTIC

Sudoku



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

Level: Intermediate

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My Dad handed me this and said,
 "Looks like he barked up the wrong tree."



Two opposing candidates for county office happened to be sitting next to each other in the local diner. One turned to the other and said, "You know why I'm going to win this election? Because of my 'personal touch.' For example, I always tip waitresses really well and then ask them to vote for me." "Oh, really?" replied the other. "I always tip a nickel and ask them to vote for you."

MAY 2017

19

Laughs
 and **Lifts**

I wish I was as fat as I was when I first thought I was fat.

Laughs and Lifts

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Sailing vs. Shopping

After we had lunch with another couple, the girls went shopping, and the guys opted to go sailing. Bad decision as a storm blew in while us guys were out on the water.

Making matters worse, the tide had gone out, grounding the boat. We had to climb overboard and shove it back into deep water.

As my friend stood there, ankles deep in muck, muscles straining against the weight of the boat, and rain pelting his face, he grinned broadly and with unmistakable sincerity said, "Sure beats shopping!"

Hypothetical Hollywood

My wife and I were having a very hypothetical discussion... In the unlikely event that Hollywood made a movie based on our lives, we wondered what stars would play us.

"Who would you pick to portray you?" she asked me.

I thought about it for a minute, then answered, "George Clooney."

"In that case," she said, "I'll play myself."



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A couple of nuns who were nursing sisters had gone out to the country to minister to an outpatient. On the way back they were a few miles from home when they ran out of gas. They were standing beside their car on the shoulder when a truck approached. Seeing ladies of the cloth in distress, the driver stopped to offer his help. The nuns explained they needed some gas. The driver of the truck said he would gladly drain some from his tank, but he didn't have a bucket or can. One of the nuns dug out a clean bedpan and asked the driver if he could use it. He said yes, and proceeded to drain a couple of quarts of gas into the pan. He waved good-bye to the nuns and left. The nuns were carefully pouring the precious fluid into their gas tank when the highway patrol came by. The trooper stopped and watched for a minute, then he said, "Sisters, I don't think it will work, but I sure do admire your faith!"

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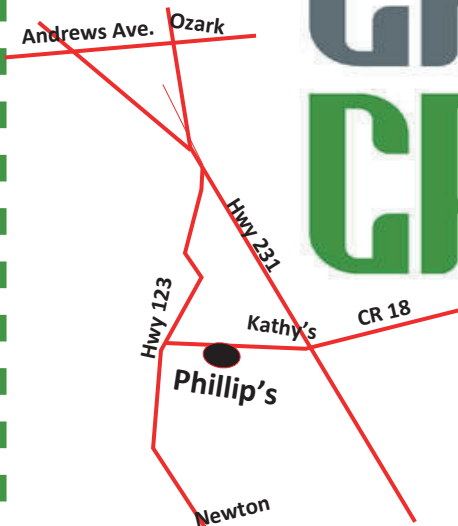
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MAY 2017
21

**Laughs
and Lifts**

**YOU'LL NEVER CHANGE YOUR LIFE UNTIL
YOU CHANGE YOUR CHOICES!**

Wallace Kennedy, Jr.



Many times our choices are influenced by several different things: past experiences, what we've been exposed to, what we see others do or say, available resources, traditions (that's the way we have always did it) and more. These are not in itself bad or wrong methods, however, was the desired results achieved?

Many challenges we encounter are common to most of us, such as: family, relationships, finances, our friends, careers (vocation), what church to attend, what college or technical school to attend, whether or not to join the United States Military.

The Word of God contains principles, precepts and wisdom which will help us to make better choices and achieve better results. God will stand by His word. As Christians, our overall direction in life is determined by our commitment to God, and we must remember to ask Him to direct our lives. "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." (Proverbs 3:5-6)

All of our decisions are to be in harmony with God's Word and perfect plan for all believers. We should pray for God's guidance and study the Bible to see what it says about the decisions we are facing.

When we make the decision to follow God's way and His will, we will not have to look back with any regret.

If you have already experienced some choices that you would love to do over again, here is to you moving forward; "If you want something in your life to change, then you will have to change your choices and actions." If you continue to do the same thing over and over again, expecting different results that's related to insanity. In order to change the results, you must change your choices.



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A passenger train is creeping along, painfully slow. Finally, it creaks to a complete halt. A passenger sees a conductor walking by outside.

"What's going on?" she yells out the window.

"Cow on the track!" replies the conductor.

Ten minutes later, the train resumes its slow pace. Within five minutes, however, it stops again. The woman sees the same conductor walking by again. She leans out the window and yells, "What happened? Did we catch up with the cow again?"



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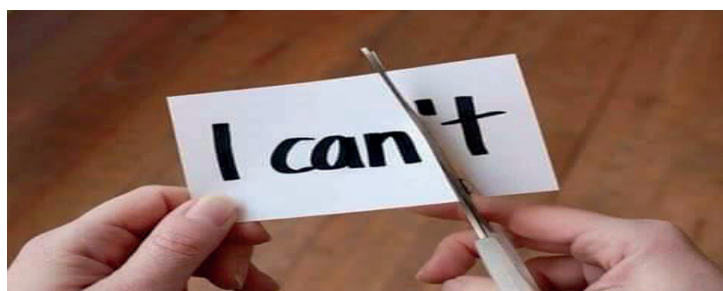
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~ John Wayne

MAY 2017
23

**Laughs
and Lifts**



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 headed toward Daleville

Have you ever wanted something before but just couldn't get up the nerve to ask for it? Jesus declares all through his word to ask and it shall be given.



Mathew 7;7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

King Solomon came to a place in his life where he needed wisdom. Think for a minute if you were going to lead a nation of people how much wisdom would you need. I would be asking for a lot of it. King Solomon one day has to deal with two prostitutes over one stealing the other one's baby. In those days they could not just pull up the camera feed and see who actually done it, so King Solomon needed wisdom. He asked for wisdom from God. He devises a plan and ask for a guard to cut the baby in half and give half of it to one lady and the other half to the other lady. He realized that a mother's love for her child would not let this happen. At the point that the baby was to be divided the real mother steps up and says give the other lady the baby. Hence the real mother is revealed, and King Solomon restores to the mother her child.

James 1; 5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

If today you lack wisdom in some areas in your life "ASK for it" and it will be given to you !!

Kids Get In Free

A little boy came home eating a big candy bar. Seeing the candy bar, his mother remembered he had already spent all his allowance money. Surprised, she asked him where he got it. "I bought it at the store with the dollar you gave me," he said. "But that dollar was for Sunday School," his mother replied. Smiling, the boy said, "I know, Mom, but the Pastor met me at the door and got me in for free!"

Back in the days

before digital music, a woman intended to call a record store but dialed the wrong number and got a private home instead. "Do you have 'Eyes of Blue' and 'A Love Supreme'?" she asked. "Well, no," answered the puzzled homeowner, "but I have a wife and eleven children." "Is that a record?" she inquired. "I don't think so," replied the man, "but it's as close as I want to get."

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Claybank Master Gardeners

The Claybank Mater Gardeners' Plant Sale on April 1st, along with the Ozark-Dale County Library Book and Bake Sale, was a great success, thanks to a weather-perfect day bringing out many shoppers. All proceeds went directly to the library, which provides so many great services for our community.

Now that summertime heat is cranking up, your outdoor plants, especially potted ones, will be needing more watering, once or twice a week for most plant types. Try to water just the soil below the leaves. Avoid wetting the leaves. Watering the leaves is an invitation to viral and fungal diseases. If you have automatic sprinkler systems, watering early in the morning before the sun gets high, will give the leaves time to dry off before nighttime dampness, and will help keep away diseases. Mulch the soil with pine straw or leaves, to help cool the root systems. Yellowing or curling leaves may be helped by spraying with Epsom salts (magnesium sulfate), one tablespoon per gallon of water. Magnesium strengthens the cellular structure of the plants. Sprinkle 2 tablespoons around the base of the plant for more protection. Google "Epsom Salt in the garden" for some more great tips.

The Master Gardener monthly one hour Lunch and Learn workshops have been well-attended and provide interesting and helpful information plus new research findings on each topic. Last month's tomato growing presentation was very informative, and as usual, many of the participants shared their own successes and failures. The next Lunch and Learn topic, on May 10th, "Controlling Weeds in the Garden", will be presented by Dale County Extension Coordinator Thomas Agee, from 12 noon to 1 PM, at 202 South Hwy 123 in Ozark next to the AGPlex Arena. Call 334-774-2329 for more information.

Come buy your lunch and join us at Hoppergrass Restaurant at 11 AM for our Thursday, May 18th Claybank Master Gardeners meeting, for a presentation on "All you wanted to know about caring for roses," presented by Christine Paul, an AU Horticulture graduate student. Hoppergrass is at 129 East Avenue, Ozark, 36360.

"The Bible is meant to be bread for daily use, not cake for special occasions."

MAY 2017
 25

**Laughs
 and Lifts**

Five surgeons from big cities were discussing who makes the Best Patients to operate on.

The first surgeon, from New York, says, "I like to see accountants on my operating table because when you open them up, everything inside is numbered."

The second, from Chicago, responds, "Yeah, but you should try electricians! Everything inside them is color coded."

The third surgeon, from Dallas, says, "No, I really think librarians are the best, everything inside them is in alphabetical order."

The fourth surgeon, from Los Angeles chimes in: "You know, I like construction workers... Those guys always understand when you have a few parts left over."

But the fifth surgeon, from Washington, DC, shut them all up when he observed: "You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, no brains, and no spine.. Plus, the head and the butt are interchangeable."



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Bamboozable Answers

- | | |
|------------------------------|----------------------|
| 1. Black eye | 1. Flip Flops |
| 2. The beginning of time | 2. Chicken Dinner |
| 3. Apply within | 3. Blue in the Face |
| 4. Reading between the lines | 4. The Last Straw |
| 5. Pick up after yourself | 5. The First Noel |
| 6. Standing room only | 6. Cabin by the Lake |

Dear God,
 bless my future with
 turn arounds. Turn
 my lack into plenty.
 Turn my confusion in
 clarity. Turn my test
 into a testimony. God
 bless my future with
 breakthroughs, miracles,
 and change.
 Amen.

CONGRATULATIONS

Amanda Wethington

of Ozark, Al

She Has Won \$100

She found the hidden items
 in April's edition of Laughs and Lifts and
 has until May 20th to claim her prize by
 calling and coming by Laughs and Lifts,
 322 Andrews Ave. Ozark, Al

The items were in:

- Man upside down...Mark Goodson
- Easter Basket...Sawyers Produce
- Purple Cross...Word of Truth Church
- Man in the Rain...Mixon Farms
- Easter Lilies...Oakview Manor
- Duck in Jacket...C&H Auto Sales
- Watering Can...Dale Medical Center
- Lady Fainted...Logan's Alterations

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

FIND 10 DIFFERENCES IN THE TWO PICTURES...Solution on Page 30



**"Before they invented drawing boards,
 what did they go back to?"**



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"A critic is a man who knows the way but can't drive the car."

MAY 2017
29

Laughs and Lifts

WHERE GOD AIN'T

He was just a little boy, on a week's first day.
He was wandering home from Sunday School, and dawdling on the way.

He scuffed his shoes into the grass; he found a caterpillar.
He found a fluffy milkweed pod, and blew out all the "filler."

A bird's nest in a tree overhead, so wisely placed on high.
Was just another wonder that caught his eager eye.

A neighbor watched his zig zag course, and hailed him from the lawn;
Asked him where he'd been that day and what was going on.

"I've been to Bible School," he said and turned a piece of sod.
He picked up a wiggly worm replying, "I've learned a lot of God."

"M'm very fine way," the neighbor said, "for a boy to spend his time."
"If you'll tell me where God is, I'll give you a brand new dime."

Quick as a flash the answer came! Nor were his accents faint.
"I'll give you a dollar, Mister, if you can tell me where God ain't."

-- Author Unknown



FIND THE DIFFERENCES



If I had a dollar for every girl that found me unattractive, eventually they would find me attractive.

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.

Sincerely,
The Rescue Mission Bargain Center

\$100

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 # and Town of Residence
TO: Parrish Publishing
PO Box 681 Ozark, AL 36361
You Can also Email to Roger@laughsandlifts.com
Use 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.

BUSINESS CARDS

Full Color ~ Glossy
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Laughs and Lifts

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Dale, Coffee & Houston Counties

ISSUE 107 JUNE 2017

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"Grace often grows strongest where conviction of sin has pierced deepest." ~ Sinclair Ferguson

MAY 2017

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Laughs and Lifts

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GRAND OPENING SATURDAY JUNE 3rd

FREE FOOD AND DRINKS

Then Every Saturday 8am-Noon & Tuesdays 4pm-6pm
Downtown... Across the street from City Hall

- Peas
- Butterbeans
- Squash
- Tomatoes
- Watermelons
- Cucumbers
- Peppers
- Potatoes
- Strawberries
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- Local Honey
- Much More

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Call 774-2329 or

Earl Snell, Manager 334-733-6490



Wise people are not always silent...
but they know when to be.

Gilland



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Ozark, AL
334-774-9030
7:30 am - 5:30 pm
Mon.-Fri.

Four-Wheel Alignment*

\$59⁹⁵

Expires
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Check steering, suspension and shocks. Set toe-in, camber and caster (where applicable). Check tie-rods and ball joints. Check tire pressure and inspect tires for cuts, damage, and uneven wear. Plus tax, if applicable. Coupon valid at vehicle check-in.

*Pricing could vary for some makes and models.

Cooling System Refresh*

\$89⁹⁵

Expires
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Check for proper operation of radiator and pump. Inspect hoses, clamps and belts. Pressure test system. Plus tax, if applicable. Not valid with other offers. Present offer at time of service.

*Please contact us for more information.

Air Conditioning Service*

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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.

*Please contact us for more information.

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Includes rotor inspection. 12-month/unlimited-miles limited brake pad warranty.**

*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.