



2016 DODGE CARAVAN 0 DOWN - WAC

\$329/mo.



Stock #8374T

2016 NISSAN VERSA

0 DOWN - WAC

\$209/mo.



Stock #5222

2016 NISSAN JUKE

0 DOWN - WAC



Stock #8382T

Come meet our team: KT, Kevin, Ken, Vanessa & Tae

2016 FORD FIESTA

0 DOWN - WAC



Stock #5211

2016 KIA SPORTAGE

0 DOWN - WAC



Stock #5246

2016 HYUNDAI ACCENT

0 DOWN - WAC



Stock #5243

4105 West Hwy. 84 • Daleville, AL • 334-347-1676 apply online @ www.candhautosales.com

*WAC 3.99% with 72 month term. Photos are for illustration purposes



Hang Gliding

Here in Waldo, Alabama, you don't see too many people hang-gliding. Bubba decided to save up and get a hang-glider. He takes it to Cheaha Mountain, and after struggling to the top, he gets ready to take flight. He takes off running and reaches the edge and into the wind he goes!

Meanwhile, near Waldo, Maw and Paw were sittin' on the porch swing talkin bout the good ol days when maw spots the biggest bird she ever seen!

"Look at the size of that bird, Paw!" she exclaims.

Paw raises up," Git my gun, Maw." She runs into the house, brings out his pump shotgun. He takes careful aim. BANG...BANG....BANG! The monster size bird continues to sail silently over the tree tops.

"I think ya missed him, Paw," she says. "Yeah," he replies, "but at least he let go of Bubba!"





Published since 2008, We Are 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

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

Subscriptions

Subscriptions are \$30 for 1 year or \$50 for 2 years or 2 subscriptions.

Make check out to Laughs and Lifts
& mail to:
Parrish Publishing
P.O. Box 681
Ozark, AL 36361

Laughs and Lifts is a one of a kind advertising venue for your Business, Church, or Event!

To Advertise:
Call 334-379-7603

Editorial Offices: Roger Parrish, Editor & Publisher 322 Andrews Ave. Suite 3 Ozark, AL 36360 Roger@LaughsandLifts.com

Laughs and Lifts Magazine is published to uplift and entertain the reader. Any resemblance contained within this publication to some one or some thing is purely coincidental and not to bring harm or insult to anyone. Information, stories, helpful hints, jokes, studies and all other miscellaneous writings, drawings and pictures are published without malice, but with the intent to entertain, inspire or teach; not to cause disillusionment or confusion to anyone; person, party affiliation, company, denomination or other named or unnamed entity. The writings contained within Laughs and Lifts do not necessarily reflect the views of the publisher or editor. Laughs and Lifts is not the author of many of

Laughs and Lifts is not the author of many of the jokes contained herein and claims no copyright privileges to those that we didn't author unless noted. The jokes contained herein are not known to be copyrighted and are believed to be part of the public domain. Every effort is made not to use copyrighted material without the author's consent.



I can help you protect your family and save money too.

With the Allstate® Auto/Life Discount, you can save on auto insurance when you protect your family with life insurance. I'll make it easy to get the quality coverage you need at an affordable price. So why wait? Call me today to put your family in Good Hands®.



Mark Goodson 334-347-3333 804 Bollweevil Circle Enterprise a049146@allstate.com



Auto Home Life Retirement

Insurance, discounts and savings subject to terms, qualifications and availability. Discount and availability varies by state and product line. Allstate Property and Casualty Insurance Co., Life insurance issued by Allstate Life Insurance Co., Northbrook, IL, and Lincoln Benefit Life Co., Lincoln, NE and American Heritage Life Insurance Co., Jacksonville, FL. Northbrook, IL. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. © 2014 Allstate Insurance Company

6965





Deckorate for Summer



Call us to discuss any project:

- Sunrooms
- Patio Design & Construction
- Replacement windows
- Siding
- Custom built decks

Visit
Our online
Gallery and
Contact us
for your free
estimate

DECKS UNLIMITED

Making dreams come true In the Wiregrass for Over 15 years!

334-372-4844

DecksUnlimitedofAlabama.com 2912 Highway 231 South Ozark, AL 36360



Bringing quality craftsmanship and outstanding customer service to every project for more than

15 years!

Harbin Jewelers

SHOP US FIRST FOR ALL
YOUR FINE JEWELRY

GOLD

STATE CERTIFIED SCALES
MILITARY ITEMS AND COLLECTABLE GUNS

774-4427

El Poloció Plozo Ozork, Al

An old pastor stood in his pulpit addressing the congregation about the drought that had lasted for at least 8 months.

As all stood filled with faith, he told the congregation they would gather that night for prayer.

"Folks we are going to pray for rain so come prepared to see God move in a great way."

That night as many assembled the old pastor stood and asked a simple question.

"Folks, where are your umbrellas?"

he CEO was scheduled to speak at an important convention, so he asked one of his employees to write him a punchy, 20-minute speech. When the CEO returned from the big event, he was furious.

"What's the idea of writing me an hour-long speech?" he demanded to know. "Half the audience walked out before I finished!"

The employee was baffled. "I wrote you a 20-minute speech," he replied. "I also gave you the two extra copies you asked for."

- For Sale -

Eight puppies from a German Shepherd and an Alaskan Hussy.

JUNE 2017 5 Laughs and Lifts

HOT DIGGITY DAWG SHACK





2 DOG COMBO \$6.00 3 DOG COMBO \$7.50

100% BEEF Chili Dog, Chips and Drink

BRING THIS AD AND GET \$1.00 OFF EACH COMBO

850 ANDREWS AVE. • OZARK, AL' Call-In's WELCOME: 790.3492



Dad: "What are you doing to become one?"

"Nothing, dad."

"Good, you're halfway there then."

Grandpa was driving with his 9 year old granddaughter and beeped the horn by mistake. She turned and looked at him for an explanation.

He said, "I did that by accident."
She replied, "I know that, Grandpa."
He replied, "How did you know?"
She said, "Because you didn't say 'idiot!'
Afterwards."

FACTS

Fact 1: You are reading this.

Fact 2: You can't say the letter 'm' without

touching your lips.

Fact 3: You just tried it. Fact 4: You're smiling.

Fact 6: You're smiling or laughing again. Fact 7: You didn't notice I missed fact 5.

Fact 8: You just checked it. Fact 9: You're smiling again.





3071 S. US Hwy. 231 Ozark, AL 334•774•9030 7:30 am - 5:30 pm Mon.-Fri.

Four-Wheel Alignment*

\$59⁹⁵

Expires **06/17/17**

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.

Air Conditioning Service*

\$79⁹⁵

Expires 06/17/17

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.

Cooling System Refresh*

\$89⁹⁵

Expires 06/17/17

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.

Everyday Value Price*

Most ACDelco Professional Brake Pads Installed (per axle)

\$109^{95*}

Expires 12/31/17

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.



JUNE 2017

Some days are like someone trying to stand up in a hammock!

Pike County, Alabama **Real Estate For Sale**

33.82± Acres of Gently Rolling, Open Land



1507 County Road 3329, Brundidge, Alabama

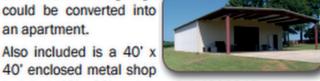
Could possibly be used for poultry houses, row crops,

cattle, and more, Wellmaintained brick home has four bedrooms, three full bathrooms and a spacious open floor plan.



Property includes a 30' x 40' two-vehicle garage with full bathroom, kitchen, and dining area and it is pos-

sible that the garage could be converted into an apartment.



40' enclosed metal shop

building (40' x 60' under roof). L-1600845

Offered at \$295,000.

4.5± Acres and Brick Home



3429 Alabama Highway 125, Brundidge, Alabama

Don't miss out on this country home with four bedrooms, 2-1/2 bathrooms, open floor plan, and a separate formal living room. There is a large amount of kitchen cabinet space and stainless steel appliances. The home has a metal roof.

This is your opportunity to own an acreage with producing pecan and fig trees!



A 24' x 45' workshop or storage building on site

could be converted into housing. L-1700241

Offered at \$160,000.

These great properties are conveniently located to Brundidge, Troy, Ozark, Fort Rucker, and Enterprise, Alabama.

For Property Details, Please Contact:



Randall Thompson • Real Estate Broker Brundidge, Alabama

Phone: (334) 268-1488 RThompson@FarmersNational.com www.FarmersNational.com/RandallThompson



www.FarmersNational.com

Real Estate Sales • Auctions • Farm and Ranch Management • Appraisal • Insurance Consultation • Oil and Gas Management • Forest Resource Management National Hunting Leases • Lake Management • FNC Ag Stock



An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife." Don't take life too seriously.....no one makes it out alive anyway!!!

A student in chemistry class was instructed to create a new substance by mixing some special ingredient with water. But the student chose the wrong ingredient and the teacher realized mixing it with water would create an explosion.

He stopped the student and asked him to first stir the water in the bucket for five minutes before adding the ingredient. The student wanted to know what that would accomplish. The teacher answered, "It will give me time to get away."

For all your home medical equipment & respiratory needs.

HOSPITAL BEDS, WHEEL CHAIRS, WALKERS, PATIENT LIFTS, SCOOTERS, VEHICLE LIFTS, DIABETIC SUPPLIES, BARIATRIC PRODUCTS, OXYGEN AND RELATED EQUIPMENT

RENTALS, SALES, AND REPAIR

Yes, we can provide electric wheelchairs to Medicaid patients.

774•7535 1•800•835•2266



Aabon Home Health Care Supply 136 E. Reynolds St. • Ozark, AL. • aabon@troycable.net





1280 Andrews Ave. Ozark, AL 36360

(334) 774.4961 (800) 334.7403



Ozark, Inc **Gateway**



This home is the perfect home for entertaining friend and family and has access to the community fishing pond! The interior of this gracious home is ready and waiting for you.

1084 Faust Avenue • MLS 20170809 • \$179,000



This charming cottage has Hardwood floors,,updated baths, light fixtures and fireplace and is just adorable. Great attention to detail went into making this a lovely cottage home for you.

193 E. College Street • MLS 20170826 • \$78,500



This welcoming home sits on 2 lots giving you plenty of room for outdoor activities. The split floor plan offers privacy to the master bedroom and the fireplace will be a welcomed spot this winter.

330 Ryan Drive • MLS 20161788 • \$135,000



What a nice home this is and it has that 4th bedroom you been wanting. This home also has 2 decks for outdoor fun. Kitchen appliances were replaced in 2013. New windows, tile and carpet, too.

800 Briarcliff Road • MLS 20170656 • \$153,800



Pretty home with updates to bath, paint and more. Roomy kitchen with lots of storage. Workshop. Too!

> 141 Kings Court • MLS 20170742 \$107,000



32 acres of land, stocked pond, pole barn, fireplace and more come with this 4/2 home. Beautiful!

> 26213 Hwy 331, Opp • MLS 20170825 \$145,000



Updates:

Counter tops, oak cabinets, island bar, oak floors, sunroom, covered porch.

465 Meadowlake Drive • MLS 20170143 \$115,900



What a great price for a pretty home close to the park and lake. Even room to park your RV. 194 Valleyview • MLS 20162102 \$69,900



A truly remarkable home and 14 acres of land waiting for that discerning buyer. 2151 Faust Avenue • MLS 20162280 \$434,000



Spacious home with fireplace, screened porch, large windows that let the light flow through and hardwood floors underneath the carpet.

> 283 Magnolia Court • MLS 20170516 \$44,900



Affordable and move in ready! Covered porch and lovely view. This is one you want to see! 1449 N Highway 59 • MLS 20170677

\$79,900

Come take a look at this home.



Bay windows, wood burning fireplace, walk in closets, nice neighborhood.

1104 Willow Oaks Drive • MLS 20170226 \$109,900

NEW PRICE 32 Acres • County Road 61, Midland City









Perfect for cattle. Level to gently rolling.Fenced & crossed fenced w/4 strand barbed wire, county water to mid-field. Trees on 2+/- acres for shade. Sturdy, quality built 57x60 pole barn. 2 gates at road; 2 interior gates

MLS 20160055 Now offered at \$135,000

PIKE COUNTY FAIR OCTOBER 3RD THRU OCT 7TH PRESALE OF ARMBANDS AND PLENTY OF FUN AHEAD

The Troy Shrine Club again is sponsoring the Pike County Fair with the dates being October 3rd thru October 7th of this year. This year we have the same promoter, "Modern Midway" who was a great hit with every one last year with a larger midway and some new bigger and better rides, also this year again the Troy Shrine Club is sponsoring a Demolition Derby the opening night of our Fair. The ticket price to get in to see this Demolition Derby is \$10.00 for adults and \$5.00 for children 6 thru 11 and can be used to enjoy our Fair after the Derby. Working with our local 4H and FFA clubs we are having a fantastic poultry display on Tuesday night and on Thursday we having the showing and judging of the Pigs, which the members of these two clubs have been working on most of this year. You who have been to our Fair know that we sell armbands for \$20 which allows whoever buys one to ride any or all of the rides all night. This year, with the help of our fair promoter, we are able to presale these armbands at a tremendous savings.

The presale price for an armband is \$15.00 which is good for one night, all night of the Fair; this is a \$5.00 savings. These presale armband coupons are available starting September 16th ending October 2nd at:

Pizza Palace, 112 So. Main Street Brundidge

Troy Bank and Trust's main office in Troy, Brundidge and Ariton
Thrift Store, Troy

Farmer's Exchange Bank in Louisville, Clayton, and Eufaula Every Saturday morning at the Shrine Club office on U.S. 231.

Our fair promoter is again offering a 2 for 1 armband ticket which will be good only for Wednesday night's show October 5th. These tickets will be available from the same businesses as above.

In addition, this is a County Fair and with that is something for everyone. We have displays of crafts, paintings, baked, canned goods, etc.

For anyone planning on entering items for judging in the Creative Living Section of our Fair should have their items delivered to the Pike County Fairgrounds on Saturday, September 30th, 2015 from 1 to 5 PM and Sunday, October 1st, 2015 from 1 to 5 PM. **No Entries will be accepted after these hours.** Judging will take place October 2nd.

We have a great Cattle barn and each year we look forward to having a great selection of Animals, i.e.; Cattle, Horses, Mules, Pigs, Rabbits Poultry, etc. The rules for this section are the same as the rules for Creative Living section

We have some great entertainment in our pavilion:

Tuesday Night: Benton Brothers

Wednesday Night: Alcazar Shrine Band, Johnny Barron and the Waterfall Children Band Showcase.

Thursday Night: She Bang Cloggers and the LightHouse String Ensemble Friday Night: Again Johnny Barron and the Waterfall Children Band.
Saturday Night: Perfection and Grace, a big-time band with music for all ages.

All of this entertainment is included in the entry fee of \$10 for adults and \$5 for children ages 6 to 11 with gates opening each night at 6 PM.

I'm asking you all to put these dates of October 4th thru October 8th on your calendar and come out and join us at the Pike County Fair. A good time to be had for all ages.

Homer Homann, President, Troy Shrine Club



No one in my
entire life has
believed in me
more than the
waiter who gave
me a single napkin
to use while eating
my lunch today!



A man walks into the toy store to get a Barbie doll for his daughter. So he asks the assistant, as you would, "How much is Barbie?"

"Well," she says, "we have Barbie Goes to the Gym for \$19.95, Barbie Goes to the Ball for \$19.95, Barbie Goes Shopping for \$19.95, Barbie Goes to the Beach for \$19.95, Barbie Goes Nightclubbing for \$19.95, and Divorced Barbie for \$265.00."

"Hey, hang on," the guy asks, "why is Divorced Barbie \$265.00 when all the others are only \$19.95?" "Yeah, well, it's like this ... Divorced Barbie comes with Ken's house, Ken's car, Ken's boat, Ken's furniture ..."



BLUEBERRY PIE SQUARES

Ingredients

Crust and Topping

1 ½ cups all purpose flour

½ cup sugar

1/4 teaspoon salt

1 ½ stick butter, unsalted, cold, sliced thinly



Blueberry Filling

2 eggs

1/3 cup all purpose flour

1 cup sugar

8 ounces sour cream

Pinch of salt

½ teaspoon vanilla extract

3 cups blueberries, fresh or thawed frozen blueberries ADD: 1 cup finely chopped pecans to cream cheese mixture

Instructions

Preheat oven to 350 degrees.

Spray 9x13 glass baking dish with non-stick cooking spray. Set aside.

In mixing bowl, combine flour, sugar, salt, butter and beat until crumbly. (You can use a fork also to press the butter into flour mixture.)

Remove 1 cup of flour mixture and set aside. This will go

on top of blueberry filling later.

Press remaining flour mixture into baking dish making a crust. Cover only the bottom. Bake for 15 minutes. In large bowl, slightly beat eggs. Add flour, sugar, sour cream, salt and vanilla. Beat on low with electric mixture until blended.

Fold in blueberries. Pour blueberry mixture over cooked crust. Now topped with 1 cup of flour mixture you had set aside earlier.

Bake for 1 hour or until top is golden brown.





APRIL 2017

12



EASY BLUEBERRY CHEESECAKE

Ingredients

For the graham cracker crust: 18 full sheets (2 sleeves) of graham crackers, finely ground (approximately 3 cups) 1/2 cup butter, melted 1/3 cup sugar

For the cheesecake:

2 (8 ounce) packages cream cheese, softened

1 cup confectioners' sugar

1 (8 ounce) container frozen whipped topping (Cool Whip), thawed

2 teaspoons vanilla

1 CUP fine

1 (21 ounce) can blueberry pie filling

Instructions

Preheat oven to 350 degrees F.

Crust:

Combine graham cracker crumbs, melted butter, and sugar in a food processor or a mixing bowl until well combined. Transfer to a 13" x 9" baking dish and press down firmly to form crust. Bake until edges are golden brown, 10 to 12 minutes. Set aside to cool completely before filling.

Cheesecake:

Use an electric mixer to beat together the cream cheese, sugar and vanilla. Use a spoon to fold in the whipped topping and mix until well combined. Carefully spread cheesecake mixture over prepared crust. Spoon blueberry topping on top of filling, spreading out evenly. Cover and refrigerate for several hours or overnight. Slice into squares and serve.



BLUEBERRIES

EASY BLUEBERRY CRUNCH DUMP CAKE

Ingredients

1 tablespoon butter melted 11 ounces blueberries 3/4 cup sugar 1 ounce can crushed pineapple 20, undrained

1 box yellow cake mix

1 cup chopped pecans

1 cup stick butter 1/2,

melted

Optional: whipped cream or vanilla ice cream for serving

Instructions

Preheat oven to 350 degrees F. Grease a 13x9" baking dish. In a bowl, combine blueberries with 1 tablespoon melted butter. Sprinkle with sugar and gently coat blueberries with the sugar.

Pour pineapple into the bottom of the baking dish evenly. Sprinkle blueberries and sugar evenly over pineapple. Sprinkle dry yellow cake mix evenly on top of blueberries. Drizzle melted stick of butter on top of cake mix. Sprinkle pecans on top of cake mix/butter. Bake at 350 degrees for 45-55 minutes or until top is browned.

EASY BLUEBERRY COBBLER

Ingredients

1/2 cup butter

1 cup self-rising flour

- 1 cup white sugar
- 1 cup milk
- 4 cups fresh blueberries





Directions

Preheat oven to 350 degrees F (175 degrees C). Place butter in an 8-inch square baking dish.

Melt butter in the preheating oven, about 5 minutes. Remove from oven.

Mix flour, sugar, and milk in a bowl until combined; pour batter over melted butter. Scatter blueberries over batter.

Bake in preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.

BANANA BLUEBERRY PIE

Ingredients

1 package (8 ounces) cream cheese, softened 3/4 cup sugar

2 cups whipped topping 4 medium firm bananas,

sliced

2 pastry shells (9 inches), baked

1 can (21 ounces) blueberry pie filling

Fresh blueberries and mint and additional sliced bananas, optional



Directions

1. In a bowl, beat cream cheese and sugar until smooth. Fold in whipped topping and bananas. Pour into pastry shells. Spread with pie filling. Refrigerate for at least 30 minutes. Just before serving, garnish with blueberries, mint and bananas if desired.

Yield: 2 pies (6-8 servings each).

"What the caterpillar calls the end of the world, the master calls a butterfly"
Richard Bach

ANTIQUES TREASURES

PMO MORE...

Vendor Booths Available

Tim and Melinda Jones, Owners

Open 7 Days A Week

www. antiquest reasures and more

367 North U.S. Hwy 231 Ozark, AL 36360 Like us on facebook

334•774•6533

APRIL 2017





Tree Services:

- Tree Trimming
- Tree Removal
- Tree Topping
- Pruning

Licensed and Insured

Full Bobcat Services:

- Grading
- Sod Work
- Storm Damage Clean-up

Tustin Dyess

Maturing is

realizing how

many things

don't require

my

comment!



"Isn't it funny

how day by day nothing changes But when you look back everything is different..."

JUNE 2017 14

Better Living... Better Life



AKVIEW MAI

Health Care & Rehab Center

SHORT-TERM REHABILITATION **ALZHEIMER'S UNIT** PHYSICAL, SPEECH, and OCCUPATIONAL THERAPY



138 bed skilled nursing facility licensed by the Alabama State Board of Health. All beds are certified for Medicare, Medicaid, & Private Party.

334•774•2631 Fax: 334•774•4252 www.oakviewmanor.com

929 Mixon School Road • Ozark, AL. 36360

It is not doing the things we like to do, but liking the things we have to do that makes life blessed. Bill and Doug went into a diner that looked as though it had seen better days. As they slid in to a booth, Bill wiped some crumbs from the seat. Then he took a napkin and wiped some moisture from the table. The waitress came over and asked if they wanted some menus.

"No thanks," said Doug. "I'll just have a cup of black coffee."

"I'll have black coffee too," Bill said. "And please make sure the cup is clean."
The waitress shot him a nasty look. She turned and marched off into the kitchen.
Two minutes later, she was back. "Two cups of black coffee," she announced.

"Which one of you wanted the clean cup?"

When I was in elementary school, I learned about exaggeration.

I had like ten thousand tests on it and my teacher would kill me if I didn't spell it right.



Pat's Petals Garden Center

Every Thing You Need To Make Your Flower Garden Special



- Annuals
- Perennials
- Endless Summer Hydrangea
 - f Facebook

- Cemetery Arrangements
- Shrubbery
- Succulents
- Knock Out Roses

Pat's Petals Garden Center 2557 Hwy 231 North • Ozark, AL 36360

334.672.1149

www.PatsPetalsGardenCenter.com



JUNE 2017 15 Laughs



FIFTH ANNUAL BENEFIT

DALE MEDICAL CENTER

Featuring



THURSDAY AUGUST 24, 2017

at the **Ozark Civic Center**Evening Includes Heavy Hors d'Oeuvres and Entertainment

Doors open at 5:30 p.m. Program Begins at 6:30 p.m.

Tickets: \$50 Sponsorship info available at 334-774-2601 ext. 1251 Tickets may be purchased at:
Dale Medical Center Business Office or Administration

Proceeds from the event benefit the Dr. L.D. McLaughlin Memorial Fund

EMERGENCY CARE YOU CAN TRUST





DMC Emergency Room Recognized for Second Year

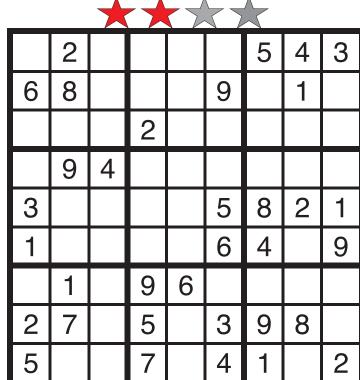
Dale Medical Center has again been named one of America's Best Hospitals for Emergency Care by the <u>Women's Choice Award®</u> for the second consecutive year. The methodology for America's Best Hospitals for Emergency Care award is unique in that it combines Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results with primary research about women's healthcare preferences.

Dale Medical Center earned this award again because of a consistent rank among the best of 3,500 hospitals. Criteria involved reporting on performance of their respective Emergency Departments to the Centers for Medicare and Medicaid Services (CMS). Dale Medical Center is one of 320 award recipients representing the hospitals that have met the highest standards for emergency care in the U.S. by the Women's Choice Award.

"This award demonstrates the ongoing commitment of the Dale Medical Center family to provide high quality, safe, and compassionate care to our patients and their families. Assuring that each and every person who enters our hospital receives the highest quality treatment is our top priority and we will continue to strive for excellent patient satisfaction," states Vernon L. Johnson, CEO of Dale Medical Center. "Winning this award for the second year in a row exemplifies our consistency in providing outstanding care."



Sudoku



Level: Beginner



Is Your Device A Pain In The Neck?



Is Your Device a Pain in the Neck?

Tennis elbow, jumper's knee, gamekeeper's thumb....tech neck? The technology era seems to now be intruding on your health just as sports hazards have been responsible for many injuries and joint issues. Originally "text neck", now updated to "tech neck" as not to focus just on texting but all usage of electronic devices, is damaging to the neck. Muscle spasms, disc injury, degenerative changes and nerve irritation can all be cause by poor posture while using your device, which in turn lead to headaches, neck pain, and pain into to arms and shoulders. At Pain Relief Chiropractic, we are here to help you not only address your pain, but also help you identify and correct the root cause of it. Here are some helpful tips to safely use your devices and avoid any issues they may cause.

1. Use good posture

Sit

with your shoulders back and chest out and bring your hands up
to view your device. If you must look down, tuck your chin
rather than dropping your head forward.

2. Avoid using in sunlight

Straining to see your screen leads to straining the muscles of the neck and shoulders. Use your device in a shaded area or indoors.

3. Set time limits

Try setting a timer on the device to remind you how much time you have been on it. Every 15-20 minutes you should take a

short break. Move the head around in a comfortable range during the break. Also, you should change positions once you resume using your device.

4. Try positioning aides

Tablet holders help prop up the screen to a more comfortable and safer position.

5. Stop when you feel discomfort or pain

Pain in your neck, between the shoulder blades, frequent headaches or numbness/tingling into the arms can mean a more serious problem. Dr. Massey can help you address this and evaluate the neck and shoulders for any problems.

In today's technology world, we can become so dependent on our devices we end up creating more of a problem than the ones they solve. Using them safely and for shorter amounts of time is important to your health. If you need help addressing your pain or posture, Dr. Massey is always there to help!

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.

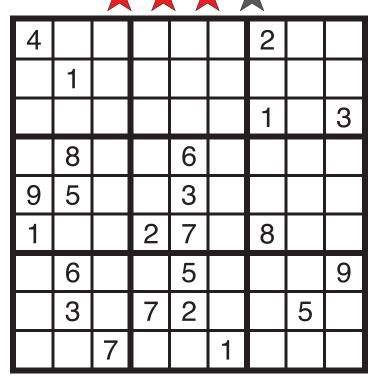
Call To Schedule • 334.445.2525 1550 Andrews Ave.• Suite 2 •Ozark, AL



JUNE 2017

Nerd? I prefer the term "More intelligent than you."

Sudoku ***







Homemade Ice Cream

The area's only homemade ice cream shop!

Homemade Ice Cream
Freshly Baked Waffle Cones
Sandwiches & Wraps
Soups & Salads
Ice Cream Cakes
Specialty Cowffees

158 E. Broad St. • Ozark 443-0222

72 North Court Sq. • Troy 770-1094

113 E. College St. • Enterprise 348-2202 Milky Moo's Too Candy & Gift Baskets 111 E. College St. Enterprise To See our Menu & Flavors Visit milkymooicecream.com

Annie Pearl's

All You Can Eat
Catfish & Shrimp+
Country Buffet
FRIDAY & SATURDAY NIGHTS



CAFETERIA STYLE LUNCH BUFFET

Served Sun-Fri. 10:30 - 2:00

FOR ONLY \$7.30

4930 W Hwy 52 in Taylor Plaza
3.1 miles west of south side Lowes
334-793-3000

Join us for all your country favorites, just like grandma made them. The meats include country fried steak, fried pork chops, fried chicken, bourbon street chicken, chopped steak, beef liver & onions and gizzards. We also offer several of your favorite country cooked vegetables. Your meal includes your choice of bread and our delicious homemade desserts.

5 PM UNTIL

Take outs, Catering & Private PartiesIt's country and it doesn't get any better than that!

'INSANE' IS SUCH A MEAN WORD I PREFER 'MENTALLY CREATIVE'

THE TRUTH IS LIKE A LION.
YOU DON'T HAVE TO
DEFEND IT.
LET IT LOOSE.
IT WILL DEFEND ITSELF.
~ ST. AUGUSTINE

JUNE 2017 **19** Laughs and Lifts

DOLLAR BEE

"Where Most Everything Is a Dollar"

JEWELRY
GIFTS
GROCERIES &
STAPLES!
NEW STOCK

9 am - 5 pm Mon -Fri 292 Daleville

WEEKLY

Daleville, AL

Ave.





Imagine if trees gave off wi-fi signals, we would plant enough trees to grow a forest.

Too bad they only produce the oxygen we breathe.

Mother had decided to trim her household budget wherever possible, so instead of having a dress drycleaned she washed it by hand. Proud of her savings, she boasted to my father, "Just think, Fred, we are five dollars richer because I washed this dress by hand."

"Good," my dad quickly replied. "Wash it again!"

Dad I think the Smiths next door are angry at us." "Why is that?"

"They're probably mad because our dog can retrieve the newspaper, and theirs can't."

"How could you possibly know that? We don't even subscribe to the paper."

"Yeah, that's probably got something to do with it, too."



Free agent with every policy.

Free Discount Double Check®



Trae Avant, Agent

1114 Andrews Ave Ozark, AL 36360 Bus: (334)774-2557 trae@traeavant.com www.traeavant.com

I'm ready to help.

There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.

CALL ME TODAY!



WEDDING GOWNS & FORMALS CLEANING AND PRESERVING

Boots • Belts • Hats • Caps • Gloves • Shoes

COMFORTERS AND QUILTS

LOGAN'S CLEANERS & LAUNDRY

"CLEANING IS OUR BUSINESS"

774-8012

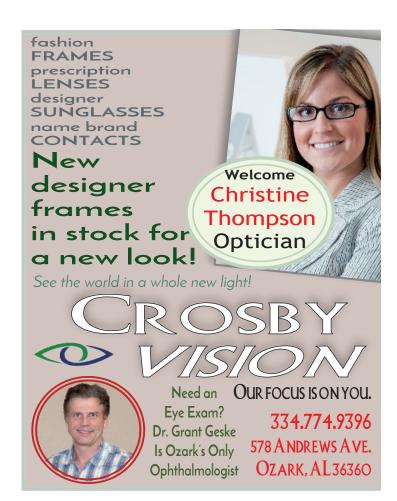
BRING US YOUR SUEDE - LEATHER & FURS

618 S. Union Ave. Ozark, Al. Monday-Friday 6 Saturday 6-12

■ Visit loganscleaners on facebook

IF I SAY "FIRST OF ALL"

RUN AWAY BECAUSE
I HAVE PREPARED
RESEARCH, DATA,
CHARTS AND WILL
DESTROY YOU.





GIVE US THIS DAY OUR DAILY BREAD

Wallace Kennedy, Jr.

And it came to pass, that, as Jesus was praying in a certain place, when He ceased, one of His disciples said unto Him, Lord, teach us to pray, as John also taught his disciples. Luke 11:1 Jesus said in verse three: Give us



day by day our daily bread! Day by day; that is, "Give us each day the bread which our bodies require, as they call for it:" NOT, "Give us this day bread for many days to come;" but as the Israelites had manna, "Let us have bread to-day for to-day, and to-morrow for to-morrow;" for thus we may be kept in a continual dependence upon God, as children upon their parents. We may have our mercies fresh from his hand daily and that we may find ourselves under fresh obligations to do the work of every day in the day, according as the duty of the day requires. We have from God the supplies of every day in the day, according as the necessity of the day requires.

John 6:33-35 For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on me shall never thirst.

Most of us consume numerous meals in a day, maybe even some snacks in between. If it takes this much food on a daily basis to sustain our bodies, how much of the Word God would be helpful for our soul and spirit? We are "spirit" we have a "soul" and we live in a "body" (1 Thessalonians 5:23). If one of these lacks nourishment, nutrition, and substance to sustain itself, it will affect the other two.

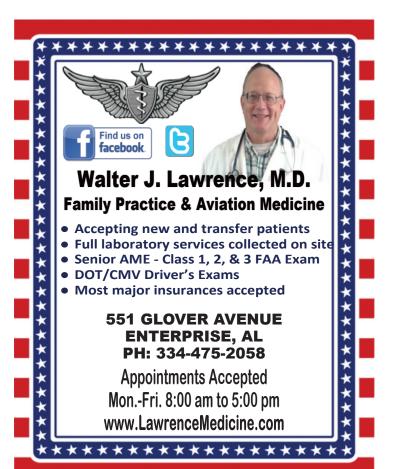
If Sunday and maybe mid-week Bible study is the only time that we are feeding our soul and spirit, then how can our flesh/body be stronger and have a greater influence in our daily life?

Not only do we need daily food for our body, but most "importantly" we need the Word of God. God's greatest communication to us is through His Word. A personal relationship that only communicate on Sunday and maybe Wednesday, will be malnourished. What is needful every day, is a Word

from God. God's Word is our spiritual food to help us live out each day in the images and

who comes to me will never go hungry, ho believes in me









JUNE 2017

John 6:35

Then Jesus declared,

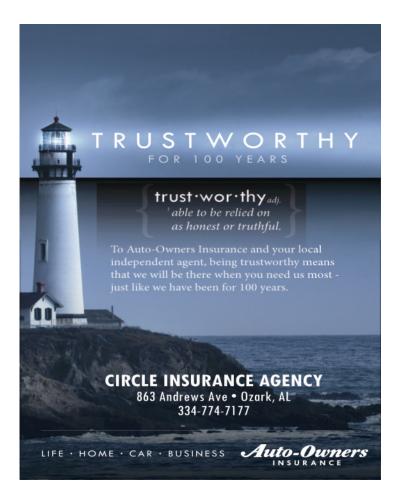
22

There are no great people in this world, only great challenges which ordinary people rise to meet - William Fredenick Halsey

BAMBOOZABLE.

Answers On Page 27







"I never called you stupid; but when I asked you how you spelled Mississippi, and you asked if I was talking about the river or the state, it just kind of caught me off guard."



PASTOR'S POIN Pastor Haley Enfinger

Point of Praise Church • Pointof Praise Church.org
32 County Road 415 • Daleville Alabama
3 miles outside of Newton on Hwy 134
headed toward Daleville

Agitator one who gets on your nerves. Well at least that's my definition. Have you ever had someone who just agitated you all the time? You might say "they are getting on



my last nerve". Hannah in the bible had just that person who got on her last nerve. Peninnah was the one. Do you remember the story starting in 1 Samuel? The husband Elkanah had two wives Peninnah and Hannah. Peninnah had children Hannah did not. Elkanah Loved Hannah more than Peninnah. The bible says that God shut up Hannah's wound so she did not have children. Sometimes agitators are put into our lives to bring out the best in us. Hannah goes into negotiations with the Lord. She said if you will let me have a man child I will give him back to you, but Peninnah was the one who pushed Hannah to make a vow with the Lord. I could imagine Peninnah standing around with her kids singing to Hannah "Look what the Lord Has Done". God had a key for the nation of Israel which was a prophet Samuel. If God would not have shut up Hannah's wound and caused to her to cry out to God for a child do you think she would have given Samuel back to God or would she have been selfish? Well only God knows, but it seems to reason because that would fall under human nature. Hannah was pushed by an agitator to do the will of the father. She allowed Samuel to live with Eli who was a high priest in the temple and Samuel learned to hear God's voice. Don't always despise the Agitator. They may be there to make us move after God's will, and cause us to birth something into this world that is greater than we are.



If You Can Read This, I Can Slam
On My Brakes And Sue You.
Forget World Peace
Visualize Turning Off Your
Turn Signal!
HANG UP AND DRIVE!

DO YOU HAVE A DISABILITY?

BEEN DENIED YOUR BENEFITS?

Rose C. Hallford

CAN HELP YOU FAST?

Rose has been Representing Clients in Disability Claims FOR MORE THAN 30 YEARS

FREE CONSULTATION FAITHWORKZ DISABILITY

FaithworkzDisability@ gmail.com

NEW, MORE CONVENIENT, LOCATION

CALL ROSE TODAY!

1112 Andrews Ave. • Suite B Ozark, Alabama 36360



JUNE 2017

24





Claybank Master Gardeners

The annual Alabama Master Gardener Conference held in Huntsville over two and a half days in early May was a lively and information-packed event attended by Master Gardeners from all over the state. Huntsville Botanical Gardens hosted the first day, and the Jackson Center in Huntsville hosted the second and third day. Vendors from AL, GA, TN, and NC brought varieties of plants, herbs,



ferns, succulents, garden tools, and many beautifully crafted items. Workshops informed us about the diversity of ferns, roses, native plants, and medicinal plants, available for every climate zone and soil type in the state, and what to plant to encourage



pollinators to thrive.
Darryl Patton, well known expert on medicinal plants and one of the presenters at the AMGA Conference, came to Ozark the following weekend to lead a walkabout tour to discover survival skills

using local healthful wild plants.

Upcoming June events:

June 14th—Lunch and Learn on how to choose, improve and maintain Home Lawns by Thomas Agee, from 12 noon to 1 PM at the Dale County Extension Office, 202 South Hwy 123, Ozark. Bring your lunch, drinks will be provided.

June 21st - Salsa Garden Workshop. This workshop is "All About Salsa". If you want to learn how to make and can your own salsa, this workshop is for you! Bridgette Brannon and Lucy Edwards will be teaching the workshop at the Dale County Extension office from 1 to 3 PM. Please call at 334-774-2329 to register and for more information. The cost for the workshop is \$5.00.

June 22nd - Fact or Fiction? The truth behind GMOs and other myths

GMO, Genetically Engineered, Bio Technology- What Does it All Mean? Come join Alabama Extension professionals, researchers, and specialists from Auburn University and Alabama A&M University as we uncover the truth with non-biased & research based information.

Thursday, June 22nd at 6 p.m.

Location: Wiregrass Research and Extension Center - Auditorium 167 State Highway 134 E, Headland, AL 36345 Please pre-register by June 19th

For more information or to register, contact Charlotte Countryman at the Wiregrass Research and Extension Center at (334) 693-2010.

The next CMGA meeting will be held at Hoppergrass Restaurant, 129 East Ave. in Ozark, at 11 AM on June 15th. An Auburn University Horticultural graduate will be present "All About Roses", how to prune and care for various types of roses.







334-733-5210 • 3261 Campground Rd. • Ozark



CONGRATULATIONS

Dulcena Tessner

of Daleville, Al Has Won \$100

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

Graduation Cap...Local Finance
Little Girl...Ozark Health & Fitness
Sombrero...Ozark Farmer's Market
Soldiers Kneeling...Point of Praise Church
Mom & Daughter...Snell Farms
Closed School House...Elevations Dance
Soldiers Helmet...Trae Avant State Farm Ins.
Soldiers Saluting...Joe Adams, Attorney

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



Serving The Good Folks of Ozark Since 2004

New & Used Tires
Oil Changes
Road Side Service

774-1416 Tim Stafford, Owner

178 W. Roy Parker Road • Ozark, AL



For Shut-Ins,
Soldiers,
Prisoners,
Your Pastor,
Your Out of Area Friends.

\$30 for 1 year (12 issues) \$25 per year for 2 or more years or \$25 ea. For 2 or more subscriptions.

Send Name(s), Address(s) & Check to: Laughs and Lifts Subscription P.O. Box 681 Ozark, AL 36361



JUNE 2017

Bamboozable Answers

- 1. Low Back Pain
- 2. Shaking All Over
- 3. Short End of the Stick
- 4. Head Over Heels in Love
- 5. Count Down
- 6. Apple Turnover

- 1. He's bigger than life
- 2. Little did I no
- 3. Count your blessings
- 4. I'm in trouble
- 5. Don't bet on it
- 6. Hand it over

n 1997 at the age of 87 and not acquainted with modern technology, Ruth was given a "cordless" phone by her son. He lived 1500 miles away. After setting it up and showing her how to use it he went home and called her. "How is your new phone working, Mom." Her reply astonished him. "Oh we took it back. It wouldn't work. It did not even have a cord."

A salesman was trying to talk a farmer into buying a bicycle, but he was meeting with considerable sales resistance.

"Shucks, I'd sooner spend my money on a cow," said the farmer. "Ah," replied the salesman, "but think how silly you'd look riding around on a cow."

"Humph!" retorted the farmer. "Not nearly as silly as I'd look trying to milk a bicycle!"

Charlie was playing with his little brother Mickey when the little boy asked whether he could fly like Superman.

"Sure you can, Mickey," Charlie said. "Just flap your arms really hard."

So Mickey climbed up on the windowsill, started flapping like mad, jumped, then smashed into the ground just a few inches below. Horrified, their mother came screaming into the room and said, "What happened?"

Charlie said, "I was just teaching Mickey not to believe everything he's told."

Grade school children were asked the question, "Why did your mom marry your dad?"

These are some responses:

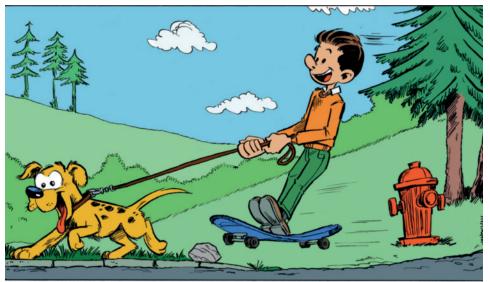
- 1. She got too old to do anything else with him.
- 2. My grandma says that mom didn't have her thinking cap on.

Don't promise when you're happy.

Don't reply when you're angry and

Don't decide when you're sad.

FIND 10 DIFFERENCES IN THE TWO PICTURES ... SOLUTION ON PAGE 30







AIR CONDITIONING

24 - Hr Emergency Service 334-774-8050

Alabama Licenses **HVAC # 00157** Refrigeration # 51409



RESIDENTIAL & COMMERCIAL.....WE GET IT DONE!

Clay Hagler, Owner haglerac@hughes.net Office: 334-774-8050 Fax: 334-774-9186

153 St. James Place • Ozark, AL 36360

APPLIANCE REPAIR



ATTORNEY

Wills & Estates Real Estate

Phone: (334) 774-5533

Fax: (334)774-1252

JOE W. ADAMS

47 Years Experience

Personal Injuries Business

1278 Andrews Avenue P.O. Box 1487

Mediation Services ZOzark, Alabama 36361

BARBER S



ELECTRICIANS



Electrical & Plumbing

"Specializing In Service Calls of All Types" **Over 30 Years Experience!** Licensed, Insured & Bonded

334-774-5194

OORING



WOOD - CERAMIC- CARPET TILE SHOWER SPECIALIST

334-445-2866

936 Andrews Ave. • Ozark, AL 36360

HANDY MAN



- And More







JUNE 2017

28

Close your ears to the voice of greed and you can turn a gift of one, into a gift of many.

CALL THE PROS

AWNMOWER REPAIR



PRINTING

Business Cards Post Cards EDDM Cards Rack Cards Yard Signs

Banners **Vehicle Magnets Business Checks NCR Forms Brochures**

Envelopes

Magazines Catalogs **Door Hangers** & Much More!

Roger Parrish 334.379.7603 • roger@laughsandlifts.com

TOWING

LOCKOUTS • OFF-ROAD PULLS • SEMI'S





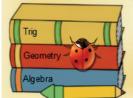
8973 S. US HWY 231 · OZARK, AL 36360

TUDORING

"It's So Easy!" Math Tutoring

\$20 - \$25 per hour

- Consult and first hour Tutoring FREE!
- Specializing in one-on-one tutoring of Middle and High School Math
- 11 years of tutoring experience
- Prep for ACT, GMAT, & GRE Math



Call Jerel Hall 678-234-5895 Ozark area



SEWING & ALTERATIONS

Professional Sewing & **Alterations**

A perfect fit awaits!

Denim & Trouser Hems Shirt & Jacket Alterations Custom Leather Alterations Garment Refitting & Restyling **Dress & Bridal Fitting**

Alterations Suit and Tuxedo Tailoring

Logan's **Alterations**

774-8012

618 South Union Ave • Ozark, AL

BUSINESS CARDS

Full Color ~ Glossy 14 Pt Card Stock **UV or AQ Coating**

BACK OF CARD PRINTED @ NO EXTRA CHARGE



SERVICE

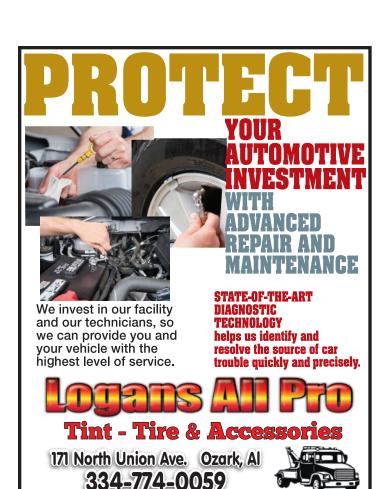
Ozark

Serving The Good Folks of Ozark Since 2004

New & Used Tires • Oil Changes • Road Side Service

Tim Stafford, Owner 774-1416 178 W. Roy Parker Road • Ozark, AL





Grandma's Birth Control Pills

The doctor that had been seeing an 80-year-old woman for most of her

life finally retired. At her next checkup, the new doctor told her to

bring a list of all the medicines that had been prescribed for her. As

the young doctor was looking through these, his eyes grew wide as he

realized she had a prescription for birth control pills.

"Mrs. Smith, do you realize these are BIRTH CONTROL pills?

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that

could possibly help you sleep!"

She reached out and patted the young Doctor's knee.

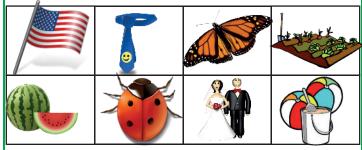
"Yes, dear, I know that. But every morning, I grind one up and mix it in

the glass of orange juice that my 16 year old granddaughter

drinks, And believe me, it helps me sleep at night." You gotta love Grandmas

\$100 FIND THE HIDDEN ICONS

Every month Laughs and Lifts is giving away \$100 to one reader. Playing and entering is easy. Here's how: Search the ads in this edition of Laughs and Lifts...Find the hidden icons below:



Mail or Email the names of the 8 business'
In which you found the hidden icons along with
You name, Phone # and Town of Residence
TO: Parrish Publishing

P.O. Box 681 • Ozark, AL 36361 Email: Roger@LaughsandLifts.com Use subject line Hidden Icons NO PHONE CALLS PLEASE

A Drawing will be held on the 20th of the month to find the winner. The winners's name will be posted in the next month's Laughs&Lifts.

The winner has until the 20th of the next month to call or come by to claim their prize.







MAY 2017

30

I often worry about the safety of my children, especially the one that is rolling their eyes at me & talking back right now!



FRIDAY & SATURDAY • JUNE 16. & 17TH
THE SLOCOMB RECREATION PARK
375 E. COX STREET • SLOCOMB, ALABAMA

FOOD AND CRAFT VENDORS
WATER SLIDES
INFLATABLE'S• PETTING ZOO
FRIED GREEN TOMATOES
VINE RIPE SLOCOMB TOMATOES &
MUCH MORE







FRIDAY, JUNE 16TH

Main Festival Concert Gates open at 4:30 pm Concert at 6:00 pm \$25 Weekend Pass

\$15 Gate Admission \$5 children 6-12, under 6 Free OPENING ARTIST - JOSH BUCKLEY

MAIN ATTRACTION:

Craig Campbell (Outskirts of Heaven)

SATURDAY, JUNE 17TH

Parade begins at 9:00 am Downtown Slocomb Gates open at 10:00 am

\$12 Gate Admission \$5 Children 6-12, Under 6 Free ENTERTAINMENT INCLUDES:

Dustin Herring, local artist from Nashville by way of Hartford, AL Jerome Jackson, National Champion Elvis Impersonator Lil' Jimmy Reed, Legendary Blues Singer

MAIN ATTRACTION:

JT Hodges, Country Music Artist from Nashville, TN

General Information...Call Ms. Lisa Sconiers 334.494.1467

www.slocombtomatofestival.org









From immunizations to back-to-school checkups, we offer a place for your child to receive quality healthcare from trusted providers. Schedule your child's next sick or well-child visit with us. After all, healthy is happy.

Newborn & Infant Care • Same-Day Appointments • Immunizations
Well-Child Checkups • Back-To-School Checkups
Laboratory Testing • Sports Physicals



2126 West Roy Parker Road, Suite 204, Ozark, Alabama 36360 334.445.PEDS (7337) I www.ozarkpediatricclinic.com

