

“THE TRUTH” NEWSLETTER

(CAN YOU HANDLE THE TRUTH?)



July 2018

Vacations are the Best

Vacation is the second-best thing about having a job. We all know the paycheck is first. Vacation days are given for a reason---take them! Even if it's a mini vacation. Sometimes mini vacations can be the best and you can take them more often. You can start vacationing right here in Alabama.

Making plans for a vacation includes paying for it. Don't take a financial hit for it. Start planning early.

Visiting the beach is a summer must and don't forget your summer reads. Also, summer is a great time to get in physical shape. As you are making vacation plans, take a few days to get your body beach ready.

There is nothing like spending time with family and friends whether it's a staycation, going to events or on vacation. ENJOY!

The Truth

VACATION IN ALABAMA

1. River Rest Bed and Breakfast

<https://www.riverrestbedandbreakfast.com/>

2. Magnolia Springs

<http://www.magnoliasprings.com/>

3. Berney Fly Bed and Breakfast

<https://www.berneyflybedandbreakfast.com/>

4. Malaga Inn

<https://malagainn.com/>

5. Red Bluff Cottage

<http://www.redbluffcottage.com/>

6. Turquoise Place

<http://www.turquoiseplacerental.com/>

7. Perdido Beach Resort

<https://www.perdidobeachresort.com/>

[See complete list:](#)

https://vacationidea.com/weekend_getaways/best-in-alabama.html

Upcoming Events

July 20th – Three on a String – Workplay

July 21st – Eric Essix CD Release - Lyric Theatre

July 25th – Jason Aldean – Tuscaloosa Amphitheater

August 4th – Rich Homie Quan – Workplay

August 9th – Big Bad Voodoo Daddy– Lyric Theatre

August 10th – Charlie Wilson – Tuscaloosa Amphitheater

CONTACT US

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"I always try to have a vacation"

-Sophia Loren

JOKE OF THE MONTH

Q. Where did the sheep go on vacation?

A. The Baa-hamas.

www.boyslife.org

FINANCIAL UPDATE

10 Ways to Save for Vacation

<https://www.thepennyhoarder.com/life/how-to-save-for-a-vacation/>

1. **Dedicated bank account**
2. **Reduce Food Budget**
3. **Drive for Cash**
4. **Side Jobs**
5. **Save on Housing**
6. **Sell Your Stuff**
7. **Use Credit Card Deals**
8. **Cut Cost of Workouts**
9. **Find Deals on Outdoor Equipment**
10. **Get Paid to Take Vacations**

Beach Body Ready

<https://www.fitnessmagazine.com/workout/lose-weight/bikini-season/get-your-best-beach-body-ever-in-21-days/>

1. Bulgarian Split Squat with Stability Ball
2. 1 and 1/4 Push-Up
3. Back Extension on Stability Ball
4. 1 and 1/4 Medicine-Ball Pullover
5. Prone Torso Twist on Stability Ball
6. Standing Dumbbell Curl
7. Military Press
8. Alternating Calf Raise
9. Alternating-Leg Hip Bridge

Bill Gates 2018 Summer Read Suggestions

[Lincoln in the Bardo](#) by George Saunders

[Everything Happens for a Reason](#) by Kate Bowler

[Origin Story](#) by David Christian

[Factfulness](#) by Hans Rowling

[Leonardo Da Vinci](#) by Walter Issacson