

# “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](https://vacationidea.com/weekend_getaways/best-in-alabama.html)

### Upcoming Events

**July 20<sup>th</sup>** – Three on a String – Workplay

**July 21<sup>st</sup>** – Eric Essix CD Release - Lyric Theatre

**July 25<sup>th</sup>** – Jason Aldean – Tuscaloosa Amphitheater

**August 4<sup>th</sup>** – Rich Homie Quan – Workplay

**August 9<sup>th</sup>** – Big Bad Voodoo Daddy– Lyric Theatre

**August 10<sup>th</sup>** – Charlie Wilson – Tuscaloosa Amphitheater

## CONTACT US

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*"I always try to have a vacation"*

-Sophia Loren

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## JOKE OF THE MONTH

Q. Where did the sheep go on vacation?

A. The Baa-hamas.

[www.boyslife.org](http://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