



KEEYOUAUGHING.COM

Truth News

January 15, 2019

Upcoming Events:

Lyric Theatre Swan Lake	01/15
Iron City Hannibal Buress	01/18
Boutwell Auditorium Toni Braxton	01/20
Birmingham Civil Rights Institute I Am The Dream	01/21
Alys Stephens Center - Rosie Herrera Dance Theatre	01/26
Alabama Theater Vince Gill	01/30
BJCC—Legacy Arena Fleetwood Mac	02/13

"The Truth" as I See It!

HAPPY NEW YEAR!

As we move forward into 2019, we must let go of past hurts, disappointments and mistakes. We can not go back and change any of it. We can learn from your past and move on, then focus on the future and our goals set for 2019. Remember, as long as we have our health, we have another chance to try again.

This year we should pour our energy into positive people and things. Don't force anything. Let's trust our gut, and if it is right we will know it. Doing anything else will be just wrong and we don't want any part of it. As we operate in the right places with the right people while doing the right things, be present in the moment.

Making plans is a great way to guide us in the right direction, but we must make sure we are living in the moment. We can't be so distracted by cell phones and miss the beauty of thing right in front of us. Take a little time to enjoy the view, be good to one another and keep it real. Let's make 2019 the best year of our lives thus far.



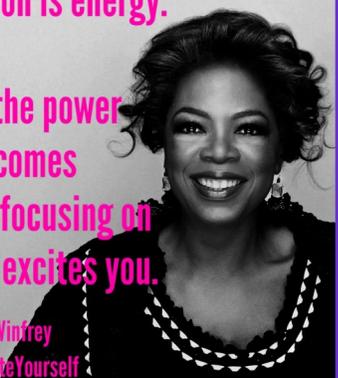
"Carla 'The Truth'"

Quote of Month:

Passion is energy.

Feel the power that comes from focusing on what excites you.

-Oprah Winfrey
#ElevateYourself



New Year's Resolutions to Commit to in 2019

1. **Limit Your Time on Social Media**—take off all notifications and schedule a time to review and post on social media.
2. **Reduce Your Plastic Waste**—global warming is real and we all must do our part to a difference.
3. **Meal Prep at the Start of Each Week** — this will save you time and money.
4. **Learn a New Skill**— it can be anything from sports, musical instrument to a new language.
5. **Visit a New Place**—try a new vacation spot, a new restaurant or event such as opera.

[Click title for complete article](#)

Truth News

Comedienne Carla Youngblood
P O Box 11870
Birmingham, AL 35202

Phone: 205-565-5688
Email: thetruthcy@gmail.com

"The Truth" will keep you
laughing...

Joke of the Month:

Not to brag, but I
already have a date
for Valentines Day.

February 14th

Laffgaff.com

Comedienne Carla "The Truth" Youngblood

Carla Youngblood has been performing comedy all her life for family and friends, but in July 2011 she decided it was time to take her talents to the big stage. She performed her first set at the Stardome Comedy Club located in her home town, Birmingham, AL. It has been over seven years since she started performing professional stand-up comedy which has taken her from LA to NY city with several stops in between to include Cambridge, MA for the Women in Comedy Festival, Las Vegas to the World Series of Comedy and back to New York, NY again for the Ladies in Laughter. Also, she was featured on the nationally syndicated Tom Joyner Morning Radio Show.

Carla is currently preparing her 2019 calendar so as you plan your events for the year, remember to book her for all your professional entertainment needs for a comedy, emcee, or speaker.

www.KeepYouLaughing.com

For Your Health

5 Healthy Habits to Adopt this Year

by Samantha Cassetty, MS, RD

www.samanthacassetty.com

Financial Update

How to Crush Your Debt in 2019

1. **Understand How You Got into Debt**—There are many reasons for your debt, but the real focus should be on how to get rid of it for GOOD!
2. **List Your Debts**— You have to put debt before your eyes so you can face the madness.
3. **Consider A 0% Balance Transfer** — If your credit permits, this can be a great start at eliminating the debt.
4. **Try to Earn Extra Cash** — If your monthly expenses can not be reduced, earning something extra is a next step.
5. **Snowball Your Payments** - When you pay something off, use that same amount to pay on other debt.

1. **Eat More Fruits & Veggies** - Fruits and veggies flood your body with nutrients that help you defend your body against a wide range of concerns—from cancer to vision problems to memory issues. One of the easiest ways to up your intake of fruits and veggies is to sip a smoothie everyday. You can blend you own or grab one on the go.
2. **Reduce Your Intake of Added Sugars**—Setting desserts aside, sugar sneaks into our diets throughout the day, and the amount can really add up. About 75% of the added sugar in our diets comes from packaged foods—and not the ones you're thinking of. Among the top sources of added sugar: granola and energy bars, yogurt, cereal, sports drinks and sweetened beverages. Focus on whole foods.
3. **Be Picky with Convenience Foods** — There's nothing wrong with making life a little easier and more manageable. A jar of no added sugar marinara sauce, frozen blueberries and kale, and nut butter or canned beans are perfect examples of healthy convenience foods.
4. **Get More Sleep** — Our natural sleep/wake cycles are finely tuned, and if we're not getting sufficient sleep, it can impact the ability to think clearly, affect your body's ability to fight infections, wreak havoc on you hunger hormones and up your risk for many diseases. Make sure you have a relaxing bedtime routine that allows you to wind down an hour before you go to bed to promote a healthy, seven to nine hours of sleep.
5. **Find Ways to Cope with Stress** — Stress is linked to a higher risk of infections and certain diseases. Chronic stress can prompt unhealthy habits like overeating or excessive drinking. One of the best things you can do is learn how to deal with stress more healthfully. These might include pursuing a hobby, enjoying a COMEDY, slipping into a activity, and meditation.

[Click title for complete article](#)