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Truth News

February 15, 2019

Upcoming Events:

WorkPlay Love & Happiness Tribute to Al Green	02/16
The Wiz Live BJCC	02/16
The Alabama Theatre The Piano Guys	02/19
ASFA—Dorothy Jemison Fences	02/22 - 02/24
Lyric Theatre A Night of Hope Featuring Yolanda Adams	02/26
Iron City Who's Bad	02/28
BJCC Pink: A Beautiful Trauma Tour	03/14

"The Truth" as I See It!

I hope everyone had a great Valentine's Day. Love is the focus of that holiday and when I think of love I think of our children. They are our future leaders. It is up to the adults of today to ensure that our children are well equipped for tomorrow. We need to make sure their minds are sharp, their bodies are healthy and their understanding of the value of a dollar is solid.

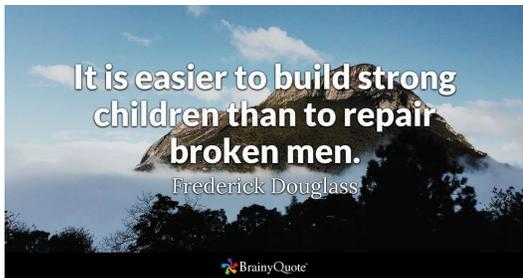


Another way of teaching our children is to expose them to as many different cultural events as possible to include: live performances such as theatre, music, ballet and more.

Our spotlight band of the month is ready to perform for all ages at any special occasion. **The Greenlight Band** is young, creative and energetic. They are amazing! Booking them will be one of the best decisions you can make. They have performed at Jazz in the Park which is a family friendly event to a private event for Academy Award nominated and Golden Globe Winner, Don Cheadle.

"Carla "The Truth"

Quote of Month:



8 Working Memory Boosters for Children

by Amanda Morins

1. **Work on visualization skills**
2. **Have your children teach you**
3. **Suggest games that use visual memory**
4. **Play cards**
7. **Encourage active reading**
8. **Chunk information into smaller pieces**
9. **Make it multisensory**
10. **Help make connections**

Truth News

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"The Truth" will keep you
laughing...

Joke of the Month:

The child comes
homes from his first
day at school. Mother
asks, "What did you
learn today?"

The child replies,
"Not enough. I have
to go back tomorrow."

Jokes4all.net

Financial Update

Teach Kids to be Good at Money

1. **Hands-on experience is required**
2. **Give your child a structured allowance**
3. **Turn the abstract into something concrete**
4. **Explain modern financial tools**
5. **Use what they're interested in as a teachable moment**
6. **Allow your child to make a stupid purchase**
7. **Don't go overboard**

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MONTHLY SPOTLIGHT

Est. 2014, **The Greenlight Band** is a jazz centered entertainment and original music band, founded and based in Birmingham, AL. **Corporate and creative**, we strike the balance of meeting your music entertainment needs for any special occasion (weddings, festivals, mixers etc.) and adding to the musical lexicon by pioneering our own sonic progressions.



www.thegreenlightband.com

For Your Health

10 Healthy Eating Tip for Kids

1. **Don't give up** — Research shows that most babies and young children need to try something new seven to ten times before they like it.
2. **Learn when to stop** —It is often hard for parents to judge whether their children have eaten the right amount of food.
3. **Be creative** — Offer children a colorful snack of different fruits and berries or chopped vegetables.
4. **Slow it down** — Eating slowly is great for weight control at any age.
5. **Have fun in the kitchen** — Children are more likely to become adventurous eaters if they know how to cook.
6. **Eat together** —Eating regular meals with your children will reduce snacking.
7. **Grow your own**—growing vegetables and herbs at home can be fun to teach the children.
8. **Drink water**—Make water the drink of choice at meal times.
9. **Choose healthier snacks**— stock cupboards with healthier snacks such as fruit, air popcorn or unsalted nuts.
10. **Eat breakfast** — eating breakfast kick-starts the body and makes it easier to maintain lasting energy throughout the day

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