

“THE TRUTH” NEWSLETTER (CAN YOU HANDLE THE TRUTH?)

November 15, 2017



“Laughter is the best medicine,” It’s true! Laughter releases endorphins, a chemical 10 times more powerful than the pain-relieving drug morphine, into the body with the same exhilarating effect as doing strenuous exercise. Laughing increases oxygen intake, which replenishes and invigorates cells. It also increases the pain threshold, boosts immunity, and relieves stress.

As often as possible - LOL!



WHO WILL MAKE THE PLAYOFFS?

Alabama A & M	3 - 7
Alabama State	3 - 6
Auburn	8 - 2
Birmingham-Southern	3 - 7
Jacksonville State	9 - 1
Miles	6 - 4
Samford	7 - 3
Troy	8 - 2
Tuskegee	9 - 2
UA	10 - 0
UAB	7 - 3



Congrats Bama Fans!

The votes are in....the people think **ALABAMA** will make it to the Big Dance again! Only time will tell?

What is “The Truth” up to?

December 14, 2017

Holiday Jazz & Jokes

Come laugh with “The Truth” and Friends and enjoy some holiday jazz with **The Greenlight Band!** Reserve your VIP table **Today** with complimentary wine & cheese. Don’t forget your dancing shoes.....

For tickets:

www.KeepYouLaughing.com

For VIP tables:

(205) 565-5688

ENSLEY LAUGHS
presents
HOLIDAY JAZZ & JOKES
DEC 14th THURThe Greenlight Band
CARLA
“THE TRUTH” & Friends
Charles Winston, III Darrell Cockrell
VIP Table of 8
\$200 (205) 565-5688
Complimentary Wine & Cheese
GOLDSTEIN AND COHEN BUILDING
406 19th Street, Birmingham, AL 35218
Doors open @ 6:30PM — Show Starts @ 7:00PM
Tickets: www.KeepYouLaughing.com \$20 advance - \$25 at door

CONTACT US

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FINANCIAL UPDATE

5 Financial Rules to Live By

1. Spend less than you earn

More than 3/4 of full-time workers are living paycheck to paycheck in 2017

2. Institute a 24-hour rule for big purchases

A waiting period gives you time to shop for a better deal

3. Get on the same page with your spouse

Money is the number one cause of relationship stress

4. Save for a rainy day

Almost 60% of Americans don't have \$500 in the bank to cover an emergency

5. Prioritize your retirement savings

You cannot live on Social Security alone www.money.cnn.com

"My only goal is to make you laugh, not tell you the truth"

Ron "Tater Salad" White

JOKE OF THE MONTH

The bride, upon her engagement, goes to her mother and says, "I've found a man just like Father!" Her mother replies, "So what do you want from me, sympathy?"

Laugh Factory

UPCOMING EVENTS

November 17th – Kirk Franklin & Ledisi – Boutwell Auditorium

November 27th – The Hip Hop Nutcracker – Alabama Theatre

November 30th – The Great XSCAPE Tour – BJCC

December 9th – Janet Jackson - BJCC

December 10th – Holiday Soul – Alys Stephens Center

December 14th – Holiday Jazz & Jokes – Goldstein & Cohen Bldg.

5 Most Common Regrets of the Dying

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

2. I wish I hadn't worked so hard.

3. I wish I'd had the courage to express my feelings.

4. I wish I had stayed in touch with my friends.

5. I wish that I had let myself be happier.

What's your greatest regret so far, and what will you set out to achieve or change before you die?

<https://www.theguardian.com/lifeandstyle/2012/feb/01/top-five-regrets-of-the-dying>