

“THE TRUTH” NEWSLETTER

(CAN YOU HANDLE THE TRUTH?)



February 2018

BLACK HISTORY MONTH

February is the month we reflect on the history of African-Americans and I chose to spotlight a legend from Birmingham who contributed to the success of African-Americans. Countless events are taking place this month to celebrate Black History Month. Make sure you find something to attend. You can start your search at www.brci.org.

No matter the event, you are guaranteed to learn something new.

Everybody wants and need Love and we are reminded to share love in the middle of this month, February 14th. I suggest: Make sharing Love a part of your daily routine. Here are a few tips for future Valentine's Days and beyond.

Life is what you make it. Somethings happen that are out of your control, but it is up to you how you respond. Take a close look at your life and see what positive changes you can make by adding or subtracting things from your life.

The Truth

CELEBRATING BIRMINGHAM LEGACY

Dr. A. G. Gaston

(July 4, 1892- January 19, 1996)

Dr. A. G. Gaston was an American businessman who established a number of businesses in Birmingham, Alabama. Those business included the Smith and Gaston Funeral Home, the A. G. Gaston Motel, Booker T. Washington Insurance Company, Booker T. Washington Business College and my favorite, Citizens Federal Savings and Loan Association. My grandmother work for Booker T. Washington Insurance company for many years. I never dreamed I would later work for the same man, but at the bank. Working at the bank was an amazing experience and the beginning of my career in accounting. Dr. Gaston was never in the forefront of the Civil Rights Movement and at times there were disagreement between him and the civil rights leaders, but he supported the movement financially and provided shelter to Dr. Martin Luther King, Jr. and many other civil rights leaders. At the time of his death, Gaston estimated net worth was \$130,000,000. Dr. Gaston's success derived from his beliefs and acting on his words “**Find a need and fill it**”.

www.wikipedia.org

African-American's First

W. E. B. Du Bois – earned a doctorate degree from Harvard University

Hattie McDaniel – won Academy Award

Booker T. Washington – displayed on a U. S. Postage Stamp

Mae Jemison – woman astronaut

Venus Williams – ranked #1 in tennis

Sheila Johnson – woman billionaire

Barack Obama – became President of the United States of America

CONTACT US

Carla "The Truth" Youngblood
P. O. Box 11870
Birmingham, AL 35202
thetruthy@gmail.com
www.KeepYouLaughing.com



FINANCIAL UPDATE

Valentine's Day on a Budget

- 1. Forgo technology for the day**
Devote your attention to your significant other
- 2. Have a meaningful conversation**
Share your dreams and remember great memories
- 3. Do your sweetheart chores**
Do something they have been asking you to do
- 4. Give them a voucher for a nice deed from you**
A promise to do something special for them
- 5. Say "I Love You"**
Say it all day...no purchased gift can compare
- 6. Write a heartfelt love letter**
Go all in...don't be shy
- 7. Have a picnic**
Skip the restaurant and create a picnic at home

<https://www.wikihow.com/Make-Valentine%27s-Day-Special-on-a-Budget>

"When someone shows you who they are, believe them the first time"

-Maya Angelou

JOKE OF THE MONTH

Q. How did the phone propose to his girlfriend on Valentine's day?

A. He gave her a ring.

-Readers Digest

Upcoming Events

February 25th – Michael McDonald – Alys Stephens Center

March 3rd – Brent Cobb – Workplay

March 10th – Charlie Wilson – BJCC Legacy Arena

March 11th – Graham Nash – Lyric Theatre

March 16th – Ron White – Alabama Theatre

More & Less: A monthly Challenge

by Alex Abelin

<https://medium.com/@alexabelin/more-less-my-2017-monthly-challenge-3c4854968a62>

The more and less challenge is an experiment about commitment. It is an experiment about pattern making and pattern breaking. Each month you choose something to start or stop doing for 30 days. The next month you add or subtract something different. See example below:

Jan: alcohol – less

Feb: Social Media – less

Mar: Coffee – less

Apr: Red meat – less

May: Meditation – more

Jun: Sugar – less

Jul: Journaling – more

Aug: Sweat – more

Sept: Spending – less

Oct: Curse words – less

Nov: Good deeds – more

Dec: Vipassana - more