

the TIDBIT

OUR MONTHLY NEWSLETTER

Welcome to the Tidbit, our monthly newsletter highlighting the latest news, healthy living tips, sports tips, recipes and other fun topics you may find interesting. We hope you enjoy reading and maybe even take away a few tidbits to pass on to others!

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Financial Advisors

IN THE NEWS

Back to School: Relearning History

On August 15, 1769, Napoleon Bonaparte was born and with him came the idea of the "Napoleon complex." Or so we've been told. But did you know that Napoleon's height of 1.6 meters is actually just shy of 5 feet, 7 inches in height? That was the average male height at the time, if not a little taller.

This is, however, just one example of the inaccurate historical facts we've been led to believe. Below are a few other "facts" that aren't as true as our history textbooks claimed they were:

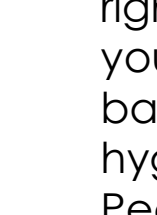
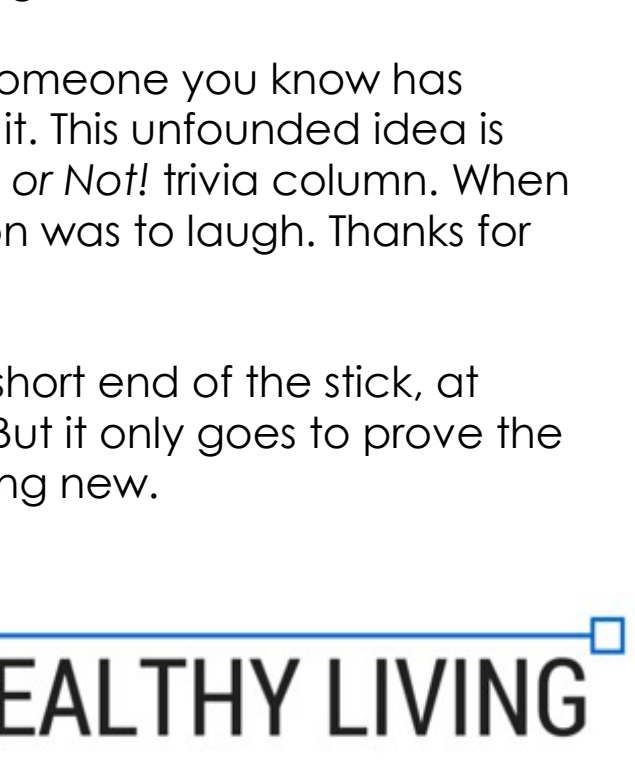
Vincent van Gogh cut off his left ear with a razor blade – Van Gogh never spoke about what caused him to lose an ear. Academics now believe that this was a story spread by Gauguin, van Gogh's friend and rival, after he himself sliced the ear off with a fencing rapier.

Christopher Columbus set sail to prove that the earth was round – It was well known that the earth was round by the time Christopher was born in 15th century Europe. He actually set sail to prove that heading due west was the quickest way to the Far East (something he was spectacularly wrong about, might I add).

Vikings wore horned helmets – Although Viking remains have been found all across Scandinavia, only one helmet has ever been located, and it definitely didn't have horns on it. We can thank Carl Doepler, the costume designer for "Der Ring des Nibelungen" in 1876, for taking liberties with his headwear creations and inadvertently inspiring Halloween costumes for years to come.

Albert Einstein failed math while in school – If you or someone you know has been inspired by this myth, I apologize for debunking it. This unfounded idea is said to have originated from a 1935 Ripley's Believe it or Not! trivia column. When Einstein was shown the article, it's said his only reaction was to laugh. Thanks for rubbing it in, Albert.

Much like Napoleon, it seems we've been given the short end of the stick, at least when it comes to factual historical information. But it only goes to prove the still true truism – you're never too old to learn something new.

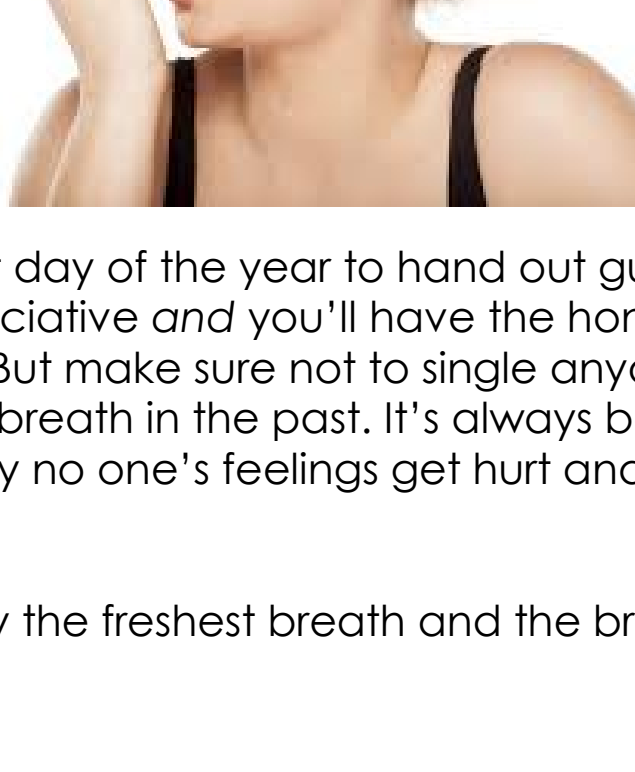


HEALTHY LIVING

Keepin' It Fresh

Let's admit it. We all enjoy eating foods that leave our breath smelling less than desirable. For all the tuna fish sandwich lovers and garlic enthusiasts out there, August 6 should be circled in red on your calendars. That's right – National Fresh Breath Day is on its way.

As you prepare for this much-anticipated holiday (you were anticipating it, right?), it's a good idea to go out and buy some gum, mints or mouthwash. If you're the overachiever type, stock up on all three for a veritable arsenal of bad-breath busters. Use these throughout the day, along with your regular oral hygiene regimen, and you're sure to have the freshest breath imaginable. People might even want to stand close to you after lunch, instead of slowly backing away.



This is also arguably the best day of the year to hand out gum or a mint to others. People will be appreciative and you'll have the honor of fighting the good fight for fresh breath. But make sure not to single anyone out, even if you've dealt with their bad breath in the past. It's always best to spread freshness equitably, that way no one's feelings get hurt and we can all reap the benefits.

We wish you and your family the freshest breath and the brightest smiles this August!

GOING GREEN



Toss In Your Own Tomato Festival

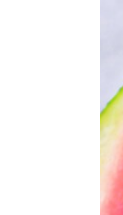
TOMATO FESTIVAL

August is peak season for the versatile tomato. And farmer's markets and small towns all across our nation will be hosting festivals in honor of everyone's favorite veggie-fruit. And whether you fall on the side of U.S. tariff law that says the tomato is a vegetable, or side with the botanical categorization that says tomato is in fact a fruit, chances are you are aware of perhaps the biggest annual tomato festival in the world held in Bunol, Spain. It is called La Tomatina.

What sets this tomato festival apart from all others is the great tomato fight held in the Plaza del Pueblo (town square) on the last Wednesday in August. Up to 20,000 people, armed with 150,000 ripe tomatoes grown specially for the event, spend one hour tossing, smashing, crushing and smearing the vegetables at and on each other. The tradition began in 1945 when two groups of teenagers wanted to brawl in the town square of Bunol. There was a vegetable cart in the square at the time, so they picked up tomatoes and used them as weapons. For many years following, young people in Bunol would gleefully re-enact the fight. It became an official festival in 1957 and a formally sponsored event in 1975.

And if you think the town of Bunol is just one big red mess after the event, you are right. But after the fighting is done, fire trucks hose down the streets surrounding the town square, which is left pristine thanks to the oil and grease cleaning properties of the tomatoes' acidic juices.

So, if you were wondering how to clean off that driveway this summer, you might consider having your own Tomatina festival this last Wednesday in August. At the very least, it could be good clean fun!



RECIPE ROUNDUP

National Watermelon Day

As the youngest generation of Americans head back to school and summer comes to a close, it's normal to want to hang onto the joy of these sweltering, simple months a little longer. And what evokes "sweet summertime" better than picking out a juicy watermelon and sharing it with your family?

National Watermelon Day is August 3, and this is the year to take your celebrations to the next level. You might be thinking, "How could I possibly make watermelon more delicious than it already is?" Well, don't fear – the ideas below are bound to unleash the watermelon wizard in you.

Watermelon Fruit Basket – All you'll need for this is a watermelon, a knife, assorted fresh fruit of your choice and a certain flair for the artistic (but not much of one, thankfully). A quick Google search can provide you with every basket pattern imaginable.

Salted Watermelon – Some of us have been doing this for years, while others might turn up their nose at the idea. If you're just now jumping on the bandwagon, expect a surprisingly sweet and savory treat.

Drinks – Whether you prefer yours alcoholic or nonalcoholic, there's a refreshing watermelon drink out there for everyone. Seasonal favorites include (but are in no way limited to) watermelon sangria (recipe link below!), watermelon-cucumber juice and jalapeno watermelon limeade.

As August begins, it can be the little things that keep the summertime spirit alive. Getting together with family and friends and enjoying a refreshing treat, even with a new twist, is a great way to make the summer last even longer. However you celebrate National Watermelon Day, the sweetest part of it is sure to be spending time with the ones you love.



Fresh Watermelon Salsa

Ingredients

- 1 personal size watermelon (1 cup of diced watermelon and the watermelon bowl, needed for recipe)
- 1 cup diced cucumbers
- 1 cup diced peppers (any combination of green, orange, yellow or red peppers)
- 1/2 cup chopped cilantro
- 1/2 cup diced onion
- 2 tbsp lime juice
- 1 tbsp chopped jalapenos (optional, add only if you want more heat)
- Salt and black pepper

For directions, [click here](#).



Watermelon Feta Salad w/ Balsamic Reduction

Ingredients

- 1/2 personal watermelon, about 4 cups, cubed
- 4 ounces feta, crumbled
- 1/2 cup basil, in chiffonade
- Sea salt and ground black pepper
- 1/2 lime
- 1/2 cup balsamic vinegar
- 1-2 tbsp coconut sugar
- 1/2 tsp fine sea salt
- 1/2 tsp ground black pepper

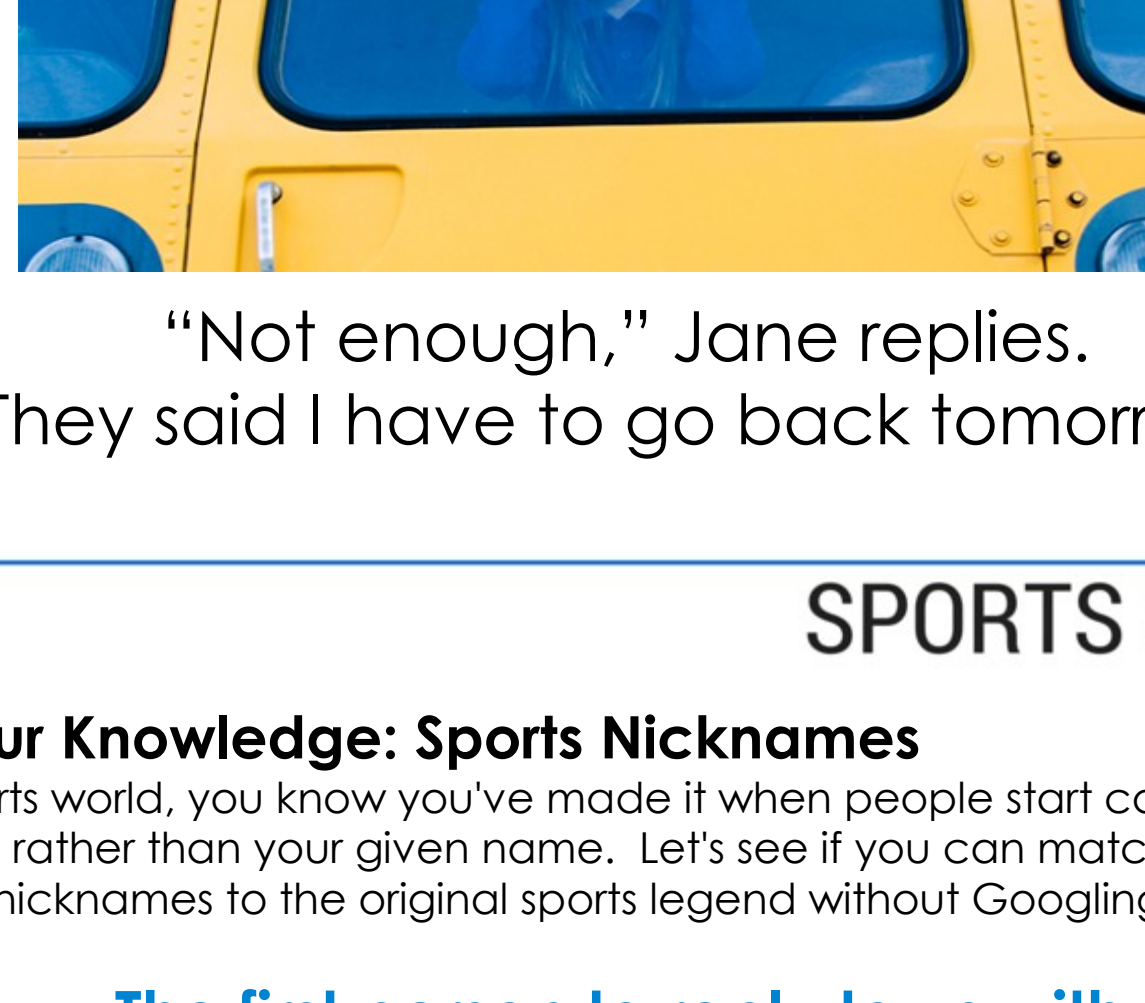
For directions, [click here](#).

Bonus drink recipe:
[Watermelon Sangria](#)

JOKE OF THE DAY



Jane comes home from her first day of school, and her mother asks, "What did you learn today?"



"Not enough," Jane replies.
"They said I have to go back tomorrow."



SPORTS CENTER

Test Your Knowledge: Sports Nicknames

In the sports world, you know you've made it when people start calling you by a nickname rather than your given name. Let's see if you can match all the following nicknames to the original sports legends without Googling them!

The first person to reply to us with all correct answers will win a \$25 gift card!

Football Nicknames

- Prime Time
- Bus
- Minister of Defense
- Refrigerator
- Rocket
- Too Tall
- Galloping Ghost
- Sweetness
- Mead Joe
- Broadway Joe
- Crazy Legs
- Megatron

Baseball Nicknames

- The Georgia Peach
- Moonlight
- Oil Can
- Scooter
- Mr. October
- Babe
- Spaceman
- The Flying Dutchman
- The Bird
- The Man
- The Splendid Splinter
- Charlie Hustle

Basketball Nicknames

- Silk
- Black Mamba
- The Mailman
- Chocolate Thunder
- The Big Dipper
- Iceman
- The Worm
- The Dream
- The Admiral
- Mr. Clutch
- Dr. Dunkenstein
- The Doctor

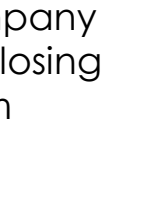
Other Nicknames

- g. Walter Payton
- d. Joe Namath
- l. Deion Sanders
- i. Red Grange
- a. Jerome Bettis
- b. Reggie White
- f. Elroy Hirsch
- h. Calvin Johnson
- k. William Perry
- c. Joe Greene
- e. Ed Jones
- j. Raghbi Ismail

Other Nicknames

- b. Jerry West
- k. Hakeem Olajuwon
- j. Darrell Griffith
- a. Darryl Dawkins
- h. Kobe Bryant
- d. Wilt Chamberlain
- i. Julius Eving
- l. Karl Malone
- c. George Gervin
- g. David Robinson
- e. Dennis Rodman
- f. Jamaal Wilkes

TECH TALK



Five Ways to Stay Secure Online

Every year, there are certain things we should do at least once to ensure that our financial lives stay on track. These are things like filing your taxes or reviewing your estate and financial plans. As we head toward the middle of the third quarter, consider steps to take in the digital realm, as well, so you don't become like one of the more than 17.6 million Americans who fell prey to identity theft in 2014, according to the Bureau of Justice Statistics. Here are five ways to keep your information safe online, recommended by the Federal Trade Commission:

Be aware of scams | Never give out your information over the internet, phone or by mail, unless you're sure about who will be receiving it. If you receive an email from a company and you're not sure if it's legitimate, double-check the validity of the company by closing the email, opening a new browser, typing in their web address and contacting them through their customer service.



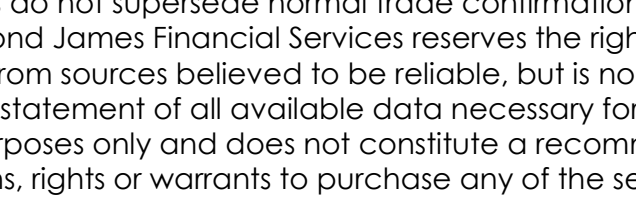
Dispose of your personal information privately | Be sure to securely shred or delete sensitive documents and information. Wiping your retired electronics of all information before you dispose of them can also help prevent identity fraud.

Get creative with passwords | Create a strong password using more than six characters, a mix of letters and numbers, and both upper and lowercase letters. Avoid using your pet's name, date of birth or other personal information.

Secure your browser | If you want to make sure your browser is secure, look for "https" at the beginning of the web address (the "s" stands for "secure"). Only access your accounts using networks and computers that you know are safe.

Stay sly on social media | Take a look at your privacy settings on each site and enact privacy measures you're comfortable with. Consider not posting your date of birth or full name in a public online forum, and consider limiting who can view your profiles.

These five steps will get you started to maintaining and protecting your private information online. Go even further by visiting www.consumer.ftc.gov to learn more about safeguarding your digital life.



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