

# 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!

**Todd Carden, CFP®**

**Barry Hill**

Financial Advisors

## IN THE NEWS

### Celebrating an Important Man in Your Life

Sunday, June 19<sup>th</sup> marks Father's Day here in the US. The celebration honors fathers, fatherhood and paternal bonds, as well as the influence these men have on their children and our communities. The holiday was first introduced to Congress in 1913 but didn't gain recognition until 1966 when Lyndon B. Johnson issued the first presidential proclamation honoring fathers. It became a permanent national holiday six years later when President Richard Nixon signed it into law.

Of course, Father's Day isn't a uniquely American tradition. Many other countries celebrate men and fatherhood throughout the year. Italy's Festa del Papa, for example, takes place March 19, along with Portugal's Dia do Pai and Spain's Dia del Padre. However, the third Sunday in June is by far the most popular, with at least 70 countries marking the occasion on the same day.

We hope this year you have an opportunity to spend time with your father or another influential man in your life. However you choose to celebrate, we hope you enjoy your day.



## HEALTHY LIVING

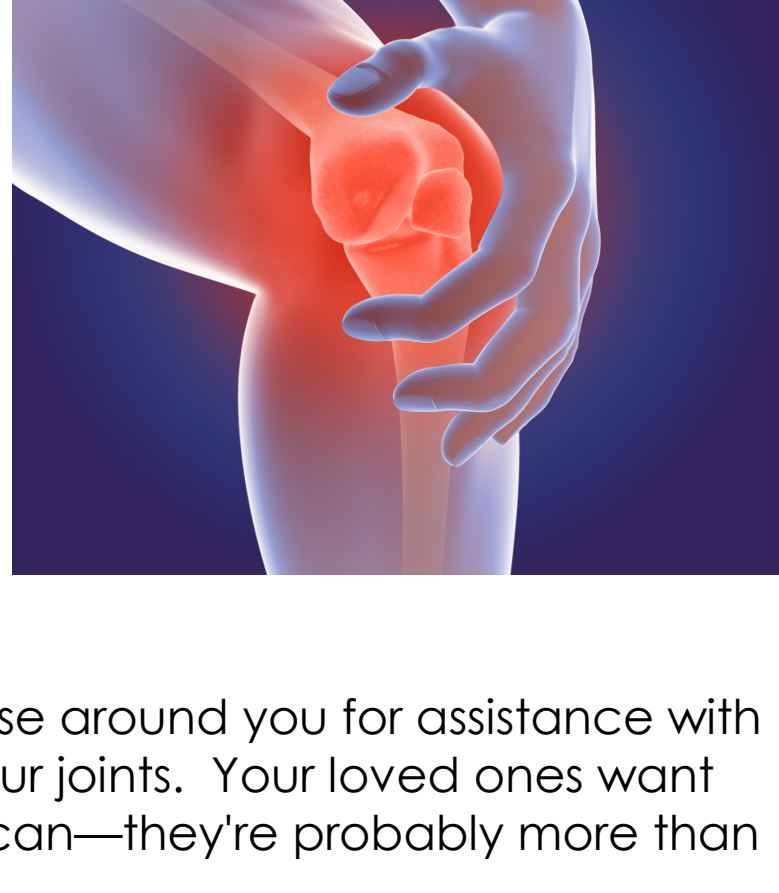
### Protect Your Joints

You never know how much you use your joints until they start aching, or even worse—you're diagnosed with arthritis. But there are many simple ways to prevent arthritis and alleviate joint pain in your everyday routine. Here are just a few:

**Keep moving:** a sedentary lifestyle only encourages arthritis. Get moving and using your joints to keep them agile.

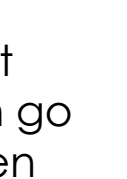
**Discover your strengths:** some of your joints will be stronger than others, so use those to your advantage. For example, if your hand or finger joints ache, use your shoulder or elbow to push open a heavy door.

**Use adaptive aids:** nowadays, you can find just about anything on the Internet, including jar openers, back scratchers and other labor-saving tools. Use these tools to your advantage to alleviate stress on your joints.



**Ask for help:** don't be afraid to ask those around you for assistance with tasks that put unnecessary strain on your joints. Your loved ones want you to stay healthy for as long as you can—they're probably more than willing to assist you.

## GOING GREEN



### Go Green for June

There are many reasons to "go green", and we came across an article that showcases many reasons beautifully! Click below for a list of ways you can go green in your life and the short- and long-term effects of getting into a green habit.

#### Green Tips for June



## RECIPE ROUNDUP

### Take Your Hot Dogs Seriously

With the arrival of summer at 6:34 a.m. ET on June 20 also comes the beginning of one of the tastiest times of the year – hot dog eating season. The quintessential American entrée is synonymous with summertime. And whether you intend to ingest your favorite frank directly from your backyard grill, at a baseball game or from your local street corner vendor, there are certain rules you must abide by to be a true hot dog aficionado. The National Hot Dog and Sausage Council, which actually exists, stands by these very real rules of hot dog eating etiquette.

First of all, you must know that it is two words – hot dog. A hotdog is someone who shows off, and that is simply poor etiquette.

Secondly, condiments should be applied in the proper order: wet condiments like mustard and chili go first, followed by chunky condiments like relish, onions, sauerkraut, and cheese (shredded only) and then spices. Ketchup is unacceptable, unless you are under the age of 18.

You should take no more than five bites to eat a hot dog, seven bites if it is a footlong. Any less than that and you are a glutton. Any more and you are just showing off with your delicious redhot, which we have already established is poor etiquette.

And if you are wondering what wine goes best with your bunned, steaming cylinder of savory goodness, then just stop. Because beer, soda, lemonade or iced tea are the only appropriate beverage accompaniments. You can have wine with your hot dog, sure, but only if you want to show off. Tsk-tsk.

But the one true rule of eating hot dogs that trumps all these is this: Forget what anybody or any national council says, because there is no wrong way to enjoy a great summertime hot dog.



#### Hawaiian Dogs

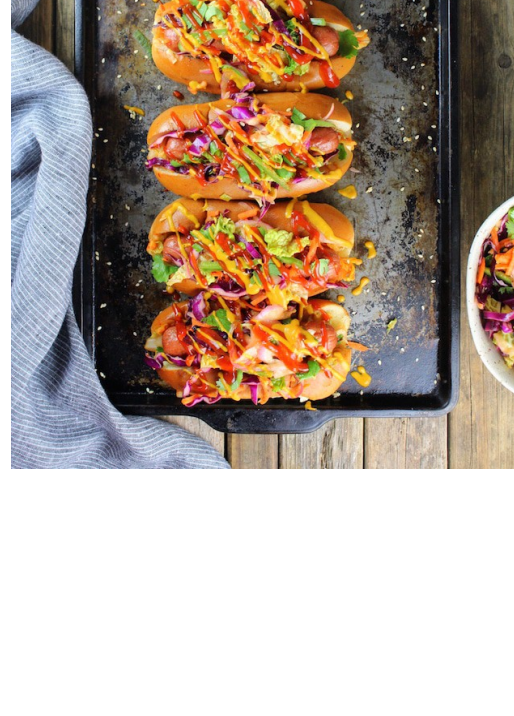
##### Ingredients

½ pineapple, sliced into ¼ inch thick rounds  
1 teaspoon grape seed oil  
½ teaspoon cayenne pepper  
8 hot dogs - I used Grimm's smokies  
8 hot dog buns

##### For the teriyaki mayo:

¼ cup mayonnaise  
3 Tablespoons teriyaki sauce  
½ Tablespoon lime juice  
Pinch of salt

For directions, [click here](#).



#### Korean Slaw Dog

##### Ingredients

8 all-beef hot dogs  
8 top sliced buns  
16 ounces your favorite store-bought Kimchi

##### For the slaw dressing:

½ cup rice vinegar  
1 Tablespoon chili sauce  
3 Tablespoons light brown sugar  
2 Tablespoons Dijon mustard  
1/3 cup extra virgin olive oil  
½ teaspoon salt and pepper  
1 teaspoon sesame oil

##### For the slaw:

2 Tablespoons sesame seeds  
½ head purple cabbage  
½ head savoy cabbage  
2 large carrots  
1 Tablespoon minced fresh ginger  
3 jalapeño peppers (remove seeds and veins)  
1/2 red onion, thinly sliced

For directions, [click here](#).

Bonus recipe for your fries:

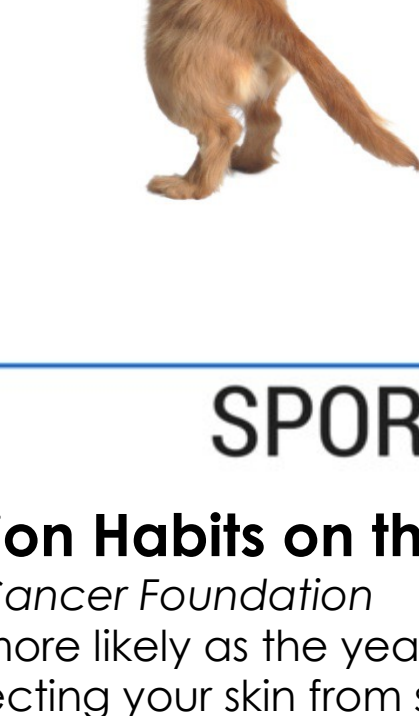
[Fry Sauce](#)

## JOKE OF THE DAY



What do you call a dog in the wintertime?

**A Chili dog.**



## SPORTS CENTER

### For(e)ging Good Sun Protection Habits on the Golf Course

Exerpts from *Sun & Skin News*, *The Skin Cancer Foundation*

For avid golfers, skin cancer becomes more likely as the years (and games) go by. But it's never too late to begin protecting your skin from sun damage while still aiming for a hole-in-one. Here are some tips found in *Sun & Skin* news, from The Skin Cancer Foundation.

#### Take Advantage of Those Twilight Deals

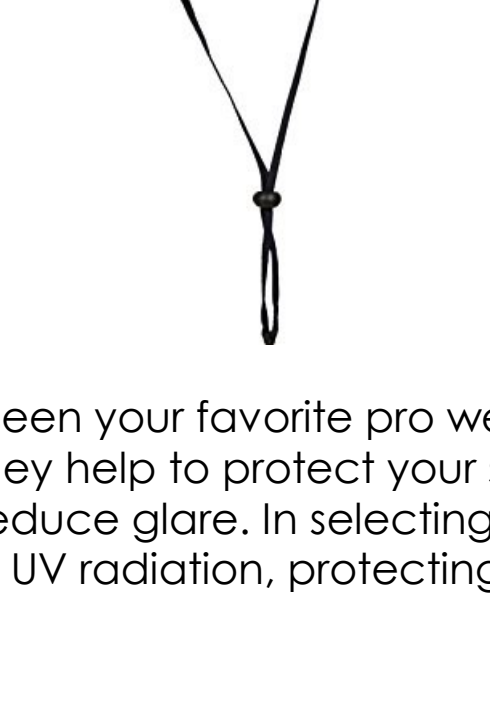
Whenever possible, schedule your rounds very early in the morning or late in the afternoon when the sun is less intense. Many golf courses offer discounted rates for late tee-off times so you'll be helping your skin and your wallet!

#### Seek the Shade

While trees may not be your friend on the course, there are other structures you can use for shade to give your skin a much-needed break from dangerous UV rays. There are covers that can be placed on golf carts and umbrellas that are specially designed for UV protection.

#### Wear A Hat

While we typically recommend a wide-brimmed hat for maximum sun protection, we recognize this isn't the most practical option on a golf course. Baseball caps and visors, however, are good options which will stay in place and provide coverage to your face. Be sure to cover your ears and neck with sunscreen as these areas are still exposed.



#### Protect Your Eyes

If you follow any PGA tournaments, you've likely seen your favorite pro wearing sunglasses at one point or another. Not only do they help to protect your skin, but some players say they improve visibility and reduce glare. In selecting a pair, look for one that will block 99-100 percent of UV radiation, protecting the eye, eyelid and surrounding areas.

## TECH TALK



### Protect Your Investor Access Account Times Two

Investor Access is a free, secure online portal designed to help you stay informed about your accounts' performance, check for recent correspondence, and process financial transactions. Although the website is already secure and requires you to enter your username and password to log in, Investor Access has created a new enhancement, adding another level of protection: two-factor authentication.

The latest release of Investor Access, released on May 20<sup>th</sup>, requires that all new Investor Access enrollments will be required to use Enhanced Authentication, also known as two-factor authentication.

A common requirement of client websites for banks, healthcare services, email providers and others, Enhanced Authentication helps protect clients by adding another layer of security at login. It uses a one-time message code or voice call to replace the challenge question. Login activities that would normally trigger a challenge question (for example, a different device or IP address) will prompt you to enter a code sent to your phone via text or voice call.

If you already have an Investor Access account, two-factor authentication is not required but encouraged. Simply call our office or email Kaleigh to turn on two-factor authentication for your account.



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