

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, RJFS

IN THE NEWS

A Word About Words

We build our lives around the power of words, and we always have. They're the foundation of our interactions with friends, family and clients. They keep us connected to others, help us express the right sentiment or show our gratitude. Words, and what they help us achieve, will never lose their importance. And while words maintain their prominence, the dictionary was forced to evolve to stay relevant.

National Dictionary Day is celebrated on Noah Webster's birthday, October 16. He's the teacher who compiled the first American dictionary so that we didn't have to, an undertaking that's definitely worthy of a holiday. This is a great day to revisit the vocabulary that defines our lives and catch up on Merriam-Webster's 2014 additions – among them fracking, tweep and turducken.

To help you stay hip to the jive in this fast-paced world, here are a few of the over 150 new additions to the dictionary that you should know. Use some of these in daily conversations and you're sure to impress (and obfuscate) your colleagues:

Freegan [frē-gən] – *noun*; an activist who scavenges for free food (as in waste receptacles at stores and restaurants) as a means of reducing consumption of resources: "I love that she's a freegan – it keeps dinnertime exciting!"

Pho [fə, 'fɔ] – *noun*; a soup made of beef or chicken broth and rice noodles: "If you've never had pho before, then you can pho-get about hanging out with me."

Selfie [sel-fē] – *noun*; an image of oneself taken by oneself using a digital camera especially for posting on social networks: "But first, let me take a selfie."

Turducken [tɜr-'dæ-kən] – *noun*; a boneless chicken stuffed into a boneless duck stuffed into a boneless turkey: "If you think eating three kinds of fowl is foul, then you clearly haven't had turducken."

Celebrating Dictionary Day is easy: find a word that you like and use it. If you want to go the extra step, choose a dictionary website (or app) and sign up for their Word of the Day emails. Learning new words not only keeps our minds (and Scrabble skills) sharp, it helps us stay connected to the world and the people around us.

We're happy to share words with you anytime, whether it's over email, phone or in person.



HEALTHY LIVING

Say Hello to Your Inner Hermit

We all have those days when shutting the front door and curling up in bed seems preferable to, well, just about everything. True hermits, of course, seclude themselves from society as much as possible. While we believe voluntary seclusion can soothe the soul, we're not advocating that we all pull a Thoreau and run away to the woods (lions, tigers and no toilet paper – oh my!). But we can learn a thing or two from the hermit lifestyle.

With National Hermit Day falling at the end of this month, October is the perfect time to indulge in your inner recluse:

Turn off your cellphone – Forgo sports updates, friend requests and work emails for a few hours. The world will continue without you (probably).

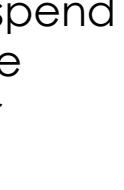
Read a good book – How long has it been since you've immersed yourself in someone else's life and taken a break from your own? Plus, this one could be in outer space or ancient Egypt. No complaints there.

Prepare a meal – Make your favorite dish and set the table for one. Candles optional.

Go to bed early – Netflix and surfing the web can make an insomniac out of the best of us. Retire early, and you'll be ready for tomorrow.

The technological world we live in doesn't always leave us time for ourselves, especially with a career, family and friends to juggle. And while hermit-hood is usually a lifelong pursuit, it doesn't have to be. Taking a few hours of "just me" time can help you face the world again.

GOING GREEN

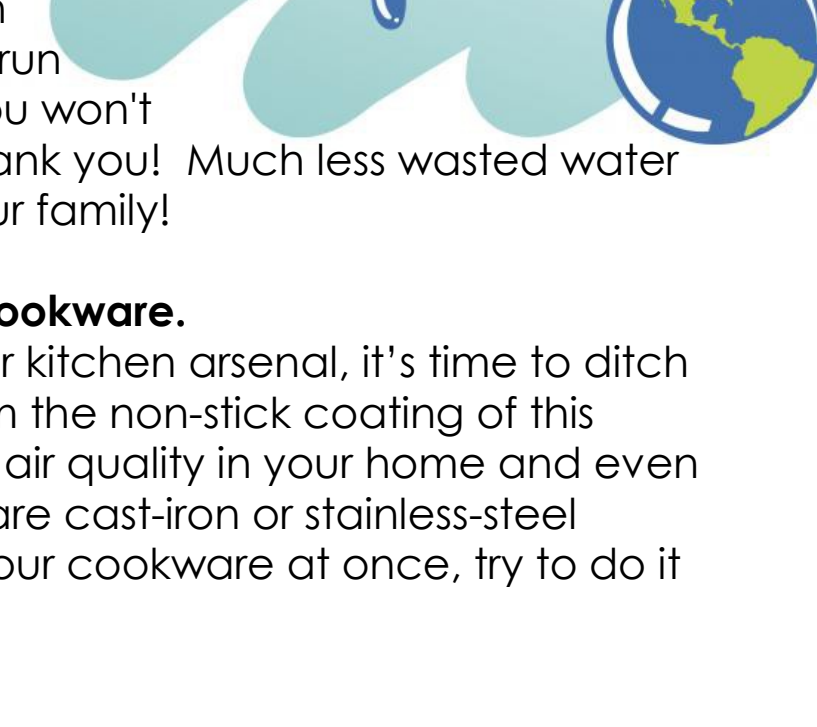


Green Living in the Kitchen

The kitchen has been called the "heart" of the home, but did you know the kitchen is the least "green" room out of any other room in the home? We spend a lot of time in the kitchen—cooking, cleaning, eating on the go—and if we made just a few minor changes to the way we do things in the heart of our home, we could make a huge impact on the environment.

Filter your water.

Rather than constantly buying plastic bottles and jugs of water, why not purchase a filtration system and drink water straight from the tap? This not only helps save the planet by reducing the plastic in our landfills, it also saves you money in the long run!



Only run your dishwasher when it's full.

We've all done it—there's a few glasses and plates in the dishwasher so we turn it on before bed and wake up the next morning to clean dishes. We clear it out and a few days later run it again at half-full. If you wait until it's full, you won't have to run it as often and the planet will thank you! Much less wasted water that way, and even a lower water bill for your family!

Bonus tip from HGTV: "Replace your Teflon cookware.

If you have any non-stick or PTFE pans in your kitchen arsenal, it's time to ditch them. At high temperatures, toxic fumes from the non-stick coating of this cookware are released that might harm the air quality in your home and even the health of your pets. Your safest choices are cast-iron or stainless-steel cookware. Even if you can't replace all of your cookware at once, try to do it over a period of time."

RECIPE ROUNDUP

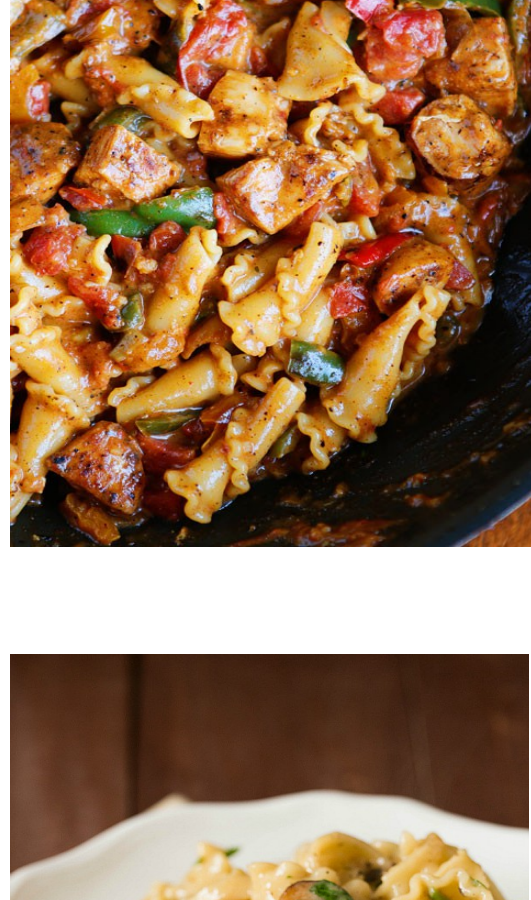
Pass the Pasta, Please!

Pasta. For some it's a meal, a lifestyle, an obsession. For those who shun gluten or carbs, it may be a temptation or a curse. Regardless, this pantry staple is more than wet noodles.

To create the perfect al dente fettuccine or the delicate resistance of well-turned-out gnocchi, it all starts with the simple process of mixing unleavened dough with water. From there, noodles can be made into a variety of shapes that complement just about any sauce or flavor. The Chinese knew it more than 7,000 years ago, and the Italians have since perfected the humble dish.

In fact, Thomas Jefferson was so enthralled with macaroni while in Naples, he ordered crates and a pasta-making machine sent back to the States. Say what you will about his myriad accomplishments, but introducing macaroni to the United States makes him our favorite founding father (at least for World Pasta Day!).

So on October 25, as World Pasta Day rolls around again, gather the pasta lovers in your life, break open a box of your favorite noodle (or make your own) and let your worries simmer away. In a world where there are pasta alternatives to suit just about everyone, it should be easy to fill your table as well as your guests' bellies.



Chicken Fajita Pasta

Ingredients
2 tablespoons olive oil
1 pound boneless, skinless chicken breasts
1 envelope (3 tablespoons) taco or fajita seasoning
2 cups diced onion (about 1 whole onion)
2 cups diced bell peppers (2-3 bell peppers)
3-4 cloves garlic, minced
2 cups low-sodium chicken broth
½ cup heavy cream
1 (10-oz) can Ro-Tel Diced Tomatoes and Green Chiles
8 oz (about 3 cups) penne pasta
½ teaspoon salt

For directions, [click here](#).



Creamy Mushroom Fontina Pasta

Ingredients
10 ounces dried wide pasta
½ cup unsalted butter, divided
20 ounces cremini mushrooms, sliced
½ cup finely chopped shallots (about 2 large shallots)
½ cup dry white wine
1 teaspoon salt
8 ounces Fontina cheese, diced small
½ cup chopped parsley
Salt and freshly ground pepper, to taste

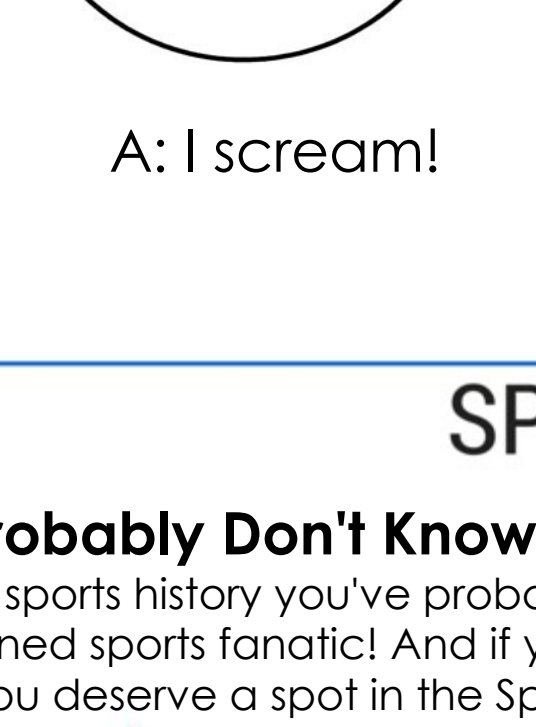
For directions, [click here](#).

Bonus recipe for dipping:
[Easy Cheesy Garlic Bread](#)

JOKE OF THE DAY



Q: What kind of dessert does a ghost like?

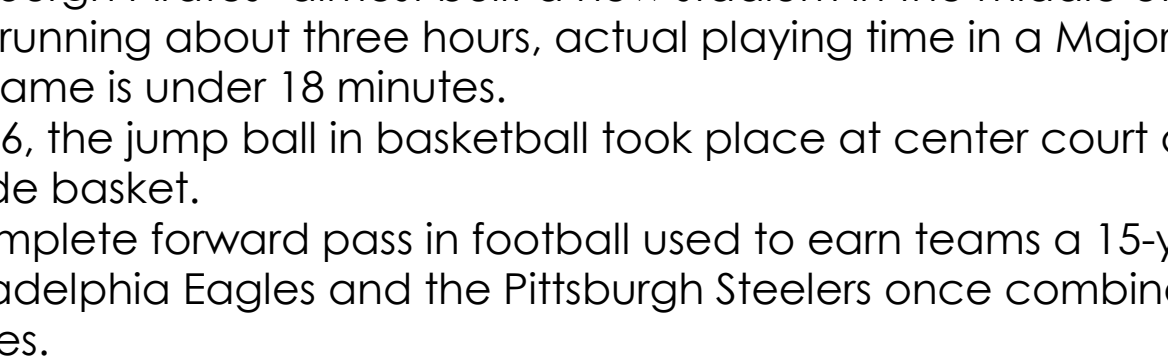


A: I scream!

SPORTS CENTER

13 Sports Fact You Probably Don't Know

We've found 13 facts about sports history you've probably never heard—if you did, you're a pretty well-learned sports fanatic! And if you already knew more than 10 of them, we'd say you deserve a spot in the Sports Hall of Fame!



1. NFL refs also receive Super Bowl rings.
2. The volleyball comes from a built a new stadium.
3. The Pittsburgh Pirates' almost built a new stadium in the middle of a river.
4. Despite running about three hours, actual playing time in a Major League Baseball game is under 18 minutes.
5. Until 1936, the jump ball in basketball took place at center court after every single made basket.
6. An incomplete forward pass in football used to earn teams a 15-yard penalty.
7. The Philadelphia Eagles and the Pittsburgh Steelers once combined to form the Steagles.
8. Olympic gold medals are actually made of silver.
9. Japanese golfers carry holly-in-one insurance.
10. Former MLB catcher Harry Chiti was the first player ever to be traded for himself.
11. The word "Soccer" is an 1800s slang term.
12. Every ball used in Major League Baseball is dirty.
13. There has never been a documented perfect March Madness bracket.

Facts via [Huffington Post](#)

TECH TALK

Investor Access Updates are Coming Soon

As part of their ongoing efforts to improve your online experience, Raymond James will update the look, feel and functionality of Investor Access this fall.

Some of the enhancements include:

- Increased emphasis on account balances
- New reporting and charting capabilities
- New viewing options allowing you to control what you see and how you see it
- Responsive design, meaning it will look great and work well on any device
- Investor Access will be renamed Client Access

We hope these changes will help you to more easily view and access the information you want and improve your overall experience with the site.

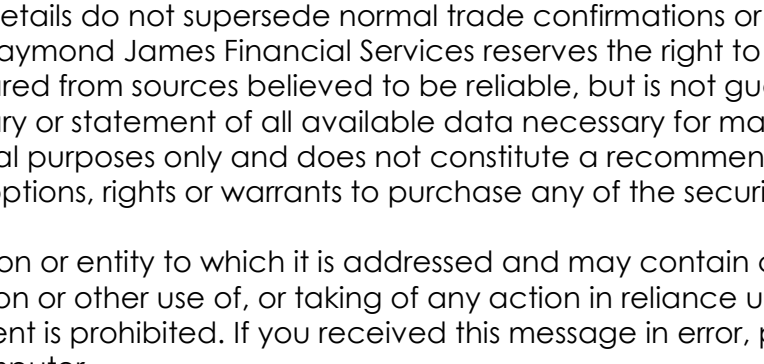
Learn more about the upcoming changes [here](#), and feel free to reach out should you have any questions or concerns.



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Todd Carden, MBA, CFP®, Branch Manager, Financial Advisor, RJFS
Barry Hill, Financial Advisor, RJFS



Stonebridge Wealth Management
306 4th Avenue SE
Decatur, AL 35601
www.raymondjames.com/stonebridge
(256) 301-9770

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