

# the TIDBIT

## OUR MONTHLY NEWSLETTER

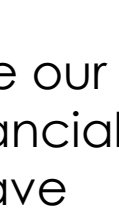
Welcome to the Tidbit, our monthly newsletter highlighting the latest news, healthy living tips, sports tips, recipes and other fun topics you may find interesting. We hope you enjoy reading and maybe even take away a few tidbits to pass on to others!

**Todd Carden, CFP®**

**Barry Hill**

Financial Advisors

## IN THE NEWS



### A Brand New Year

Here we are, a brand new year. For us, this is always an exciting time. We get the chance to take a look our lives life in a whole new light. We suspect most of us do. We dream new dreams, reaffirm old values, draw closer to our loved ones and work toward even grander goals.

With this sentiment in mind, please know that our team will continue our goal of providing you with the highest level of attention to your financial planning needs. As always, we're here to help – especially if you have any resolutions that could use a careful eye toward your overall financial plan.

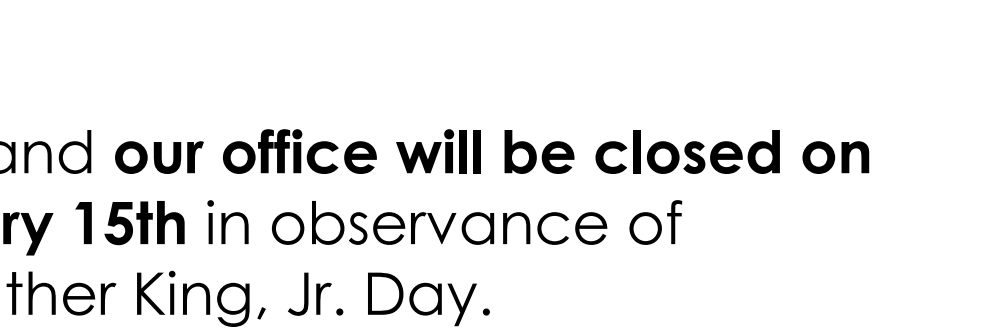
Here's to plenty of health, wealth and happiness in 2018.

# HAPPY NEW YEAR

## Thanks for your Generosity!

We cannot express enough thanks to those who donated to our Toys for Tots\* drive. Because of your generosity, 52 children will have a brand new toy to open on Christmas! Thank you for spreading immeasurable joy and hope this holiday season.

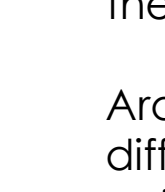
\*Raymond James is not affiliated with the Toys for Tots organization.



The financial markets and **our office will be closed on Monday, January 15th** in observance of

Martin Luther King, Jr. Day.

You can, of course, access your account(s) using [Raymond James Investor Access](#) at any time, year-round.



## HEALTHY LIVING

### Of Clean Slates and Full Plates

For many of us, ringing in a new year means watching the Times Square ball drop on Dec. 31 with a champagne flute in hand and a kiss on the lips for a loved one. "Auld Lang Syne" might echo through the night, accompanied by all sorts of noisemakers. Next come our New Year's resolutions, which may fall by the wayside sometime in January.

Around the world, people bid the old year farewell and welcome the new with different customs and even on different days. The Chinese New Year, which coincides with the first new moon of the first lunar month, is celebrated with special foods, a family reunion dinner, new clothes and a thorough house cleaning. Jewish families celebrate Rosh Hashanah, two holy days of atonement and forgiveness. A ram's horn trumpet, known as a shofar, helps mark the festive and introspective occasion, which usually falls in late September-early October. Of course, other countries' traditions are as varied as the countries themselves. Indonesia celebrates twice, on January 1 and the Islamic New Year, whose date varies from year to year. And, many Eastern Orthodox churches observe New Year's Day according to the Julian calendar, which falls on January 14.



The food varies, too. Many of the dishes are associated with luck and good fortune. Spanish revelers enjoy 12 grapes at midnight to bring luck for each month of the year. Cooked greens can be found on tables around the world because their green leaves represent money and economic fortune. Legumes resembling coins can be found in Southern kitchens, as well as Italian, German, Brazilian and Japanese New Year's celebrations. Pork signifies progress, wealth and prosperity and is often served as part of the New Year's meal in Cuba, Spain, Portugal, Hungary, Austria, Italy and the United States. Fish dishes also make an appearance on just about every continent. And let's not forget dessert! Cakes, doughnuts and other baked goods bring hopes of a sweet life and often conceal a trinket or coin. Whoever gets the surprise can expect good fortune in the coming year.

However you choose to celebrate this New Year's, we wish you good health and prosperity in the year to come.

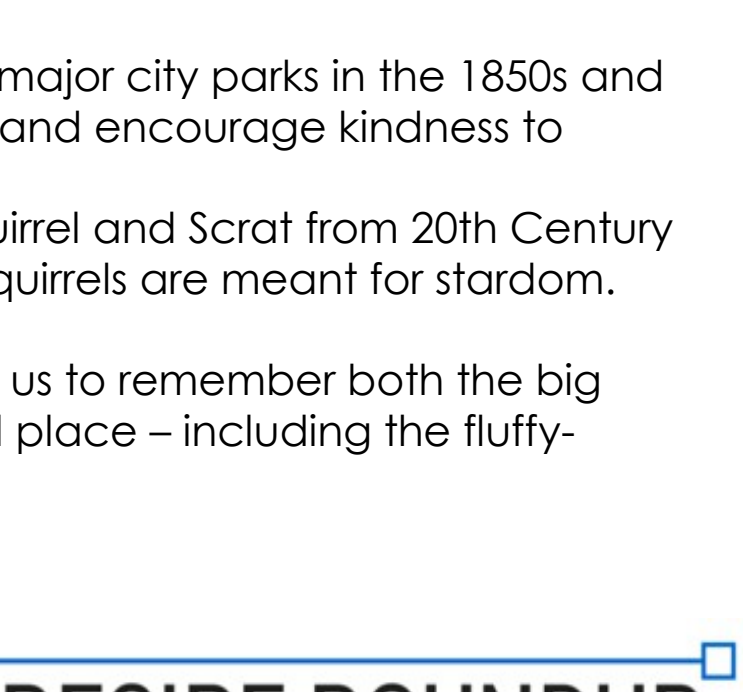
## GOING GREEN



### A Squirrelly Holiday

The holiday season usually reminds us of all we have to be grateful for. From family and friends to having a place we call home, a fulfilling career, hobbies and more – the list is long for many of us. But we're guessing it doesn't include squirrels.

That's not the case for Christy Hargrove a wildlife rehabilitator from Asheville, North Carolina. Hargrove recognized the untapped potential of scampering squirrels and decided the feisty rodents needed a holiday of their own. Her efforts prompted the creation of National Squirrel Appreciation Day, January 21, back in 2001.



Yes, there are broader, more inclusive holidays out there, but if we're making a point to appreciate the world around us perhaps that should include squirrels.

Here are a few reasons why:

- Squirrels can be found on every continent except Antarctica and Australia.
- Aside from their fondness for nuts, many squirrels also eat small insects, tree bark, roots, leaves and acorns. They are also one of the few wild animal species that will eat from a person's hand.
- To get from tree to tree or from a tree to the ground, flying squirrels spread the muscle membrane between their legs and body and glide on the air.
- Squirrels have four teeth in the front of their mouth that are constantly growing. This ensures that their teeth don't wear down to nubs from gnawing on nuts and other objects.
- Humans introduced squirrels into most of our major city parks in the 1850s and '60s as a way to bring nature to city dwellers and encourage kindness to animals.
- With famous squirrels like Rocky the Flying Squirrel and Scrat from 20th Century Fox's "Ice Age" movies, it seems that some squirrels are meant for stardom.

As we begin a new year, it's important for all of us to remember both the big and little things that make our world a beautiful place – including the fluffy-tailed squirrel.



## RECIPE ROUNDUP

### Some Like it Hot. Very Hot.

It may be an "unofficial" holiday, but January 16 marks International Hot & Spicy Food Day. What better way to ward off the chill than some belly-warming spice to tempt the tongue and banish any vestiges left of your winter cold?

There are a number of spices from around the world to make your mouth drool (and perhaps your eyes water), but it seems Sriracha is having a moment. Once only a mainstay on Asian tables, the chili-garlic paste can now be found in homes across America and on the International Space Station. Subway introduced a chicken sandwich that features the Thai-inspired hot sauce; Lay's offers a potato chip. Not long ago, a Sriracha factory in California made the news after residents asked to shut it down because of the pungent fumes from the chilies. Fears of a potential shortage caused some to consider hoarding the stuff. Festivals and films have sprung up in homage. There are even Sriracha candy canes to spice up the holidays.

If the red rooster hot sauce isn't your thing, perhaps try a recipe that features curry, wasabi, hot peppers, harissa, salsa, mole, Tabasco or any number of other hot and spicy flavors. One caveat though, a little of these seasonings can go a long way. Add just enough to your meal to kick it up a notch or two – not scar your taste buds for life. And keep a glass of milk or beer nearby just in case.

#### One Pot Spicy Cajun Chicken & Rice

##### Ingredients

- 4 boneless skinless chicken breasts
- 4-5 tsp Cajun seasoning, divided
- 1 cup rice (uncooked)
- 2 1/4 cups low sodium chicken broth
- 1 whole bell pepper
- roughly chopped cilantro

##### Homemade Cajun Seasoning:

- 1 tsp salt
- 1 tsp garlic powder
- 1 1/2 tsp pepper
- 1/2 tsp onion salt
- 1/2 tsp cayenne pepper
- heaping 1/2 tsp oregano
- 1/4 tsp red pepper flakes

For directions, [click here](#).

#### Spicy Korean Beef Ramen

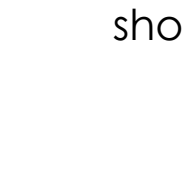
##### Ingredients

- about 1 pound flank steak
- 2 Tbsp oil
- 4 Tbsp gochujang (Korean chili paste)
- 2 Tbsp thinly sliced green onions
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 4 Tbsp minced garlic
- 1 tsp ground ginger
- 3 tsp sesame oil
- 4 tsp sugar
- 2 packages beef ramen, including seasoning
- 1 1/2 cups water
- 1/2 white onion, thinly sliced
- 1/2 cup sliced mushrooms

For directions, [click here](#).

Bonus drink recipe:

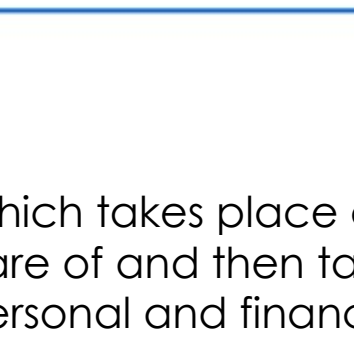
[Spicy Bacon Bloody Mary](#)



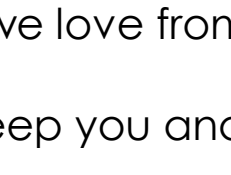
## SPORTS CENTER

### Athletes to Watch at the 2018 Olympic Games

The 2018 Winter Olympic Games are coming up next month and we couldn't be more excited! We've done research on who to watch and found an article that articulates the up-and-comers on the 2018 Games. Read here to see who you should look out for in this year's Games.



PyeongChang 2018



## TECH TALK



### Stay Safe Online

National Data Privacy Day, which takes place on January 28, is a day designated to becoming aware of and then taking the necessary steps to protect the privacy of your personal and financial information. And in this technological age, threats to our security do not always enter through unlocked front doors. Instead, they enter our lives through the steps we haven't taken to protect ourselves and the ones we love from cyber threats.

Here are some simple ways to keep you and your family more secure, both online and off:

- **Change it up.** We all have those passwords that we return to time and time again, hanging onto them for much longer than we should. Instead, find ways to change up your passwords – all of which should include letters, numbers and symbols – or use one of the many password managing services available online.
  - **Shop smart.** Do your best to only shop on sites that have "https" and a padlock icon to the left or right of the URL. Also, try purchasing online solely through your credit card – a credit card company will be more likely to reimburse you for fraudulent charges, should they occur.
  - **Think before you click.** One of the most successful ways for your computer to be infected is through a technique called "phishing." While there are many ways to phish, the most common begins when someone opens an email attachment that looks legitimate, only to find that it immediately infects their computer. To avoid this kind of hacking, double-check that the emails you're opening are from a known source and avoid clicking on links in messages from people you do not know or vaguely know.
  - **Protect yourself.** The simplest way to protect yourself and your family from online dangers is by using antivirus protection. Antivirus software protects you from viruses that can slow down or crash your computer, destroy your data, or allow spammers to send email through your account. With dozens of services out there, some free and others not, using one will help your family stay one step ahead of hackers.
- By keeping these strategies in mind as we start 2018, you and your loved ones will be better able to stay safe – both this year and in the many to come.

# 2018

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