

# 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

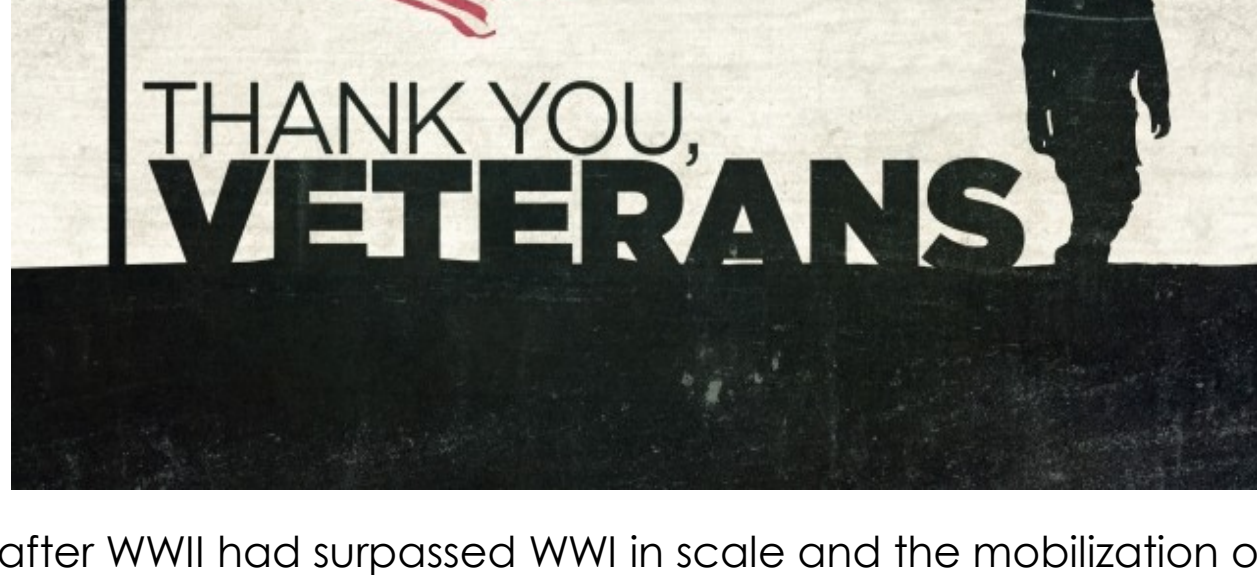
## IN THE NEWS

### Veterans Day Remembrance

The 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month of the year. That's when an armistice – a cessation of hostilities between the allied nations and Germany – marked the beginning of the end of WWI in 1918. This date is the origin of Armistice Day, now known as Veterans Day. Armistice Day was mainly reserved as a time for parades, rest and reflection on the sacrifices of those Americans who fought in the greatest human conflict in history, as well as a time to celebrate the country's dedication to world peace.

That November, President Woodrow Wilson commemorated the country's first Armistice Day with the following words:

To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nation.



In 1954, after WWII had surpassed WWI in scale and the mobilization of troops and resources across all branches of the U.S. military, various veterans service organizations urged Congress to amend the word "Armistice" to "Veterans" in an effort to better honor all veterans who have served the United States of America, regardless of conflict. The tradition of Veterans Day continues today as a way to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for all of us.

On this Veterans Day, which takes place on November 11, we hope you and your loved ones can come together to reflect, honor and celebrate Veterans Day and the individuals whose legacy of service has ensured our freedom.



It's that time of year again! **We're collecting toys at our office for Toys for Tots**, a national program that puts toys in the hands of children who otherwise would have nothing to open on Christmas. **From October 15<sup>th</sup> through December 15<sup>th</sup>, you can drop off brand new, unwrapped toys for any child ages newborn to 12 years at our office in the Toys for Tots bin.** Thanks in advance for helping us make Christmas exciting for underprivileged children in our area!



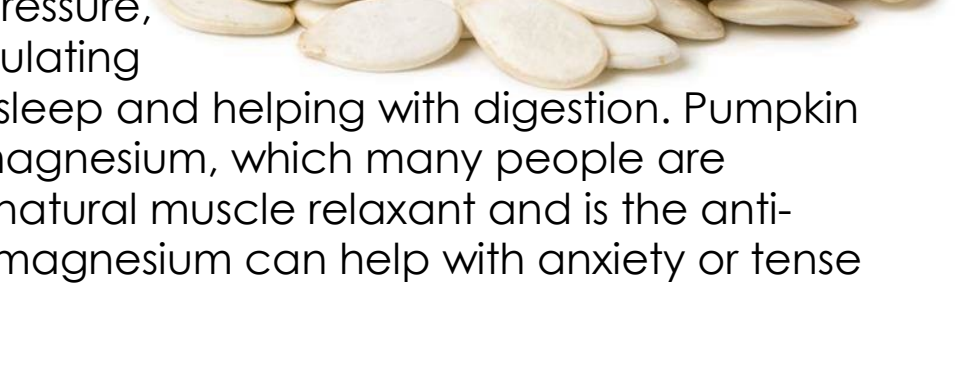
## HEALTHY LIVING

### Pumpkin Seeds: Nutritional Powerhouse

*Excerpt from Health Warrior*

Meet man's new best friend, pumpkin seeds. Also called pepitas, pumpkin seeds are a superfood available year-round and packed with nutrients that can greatly benefit men's health! These seeds are normally dark green in color and oval in shape. They belong to the gourd family and can be found shelled or unshelled. Pepita comes from a Spanish phrase meaning little seed of squash. Pumpkin seeds are found all over the world with the United States being one of the major contributors. Incorporate them into your diet daily to help your body thrive and feel your best.

Pumpkin seeds contain a high amount of mineral support that benefit men and women alike. They are a great source of zinc, magnesium, manganese, phosphorous, copper and iron. They also contain some protein, vitamin E and healthy Omega-3 fats.



The magnesium found in pumpkin seeds can be helpful for managing blood pressure, reducing the risk of heart disease, regulating blood sugar levels, improving quality sleep and helping with digestion. Pumpkin seeds are a great natural source of magnesium, which many people are actually deficient in! Magnesium is a natural muscle relaxant and is the anti-stress mineral. Consuming adequate magnesium can help with anxiety or tense muscles.

Pumpkin seeds also contain Omega-3 fats. Fat is an essential macronutrient that can help you stay full longer and support hormone balance. The antioxidants and Omega-3 fats found in these seeds have also been known to reduce inflammation, which may help protect against disease.

(See our Recipe Roundup section below for some delicious pumpkin recipes!)

## GOING GREEN



### Add Some Green to Your Thanksgiving Feast

Thanksgiving is one of our favorite days of the year—getting together with loved ones, sharing the things you're most thankful for, and of course filling your belly with all the yummy goodies and turkey—but it can also be a wasteful day that affects the environment more than you know. How about trying out these easy tips to reduce waste and have a "green" Thanksgiving!

**1. Use your good plates and cloth napkins.** Disposable dishes and utensils create a lot of waste; why not spend the extra time washing dishes feeling good that you saved some waste?

**2. Prepare less food.** Everybody feels compelled to put a huge turkey in the oven and prepare numerous courses. Choose a smaller bird and skip some of the less-popular dishes to reduce food waste.

**3. Serve tap water.** Bottled water creates plastic waste, isn't safer than tap water, is expensive to buy and is often just tap water in a bottle.



## RECIPE ROUNDUP

### Pumpkins Please

As mentioned in our Healthy Living section above, pumpkins (and especially their seeds) have very high nutritional value—but you know what else they have? Great taste! Here are a few recipes, with pumpkin as the star, that are sure to satisfy your autumn tastebuds.



#### Pumpkin Delight

**Ingredients**  
1 cup flour  
1/2 cup butter softened  
3/4 cup pecans chopped  
8 oz cream cheese softened  
1 cup powdered sugar  
3 cup whipped topping divided  
2 1/2 cup milk  
3 pkgs white chocolate instant pudding mix  
15 oz can pumpkin puree  
1 tsp pumpkin spice

For directions, [click here](#).



#### Creamy Pumpkin Pasta

**Ingredients**  
8 oz whole wheat fettuccine  
1 tbsp unsalted butter  
1 tbsp all-purpose flour  
2 cloves garlic, minced  
2 cups nonfat milk  
1 cup pumpkin puree (not pumpkin pie filling)  
3 oz reduced-fat cream cheese  
1 tbsp chopped fresh sage leaves, divided  
1/2 tsp kosher salt  
1/4 tsp black pepper  
1/8 tsp ground cinnamon  
1/8 tsp ground nutmeg  
Pinch ground cayenne pepper  
1/2 cup grated Parmesan cheese, for serving

For directions, [click here](#).

Bonus drink recipe:  
[Pumpkin White Chocolate](#)

## JOKE OF THE DAY



Q: How do you fix a gourd?



A: With a pumpkin patch.

## TECH TALK



### Investor Access Updates are Here

As part of their ongoing efforts to improve your online experience, Raymond James updated the look, feel and functionality of Investor Access on October 20th.

Some of the enhancements include:

- Investor Access is now Client Access
- Increased emphasis on account balances
- New reporting and charting capabilities
- New view and sorting 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

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



You are receiving this email as a courtesy from your trusted team of advisors: **Todd Carden, MBA, CFP®**, Branch Manager, Financial Advisor, RJFS  
**Barry Hill**, Financial Advisor, RJFS

**STONEBRIDGE**

WEALTH MANAGEMENT

Stonebridge Wealth Management  
306 4th Avenue SE  
Decatur, AL 35601

[www.raymondjames.com/stonebridge](http://www.raymondjames.com/stonebridge)  
(256) 301-9770

Securities offered through Raymond James Financial Services, Inc., Member FINRA/SIPC. Investment Services are offered through Raymond James Financial Services Advisors, Inc. Stonebridge Wealth Management is not a registered broker/dealer, and is independent of Raymond James Financial Services. Links are being provided for information purposes only. Raymond James is not affiliated with and does not endorse, authorize or sponsor any of the listed websites or their respective sponsors. Raymond James is not responsible for the content of any website or the collection or use of information regarding any website's users and/or members. Any opinion of Todd Carden and/or Barry Hill are not necessarily those of Raymond James. All opinions are subject to change without notice. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™, CFPs (with plaque design) and CFP® (with flame design) in the U.S., which it awards to individuals who successfully complete CFP Board's initial and ongoing certification requirements.

Raymond James Financial Services does not accept orders and/or instructions regarding your account by e-mail, voice mail, fax or any alternate method. Transactional details do not supersede normal trade confirmations or statements. E-mail sent through the Internet is not secure or confidential. Raymond James Financial Services reserves the right to monitor all e-mail. Any information provided in this e-mail has been prepared from sources believed to be reliable, but is not guaranteed by Raymond James Financial Services and is not a complete summary or statement of all available data necessary for making an investment decision. Any information provided is for informational purposes only and does not constitute a recommendation. Raymond James Financial Services and its employees may own options, rights or warrants to purchase any of the securities mentioned in e-mail.

This e-mail is intended only for the person or entity to which it is addressed and may contain confidential and/or privileged material. Any review, retransmission, dissemination or other use of, or taking of any action in reliance upon, this information by persons or entities other than the intended recipient is prohibited. If you received this message in error, please contact the sender immediately and delete the material from your computer.

If you would like to execute a trade or if you have time-sensitive information for us, please call our office at 256-301-9770.