



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



The Autumn Equinox – A Time Of Transition

Fall arrives at 4:21 a.m. ET on Thursday, September 22 this year. For many cultures this time of year is seen as a period of transition, as the northern hemisphere progresses toward the winter solstice and the southern hemisphere looks forward to the summer season. And throughout history, the autumnal equinox in our half of the world has been observed as a time of preparation and reflection.

In Greek mythology, the autumn equinox marks the return of Persephone to the underworld to be with her husband Hades, where she must return after walking the Earth for half the year as the goddess of spring growth.

In China, the Moon Festival celebrates the harvest during the 15th full moon of the Chinese Year, which falls around the autumn equinox. In Japan, Buddhists observe *higan*, a memorial service when people visit family graves to comfort their ancestors' spirits.

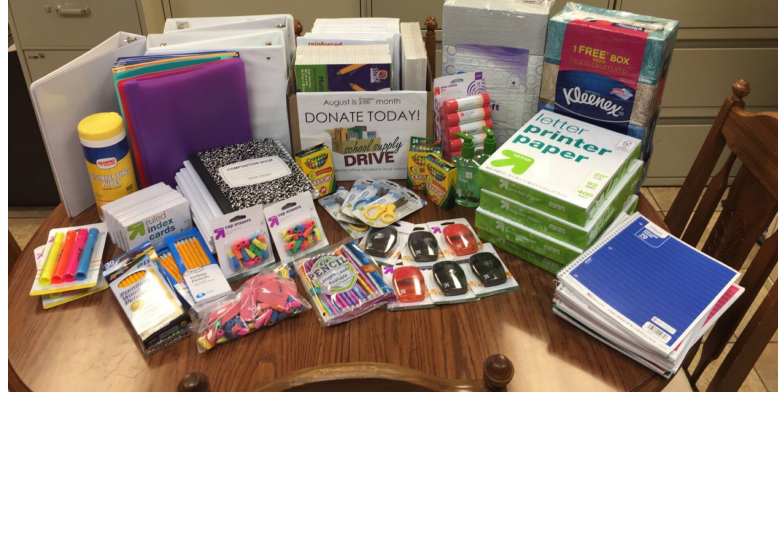
The arrival of the autumn equinox is also evidenced in the animal kingdom, especially in the migratory flight of many species of birds. It is during this time that the Arctic Tern makes its annual 11,000 mile trip south and the Bar-Headed Goose soars to heights above 28,000 feet (that's over five miles up!) as they skim over the Himalayas on their way to warmer climates.

And we find ourselves doing our own part during this time of transition, preparation and reflection as we begin preparing our lawns and gardens for the change in seasons, pulling out our winter clothing from storage, and enjoying body-warming and soul-stirring soups and stews.

Yes, the arrival of autumn is indeed a time of change. We hope the return of cooler weather, longer nights and the anticipation of the upcoming holiday season finds you happy and healthy.

Thanks For Your Donations!

A huge THANK YOU to everyone who donated to our Back-to-School Supply Drive last month! The teachers we donated to are extremely grateful for the much-needed supplies.



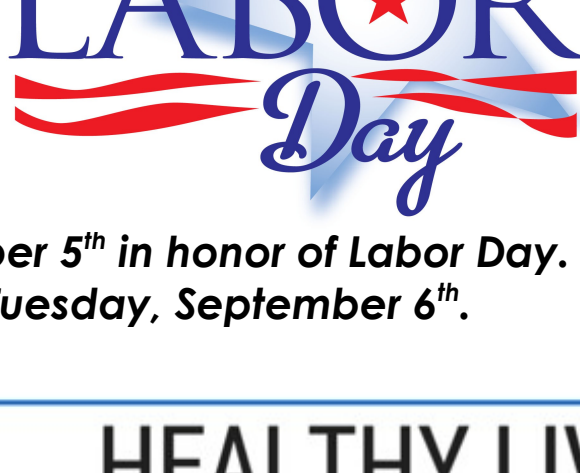
DID YOU KNOW...

September is the only month in which share prices have more often fallen than risen. (via Loop News)

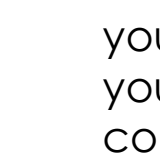
In America, the first Sunday after the first Monday in September is celebrated as National Grandparents' Day.

How to say September in other languages:

Chinese (Mandarin) - Jiǔ yuè
Danish - september
French - septembre
Italian - settembre
Latin - septembris
Spanish - septiembre



Our offices will be closed Monday, September 5th in honor of Labor Day. We will resume normal business hours Tuesday, September 6th.



HEALTHY LIVING

Don't Fall for a Fad

We've all heard of fad diets – the no-carb diet, the 1,000 calorie diet, the no-sugar diet – but they might as well be called deprivation diets. When it comes to living out a healthy lifestyle, it's not about counting carbs or calories or depriving yourself of sweets. It's about finding a healthy balance and adding variety to your everyday eating habits. According to WebMD, one of the best ways to control your eating habits is to practice portion control:

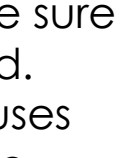
- A cup of fruit should be no larger than your fist.
- An ounce of meat or cheese is about the same as the size of your thumb from base to tip.
- 3 ounces of meat, fish, or poultry (a normal serving) is about the size of your palm.
- 1 to 2 ounces of nuts equals your cupped hand.
- Serve your meals on salad plates instead of large dinner plates.
- Store snack foods in sandwich bags. When ordering out, share your entrée with a friend.
- Ask for a kids' meal or small size at fast-food restaurants. Never go for a supersized portion.



So don't be fooled by fad diets; just make easy changes to your current eating habits and you'll be on your way to a healthier you!

For more info about losing weight without fad diets, [click here](#).

GOING GREEN



Going Yellow, Orange and Green

The leaves in your yard may be changing to beautiful shades of yellow and orange, but that doesn't mean you still can't be green. As the weather changes, there are several ways you and your family can help the environment by reducing your carbon footprint.



Rake your leaves | As the leaves begin to fall, make sure you use an old fashioned rake to clean up your yard. While a leaf blower may get the job done faster, it uses energy that can harm the environment. Once you're done, reuse the leaves by transforming them into mulch for your plants or compost them to enrich your soil.

Plant some bulbs | The best time to plant some bulbs in your garden is in the fall. Bulbs such as tulips, daffodils and hyacinths should be planted in October or November, giving the flowers enough time to take root and bloom come springtime.

Visit a pick-your-own farm | Autumn is the time when many foods reach their peak freshness. Visit a pick-your-own farm for fresh produce such as apples, pumpkins and root vegetables. You may even find locations that let you pick fresh nuts such as pecans or walnuts.



RECIPE ROUNDUP

Easy Fall-Back Recipes

Fall produces arguably the most plentiful and delicious veggies that spruce up almost any dish. The following recipes were created so that you can add or subtract any of the veggies you want and the dish will still be just as beautiful and flavorful – so put your own twist on these yummy meals!



One-Pan Autumn Chicken Dinner

Ingredients

4-5 (6-7 oz) bone-in, skin on chicken thighs
4 Tbsp olive oil, divided
1 1/2 Tbsp red wine vinegar
3 cloves garlic, minced
1 Tbsp each minced fresh thyme, sage and rosemary
Salt and freshly ground black pepper
1 large sweet potato, chopped into 3/4-inch cubes
1 lb Brussels sprouts, sliced into halves
2 Fuji apples, cored and sliced into half moons
2 shallot bulbs, peeled and sliced 1/4-inch thick
4 slices bacon, chopped into 1-inch pieces

For directions, [click here](#).



Chicken Pot Pie Soup

Ingredients

1/4 cup flour
2 cups water
4 cups fat free milk
1 large celery stalk, chopped
1/2 medium chopped onion
8 oz sliced baby portabella mushrooms
2 chicken bouillon cubes
Salt and freshly ground black pepper
pinch of thyme
10 oz frozen classic mixed vegetables (peas, carrots, green beans, corn)
2 potatoes, peeled and cubed small
1 1/2 cups cooked chicken breast, diced small

For directions, [click here](#).

Bonus recipe:
Fall Sparking Cider

JOKE OF THE DAY



What did the tree say to autumn?



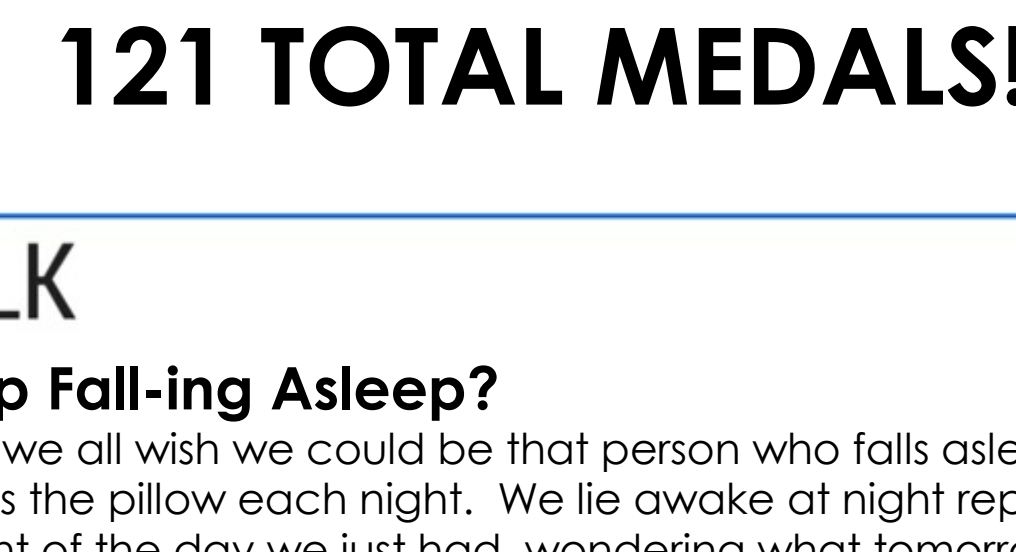
Leaf me alone!



SPORTS CENTER

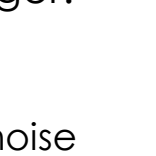
Rio: Conquered!

We came, we saw, we CONQUERED! Another Summer Olympics is in the books and, in the usual fashion, the USA came out on top. Several records were broken and personal bests were made, and we couldn't be prouder to be American. Now it's time to prepare for Tokyo 2020!



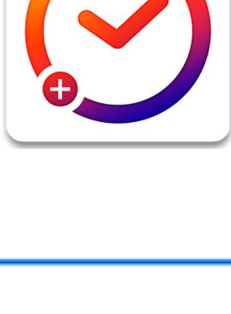
121 TOTAL MEDALS!

TECH TALK



Need Help Fall-ing Asleep?

Let's face it – we all wish we could be that person who falls asleep the moment their head hits the pillow each night. We lie awake at night replaying each and every moment of the day we just had, wondering what tomorrow will bring, solving world peace, etc., when all we really want to do is SLEEP. Well, your smart phone may have just the solution to get you to sleep faster and longer. Here are few sleep-aiding apps with 5-star ratings in the App Store.



Relax Melodies (FREE) | This app features 32 songs and white noise sounds that will help you to sleep. Along with the songs are beautiful images that flash across the screen, encouraging you to relax and fall asleep calmly.



Sleep Genius (\$4.99) | This app uses a dark blue background and easy-to-read night text to help you create your personal sleep program. It then uses a gentle alarm to wake you out of your nap or night's sleep.

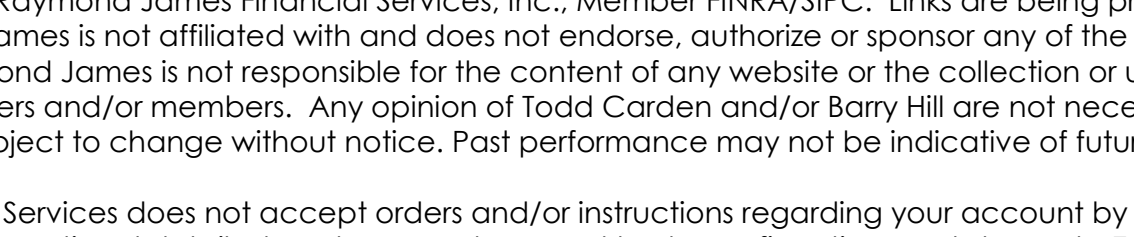


Sleep Time+ (\$1.99) | This app tracks your sleeping habits and creates a sleep schedule for you, and even wakes you with a gentle alarm only after you've reached and come out of your deepest part of sleep.

HAPPY FALL Y'ALL!



You are receiving this email as a courtesy from your trusted team of advisors:
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