

# 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 at our lives in a whole new light – we suspect most everyone does. 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 staff 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 2017!

### Contribution Checks

As you know, we changed our company name earlier this year to Stonebridge Wealth Management. However, your accounts are still held with Raymond James, which means any contribution checks that you deposit into your accounts must be made payable to Raymond James. Be sure to double check your checks before mailing them in!

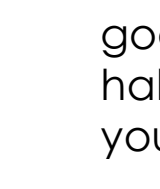
### THANK YOU for Your Toys for Tots Donations

We want to send a huge THANK YOU to everyone who generously contributed toys to our Toys for Tots donation box at the office! We were able to fill up two HUGE boxes and another large bag of brand-new toys to give to local children in need of some Christmas joy! A special shout out to the Massage Therapy Institute and the Alabama Society of Certified Public Accountants for donating several toys. Because of you, several children in the area will have a brand new toy to open on Christmas!



### Martin Luther King, Jr. Day

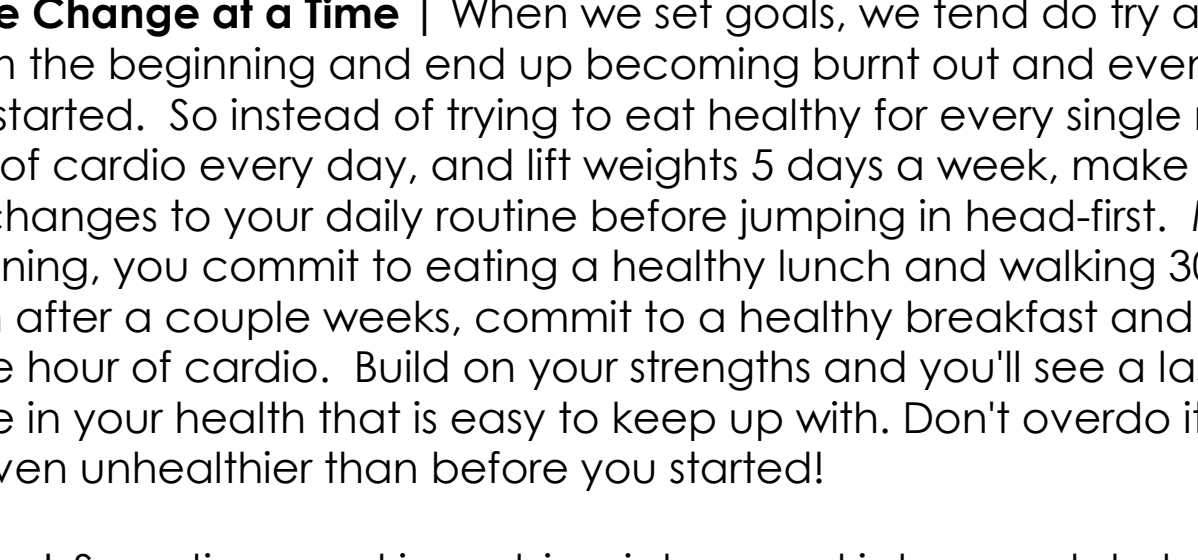
Please note that **we will be closed on Monday, January 16<sup>th</sup>** due to Martin Luther King Jr. Day. You can, of course, access your accounts online using Raymond James Investor Access at any time, year-round.



## HEALTHY LIVING

### Don't Be A Statistic

Did you know that, according to [Statistic Brain](#), 45% of Americans make new year resolutions, but only 8% of them stick with their resolution and succeed? As you probably know, the number one resolution in America (and quite possibly the most difficult) is to lose weight and/or become healthier – but this is a hard goal to reach and many of us fail to continue our healthy eating and exercising habits past February. Here are a few easy tips to help keep you on track with your goals from January through December:



**Make One Change at a Time** | When we set goals, we tend to try and go full-force from the beginning and end up becoming burnt out and eventually quit what we started. So instead of trying to eat healthy for every single meal, get in one hour of cardio every day, and lift weights 5 days a week, make small, gradual changes to your daily routine before jumping in head-first. Maybe at the beginning, you commit to eating a healthy lunch and walking 30 minutes a day. Then after a couple weeks, commit to a healthy breakfast and lunch and doing one hour of cardio. Build on your strengths and you'll see a lasting difference in your health that is easy to keep up with. Don't overdo it – you could end up even unhealthier than before you started!

**Break It Up** | Sometimes making a big-picture goal is too much to handle. If your goal is to lose 50 pounds, that can sound like a daunting task. So instead of looking at it as a large goal, create smaller, easily attainable goals like "I want to eat healthier this week than I did last week" or "I want to lose 5 pounds this month". Making and reaching smaller goals helps to maintain motivation and keeps you on track to your main goals!

**Use Your Senses** | We tend to rely on our sense of sight for a lot of motivation in our goals – so post a picture of a thinner you (or a picture of someone with the body type you'd like to have) on the refrigerator or in your car. If your resolution happens to be to spend less money or pay down your debt in order to afford a nice vacation, post a picture of your vacation destination somewhere you'll see it every day – just the thought of lying on the beach would make us save a little extra each month!

All in all, reaching a goal or succeeding at a resolution is all about staying motivated and not doing too much at one time. If you need a little motivation at any time, just give us a call! We're always here to help.

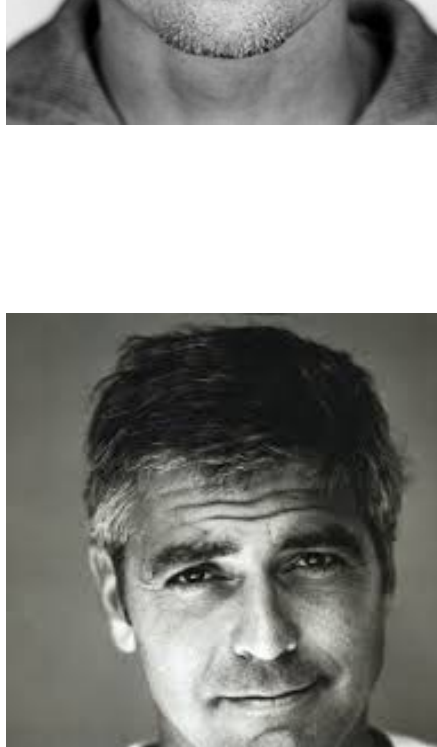
## GOING GREEN



### Green Gods and Goddesses

Everyone knows celebrities for their fashion, their movie roles, their lavish lifestyles, but what we don't see everyday is how some celebrities are using their voices for good – and for green! A few celebs (shown below) have gone above and beyond creating a green lifestyle, and we hope you might take a few tips from them and apply them to your everyday lives!

**Meryl Streep** | "While often considered one of the greatest screen actors in history, her passion for environmental health is no act at all. In 1989, she created Mothers and Others, after reading a Natural Resources Defense Council report regarding pesticides in produce, according to USA Today. The group taught consumers about chemicals and toxins that have become commonplace for non-organic foods. Although the organization shuttered in 2001, Streep's fight for environmental food awareness continues today. She is involved with Children's Health Environmental Coalition, a group that aims to protect children from toxins in water and food sources." ([Huffington Post](#))



**Brad Pitt** | "Although he isn't the family UNICEF Goodwill Ambassador, Brad Pitt is one of Hollywood's leading green men. The award-winning actor supports many different facets of green activism, namely animal rights, sustainable living, and green building. Pitt co-founded the "Make It Right" foundation, which rebuilds homes in Katrina-torn New Orleans using affordable eco-friendly technology. He also hosted a PBS series focused on green design in 2006, and, together with Angelina Jolie, donated \$2 million to the African Wildlife Sanctuary, says MNN." ([Huffington Post](#))



**George Clooney** | "When it comes to green activism, George Clooney doesn't mess around. 'You don't want to be a spokesperson unless you are absolutely committed to a cause,' the actor said in an interview with TIME magazine. And according to his own logic, Clooney is a total environmental buff. MSN reported that after his role in Syriana, Clooney helped launch Oil Change, a campaign to diminish America's oil dependence. He is also a major human rights activist, protesting in favor of aid for Sudan and Darfur, and even going so far as to get arrested at a protest in March 2012. Clooney drew a parallel between human rights issues and climate disasters in 2010, when he asked Today Show's Ann Curry 'If you knew a tsunami, or Katrina or a Haiti earthquake was coming, what would you do to save people?' The rugged actor also tries to stay green in his everyday life. According to MSN, he drives two electric cars, and was the cover photo for Vanity Fair's first green issue." ([Huffington Post](#))

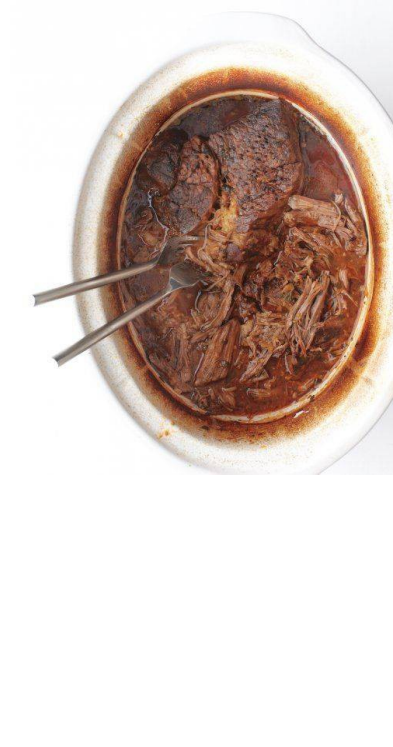


## RECIPE ROUNDUP

### Hot 'n' Cold

All this chilly weather calls for food that warms the soul – and what could be better than a warm meal AND a delicious beer that pairs with it? Here are a couple recipes (and corresponding beers) that are sure to heat up any cold winter night!

#### Slow Cooker Three Cheese Macaroni & Cheese Beer Pairing: Smuttynose Old Brown Dog Ale



**Ingredients**  
12 oz dry elbow macaroni  
1 cup gruyere cheese, shredded  
1 cup cheddar cheese, shredded  
10 slices American cheese, chopped  
1 (12 ounce) can evaporated milk  
1 1/2 cups milk  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
1/4 teaspoon black pepper

For directions, [click here](#).

#### Slow Cooker Beef Ragù Beer Pairing: Deschutes Hop in the Dark



**Ingredients**  
1 medium yellow onion, diced small  
3 garlic cloves, minced  
6 tablespoons tomato paste  
3 tablespoons chopped oregano leaves  
1 beef chuck roast (4 pounds), halved  
Coarse salt and ground pepper, to taste  
1 to 2 tablespoons red-wine vinegar

For directions, [click here](#).

Bonus recipe:  
**Slow Cooker Mulled Wine**

## JOKE OF THE DAY



**A New Year's resolution is something that goes in one year and out the other.**



## SPORTS CENTER

### Sports Idols: Gone But Not Forgotten

by Barry Hill, Financial Advisor

During this time of the year it is always good to reflect on the previous year and try and learn from what has taken place. It is also a good time to appreciate all the blessings and remember those who have made an impact on our lives.

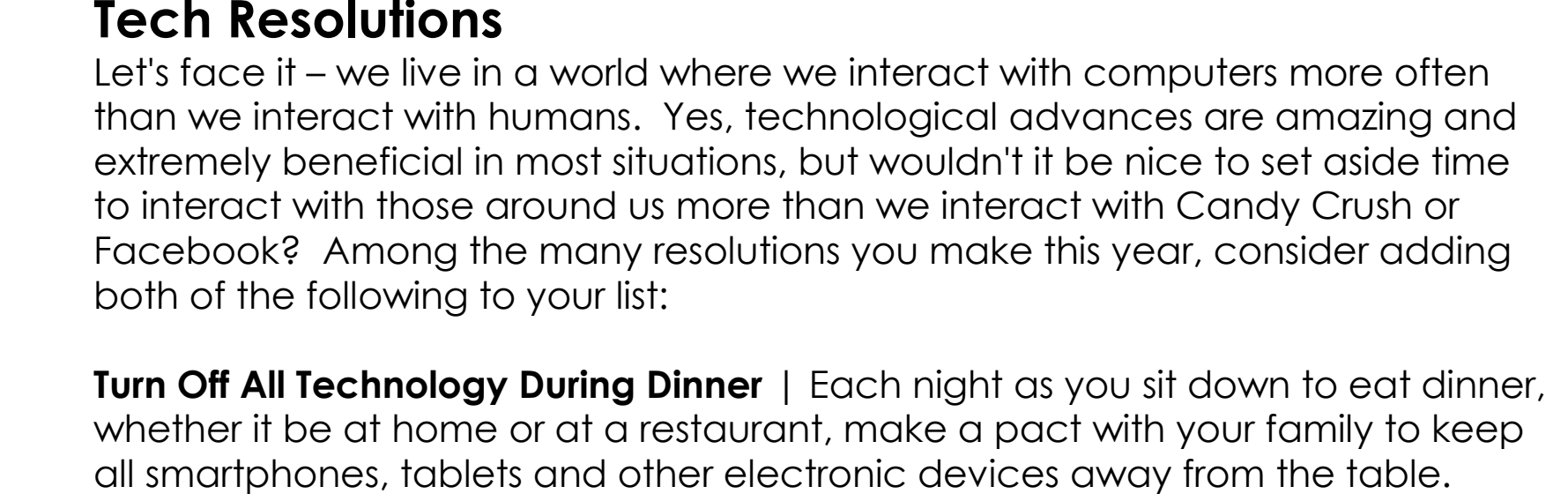
As a sports fan it is not hard to find those whom you have looked up to and admired over the years. There are so many stories in the news today about all the sports figures that are arrested for various reasons and those that continually disappoint us with their lack of compassion, or fail to see the platform they have been given. But I challenge you all to take a moment and remember those that did things the right way. They were not always perfect (none of us are) but they used their talents and conducted their lives in a manner that made the world a better place. I have listed a few of my sports idols that we lost in 2016 and I hope by taking a moment to remember them and what they accomplished you will join me in celebrating their lives and just maybe we can learn from the legacy they left and continue to make this world a better place.

**Arnold Palmer**  
(Professional Golfer) – Died 9/25/2016

**Pat Summitt**  
(Winningest Coach in NCAA Division I Basketball History) – Died 6/28/2016

**Muhammad Ali**  
(Professional Boxer) – Died 6/3/2016

**Joe Garagiola**  
(Professional Baseball Player) – Died 3/23/2016



## TECH TALK



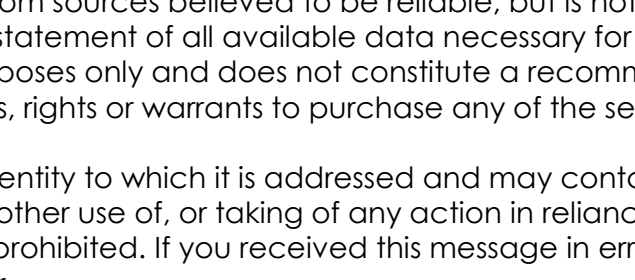
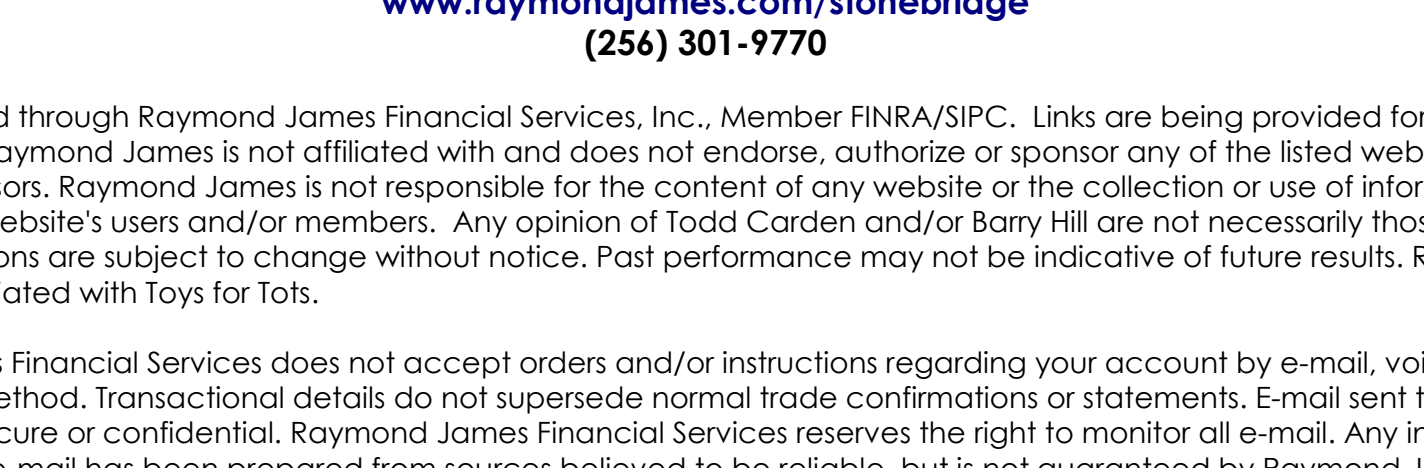
### Tech Resolutions

Let's face it – we live in a world where we interact with computers more often than we interact with humans. Yes, technological advances are amazing and extremely beneficial in most situations, but wouldn't it be nice to set aside time to interact with those around us more than we interact with Candy Crush or Facebook? Among the many resolutions you make this year, consider adding both of the following to your list:

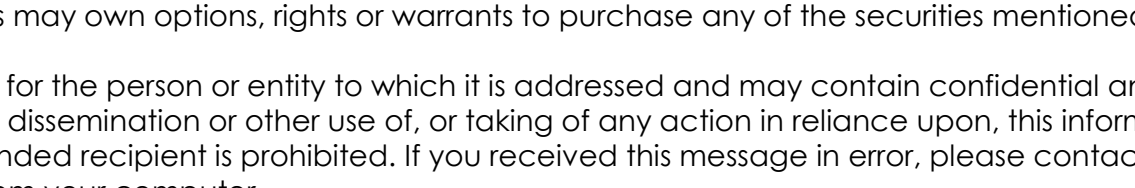
**Turn Off All Technology During Dinner** | Each night as you sit down to eat dinner, whether it be at home or at a restaurant, make a pact with your family to keep all smartphones, tablets and other electronic devices away from the table. Have conversations, catch up on each others' daily lives, make memories together. We promise you'll see a meaningful difference in your relationship after a few weeks of technology-free dinners.



**Take The TV Out Of Your Bedroom** | Watching late-night television can be detrimental to your health! It's been proven that the stimulation provided by the television keeps you awake longer and doesn't allow your body to fully rest while you're asleep. This can, in turn, cause sleep deprivation which leads to many mental and physical health issues.



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