

# 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 Thanksgiving Day Tradition

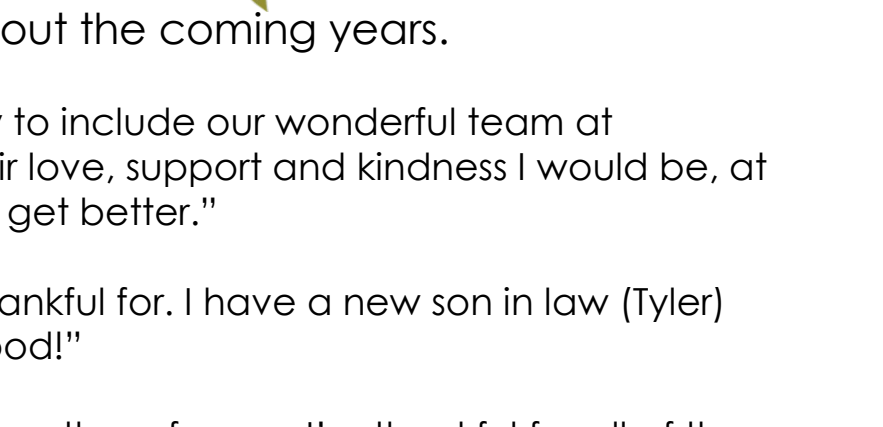
It's a truth universally acknowledged that on the first Thanksgiving, the pilgrims sat down with the native people known as the Wampanoag to enjoy turkey drizzled with rich gravy, marshmallow-topped sweet potatoes, Stove Top stuffing, and, of course, a rousing game of football. And so it has been ever since.

Well, almost. The first Thanksgiving that actually included a football game occurred, in part, as a way for George A. Richards, the newly minted owner of the Detroit Lions and a local radio executive, to steal some attention away from the enormously popular Detroit Tigers in the newspaper sports pages. On that day, the opposing team, the Bears, ended up edging out the Lions with a 19-16 victory, securing the West Division crown.

Aside from a six season period from 1939 to 1944, a Thanksgiving day home game in Detroit has been played continuously ever since, becoming one of the NFL's longest standing traditions – even older than the Super Bowl. And this tradition of football on Thanksgiving extends across the country and touches almost every American family, whether it's being watched from the couch or played in a "turkey bowl" gathering with friends and family.

However you and your loved ones choose to celebrate this Thanksgiving, we hope you can take part in the traditions that make you most grateful.

If you'll allow us, we'd like to take this time to count our blessings by making a list all the things and people we are most thankful for this year. In addition to those listed below, we want you to know how grateful we are to have each of you in our lives. We are thankful for the confidence you have placed in us and are excited to continue our relationship with you throughout the coming years.



**Todd** | "I am thankful for my faith and my family to include our wonderful team at Stonebridge Wealth Management. Without their love, support and kindness I would be, at best, just average and not strive to continuously get better."

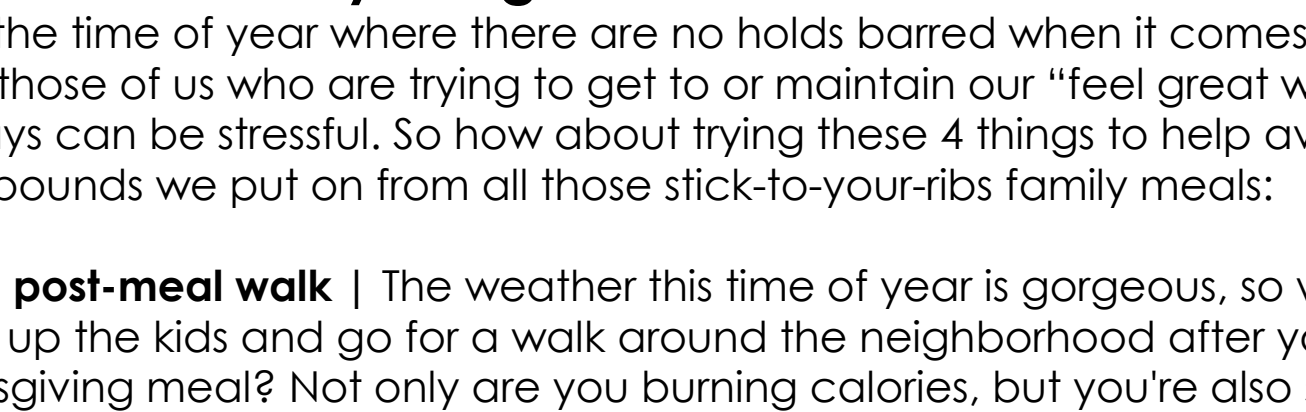
**Barry** | "This year I have so many things to be thankful for. I have a new son in law (Tyler) and a new daughter in law (Kaite). God is so good!"

**Bobbie** | "I'm thankful for my Mother who's always there for me. I'm thankful for all of the hugs and kisses I've received throughout my life. I wish everyone had them growing up and growing old... I'm thankful for my wonderful bosses and co-workers (past and present) who have helped me gain insight and knowledge. I'm thankful for my darling husband, my wonderful children and their spouses, and my 5 greatly-missed grandchildren!! I'm thankful for all the moments in my life, good and bad, for they've made me who I am."

**Kaleigh** | "There are so many things I am thankful for this year, but at the top of my list are my family, my friends, and my Savior. Without them, I would be nothing. I'm also thankful for the many laughs I've shared with those I love and the unbreakable bond we've formed."

### We are a Toys for Tots Drop-Off Location!

Our Decatur office is a drop-off location for Toys for Tots this year! Toys for Tots is an organization run by the United States Marine Corps that collects and distributes toys to less fortunate children. If you would like to participate in our toy drive, **please drop off your brand new, unwrapped toys at our office from October 15<sup>th</sup> through December 15<sup>th</sup>** and we will give them to the Morgan County branch of Toys for Tots, who will distribute them to children throughout the county.



## HEALTHY LIVING

### Avoid the Holiday Weight Gain

This is the time of year where there are no holds barred when it comes to eating, so for those of us who are trying to get to or maintain our "feel great weight", the holidays can be stressful. So how about trying these 4 things to help avoid those extra pounds we put on from all those stick-to-your-ribs family meals:

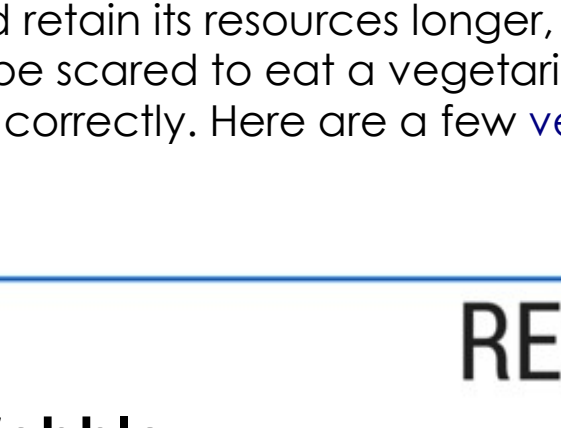
**Plan a post-meal walk** | The weather this time of year is gorgeous, so why not round up the kids and go for a walk around the neighborhood after your Thanksgiving meal? Not only are you burning calories, but you're also spending time with those you love most.

**Mingle with friends and family** | Mingling involves getting up and walking around, which burns calories. Mingling also involves laughing (15 minutes of laughing = up to 40 calories burned), so make sure to fill up those awkward pauses with a joke or two (don't worry – we've got you covered in our Joke of the Day section below).

**Plan a workout for the morning after** | Making sure you get some cardio in the day after a big meal is crucial – your body needs to work off those excess calories. We've found a little secret though; shopping burns around 200 calories per hour! So technically, shopping Black Friday sales counts as cardio, right?

**Stop eating when you're full** | You know that feeling you get after a big meal, when your stomach feels like it's in your throat? Let's not reach that point when it comes to holiday eating. Stop BEFORE you get that feeling. A good rule of thumb is that when the food stops tasting as good as it did on the first bite, you're probably filled enough to stop.

The Average American's Holiday Season



## GOING GREEN



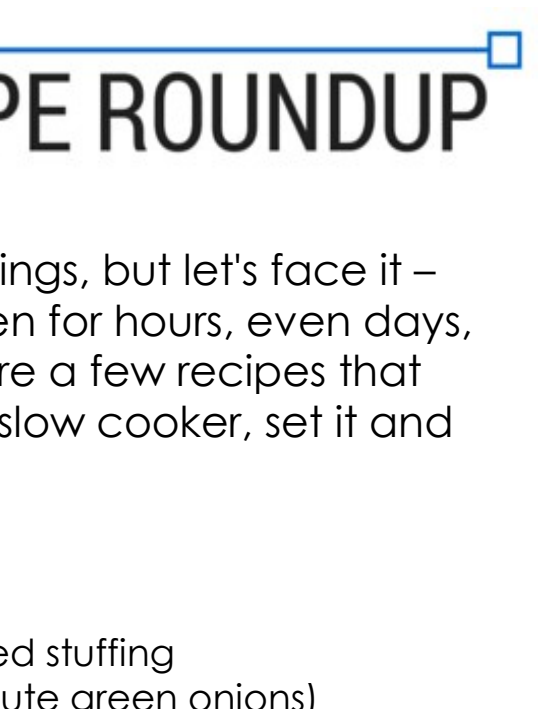
### Gobble Green This Thanksgiving

Thanksgiving is all about tradition, food and family (not necessarily in that order), and what better way to improve those three things than by making small changes to the Thanksgiving menu? Here are three changes you can make that could potentially have a large impact on your recipes, your family and your Thanksgiving traditions:

**Go Local** | Use the freshest fruits, veggies and meats by making the trip to your local farmer's market. Your food will taste fresher and more delicious – your family will certainly notice!

**Go Organic** | Farmer's markets are more often selling organic fruits, veggies and meats these days, and for good reason. Organic foods are made with less pesticides and are less harmful to the environment – and most people say they taste better too!

**Go Vegetarian** | Eating vegetarian has been touted as one of the best ways to help save the planet and retain its resources longer, so why not cook a few side dishes meat-free? Don't be scared to eat a vegetarian dish – they are delicious and flavorful if prepared correctly. Here are a few [vegetarian recipes](#) to help!



## RECIPE ROUNDUP

### Gobble 'Til You Wobble

Thanksgiving is all about giving thanks for our many blessings, but let's face it – it's also about the food. So many of us slave in the kitchen for hours, even days, in preparation for The Big Meal. So we thought we'd share a few recipes that require almost no work; just throw the ingredients in your slow cooker, set it and forget it.

#### Slow Cooker Cranberry Pecan Stuffing

- Ingredients**
- 12 oz. bag sage & onion cubed stuffing
  - 1 c. leeks, chopped (or substitute frozen onions)
  - ½ c. dried cranberries
  - ½ c. golden raisins
  - ½ c. chopped pecans
  - 3 c. chicken broth
  - ½ c. butter, melted
  - 1 egg beaten
  - ½ tsp. salt
  - ¼ tsp. pepper
  - 1 tsp. ground mustard

For directions, [click here](#).



#### Slow Cooker Apple Crisp

- Ingredients**
- 6 tart apples, peeled and thinly sliced
  - ¼ c. all purpose flour
  - 1 tsp. ground cinnamon
  - ½ c. cold butter
  - ½ c. quick cooking oats
  - ½ c. chopped walnuts
  - 1/3 c. brown sugar, packed
  - Vanilla ice cream, for serving

For directions, [click here](#).



Bonus recipe:

### Slow Cooker Cranberry Apple Cider

## JOKE OF THE DAY



What kind of music did the Pilgrims like?  
**Plymouth Rock**

Why can't you take a turkey to church?  
**They use FOWL language.**

Why was the Thanksgiving soup so expensive?  
**It had 24 carrots.**

What do you get when you cross a turkey with a banjo?  
**A turkey that can pluck itself!**

Why do pilgrims pants keep falling down?  
**Because their belt buckles are on their hats!**



## SPORTS CENTER

### Fall Sports

by Barry Hill, Financial Advisor

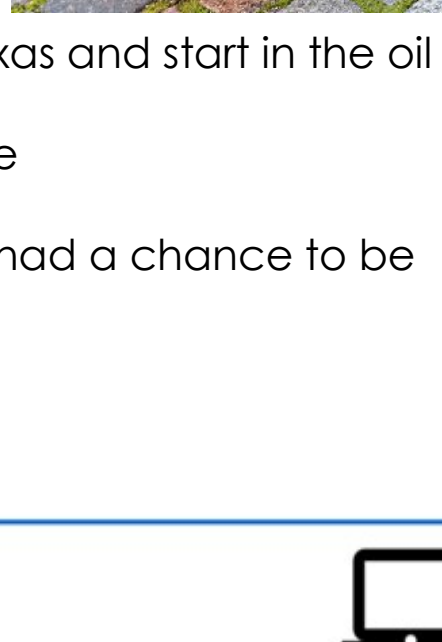
This is my favorite time of year. We have college football, the NFL, but also the Major League Baseball Championship Series (this year between the Chicago Cubs and the Cleveland Indians).

#### The last time the Cubs won the World Series was 1908.

The Ford Model T is first produced  
Theodore Roosevelt is president  
Lyndon B. Johnson is born

#### The last time the Indians won the World Series was 1948.

Ford F Series trucks are first produced  
George H.W. Bush and Barbara Bush move to Texas and start in the oil business  
Lyndon B. Johnson is elected to the Texas Senate



These two teams have gone through a lot since they last had a chance to be champions. It will be an exciting series to watch.

ENJOY SPORTS FANS!

## TECH TALK



### No Phone Zone

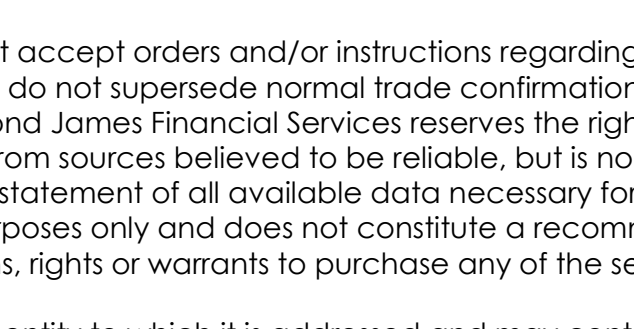
This section of the Tidbit is usually saved for providing tips and tricks that can help make life easier by utilizing the latest technologies. On Thanksgiving day, put down your cell phone and tablet. Better yet, put everyone's electronic devices in a separate room for the whole day. Spend Thanksgiving  **talking**  to your loved ones – ask questions, catch up on the latest family news, form bonds with those you don't see often. Thanksgiving is the one day each year dedicated to reflecting on the things we are most thankful for, and we cannot reflect on those things if we are glued to our phones. So start a new Thanksgiving tradition this year – make your gathering place a **No Phone Zone** and ask everyone to put away their phones for the day. You'll be surprised at the fun you'll have connecting with those you love most. Many memories will be made!



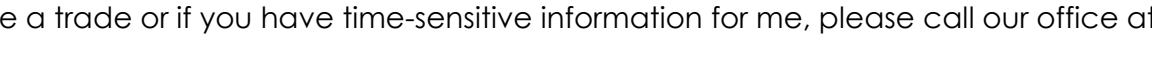
## Congratulations, Barry!

Financial Advisor Barry Hill was recently named a member of the 2017 Raymond James Executive Council. Executive Council honors are presented only to those financial advisors who have demonstrated an extremely high level of commitment to clients through personal service and professional integrity.\*

\*Membership is based on prior fiscal year production. Re-qualification is required annually.



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