

# 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

### There's No One Else Like Dear Old Dad

We celebrate Father's Day on the third Sunday of every June. At last count, there are over 70 million fathers in the U.S., most of whom probably possess some ceramic-based proof of being the World's Greatest Dad. But rather than argue the merits of one coffee mug over another, here are some interesting dad-related facts to ponder while you mull over which in-style tie to buy this year.

In Thailand, National Father's Day is observed with fireworks and acts of charity and honor, most notably the donation of blood.

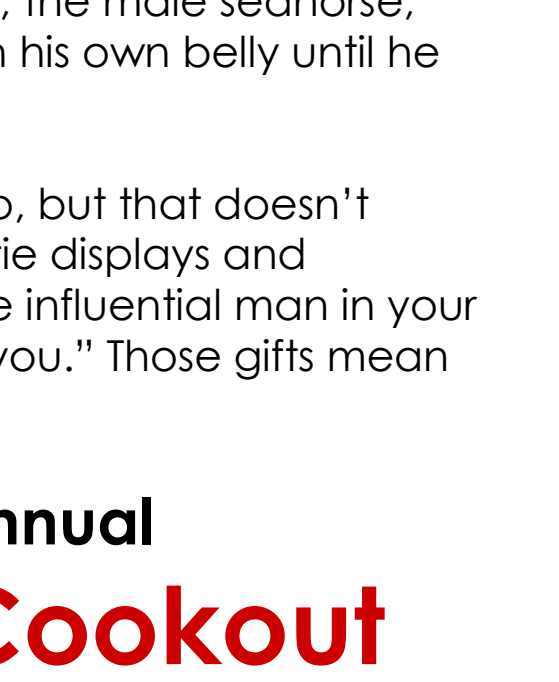
While Mother's Day is the peak day of the year for long-distance telephone calls, Father's Day ranks first for collect calls made. Go figure.

According to a survey commissioned by TiVo, the top five TV dads of all time are: Cliff Huxtable ("The Cosby Show"); Sheriff Andy Taylor ("The Andy Griffith Show"); Pa Ingalls ("Little House on the Prairie"); Howard Cunningham ("Happy Days"); and Ward Cleaver ("Leave it to Beaver").

Frank and Nancy Sinatra are the only father-daughter act to reach number one on the Billboard charts, with their hit "Somethin' Stupid." Whereas Stevie Wonder's "Isn't She Lovely," which features his newborn daughter laughing and cooing, was never released as a single.

Then there's nature's own version of World's Greatest Dad, the male seahorse, who after fertilizing his mate's eggs, carries them to term in his own belly until he actually gives birth to their children.

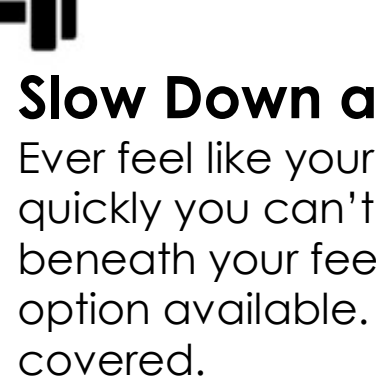
So, sure, there may be some things that your Dad can't do, but that doesn't mean he still isn't the greatest. And while you browse the tie displays and greeting card stands, you may want to consider giving the influential man in your life all that he really wants – a simple hug and big "thank you." Those gifts mean so much, and they never go out of style.



## You're Invited to our Third Annual Client Appreciation Cookout

**Wednesday, June 21<sup>st</sup> 11am-2pm**

We want you--our clients, family and friends--to know how much we appreciate your business and friendship through the years.



**We are also celebrating Branch Manager and Financial Advisor Todd Carden's 20<sup>th</sup> year with Raymond James!**

So bring the whole family and join us for a delicious BBQ lunch catered by Such-n-Such BBQ! **We'll also have door prizes for a few lucky guests and a small gift for everyone who attends!** No need to RSVP, just show up for lunch anytime between 11 and 2. See you there!



## HEALTHY LIVING

### Slow Down and Saunter

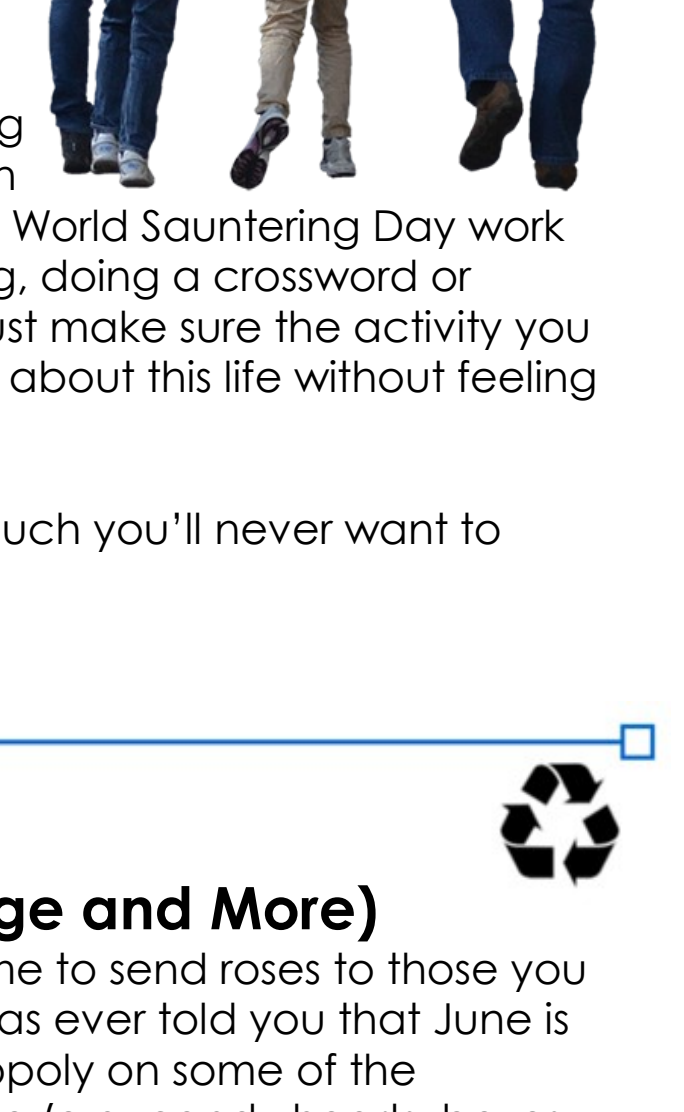
Ever feel like your daily activities have you running from one thing to another so quickly you can't catch your breath? Can you almost smell the rubber burning beneath your feet? These days, it seems like a fast-paced lifestyle is the only option available. Luckily, for those of us who need a break, W.T. Rabe has us covered.

As a response to the newfound popularity of jogging within society, Rabe created World Sauntering Day, which was to take place on the 19<sup>th</sup> of June each year. It's a day when we're supposed to slow down, take a breath and revel in the beauty of the world around us.

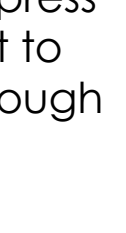
It should be noted, this is not a day for trotting, swaggering, skipping or otherwise. Sauntering is a slow walk, the kind you'd use on a stop-to-smell-the-roses sort of outing. It might be hard at first to downshift from the breakneck speed we're used to, but trust me, it'll be worth it.

However, if strolling through a garden isn't your thing or those seasonal allergies already give you enough trouble, don't fear. There are endless ways to make World Sauntering Day work for you. Taking a break to listen to your favorite song, doing a crossword or spending time with someone you love is enough. Just make sure the activity you choose helps you appreciate something wonderful about this life without feeling rushed.

Be careful though, you might enjoy sauntering so much you'll never want to speed up again!



## GOING GREEN



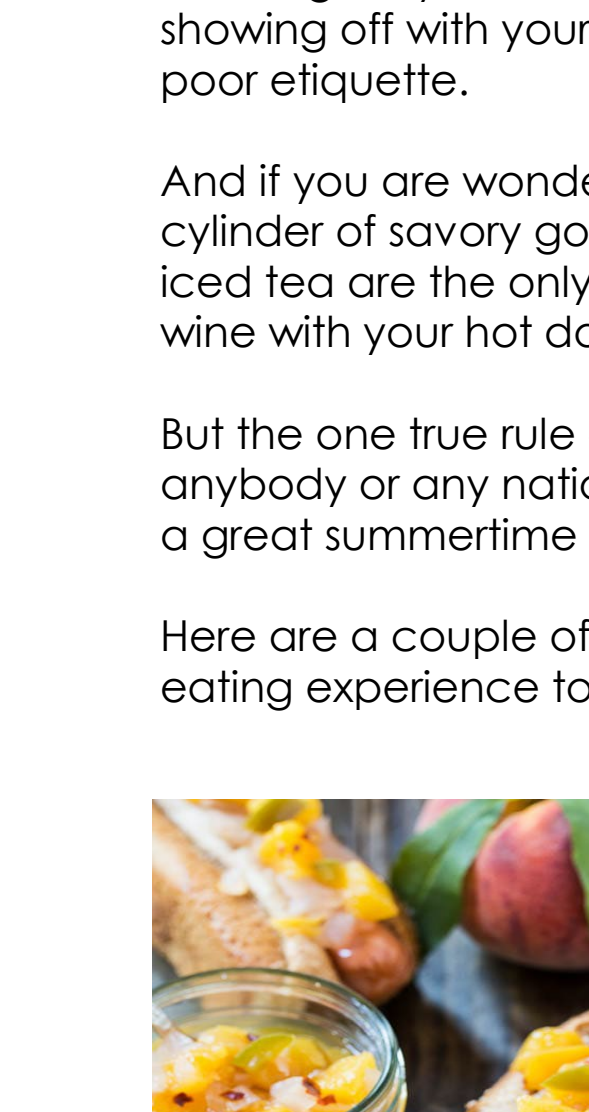
### Roses are Red (and Yellow and Orange and More)

Valentine's Day may seem like the most obvious time to send roses to those you care about, but that's probably because no one has ever told you that June is National Rose Month! February might have a monopoly on some of the commercialized products we use to express our love (e.g. candy hearts, boxes of chocolates, etc.) but it can't claim the rose just yet, at least not if the month of June has anything to say about it.

Now, if you're not a romantic at heart, you might be thinking, "I already express my undying love for someone one month of the year, why would I extend it to two?" If that's the way you feel, then I have good news for you. Roses, although commonly considered to be a romantic symbol, can be used to convey a bunch of other meanings and emotions depending on their color.

Red roses may be a symbol of love and romance, but yellow roses are sent to acknowledge friendship and joy or to cheer up someone who's sick. It would be nice to send these as a thank you to a friend who's seen you at your worst and still stuck around. Pink roses traditionally express gratitude and appreciation, so they'd be perfect for your mother or your neighbor who watered your azaleas while you were away. If you're in a committed relationship, it's best to stay away from orange roses, which represent desire and are seen as a bridge between the love represented by red roses and the friendship symbolized by yellow roses. Don't worry though; there are many other rose colors with different meanings, so it's easy to find the one that best suits your needs.

National Rose Month serves as a reminder to us that it's important to show the people we care about that we care – not just romantically and not just in February. The simple gesture of a flower can mean a lot to the person you're giving it to. And who knows, you may just receive one yourself!



## RECIPE ROUNDUP

### Take Your Hot Dogs Seriously

With the arrival of summer at 11:24 p.m. ET on June 20 also comes the beginning of one of the tastiest times of the year – hot dog eating season. The quintessential American entrée is synonymous with summertime. And whether you intend to ingest your favorite frank directly from your backyard grill, at a baseball game or from your local street corner vendor, there are certain rules you must abide by to be a true hot dog aficionado. The National Hot Dog and Sausage Council, which actually exists, stands by these very real rules of hot dog eating etiquette:

First of all, you must know that it is two words – hot dog. A hotdog is someone who shows off, and that is simply poor etiquette.

Secondly, condiments should be applied in the proper order: wet condiments like mustard and chili go first, followed by chunky condiments like relish, onions, sauerkraut, and cheese (shredded only) and then spices. Ketchup is unacceptable, unless you are under the age of 18.

You should take no more than five bites to eat a hot dog, seven bites if it is a footlong. Any less than that and you are a glutton. Any more and you are just showing off with your delicious redhot, which we have already established is poor etiquette.

And if you are wondering what wine goes best with your bunned, steaming cylinder of savory goodness, then just stop. Because beer, soda, lemonade or iced tea are the only appropriate beverage accompaniments. You can have wine with your hot dog, sure, but only if you want to show off. Tsk-tsk.

But the one true rule of eating hot dogs that trumps all these is this: Forget what anybody or any national council says, because there is no wrong way to enjoy a great summertime hot dog.

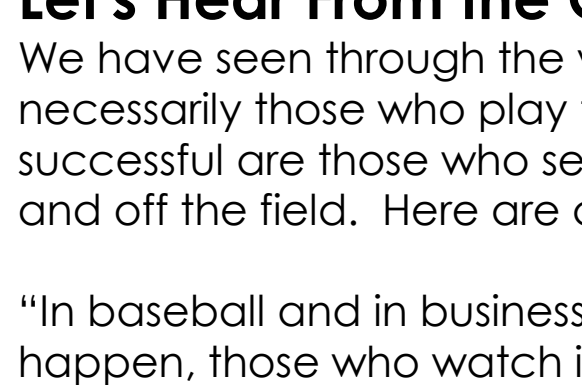
Here are a couple of homemade hot dog toppings that will take your hot dog eating experience to new heights.



#### Peach Vidalia Onion Relish

Ingredients  
1 1/2 cups water  
1 1/2 cups sugar  
1 1/2 cups cider vinegar  
3 tablespoons gin  
1 1/2 tablespoons salt  
2 teaspoons mustard seeds  
3/4 teaspoon celery salt  
1/4 teaspoon crushed red pepper flakes  
2 bay leaves  
2 pounds Vidalia onion, finely chopped  
2 1/2 pounds peaches, peeled and chopped  
1 large clove garlic, minced  
2 jalapenos, minced

For directions, [click here](#).



#### Tex-Mex Ranchero Topping

Ingredients  
4 oz extra sharp cheddar, shredded (about 1 cup)  
1/2 cup salsa  
1 avocado, pitted, removed from the skin, and diced  
1/2 cup black beans, rinsed, drained, and dried  
1/4 cup fresh cilantro, chopped  
1 lime

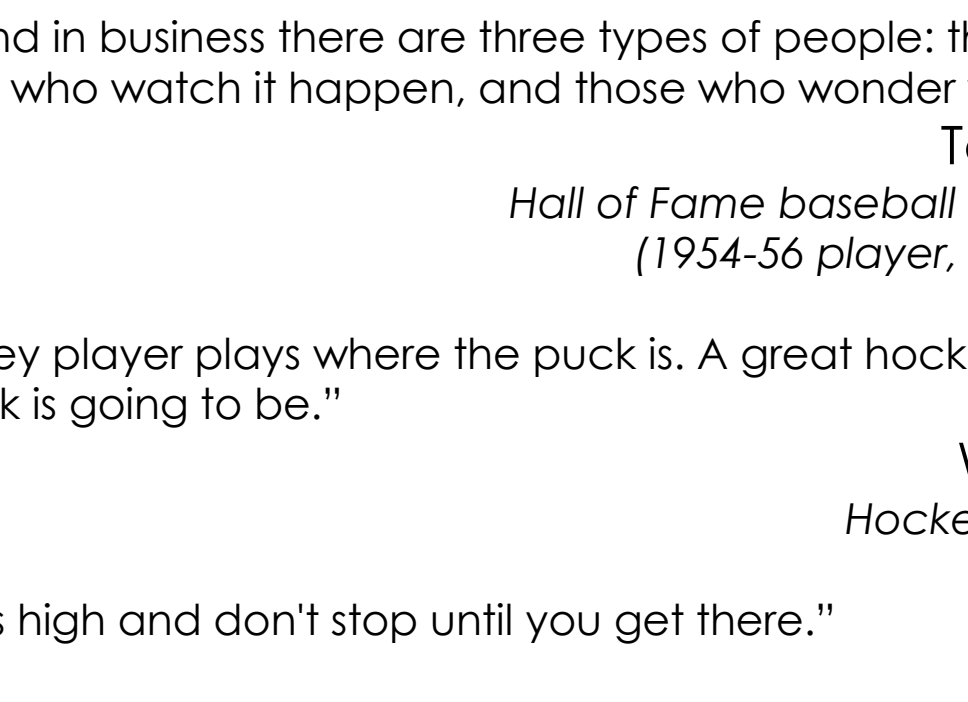
For directions, [click here](#).

Bonus recipe for the kids:  
[Taco Pigs in a Blanket](#)

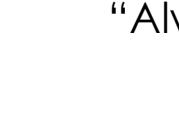
## JOKE OF THE DAY



**What do you call your dad when he falls through ice?**



**A POPSicle!**



## SPORTS CENTER

### Let's Hear From the Greats

We never see through the years that the most successful sports stars aren't necessarily those who play the best games and break records—the most successful are those who see past the game to learn life lessons they can use on and off the field. Here are a few quotes said by some of the "greats" in sports:

"In baseball and in business there are three types of people: those who make it happen, those who watch it happen, and those who wonder what happened."

**Tommy Lasorda**  
*Hall of Fame baseball player & manager (1954-56 player, 1976-96 manager)*

"A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be."

**Wayne Gretzky**  
*Hockey center (1978-99)*

"Set your goals high and don't stop until you get there."

**Bo Jackson**  
*Baseball & football player (1987-94)*

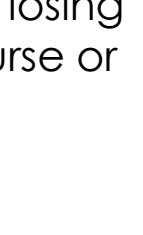
"Always make a total effort, even when the odds are against you."

**Arnold Palmer**  
*Golfing great (1954-2006)*

"If you have everything under control, you're not moving fast enough."

**Mario Andretti**  
*World champion racing driver (1968-82)*

## TECH TALK



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