

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

Let's Sing About Spring

Spring arrives at 12:57 p.m. Eastern time on March 20, bringing with it the unmistakable first signs of nature's renewal. In many places, trees and flowers are already in full bloom. Warming temperatures beckon us outside. And birds fill the air with song to create the soundtrack of spring.

In fact, there may not be a better way to celebrate the return of spring than with song. So, here is a list of spring-themed hits to add to your playlist while you enjoy your personal "Rites of Spring":

"Suddenly It's Spring" by Lena Horne – This lovely standard was also recorded by Frank Sinatra, Lou Levy and Glenn Miller, but with lyrics like "high on a hilltop, love is calling" and "we're young and free, and suddenly it's spring," you'll probably find yourself crooning, too.

"Spring Fever" by Elvis Presley – From the 1965 movie "Girl Happy," the King sings this happy tune while driving south for spring break. Hope he doesn't have trouble meeting girls.

"The 59th Street Bridge Song (Feelin' Groovy)" by Simon & Garfunkel – When spring arrives, you "gotta make the moment last." So slow down and kick a cobblestone or two, man.

"Sound of Sunshine" by Michael Franti – This happy little ditty with an island lilt reminds us that in the bright spring sunshine "miracles are never ceasin', and every single soul needs a little releasin'."

"Here Comes the Sun" by The Beatles – Story is that George Harrison wrote this song not so much about spring but to express his glee at sneaking out of a boring meeting with record execs. So, sure, that works, too.

"It's a Beautiful Morning" by The Rascals – A beautiful sunrise on a cool spring morning just makes you want to "go outside for a while and just smile." Plus, since this hit is used in more than a few commercials about cleaning products, it might just inspire you to do some spring cleaning, too.

"Walkin' on Sunshine" by Katrina and the Waves – Yes, this song may be the most overplayed tune in FM radio history, but when you hear those horns and sing along with the refrain, "don't it feel good?"

Yes, springtime is all about feelin' good. We hope the first day of spring brings you bright sunshine, warm temperatures and a happy song in your heart.

Remember, daylight saving time begins at 2:00 a.m. on Sunday, March 11th. Be sure to move your clocks forward one hour. And take that opportunity to check the batteries in your home's smoke detectors, too.



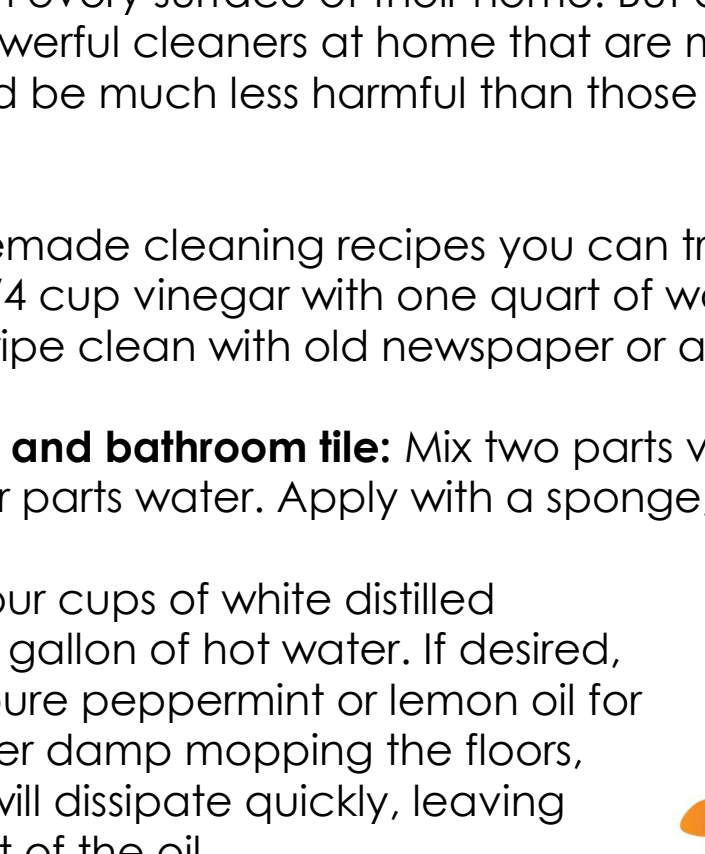
The financial markets and **our office will be closed on Friday, March 30th** in observance of Good Friday. You can, of course, access your account(s) using [Raymond James Investor Access](#) at any time, year-round.



HEALTHY LIVING

Spring Clean Your Pantry

It's that time of year again—spring cleaning! Have you ever raided the pantry a couple days before grocery day and found a can that expired a few months back? What about a can that expired a year ago? Should you throw it away or is it still good to use? We found a website, Eat By Date, that explains how long it is still acceptable to eat different foods after their expiration or sell-by date.



For instance, did you know canned goods, if left unopened, can be eaten for 1-2 YEARS after their printed expiration date? Or that eggs can be used 3-4 WEEKS after their sell-by date? WOW!

Save yourself some time (and money) and look up your "expired" foods on EatByDate.com! What you think might be unhealthy to eat could actually still be healthy for quite some time!

GOING GREEN



Spring Clean & Go Green

Spring cleaning for some means bringing out the sprays, soaps and scrubbers full of chemicals to clean every surface of their home. But did you know you may have some pretty powerful cleaners at home that are made from everyday ingredients and could be much less harmful than those brand-name chemical cleaners?

Here are a few homemade cleaning recipes you can try this season:
To clean glass: Mix 1/4 cup vinegar with one quart of water in a spray bottle. Spray on glass and wipe clean with old newspaper or a lint-free cloth.

To clean countertops and bathroom tile: Mix two parts vinegar and one part baking soda with four parts water. Apply with a sponge, scour and wipe away.

To clean floors: Mix four cups of white distilled vinegar with about a gallon of hot water. If desired, add a few drops of pure peppermint or lemon oil for a pleasant scent. After damp mopping the floors, the smell of vinegar will dissipate quickly, leaving behind only the scent of the oil.

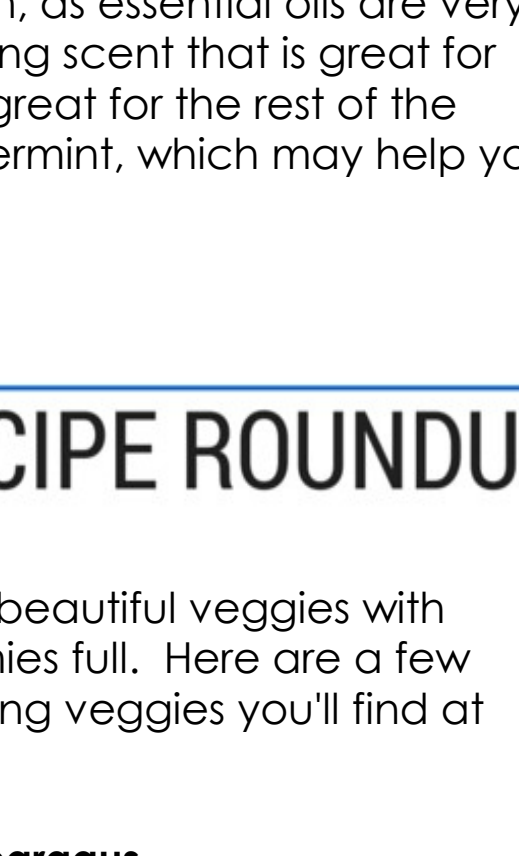
To clean wood furniture: Mix equal parts lemon juice and olive oil. Apply a small amount to a cloth and rub onto the furniture in long, even strokes.

Toilet bowl cleaner: Sprinkle a toilet brush with baking soda and scrub away! Occasionally disinfect your toilet by scrubbing with borax instead. Wipe the outside of the toilet with straight vinegar.

Disinfectant: Mix two teaspoons borax, four tablespoons vinegar, three cups hot water and 1/4 teaspoon liquid castile soap. Wipe on with dampened cloth or use a spray bottle. Wipe clean.

Mold and mildew: Wipe with straight vinegar.

Air freshener: Sprinkle essential oil on a cotton ball and stash it in a corner of the room. If you have kids, make sure it's out of their reach, as essential oils are very strong and could irritate their skin. Lavender is a relaxing scent that is great for bedrooms, while cinnamon, clove and citrus oils are great for the rest of the house. You can stash a few in the car, too—try peppermint, which may help you stay alert.



RECIPES ROUNDUP

Spring Flavors

Spring is one of our favorite times to try new dishes—beautiful veggies with vibrant colors always make our plates and our tummies full. Here are a few new recipes for your family to try with those fresh spring veggies you'll find at every farmer's market this season.

Lemon Feta Linguine w/Garlic Asparagus

Ingredients
4 oz. uncooked linguine pasta
1 lemon, juice and zest
2 tbsp extra virgin olive oil
1/4 cup feta cheese, crumbled
cracked black pepper
6 oz. (12 spears) asparagus, woody ends removed and cut into 1 1/2 inch pieces
2 garlic cloves, minced
1 tbsp extra virgin olive oil
salt and pepper

For directions, [click here](#).



Leek & Potato Pan Roast

Ingredients
1 lb red potatoes or gold potatoes
2 leeks (stem), sliced
1/3 to 1/2 cup sliced red onion
1/3 cup to 1/2 cup olive oil or avocado oil
1 tbsp balsamic vinegar
1 garlic clove (minced)
1/2 tsp salt and pepper each (divided)
2 cups or more Leafy greens (spinach, kale, etc).
lemon
parsley

For directions, [click here](#).

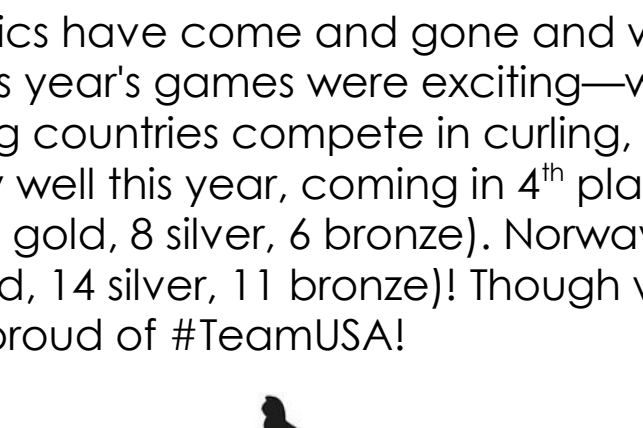


Bonus spring dessert recipe:
[Pineapple Sunshine Cake](#)

JOKE OF THE DAY



What did the tree say to spring?



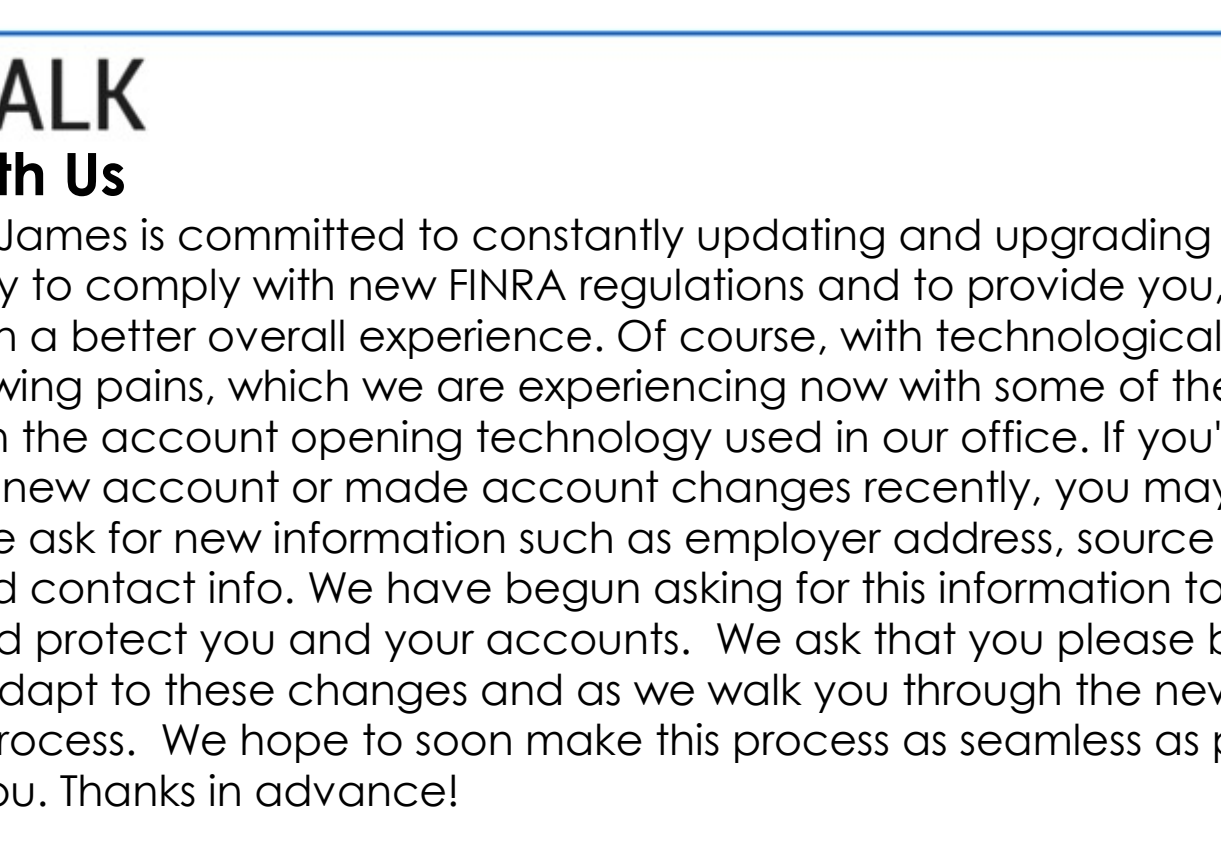
What a re-leaf!



SPORTS CENTER

23 Medals Richer

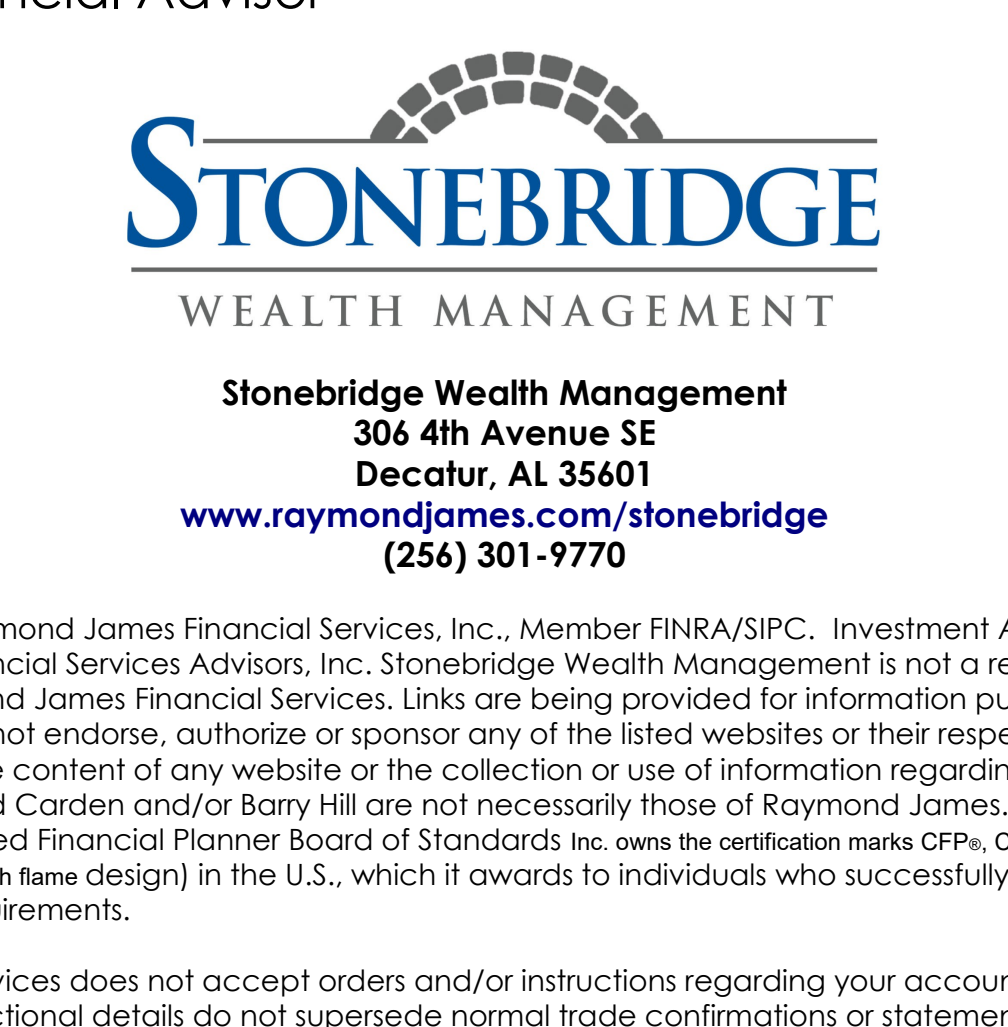
The 2018 Winter Olympics have come and gone and we have to say we're pretty sad about it. This year's games were exciting—we'll miss turning on the television and watching countries compete in curling, ice skating and snow skiing. The US did pretty well this year, coming in 4th place in overall number of medals, a total of 23 (9 gold, 8 silver, 6 bronze). Norway came out on top with 38 total medals (14 gold, 14 silver, 11 bronze)! Though we didn't win the most medals, we're always proud of #TeamUSA!



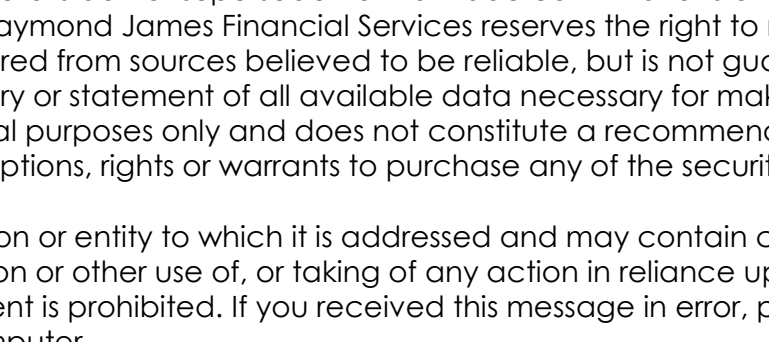
TECH TALK

Bear With Us

Raymond James is committed to constantly updating and upgrading their technology to comply with new FINRA regulations and to provide you, our clients, with a better overall experience. Of course, with technological changes come growing pains, which we are experiencing now with some of the latest changes in the account opening technology used in our office. If you've opened a new account or made account changes recently, you may have noticed we ask for new information such as employer address, source of wealth, and trusted contact info. We have begun asking for this information to better service and protect you and your accounts. We ask that you please bear with us as we adapt to these changes and as we walk you through the new account opening process. We hope to soon make this process as seamless as possible for all of you. Thanks in advance!



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



Stonebridge Wealth Management
306 4th Avenue SE
Decatur, AL 35601
[www.raymondjames.com/stonebridge](#)
(256) 301-9770

Securities offered through Raymond James Financial Services, Inc., Member FINRA/SIPC. Investment Advisory 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 CFPs (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.