

Catanzarite Financial Services presents:



SMART TIP:

Incorporating weight-bearing resistance training into your exercise routine may have a protective effect on your bones and could also enhance the bone-strengthening benefits of a diet rich in calcium and vitamin D.

WHO SAID IT?

"Creativity is just connecting things."

[\[GET THE ANSWER\]](#)

TEST YOUR KNOWLEDGE:

Q: What was the highest-paid work-from-home occupation in 2019?

- A) Medical Director
- B) Senior Software Engineer
- C) Psychiatrist
- D) National Sales Account Executive

[\[GET THE ANSWER\]](#)

November 2019

Reevaluating Red Meat

Does the new thinking on red meat stack up?

[\[CLICK TO READ\]](#)

Mail-Order Houses?

Tiny houses are just a few clicks away.

[\[CLICK TO READ\]](#)

Getting Real with REAL ID

Identification requirements are changing for domestic flights.

[\[CLICK TO READ\]](#)

Recipe of the Month

Chipotle-Maple Chicken Thighs

[\[CLICK TO READ\]](#)



Reevaluating Red Meat

For years, the word from a wide variety of sources has been to reduce red meat consumption. Groups as diverse as the American Heart Association, the World Cancer Research Fund, and the World Health Organization have suggested that individuals limit or eliminate red meat from their diets. However, a recent study published in the *Annals of Internal Medicine* have challenged these notions, specifically targeting claims of the correlation between red meat consumption and risk for stroke, heart disease, diabetes, and cancer. The scientists involved in the study used the GRADE system, which is a method used to evaluate scientific research. The study states that, in evaluating the long-standing research, continued red meat consumption presents no problem. The controversy over this new study comes from scientists and health professionals who point out that while the GRADE system is suitable for other scientific analysis, such as drug trials, it might not be suitable for making nutritional recommendations. Consulting with your general practitioner or a registered dietitian nutritionist will likely offer you a more specific perspective on your dietary choices.¹



Mail-Order Houses?

The tiny house phenomenon has inspired hours of television, podcasts, and Internet searches. Some just find the lifestyle fascinating, while others may be looking for ways to simplify or uncomplicate their lives. While many build their own homes, either on their own or in little neighborhoods, aspiring tiny households now have the option to order prefabricated tiny homes. (Assembly required.) Online retailers offer a number of options, ranging in price from \$8,000 for the most basic models to \$39,000 (plus shipping) for deluxe options with open

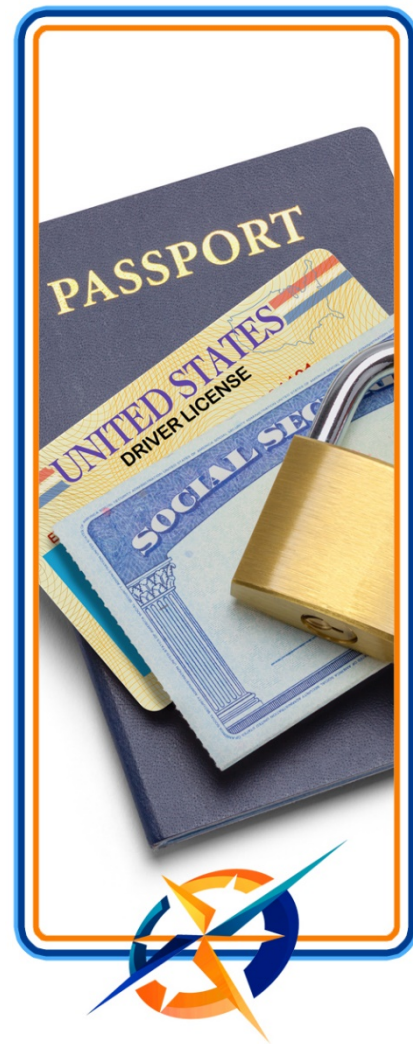
kitchen, bathroom, and even a staircase to the bedroom. While you may require the assistance of a plumber and electrician, putting the house together is not beyond the capabilities of your average handyman or home improvement enthusiast. Even if you aren't interested in "downsizing" and leaving your own "big" house, some households enjoy using tiny houses as guest homes or in lieu of renovating the house to create a "mother-in-law"-style apartment for family or renters. Another option: a home office – a way to "get out of the house" without the commute!²



Getting Real with REAL ID

The clock is ticking. On October 1, 2020, air travelers, even those only taking domestic flights within the United States, will need a REAL ID-compliant identification card, passport, U.S. military ID, or other prescribed form of identification when boarding at an airport in the United States. If not, the TSA will not let you past the checkpoint. While many states have been offering REAL ID for their driver's license, three (New Jersey, Oklahoma, and Oregon) haven't yet made the feature available. Other states offer REAL ID, but don't require that all drivers upgrade or select the feature. Recent polling by U.S.

Travel showed that 57% of Americans have no idea that the deadline is coming, while the U.S. Department of Homeland Security says that only 27% of Americans have REAL ID on their driver's license or state-issued identification. As you are planning trips or business travel for 2020, check with your local DMV about obtaining a REAL ID-compliant identification, if you haven't already done so. If you are in one of the states that don't offer the feature, go to your local post office to inquire about securing or updating your U.S. passport.³



Recipe of the Month

Chipotle-Maple Chicken Thighs

[6 to 8 Servings]

Ingredients:

- 1 Tbsp. paprika
- 2 Tbsp. brown sugar
- 1½ tsp. salt
- 2 tsp. dry mustard
- 2 tsp. garlic powder

½ tsp. chili powder
½ tsp. black pepper, freshly ground
2½ lbs. skinless, boneless chicken thighs
½ cup ketchup
¼ cup pure maple syrup
2 Tbsp. molasses
1 Tbsp. chipotle chile peppers, finely chopped
2 tsp. Worcestershire sauce
3 Tbsp. lime juice, freshly squeezed
Lime wedges (optional)

Directions:

To make the seasoning, mix the paprika, brown sugar, salt, half the dry mustard, half the garlic powder, chili powder, and black pepper. Sprinkle the seasoning generously on both sides of the chicken thighs, then chill them in the fridge for 30 minutes.

While the chicken thighs are chilling, combine the ketchup, maple syrup, molasses, chipotle peppers, Worcestershire sauce, and the remaining dry mustard and garlic powder together in a saucepan and bring it to a boil. Reduce to low heat and simmer for 15 minutes, stirring occasionally.

Fire up the grill to medium-high heat, add the chicken, and cook for 4 minutes. Flip and cook for four more on the other side. Add your freshly squeezed lime juice into the sauce above and brush the thighs with your sauce and cook each side for one minute (or until done, with an internal temperature of 170° F). Let the chicken thighs rest for 5 minutes and serve with a lime garnish.

Source: midwestliving.com/recipe/chipotle-maple-chicken-thighs/



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WHO SAID IT?

Steve Jobs

TEST YOUR KNOWLEDGE ANSWER:

A: C, Psychiatrist (Estimated Salary: \$180,000 to \$290,000)⁴



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Citations.

- 1 - [usatoday.com/story/news/health/2019/10/02/red-meat-study-known-health-risks-unfounded-doctors-decry-guidelines/3838947002/](https://www.usatoday.com/story/news/health/2019/10/02/red-meat-study-known-health-risks-unfounded-doctors-decry-guidelines/3838947002/) [10/2/19]
- 2 - [people.com/home/nomad-micro-home-tiny-house-amazon/](https://www.people.com/home/nomad-micro-home-tiny-house-amazon/) [10/1/19]
- 3 - [cnn.com/travel/article/real-id-us-travel-requirements/index.html](https://www.cnn.com/travel/article/real-id-us-travel-requirements/index.html) [10/2/19]
- 4 - [thestreet.com/personal-finance/highest-paying-remote-jobs-15109205](https://www.thestreet.com/personal-finance/highest-paying-remote-jobs-15109205) [10/2/19]