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The Priebe Post

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New Year's Resolution or not?

The season is in full bloom. Everywhere you look is beautifully illuminated by lights and Holiday decoration. Malls are full of shoppers while Holiday music plays in the background. Most households have their Christmas trees, Menorahs and decorations out and the baking has started.

In the back of some of our minds we have the New Year's Resolution pending. This year will be different! Or will it? Many who fail to keep their New Year's Resolution find it difficult to focus on their new goal.

Technology gets a lot of flack when it comes to our mental health. The truth is, it has actually done a lot of good for developing our mental faculties. Sure, not every kind of game is great for us, but many help improve mental processes that help us live and work better.

Apps, in particular, are a form of technology that has exploded in recent years with many great options for improving and developing mental qualities, such as: focus and problem solving, reducing stress and keeping track with goals. Below are a summary of the Apps. Please click on the link for further details:

- Lumosity
- Personal Zen
- Headspace
- Happify
- Eidetic

<https://www.goalcast.com/2018/01/04/5-apps-improve-focus-reduce-stress-strengthen-mind/>

Priebe Investment
Plans invites you to a



**On Thursday,
December 20th
at 12 noon**

We invite you to join us in our Fort Lauderdale office for an educational presentation.

Topic:

Year-End Tax Planning

Join us for a friendly discussion. **Bring your spouse, neighbor or friend.** Walter Priebe will have a short presentation and will be available to take any questions. Seating is limited. Lunch will be served.

**Please call our office,
954.974.3266 to reserve
your seat**

Office Address:
2933 West Coss Creek Road,
Suite 102
Fort Lauderdale, FL 33309



Real vs. Artificial Christmas Trees: Which Is the Greener Choice?



Mountain Top Fraser Fir, a Christmas tree farm in Newland, N.C., has been growing trees for 41 years. It was chosen to supply this year's White House Christmas tree.

An interesting article by the New York Times was published recently providing detailed information on whether a real tree or an artificial tree would be better for the environment. Please click on the link below for the entire article:

<https://www.nytimes.com/2018/11/26/business/energy-environment/fake-christmas-tree-vs-real-tree.html>

In my family, the Christmas tree is one of the most important decorations of the season. As a matter of fact, I make sure the entire family is present to decorate it while Christmas music is playing and cookies are baking in the oven. In the past 5 years, my husband and I have packed up the kids and gone to the nearest local tree vendor, picked one out as a family and the boys brought her into the house. This has been a wonderful tradition. But I've been contemplating getting an artificial tree due to cost and the fact that I'd like the tree up earlier, right after Thanksgiving. If we purchased an artificial tree, our tradition would still remain the same with the exception of going out and buying a new tree. It will simplify our life a bit by just grabbing it from the garage.

The Priebe's are also amongst those who go out and get a real tree for their home. What are your traditions? Please share your experiences by emailing me at rosie@priebeinvestmentplans.com.



Winter Health Risks for Seniors

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. It's important that they, and those who care for them, take certain precautions at this time of year. Click on the link below for some health hazards to avoid:

<https://www.comfortkeepers.com/home/info-center/senior-care/winter-health-risks-for-seniors>

To summarize: Stay indoors, stay dry and wear layers, unless you live in Florida, of course. However, for those who live in the Northern part of the hemisphere, stay warm this Winter!

TRIVIA QUESTION

A recent survey for the American Christmas Tree Association, conducted by Nielsen, found that three quarters of American households display a Christmas Tree. The vast majority of those, around 80%, display which kind? Real or artificial?



Tune in to Walt of Priebe Investment Plans from 10am-11am every Wednesday on your 740AM dial and 8am-10am every Sunday on your 1230AM dial.





CLIENT CELEBRATIONS

Client Birthdays

Julia August
 Gloria Breslauer
 Jeremy Baker
 Charles Ciccone
 Joseph Cinesi
 Les Dodd
 Patricia DePalmo
 Joyce Giddens
 John Hill
 Nicole Hill
 John Jefferson
 Marsha Kaye
 Rosalie Loughridge
 Ralph Mejia
 Renee Roberts
 David Ryan
 Richard Strauss
 Steve Smith
 Raymond SanAnton
 Martina Shorkey
 Susan Apley-Salituri
 Geraldine Wright
 Jay Weintraub



Wedding Anniversaries

Ralph & Cheryl Martin
 David & Brenda Mathews
 Ray & Diane SanAnton

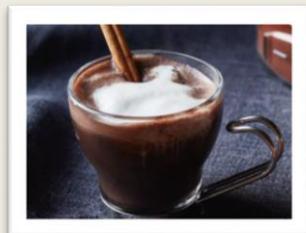


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Rosie's

RECIPE CORNER



Homemade Hot Cocoa

1 ½ cups (12 oz.) 60% cocoa dark chocolate chips
 3 tablespoons sugar
 4 cups milk
 Whipped cream, for garnish
 Marshmallows, for garnish

Place the chocolate chips and the sugar in a heat-resistant bowl. Then, heat the milk in a medium saucepan to very hot but not boiling. Next, take a ladle of hot milk and pour over the chocolate and sugar. Whisk until smooth and melted. Finally, add the chocolate suace to the remaining milk in the sauce pan. Heat the mixture for a few more minutes until it simmers and whisk occasionally.

TRIVIA ANSWER

The recent survey conducted by Nielsen for the American Christmas Tree Association confirms that the majority of American households' display an **artificial tree**.
<https://www.christmastreesociation.org/95-million-u-s-households-love-christmas-trees/>