

Robert W. Bruner presents:

perspectives 

MONTHLY LIFESTYLE BUZZ, TRENDS, TIPS, AND INSIGHT



SMART TIP:

Ever get to the grocery store, then find yourself mentally scanning your cupboards, struggling to remember which items you need? Try using your smartphone to snap a photo of the interior of your fridge, cupboards, and/or pantry before leaving the house.

WHO SAID IT?

"Major success feels a bit like a coronation. Like I'd become a king. I was one of the most famous people in the world, loved and hated in equal measure. I couldn't see anything bad with it. It made me a happy person."

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

TEST YOUR KNOWLEDGE:

According to the I.R.S., 21% of hard-copy federal tax returns contain errors. What percentage of digitally filed federal tax returns contain errors?

- A) 0.5%
- B) 2.1%
- C) 4.9%
- D) 7.8%

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

April, 2017

Hip Houses from Shipping Containers

Could this be the new American residence?

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The High Cost of Dining Out

Is it lightening your wallet a little too much?

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

Have You Noticed the Growth of Disc Golf?

Watch out for flying objects (and fun) on grass near you.

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

Recipe of the Month

Maple-Thyme Chicken with Carrots

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



Hip Houses from Shipping Containers

Could this be the new American residence?

Can you picture yourself living in a home built from recycled cargo containers? That possibility may not be so remote. Shipping containers – readily available, typically costing \$1,000-\$5,000 each – are being “upcycled” into leading-edge residences and businesses. Cargo containers are typically about 10’ x 40’, so they lend themselves to post-modern architecture – not everyone’s cup of tea, but fuse together two, three, or four of them, and you can build an intriguing small house or townhouse, suitable for narrow lots, for \$80-120 a square foot.

Step inside these modular homes and businesses, and they look like any other residence, café, or retail location – only their “boxiness” betrays their origins. They can be designed to meet local building codes and pass inspections, and their corrugated steel frames may prove more resistant to harsh weather and natural disasters than other types of construction. While major home builders have yet to construct a suburban tract from cargo containers, they have been used in small-scale “soft urban” housing developments, and could be seen with greater frequency in the future.¹



The High Cost of Dining Out

Is it lightening your wallet a little too much?

Do you like to eat out at a nice restaurant once or twice a week? That habit may be costing your household more than \$500 a month. Zagat says the average restaurant meal in America cost \$36 last year. The national average tip was 18.9%, meaning that even a solo diner spent an average of

\$42.80 for the experience. Foodies may be allocating even more of their budgets to fine dining. The average respondent to Zagat's 2016 National Trends Survey reported eating out 4.5 times a week, with 85% saying they had planned dining getaways out of their area (effectively adding fuel costs to their tab). Even if you simply stop at fast casual eateries, the cost of the meal may be multiples greater than that of home cooking.

If you are eating out less these days, you are part of a trend. According to a new Reuters/Ipsos poll, a third of Americans say that they are eating out less in 2017 compared to 2016, with 62% of them citing cost as the top factor.^{2,3}



Have You Noticed the Growth of Disc Golf?

Watch out for flying objects (and fun) on grass near you.

In the 1970s, "Frisbee golf" emerged as a fringe sport, an oddity played in the park. It remained that way into the 1990s. Not now. More than 30,000 people belong to the Professional Disc Golf Association these days, compared with less than 10,000 in the mid-2000s. There are now more than 5,500 disc golf courses in the world, up from 2,000 in 2005; most of these courses are in the U.S.

Why are people taking up the sport? Besides the fun factor, time and money come into play. A round of disc golf (which is no longer played with Frisbees) takes about two hours and has minimal equipment costs, easily attracting new players. In comparison, an 18-hole round on a conventional golf course can last more than five hours, and the equipment and fees can be expensive. The two sports are not incompatible: some disc golf courses are actually laid out within regular golf links.⁴



Recipe of the Month

Maple-Thyme Chicken with Carrots

- 4 Chicken Breasts (skin on, bone in)
- 3 Large Carrots
- 3 Garlic Cloves
- 2 Tbsp. Mustard (whole grain)
- 2 Tbsp. Olive Oil
- 2 Tbsp. Thyme Leaves
- 1/2 Lemon
- 1/4 Cup Maple Syrup
- 1/4 Cup Apple Cider Vinegar

Sea Salt
Ground Black Pepper

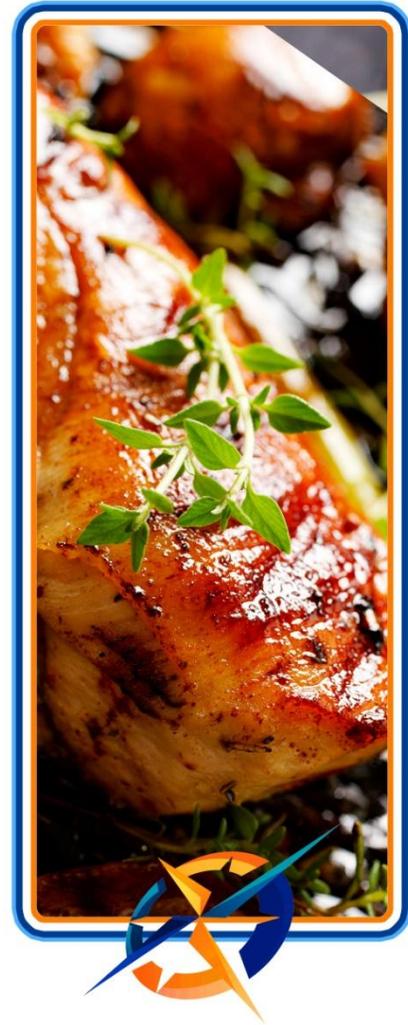
Preheat oven to 420 degrees. Juice lemon and set aside. Mince garlic, set aside. Peel carrots and slice thickly (approx. 1/4" rounds); set aside.

Rub chicken breasts with sea salt and pepper; then, sear with a bit of olive oil over high heat (approximately 2 minutes per side) in an oven-safe skillet. When complete, set chicken aside.

Reduce heat slightly; then, using a wooden spoon, carefully scrape bottom of skillet to release drippings while stirring in apple cider vinegar. Add maple syrup, thyme, mustard, lemon juice, and garlic. Stir in slowly and bring to a simmer. Place chicken back into skillet and carefully drizzle sauce over the breasts with a spoon.

In a large bowl, season carrots with salt, pepper, and leftover olive oil; then, tuck carrots around chicken in the skillet. Place skillet in the pre-heated oven and bake approximately 20 minutes (or until carrots are tender and chicken is thoroughly cooked).

Serve with drizzled pan sauce and enjoy!



Robert W. Bruner may be reached at
717-285-3344 or fyi@brunerwealth.com
www.brunerwealth.com

WHO SAID IT?

Larry Hagman (star of *I Dream of Jeannie* and *Dallas*)

TEST YOUR KNOWLEDGE ANSWER:

A: Just half a percent.⁵



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Citations.

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