

Robert W. Bruner presents:



MONTHLY LIFESTYLE BUZZ, TRENDS, TIPS, AND INSIGHT



SMART TIP:

Slice a lemon in half and rub the cut side over cutting boards to remove odors and stains. For extra tough jobs, first sprinkle the surface with baking soda or salt.

WHO SAID IT?

"Why change? Everyone has his own style. When you have found it, you should stick to it."

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

TEST YOUR KNOWLEDGE:

Q: How much can you withdraw from a Roth IRA to help fund a first-time home purchase, without any I.R.S. penalty?

- A) \$5,000
- B) \$10,000
- C) \$15,000
- D) \$20,000

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

May, 2017

Dining out with your dog

Pet restaurants are on the rise, with special treats for canines.

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

Is an extended warranty worth it?

In many cases, the answer is no.

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

The Paleo Diet

Is it the way to a slimmer waist and better life?

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

Recipe of the Month

Perfect Pea Soup

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

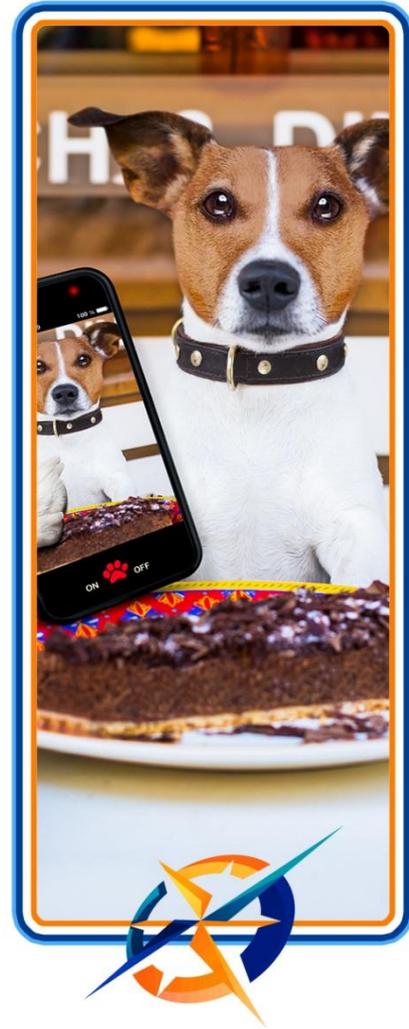


Dining out with your dog

Pet restaurants are on the rise, with special treats for canines.

Bringing your dog into a bistro is no longer a social no-no, at least not at some cafes geared to pet owners and their needs. While many restaurants with outdoor seating are pet friendly, some have taken things a step further and now cater to this niche. The concept has even “gone chain.” The Lazy Dog Restaurant & Bar now has 22 locations across California, Nevada, and Texas, with special outdoor seating reserved for dog owners and a Dog Menu featuring brown rice, grilled chicken, and hamburger patties. Typically, pet restaurants stick to the basics on their dog menus. While many people seek out exotic cuisine, canines may have severe allergies, and no pet (or business) owner wants to encourage a trip to an animal hospital.

Some fast food and coffee outlets also have secret dog treats, albeit largely high-calorie ones. Shake Shack can provide your furry friend with a Poochini, a dessert with dog biscuits, vanilla custard, and peanut butter sauce. In the northeast, Tim Hortons offers sugar-free Timbits for four-legged customers. Starbucks offers the Pupuccino, a doppio cup of whipped cream that may make for a tasty treat.^{1,2}



Is an extended warranty worth it?

In many cases, the answer is no.

If you purchase anything that uses electricity and is designed to last more than a year, odds are you will be offered an extended warranty at the point of sale. What are the chances of that product malfunctioning just outside the standard warranty term? Often, they are low – and the store or manufacturer is just reminding the consumer of that remote possibility in pursuit of extra profit.

Online research may reveal that the standard warranty on a product you want to buy has proven adequate. Not only that, some credit cards provide consumers with extended warranties. In some cases, buying a product with a particular card may lengthen the basic warranty period by a year.

Sometimes it can be smart to purchase an extended warranty. Most basic warranties don't cover accidents, but some extended warranties do. You may not have to buy an extended warranty when an item is in your real or virtual shopping cart, though. Some retailers will let you buy longer warranty coverage after the sale, and online businesses like SquareTrade sell extended protection plans for some products at a discount.³



The Paleo Diet

Is it the way to a slimmer waist and better life?

Emulating the diet of ancient hunter-gatherers may have distinct health benefits. Take the Paleo diet, in which a person eats only meat, fish, nuts, fruits, and vegetables. No dairy, no grains, no added sugars, no soy. The result – say its advocates – is a diet that makes you feel satiated as well as healthier. Cravings recede, and you eat in a way that can help you build muscle and better regulate your weight.

Detractors believe the low-carb, high-fat Paleo diet

promotes weight gain, citing a recent University of Melbourne study in which overweight mice gained 15% of their body weight in nine weeks eating low-carb, markedly high-fat food. Some nutritionists argue that it is ridiculous to draw a line between how mice fare with such a diet and how humans fare. The *American Journal of Clinical Nutrition* published an analysis of four Paleo diet studies and drew the conclusion that the diet encouraged lower blood pressure, lower triglycerides, lower fasting blood sugar levels, and a trimmer waist – at least over the short term. Long-term human studies of the effects of the Paleo diet have not yet emerged.^{4,5}



Recipe of the Month

Perfect Pea Soup

1 bag frozen sugar snap peas
4 tsp. plain yogurt
4 oz. fresh mozzarella, diced
2.5 cups chicken broth
1.5 cups sliced onion
1 pat butter
1 tsp. dried tarragon
Sea salt and black pepper, to taste

In a large pot or saucepan, melt butter until foaming. Add onions and sweat for 2-4 minutes. Add chicken broth, tarragon, sea salt, to taste, and a pinch of ground black pepper. Bring to a boil, then add peas. Cook only until defrosted.

Place half the diced mozzarella into a blender, then add half the cooked mixture. Puree until very smooth (repeat with second half of mozzarella and mixture.) Return to pot and bring to a simmer.

To serve: Ladle soup into bowls, then swirl chilled, well-stirred, smooth, cool yogurt over the top.

Optional substitution: Vegetable broth may be used in place of chicken broth.



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

WHO SAID IT?
Audrey Hepburn

TEST YOUR KNOWLEDGE ANSWER:
B: \$10,000⁶



Securities offered through Questar Capital Corporation (QCC). Member FINRA, SIPC. Advisory Services offered through Questar Asset Management (QAM).

A Registered Investment Advisor. 5701 Golden Hills Dr, Minneapolis, MN 55416. 888-446-5872.
BRUNER Wealth Management, LLC is independent of QCC and QAM.

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty.

Citations.

- 1 – lazydogrestaurants.com/location [4/10/17]
- 2 – foodbeast.com/news/secret-doggie-menus/ [3/3/15]
- 3 – quickenloans.com/blog/5-reasons-not-buy-extended-warranty [1/13/17]
- 4 – mensjournal.com/health-fitness/articles/is-the-paleo-diet-for-you-w465200 [2/6/17]
- 5 – health.com/weight-loss/how-bad-for-you-is-the-paleo-diet-really [2/24/16]
- 6 – forbes.com/sites/forbesfinancecouncil/2017/04/04/the-roth-ira-is-more-than-meets-the-eye [4/4/17]