

## The Problem With Constant Information



*The Carrot Seed* by Ruth Krauss is a short, preschool level book about a little boy who wants to grow a carrot. He plants the seed, weeds the plot, and waters day after day. But nothing comes up. And to make matters worse, his family tells him nothing is ever going to come up. However, in the end, his patience and diligence pay off and he carts away a giant carrot.<sup>1</sup>

Written in 1945, it's still a popular book among early educators for teaching the first concepts of gardening. Lesson plans often call for the students to plant carrot seeds themselves and then like the little boy water and wait.

A carrot seed germinates more slowly than other common root crops, taking about three weeks to sprout through the soil—which is probably why Krauss had her little boy plant one.

But for a five-year old who has planted carrot seeds in class, anything longer than a few days can seem like an eternity. And it's not unusual for students to want to dig up their carrot seeds each morning to see how they're progressing.

This urge to track progress in the short-term doesn't go away as we become adults. In fact, it seems to get worse.

Market analyst Jared Dillian calls it the F9 problem.<sup>2</sup> He gave it this name because you can instantly recalculate an Excel spreadsheet by pressing the F9 key on your computer.

Dillian writes, "Believe it or not, most P&L systems at banks are built within complex Excel spreadsheets." In those cases, hitting F9 will automatically update the values on an investment account with fresh data.

Dillian says that when he was a professional trader, he found himself hitting F9 a lot more on good days than on bad days. "On terrible days," he writes, "I would absolutely dread pressing the F9 key. On great days I was pressing it three times a second." Looking back, he realizes that he was hooked on the feelings that came with positive feedback.

Now more than ever investors are able to indulge this urge to know hour-by-hour or even second-by-second how their investment holdings are doing. Unfortunately, the shorter the time frame in which market information is gathered, the statistically more likely it is to show negative progress. And because many people will want to "do something" in response, this constantly updated stream of information can lead to actions that hurt their realized returns in the long-term.

As monthly and quarterly statements come out, reviewing them to confirm any transactions or changes may be needed. But over focusing on the short-term account valuation changes, whether you're expecting good news or bad, is something to be mindful of and careful to avoid.

It's natural to feel good about a positive month and a little glum when things are negative. However, these emotions can be mitigated by the knowledge that both ups and are to be expected. We can help you keep your life-long investing in proper perspective so you feel confident through periods of short-term volatility.

The important thing is to leave your carrot seeds in the ground where they can grow.

Have a great weekend!

Source: Efficient Advisors

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## **Golf Tip of the Week**



### **Master the Low-Spinning Wedge Shot**

You've likely seen the pros hit a beautiful chip shot that stays low and floats right next to the hole. But for some reason, you just can't seem to get that low-spinning shot when you're out playing. Well, let's share some secrets on how to achieve it.

The most important thing you need to do is understand the center of gravity of your shot and where it is relative to the ball. To achieve the low-spinning wedge shot, the center of gravity needs to be right below the ball for your entire shot (not just on impact). This will help launch the ball far and low. This occurs because the low-center of the face is the place where the ball spins the most. Think about hitting this shot one groove lower than your normal chip.

Tip adapted from Golf Tips Magazine<sup>1</sup>

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## Recipe of the Week

### Baked Donuts



Donuts might not be the healthiest choice for breakfast, but they sure are delicious. These baked, cinnamon-sugar donuts are simple to make and perfect for a solo breakfast or brunch party.

[makes 12 donuts]

### Ingredients:

#### For the donuts:

- 2 6-donut pans (or one 12-donut pan)
- Nonstick cooking spray
- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- Sprinkle of salt

- 1 egg
- 1¼ cups whole milk
- 2 Tbsp. butter, melted
- 2 tsp. vanilla extract

**For the glaze:**

- 1 stick of unsalted butter
- ¾ cup sugar
- 1 tsp. cinnamon

**Directions:**

1. Preheat the oven to 350° F.
2. Mix together the flour, sugar, baking powder, cinnamon, and salt.
3. In a separate bowl, whisk together the egg, milk, melted butter, and vanilla.
4. Stir the wet ingredients into the dry mix slowly until just combined (don't overmix).
5. Spoon the batter into well-sprayed donut pans. Fill each cup about halfway full.
6. Bake for 17 minutes. Allow to cool for five minutes.
7. For the glaze, melt the butter, then combine the cinnamon and sugar in a separate bowl. Dip each donut into the butter, then the cinnamon-sugar mix until coated (either on one or both sides).

Recipe adapted from The Food Network<sup>ii</sup>

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## Health Tip of the Week



### Healthy Fast-Food Items

If you're making healthy eating a priority, you're probably staying away from fast food as much as possible. But whether you're in a rush or on a road trip, a quick, fast-food stop could be the only option. Luckily, there are actually some healthy options at most major fast-food chains that won't set you too far off your diet. Here are some of our favorites:

- **The Artisan Grilled Chicken Sandwich at McDonalds** has 380 calories, 6 grams of fat, and 36 grams of protein. It includes a grilled chicken patty, veggies, and whole-wheat bun.
- **The Steak Fresco Soft Taco at Taco Bell** - Salads aren't always the best option at fast food chains, and Taco Bell is a great example of that. These Steak Fresco Soft Tacos have 150 calories, 4 grams of fat, and 10 grams of protein, while the Fiesta Taco Salad has 760 calories and a whopping 39 grams of fat.
- **The Spinach, Feta, and Egg-White Breakfast Wrap at Starbucks** - Starbucks has really revamped their food menu, and this is just one of their many healthy options. Pair it with a black coffee or tea, and you have yourself a healthy breakfast on the go, with just 290 calories, 10 grams of fat, and 19 grams of protein.

Tip adapted from USA Today<sup>iii</sup>

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**Sources:**

1. <https://www.brighthubeducation.com/preschool-lesson-plans/50112-the-carrot-seed-lesson-and-activities-includes-grow-your-own-carrot/>
2. <https://www.mauldineconomics.com/the-10th-man/the-f9-problem>

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<sup>i</sup><https://www.golftipsmag.com/video/short-game/the-low-spinning-wedge-shot/>

<sup>ii</sup><https://www.foodnetwork.com/recipes/ina-garten/cinnamon-baked-doughnuts-recipe-2135621>

<sup>iii</sup><https://www.usatoday.com/story/life/2019/01/17/healthy-fast-food-mcdonalds-taco-bell-starbucks-chipotle-chickfila-panera/2582149002/>