

Finance

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Real Fast Food Growth

Can you guess the name of a company that has advanced in stock price value in more than \$300 since 2006? This company has a stock value worth more than McDonald's and surprisingly this fact is no threat to the golden arches. McDonald's has been this company's majority investor since 1998 and it's majority shareholder since 2000. So what company is triple the stock value of the shares than that burger shaken french fry institution – Chipotle.

On January 26, 2006, Chipotle became publicly known by the stock symbol CMG with shares worth \$45. In just over one year the stock's shares made a steady climb to \$100. Typical market fluctuations called into question whether or not the share price would maintain it's \$100 value as it peaked into the \$200 category in less than five years of its IPO debut. Such a price seemed too real for a taco place that still remains undiscovered by many, but \$300 a share in 2011 made many investors who crunched burrito bowls on their lunch hour at grand openings near-by take notice.

As Chipotle restaurants continue to be built and opened, time shall reveal if the seemingly bullish stock proves to be a fast moving sign to buy or a quick cash deal to sell. Indeed the five year venture of a restaurant business, or a business of any industry, to show growth from a \$45 share price to approximately a \$345 share price is not to be taken lightly. Any person who dared to invest in just five of these shares in 2006, already reaps a \$1500 gain. If this stock continues to excel at current rates, one could potentially project that 2016 could forecast a gain of \$3000 for five stocks whose cost was only a total of \$200 in 2006. Yet with stocks, companies, and the stock market being as uncertain as they are, eyes can only peak over the edge in wonder of whether to look up...or down.

Consumer Report

Dining Out Discount

So who doesn't like to chow down at a favorite restaurant in town. Everyone has to treat themselves every now and then. Everyone also knows that 2012 is crunch time. Many people are feeling the crunch of the most recent recession and its aftershocks as they get serious about saving money that may or may not be sacrificially available. So what do ya do? You set out to eat lobster at hot dog prices, have champagne on a beer budget, which for fresh and organic when you're really in a processed food pinch. Yet, there really isn't a need for you to overspend if you use www.restaurant.com

Restaurant.com offers opportunities for saving ¼ or more off your meal at your local tasty dining spot. On restaurant.com you can purchase gift cards and e-certificates that allow you a discount on your final bill. Although you may not have the option of trying all dining establishments in your area, restaurant.com does have a lengthy list of restaurants around town for you to choose. The key to the biggest savings is the key to making a profit off anything – buy low.

Typically restaurant.com allows you to buy e-certificates with values in various increments. The e-certificate costs you less than the value of the e-certificate, and the e-certificate's value entitles you to take that total amount off of your final restaurant bill. So you get more than you pay for. For example, a \$25 e-certificate may cost you \$10 to buy and require that you spend \$35 and pay an 18% gratuity, but the \$41.30 total bill will be minus \$25, which makes your out of pocket costs \$16.30. This means you save \$15. This doesn't seem like much but when you buy e-certificates on sale, the savings are more.

Let's say you luck up and are able to buy a \$25 e-certificate for \$2 and it required you to spend at least \$45 and pay an 18% gratuity. Your bill may total \$53.10, but your out of pocket costs will be less than \$30. This is almost a 50% savings. Given that restaurant.com has good sales such as \$2 for a \$25 e-certificate, buying several of such sales will help you spend less. A \$15 savings on one meal and a \$20 savings on another meal can provide an un-wasted \$35 opportunity for you to buy something or invest in something that would have otherwise been eaten up.

Spotlight

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Entertainment Review

Contraband

Contraband is a movie with Mark Walberg who is playing the roll of what has become typical of the matured B-boy actor. He is playing a bad boy turned family man relying upon street tactics to protect his family when past dangers reappear. It is no doubt that the title tells the storyline, but as the two hour tale unfolds it doesn't seem likely that drugs will be the typical contraband that will move the story along. Drugs do make their way to play a part in the contraband theme along with a shoot out and smuggling which usually goes along with the whole contraband image. It is these concepts that truly make what happens in the movie seem like no surprise. The movie has interesting parts, but really is more of a delight for Mark Walberg idols or movie goers who are intrigued with the highs, lows, ins, and outs of black market investing.

Entertainment Review will have a rating system based using eye winks:

Healthcare Highlights

The Ginger Remedy

Ginger is a root that looks like it is a warped tree twig or a disfigured potato with arms sprouting from all parts of a mini torso. This herb is flavorful and can sure pack a punch if eaten alone and amongst other ingredients. It is packaged in numerous ways including as a smoothed chew for easy unwrap and consumption. Ginger chews are droplets that have been candied for consumers to use. Ginger Chews are a needed household item worth having on standby to quickly reduce nausea.

Ginger chews almost instantly settle the stomach just as ginger ale does in time. The advantages of a ginger chew over ginger ale are that you don't have to consume a liquid that may further upset an already bloated stomach. The potent flavor that is packed in a small ginger chew is capable of other benefits, but it is a great addition to have in the bathroom medicine cabinet to comfort you when facing the unexpected stomach flu or virus that could get worse before it gets better.

Ginger chews are commonly found for purchase in organic food stores and oriental food markets. They may be packaged as 15 individual wraps or 20+ loose pieces in one resealable bag. These spicy, sweet, bitter pungent pieces cost an average of \$3 a package, do not need refrigeration, and have a lengthy expiration date. The value of this homemade remedy can not be cherished until an unsettled stomach makes you hope for control to be maintained over the inevitable enclosed contaminants seeking release.

Good Eats

Meatless Meat-eater Alternatives

A meat eater who dares to transition to a meat reduced or meatless diet is going to need alternatives. Realistic alternatives that look good and are delicious. These alternatives must also extend to foods that are not a customary meal in the average household, but is a special meal that the average household usually purchases or makes special provisions to prepare. While this obstacle is certainly challenging, it is not impossible.

Chinese food is a popular meal in many households. Many people simply order out, but Chinese food is a meal that many skill themselves to be able to make at home. Making Chinese food that is yummy, meatless, and quick can seem impossible to the average at home cook who is not a trained chef and can't follow the complicated suggestions of cooking shows. Yet, there is a delicious stir-fry that will allow you to try out that crazy wok purchase while pleasing your meaty pallet.

Ingredients:

- 1 container of rice noodles
- 1 bag of beefless tips by Gardein
- 3 bunches of chopped greens, chopped (swiss chard or kale provide the best taste)
- 1 cup of chopped bok choy
- ½ tsp or more of shaved ginger
- 1 garlic clove
- 1 cup of chopped green onion
- ¼ cup of soy sauce
- 1/8 cup of sesame seeds
- cooking spray

Before you begin the stir fry, add hot water to a big bowl to soften your rice noodles. Rice noodles may need to sit for 5-10 minutes in hot water before they become soft enough to add to a stir-fry. You may need to change the water, if it quickly cools down without the rice noodles softening. *If you choose rice instead of noodles, now is the time to prepare your rice according to standard instructions.

First coat the cooking pan/wok with oil spray and allow the pan/wok to heat up for 10-15 seconds.

Next put one tablespoon of olive oil in a medium warm pan along with one garlic clove, the shaved ginger and chopped bok choy. Saute this for about 2-3 minutes then add the Gardein beefless tips. Saute for about 3-4 minutes and stir constantly. Add the sesame seeds and chopped greens and stir for 1 minute. Add the rice noodles (*skip this if using rice only) and soy sauce and continue to stir for 1-2 minutes. You may need to add more oil or cooking spray to keep the ingredients from sticking to the pan. When the greens appear to be softened down, yet stiff green, add the green onions and stir for up to one minute. Your delicious stir fry is now complete for you to chop stick out on a plate and eat.

*Instead of noodles, this dish can be enjoyed with brown rice.

Love from Ms. Lady

Life Transitions

We've all heard it before. Life is like a book. It's story is full of chapters that connect the past, present, and future. There are beginnings, that lead way to unsettled middles that waver in wonder of what will be the end. They have details that bring to life adjectives which relay psychological truths that explain the beginnings that make you question the traditions in the middle to soul search regarding the generational effects of your end.

There are books that have achieved record breaking success because of daring risks to be contrary. There are books that hold no memories because they did not defy the ordinary. There are books with sequels, like a cat with nine lives, a reinvention that needs to be new and youthful. Life is like a book because you do not always know what's on the next page and this leaves you feeling uneasy because you don't know the destiny there waiting for you.

When you are faced with not knowing:

if your cancer will go away

if a new job will be near and if it is the right job for you

if family issues will improve

if your car can be repaired

if your dream can be fulfilled

if your court battle will end well

if you will ever smile again and will your smile be brighter than the sun

if, if, if, if, if.....

then there is only a few things left for you to do.

Breath in, hope for the best, turn the page, accept, accept, accept, and follow your next step or plan for better to come....