

The Client Connection

News and Updates from The Gensler Group

July 29, 2014

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The Markets

Anchors aweigh! Put thoughts of the Frank Sinatra and Gene Kelly movie aside. If the Naval Academy fight song is playing in your head, tune it out. The anchors being raised here are setting adrift perceptions that government bonds are always low risk investments.



Behavioral finance - a field of study that looks at behavioral and cognitive psychology in tandem with conventional economics and finance to explain why investors do what they do - tells us investors

have been known to make decisions based on faulty reasoning. In some cases, they tend to classify new information based on experience or knowledge.

For instance, people who adhere to the idea U.S. government bonds are low-risk investments might be inclined to take in stride the news that geopolitical tensions pushed bond yields lower during the past two weeks. Who cares that yields are at a low for the year? Government bonds are not risky investments, right?

[Click here to read the entire article.](#)

Quarterly Market
Review

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Video Gaming can be Lucrative

'Video Gamer' may soon join astronaut, athlete, and super hero on children's lists of what they want to be when they grow up. Those who reach the top of the e-sport may do well financially since video game competitions can be quite lucrative.



Okay, first, let's tackle the concept of e-sports. If you're one of those people who have a hard time thinking of chess or poker as sports, the idea of video games as sports will probably throw you for a loop. However, last week ESPN.com featured The International - the fourth annual world championships of the popular video game 'Defense of the Ancient 2' (Dota 2). The event, which was held in KeyArena in Seattle, sold out. In addition, more than 300,000 people watched the event on a popular video game streaming website.

Total prize money for the tournament was \$10.9 million, a record for video game competitions and all the more remarkable because fans raised much of the prize money. That's a big step up from the first championship. It was held in 2011 in Cologne, Germany and the teams competed for a grand prize of \$1 million.

[Click here to read the entire article.](#)

How to Eat Healthy at Your Favorite Restaurants

Your guide to making good choices when dining out.

No matter what your favorite restaurant is serving, you can still practice healthy dining. Sports Nutritionist, Katherine Patton, MEd, RD, LD, CSSD, says, "Regardless of the restaurant, it's important to watch your portions and look for balance in your meals." Here are some of her tips for ordering at specific types of restaurants:



Italian restaurants

If you're going to an Italian restaurant, skip high-calorie dishes loaded with creamy sauces or extra cheese, such as alfredo, lasagna and carbonara. Also, avoid extra calories in buttered garlic bread by limiting how much you eat. Sausage and meat balls in sauces also adds fat and calories. Limit cream, butter, high-fat meats and cheese.

What to order: Start off your meal with a salad filled with vegetables, with fruit, nuts, seeds, olives and/or avocado. Skip the cheese, bacon, and creamy dressings. The fiber from the vegetables in the salad will help you feel full. If you choose pasta, get it with red sauce, which gives you the nutrients and lycopene in the tomatoes and is much lower in calories than cream sauces. You can also ask about whole-grain pasta to give it more fiber and more nutritional value, and extra vegetables for the sauce, such as broccoli or mushrooms.

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