NEWSLETTER | Volume XVI

LIFETIME

Thank you for being part of the LifeTime family!

This newsletter features news from our firm, client news & updates, and of course, chances to win prizes. As always, please let us know if there are additional topics you would like us to address in our newsletters.

Life at LifeTime

Driving Fore The Cure Charity Golf Tournament a Success!

LifeTime is proud to have sponsored and participated in a great event on June 4. Back for the first time since 2019, this golf event is organized by **Nags Head Links Ladies** and benefits The Outer Banks Hospital (Breast Cancer Fund). 124 golfers, 60 volunteers, sponsors, donors and beautiful weather in Nags Heads made for a great day. This flag is framed and proudly displayed in our office.

Matt Glova Honored in Forbes' Best-In-State Wealth Advisors list for 2022

Matt Glova has been named to Forbes' Best–in–State Wealth Advisors list for 2022. This is his fourth consecutive year being named to this prestigious list.*(1)*

See Matt's profile on this Forbes' list here.

Read more about this list and his ranking here.

Congratulations to Sarah Glova for being awarded NAWBO's 2021-2022 Public Policy Advocate of the Year

The National Association of Women Business Owners' Greater Raleigh chapter recently hosted their annual Installation & Awards Gala on June 15. At this awards ceremony, Sarah Glova was honored with being named NAWBO's 2021-2022 Public Policy Advocate of the Year. Sarah has been involved with this great association for many years. In her own words, Sarah said, "*Women business owners represent a fast-growing sector of our economy, an important investment in our local communities, and an absolutely vital business force for our state. Thank you to all who are helping us champion women business owners across NC and beyond.*"

Sarah & Matt at NAWBO's Gala Event

LifeTime team members Sandy Russ, Lorraine Johnson & Matt Glova

The LifeTime Team New Additions and Accomplishments

Join us in welcoming our newest team member:

Sandy Russ, CFP®, CPA, Wealth Management Associate

Sandy Russ joined LifeTime Asset Management in March 2022 as a Wealth Management Associate. She was born and raised near Raleigh and graduated from Meredith College in 1998 with a Bachelor of Science Degree in Accounting. Following graduation, Sandy passed the CPA exam and worked in public accounting preparing individual and business tax returns.

In 2006, Sandy and her husband Jerry purchased an insurance agency in the NC Foothills. In 2012, Sandy was instrumental in forming a networking group called Caldwell Women's Forum. Sandy became a CERTIFIED FINANCIAL PLANNER(TM) in 2020 and enjoys helping women gain financial confidence.. While living in the mountains, Sandy and her husband enjoyed hiking, kayaking, and camping. They recently moved back to the Raleigh area to be closer to family and lifelong friends. Sandy loves reading and enjoys cooking new things.

Congratulations to Rebecca Crumpler on earning her CPA certification.

Rebecca Crumpler, CPA, CFP®

After over a year of studying and taking the four required exams, Rebecca Crumpler can now proudly display the CPA designation behind her name. LifeTime is extremely proud of Rebecca's dedication to her continued education and expansion of her knowledge and skills. Rebecca obtained her CERTIFIED FINANCIAL PLANNER(TM) designation in late 2019, which then sparked her interest in pursuing a Master's degree. She graduated with a Masters in Accounting from NC State University in May 2021. And now she has earned her CPA certification in April 2022.

Rebecca Crumpler joined LifeTime Tax Management in March 2021, bringing with her ten years of financial services experience. Rebecca is originally from New York, but has lived in North Carolina since the second grade. She attended Appalachian State University and obtained her Bachelor's in Business Administration in late 2017. In her free time, Rebecca enjoys spending time with her family, reading, playing video games, hiking, and cross-stitching. Rebecca is a valued member of the LifeTime team.

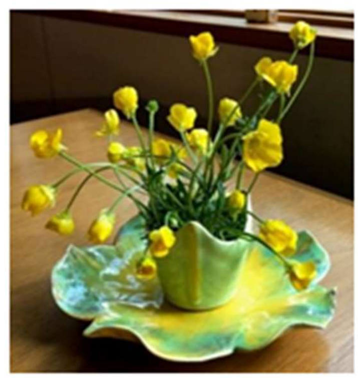
Our focus is on you, our clients — and as our team grows, so does our capacity to provide you with excellent client service. Thank you for helping to welcome these new faces into the LifeTime team.

Client Spotlight

Shelby Law Ruttan is a client with both our asset and tax services. She developed a passion in the kitchen while growing up, inspired by both her Mother and Grandmother. Shelby has been sharing her family recipes since 2007. In 2019, she launched a blog, Grumpy's Honeybunch. On this site, you can find recipes for beverages, breakfast, lunch, dinner, and dessert as well as low calorie, low fat, low carb, and keto recipes. all quick and easy to make.
Additionally, Shelby has authored three cookbooks: The One-Pot Paleo Cookbook, The Pescatarian Keto Cookbook, and most recently Clean Ketogenic Diet for Beginners. Each of these can be found on Amazon for purchase.

Shelby grew up in northern New York in a very close knit-family. Learning from her Mother and Grandmother, Shelby enjoys experimenting in the kitchen, making meals from the food she and her family harvested themselves. Shelby now lives in Raleigh, NC. Outside of the kitchen, she enjoys hiking, kayaking, travelling, reading, wine tours and spending time with her family. We hope you'll visit her blog, pick up one (or three) of her cookbooks and be inspired to cook up some healthy meals from her recipes.

A client recently sent us a photo of these beautiful buttercups she picked. While the collection of flowers is beautiful, what really caught our eye was the unique container they are in. The vase was from her mother and Courtney Campbell, one of our CPAs, commented that it is very similar to one that her aunt made over 70 years ago. Beautiful flowers in beautiful art.



Events and More

LifeTime Hosted Two Great Events in One Busy Week in May

Our team at LifeTime is thrilled to be able to host in person events again. It is so great to see our clients in person at these special events. On May 10, LifeTime hosted a special dinner event for our clients in Suwanee, GA. They met John Puckett, our new Wealth Consultant in our Georgia office and heard an update on current market conditions. Then on May 12, we held lunch and dinner events for our Raleigh area clients with a presentation on The Quality of Life, discussing MIT AgeLab's findings on how to live longer and better.

John Puckett on May 10 at the Suwanee dinner event.

The Quality of Life presentation on May 12 at our Raleigh event.

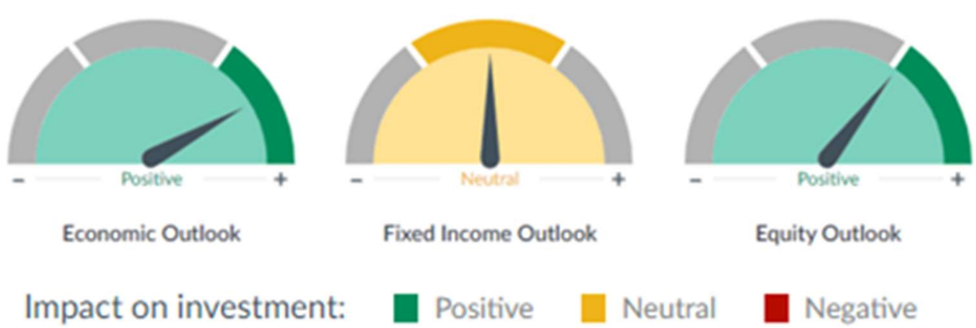
Recent Market Update Event in Raleigh Provides Timely Info Amidst Market Concerns

LifeTime recently hosted lunch and dinner events for our Raleigh area clients on June 21, providing an update on current market conditions from two senior investment professionals with one of our investment partner companies, City National Rochdale. We were fortunate to have Ted Cox, CFA, CFP®, CPWA®, Eastern Divisional Managing Director, Senior Investment Consultant and Elizabeth Dooley, CFA, CAIA, CPWA®, Managing Director, Senior Portfolio Manager with City National Rochdale present a Market & Economic Update in these uncertain times. Ted gave a great overview of current market conditions and Elizabeth dug into the details of what is happening in certain segments. Our clients enjoyed the meal but more importantly, the information on this timely topic.

News & Updates

City National Rochdale Speedometers℠ for June 2022

If you are already a City National Rochdale client, you are already familiar with their speedometers. Below are the economic indicator dials from CNR for June 2022. See their complete economic outlook here.



Consider I Bonds for Fixed Rate Plus Inflation Protection (current rate is 9.62%)

Series I bonds are US government savings bonds that offer a fixed rate plus inflation protection component. You can purchase up to $10,000 per social security number, per year. The fixed rate and the inflation rates are announced twice a year in May and November.

Series I bonds can be held for as little as 1 year and as long as 30 years. However, if you do not hold the bond for at least 5 years, you would have to forfeit the last 3 months of interest earned. Lastly, interest income for Series I bonds are taxable at the federal level, but not at the state and local levels.

Series I bonds can only be purchased directly through the Treasury online. Click here to learn more.

Tax Talk: IRS Changes Standard Mileage Rate

The IRS typically sets the standard mileage rates for employees, self-employed individuals, or other taxpayers to use in computing the deductible costs of operating an automobile for business, charitable, medical, or moving expense purposes, once a year, to take effect on January 1 of a given year. These rates apply to automobiles (also vans, pickups or panel trucks).

For the first time since 2011 there has been a change mid-cycle. Effective July 1, 2022 the mileage rates will change as follows:

Mileage Rate Changes

Purpose	Rates 1/1 through 6/30/22	Rates 7/1 through 12/31/22
Business	58.5	62.5
Medical/Moving	18	22
Charitable	14	14

If we can be of service or answer any questions, please feel free to call our office at 919-465-1265.

Market Updates

Weekly and Quarterly Market Updates are available on the LifeTime website and on our Facebook page.

Tax Clients: Looking for Financial Planning Services?

If you are a tax client interested in learning more about our financial planning and investment processes, you can schedule a no-cost initial consultation meeting with one of our Wealth Consultants. **Click here to schedule online!**

LifeTime Polls & Trivia

In our last issue, the Poll Question was:
"What is your favorite thing about spring?" 🌺

Some of our favorite responses:

- "My favorite thing about spring is all the colors coming out. There are so many different shades of green on the trees, shrubs and lawns. There are the flowers blooming everywhere: Crocus, daffodils, forsythia, dogwoods, redbuds, cherry trees. Everywhere you look there's something new and beautiful. It's a great time to take a drive and just sightsee in your own neighborhood."
- "Longer days of sunlight."
- "My favorite thing about spring is putting all the heavy coats away and having room in the closet again!"

Win a prize! Answer this issue's Poll Question:

What is your favorite pastime in the summer?

The first 3 who respond with an answer will receive a $25 gift card for Panera or Amazon (your choice)!

Connect with Us!

LifeTime Logo Spotlight!

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Win a prize! Submit your Summer LifeTime swag picture!

Take a photo of yourself with your LifeTime flag on your vacation, or in your LifeTime hat at the beach or at a summer festival... you get the idea!

Respond with a photo and receive a $25 gift card for Panera or Amazon (your choice).

We can't wait to see where you take us!

Need a LifeTime flag, mug or hat? Just let our office know!

One of our clients with their dog "Mascot" are going on a picnic with LifeTime's picnic blanket gift.

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(1) Data provided by SHOOK® Research, LLC., as of 6/30/21. Forbes Best-in-State Wealth Advisors ranking was developed by SHOOK Research and is based on in-person, virtual, and telephone due diligence meetings to measure best practices; also considered are: client retention, industry experience, credentials, review of compliance records, firm nominations; and quantitative criteria, such as: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Overall, 34,925 advisors were considered, and 6,585 (18.8 percent of candidates) were recognized. This recognition and the due-diligence process conducted are not indicative of the advisor's future performance. Your experience may vary. Winners are organized and ranked by state. Some states may have more advisors than others. You are encouraged to conduct your own research to determine if the advisor is right for you. SHOOK does not receive a fee in exchange for rankings. The full methodology that Forbes developed in partnership with SHOOK Research is available here.