



FINANCIAL TIPS & LIFESTYLE TRENDS



Happy
Father's Day!

WHAT'S IN THIS ISSUE

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Reserve**

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Golf Tip - Health Tip**



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Over 40 Years of Leadership

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RETIRING WITH A CASH RESERVE

Many people want to enter retirement with a) investments that may have benefited from years of growth and compounding, b) a manageable debt position, and c) a cash reserve for emergencies. Just how large should that cash reserve be? There is no simple answer to that question because the answer is different for each retiree.

As pre-retirees save and invest, in pursuit of their retirement objectives, they are commonly encouraged to create a portfolio and accept some market risk. After all, keeping too much money out of the financial markets could carry an opportunity cost (lost yields, lost tax benefits). Retirees, however, may wish to maintain a cash reserve to deal with the unexpected. A health emergency may come with significant out-of-pocket costs. An air conditioner or water heater may break down, a storm may damage a roof or cause flooding – and a retiree household may face sudden home repair costs. In these situations, monthly cashflow may be disrupted and having a cash reserve can certainly help.



FURTHERING YOUR FLUENCY

Maybe you have thought about learning another language; maybe you need to. While this may be a challenge, it may not be as hard as you think. Language learning has shifted to a new paradigm: the activities brought to you by today's most popular language apps seem more like a game where the effort you put forth to learn seems more like play and less like work. Some help you link a word (and a corresponding image) to a real-life situation. Some provide instruction in short, efficient segments of time (10-15 minutes), working on the principle of spaced repetition – the idea that you learn and retain more when you return to the same content or lesson rather than just “one-and-done” instruction. Beyond the apps, television is also a great way to witness how another language is used in real life, even if the dialogue seems dizzyingly fast (turn the closed captioning on if no subtitles are provided). Online meetups – which bring fluent and novice speakers of languages together from around the world – also have the potential to accelerate your learning curve. Finally, grammar rules should not intimidate you. You can learn proper conjugation and tense for another language the same way you learned them in English as a kid – by speaking the language daily, rather than studying rules in a textbook.

TIPS OF THE MONTH

Good debt (a home loan, a student loan) should be distinguished from bad debt (such as credit card debt with a high-interest rate). Strive to pay off bad debt as quickly as you can, and remember that much of it may be linked to purchases that reflect wants rather than needs.

Life insurance is not solely for people with spouses and kids. If you are a caregiver to an ill parent, have significant debt, or simply wish to avoid having others pay for your funeral, life insurance coverage could prove very important in the event of your passing.

GOLF TIP

Your address position might be affecting your putting

If your putts often come up short, the way you address the ball might be the culprit. Your stance over a putt should allow the putter to strike the ball when the putter is either level to the ground or about a quarter-inch above the ground at the moment of impact.

GolfInfluence.com

DID YOU KNOW?

Ben Franklin was (street)wise

Franklin was regarded as one of the great minds of his time, yet his formal education ended at age 10. He went to work for his older brother's printing business at age 12.



BRAIN TEASER

- 1) Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white?"
- 2) What does a jealous person, a dollar bill and a bed of grass all have in common?
- 3) Until I am measured,
I am not known.
Yet how you miss me,
When I have flown!
What am I?
- 4) It goes in dry, it comes out wet, the longer it is in, the stronger it gets. What is it?
- 5) I have streets but no pavement,
I have cities but no buildings,
I have forests but no trees,
I have rivers yet no water.
What am I?

1. NEITHER. EGG YOLKS ARE YELLOW 2. A THEY ARE ALL GREEN, 3. TIME, 4. A TEA-BAG, 5. A MAP

WHO SAID IT? Zig Ziglar

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HEALTH TIP

How Much Coffee Is Too Much?

A large morning latte or mocha... a cup of coffee with lunch... maybe an iced cappuccino with friends in the evening... it all adds up to a lot of caffeine per day for a great many of us. Yes, caffeine has some health benefits, but judging by two newly released studies, it seems that 2-4 cups of coffee per day can be good for you, but 5-6 cups per day marks a tipping point. A paper just published in the European Journal of Epidemiology suggests that there is a link between drinking 2-4 cups of coffee daily and lowering your risk of dying from heart disease, lung disease, diabetes, and cancers. (This was actually a mega-study analyzing 40 prior studies on caffeine intake involving nearly 4 million subjects.) A new study appearing in The American Journal of Clinical Nutrition, however, concludes that drinking six or more cups of coffee per day can raise an individual's risk of heart disease by as much as 22%. So, enjoy your coffee, but in moderation.



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WHO SAID IT?

"People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."

See page 3 for answer

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