

Hank Progar, MBA

Safe Money News and Facts You Should Know!

14547 Whitemoss Terrace Lakewood Ranch, FL 34202

Phone 941-355-4362

Hank@SafeMoneyMBA.info

Hank's Thoughts ... How do I make sure I don't outlive my retirement assets?

Kay and I are finally getting settled into



our new location near Sarasota FL. Our office is set up, pictures are hung and most things are in their place. Long searches for misplaced files, reports and supplies are becoming less frequent. It's time to publish this newsletter on a more routine basis.

After finding a comfortable spot to review some research and attempt to calculate the meaning of the craziness of our current economic climate, I got up to retrieve another report. My Scottish assistant Bonnie had similar ideas



about this spot and moved right in. She is comfortable anywhere because she doesn't think about things like Washington, our national debt and the stock market.

Yesterday we took some time off to check out some of the sights in Sarasota.

(Continued on page 2)

How to Stop Procrastinating

If you find yourself procrastinating, get started by doing something easy. About 20 percent of adults claim to be chronic procrastinators, based on studies at DePaul University in Chicago.

Some individuals try to avoid anxiety about a task by doing things they think will put them in a better mood, like going to Facebook or taking a nap. But these activities only make them feel worse.

In fact, psychologists have a new strategy that's helping procrastinators see how attempts at mood upgrades can sabotage their efforts to regulate their emotions.

Timothy Pychyl, a professor of psychology at Carlton University in Ottawa, Canada, recommends adopting a new organizing system to build willpower. Steps include:

- * Imagining the good feelings you'll have if you stop procrastinating, work on the job or finish it.
- * Just get going. Instead of focusing on the whole project, just start one or two steps.
- * Stop feeling guilty and having negative thoughts about yourself. Think of your positive characteristics and talents.
- * If you're stuck on a project from your to-do list, first tackle an item that's easy or that you'll enjoy. Build momentum.
- * In his 2013 book, *Solving the Procrastination Puzzle*, Dr. Pychyl says picturing your future success will help you avoid anxiety and worry about the future.
- * One good mood repair technique is self-forgiveness. It aims to dispel guilt and self-blame.

More Interesting Facts *you* Should Know!

Hank's Thoughts (Continued from page 1)

It was another beautiful day at Bayfront Park near downtown Sarasota. It's a great place to catch some rest and relaxation.

While sitting on a park bench enjoying the scenery, I was reflecting on a bridge leaving a comfortable place



going somewhere ... maybe safer and better, but certainly different and perhaps unknown.

Imagine a major storm was predicted on the news. Some were comfortably sleeping inside the complex oblivious to the impending disaster. Others were scared and not sure what to do. Looking out the window, a few thought "I won't make it if the storm crashes against the building as predicted ... thinking the bridge into the future might also collapse." They grabbed what they could, ran down the stairs, jumped into their car and headed across the bridge.

Legendary value investor and author, Martin Whitman says the secret to building great fortunes is not by taking on *investment* risks. "Investment" is the key adjective here. It means the risk of taking a permanent loss (not a temporary paper loss.) The great secret to making a fortune is to avoid taking on investment risk as much as possible.

This is how executives get rich when they get stock options. If the stock goes up, they fatten up their net worth. If the stock declines, they lose nothing.

Opportunities like this are available today for individual investors who are aware of the economic storms heading towards the stock market and are willing to cross over the bridge.

Once upon a time in a dream land called Washington, D.C., the President and his band of merry supporters reached into the kingdom's treasure chest and started a process of handing out money to different folks. This benevolence continues today. Intentions are good on some programs, but the math doesn't compute.

Initially, programs like Social Security worked well

as the country enjoyed the greatest boom ever ... a 60-plus-year bull market driven by the baby boomer generation.

But times have changed!

Social Security was originally designed to be a short term supplement to pension plans. The average term of retirement has stretched from a few years to two decades or more and safe money pension plans have disappeared for most.

Congress indexed Social Security benefits to inflation. If they had indexed the retirement age to life expectancy back in 1935, today's retirement age would be 75. Even if the retirement age were moved to 75, we're still looking at an average retirement of 11 years and a budget short fall.

So, where does the money come from to pay for all these programs? The calculator shows that unless they are restructured, the bridge will probably collapse just as the tsunami hits the comfortable building.

So where does that leave most people? Successful people do the opposite of what politicians, economists, and "experts" are saying. They focus on protecting their wealth and income.

The most important question people are asking is: *"How do I make sure I don't outlive my retirement assets?"*

For most people, this means working longer. Studies show that you will be happier and healthier. Where do you think health care costs are going?

With our current national debt and unfunded liabilities, what impact will this have on the stock market and taxes?

With the prospects of another painful bubble bursting crash with losses somewhere between that of 2007 and 1929, doesn't it make sense to eliminate risk of investment principal loss,
(Continued on page 4)

This news is all about you...

Mother's Day Quiz

1. 2014 marks the _____ anniversary of Mother's Day.
2. Mother's Day is the _____ most popular holiday for gift giving.
3. True/False Anna Jarvis who worked very hard create an official day that celebrated mothers later denounced Mother's Day for the commercialism that came with it.
4. Is Mother's Day the busiest phone calling day of the year?
5. The most common flower for Mother's Day is the _____; pink and red for mothers who are alive and white for those who have passed away.

(Answers found on page 4)

Thoughts for the Month

"The greatest accomplishment is not in never falling, but in rising again after you fall."

Vince Lombardi

"There is no failure except in no longer trying." –**Elbert Hubbard**

"We all have possibilities we don't know about. We can do things we don't even dream we can do." –**Dale Carnegie**

Winning means being unafraid to lose." –**Fran Tarkenton**

Health in the News

Some buses can spout warnings to pedestrians

Everyone knows those people. You can't sit at a table with them and chat because, when it is your turn to talk, their head is in their smartphone.

Distracted interaction of all sorts is insulting, but distracted walking has become downright dangerous.

People have fallen off piers, fallen into fountains, walked into oncoming traffic. According to CBS News, on city streets, in suburban parking lots and in shopping centers, there are usually people strolling while talking on a phone, or a person texting with his head down, listening to music, or playing a video game. The problem isn't as widely discussed as distracted driving, but the danger is real.

An Ohio State University study shows that thousands of distracted people are treated in emergency rooms each year, and the number is growing. Distracted walking has become such a problem that cities are taking steps to stop it.

In Portland, Ore., the TriMet transit agency is installing flashing lights on its buses or having them issue audio warnings -- "Bus is turning!" -- as officials search for the most effective way to wake up pedestrians

Bacterial infection may cause low back pain

For millions of people with low back pain, there is often no clear cause.

Recently, a study in Denmark, published in European Spine Journal, suggests that a small percentage of such cases may be related to bacterial infections. The study involved adults who had a herniated disk in the lower back and chronic low back pain.

Participants had a type of bone change that can only be detected with an MRI. This bone change can be associated with low-grade bacterial infection in an adjacent herniated or damaged disk. Those taking antibiotics had less constant pain, fewer days of sick leave, and fewer disruptions in sleep.

Mayo Clinic experts say the findings can only be verified through repeated studies, and less than 10 percent of low back pain patients would be candidates for the antibiotic treatment.

Hank Progar, MBA
AIM \$afe Money Advisors

(941) 355-4362

Toll Free: (888) 820-SAVE

FAX: (813) 354-3520

Main Web Site:

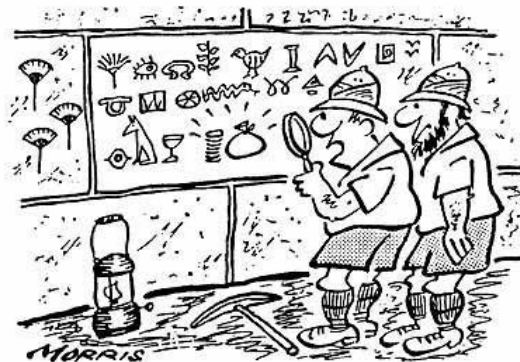
SafeMoneyMBA.com

Financial Concepts and Strategies: HankProgar.com

Finance Your Way To Wealth: ManageYourFinancialPlan.com

Retirement Savings Videos: SafeMoneyMBA.info

Florida's Credible Source of Health & Wealth Information
Helping You Think About Your Money ... And Make Smart
Choices To Protect Your Hard Earned Assets.



"It appears to be some sort of tax cut promise."

Hank's Thoughts (Continued from page 2)

and adjust your target to a reasonable return for the money you can't afford to lose? If you can do this and receive tax free income ... so much the better.

This is money to provide a life time income source for essential expenses, like housing, food and healthcare costs. This will increase overall peace of mind. It might enable you to better handle the risk of having some of your money exposed, as you attempt to optimize your discretionary funds.

If you get the investment returns you are hoping for, you will have more vacations, nicer cars and a larger legacy. On the other hand, if the Wall Street casino takes most of this money, you get to keep your home, go on living and enjoy the simpler things of life.

Give me a call if you want to learn more and discuss some possible options.

Answers to Quiz

1. 100th
2. Second
3. True
4. Yes
5. Carnation

Thank You for Your Referrals

There's no question I have the BEST customers on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

Although we focus on protecting and optimizing your retirement plan, I want to give a special THANK YOU to those who have recommended me to help your family and friends with their Medicare options.

There are 10,000 Baby Boomers turning 65 every day who are more confused about Medicare than their retirement plan. Because of its importance in your overall retirement picture, we want to help them cut through the smoke and make the right choices to protect the nest egg they have already earned!

Thank you soooo much!

Disclosure - Information provided in this article does not constitute legal, taxation, or investment advice.

Please check with a qualified tax advisor when making financial decisions.