

Regent Financial Services

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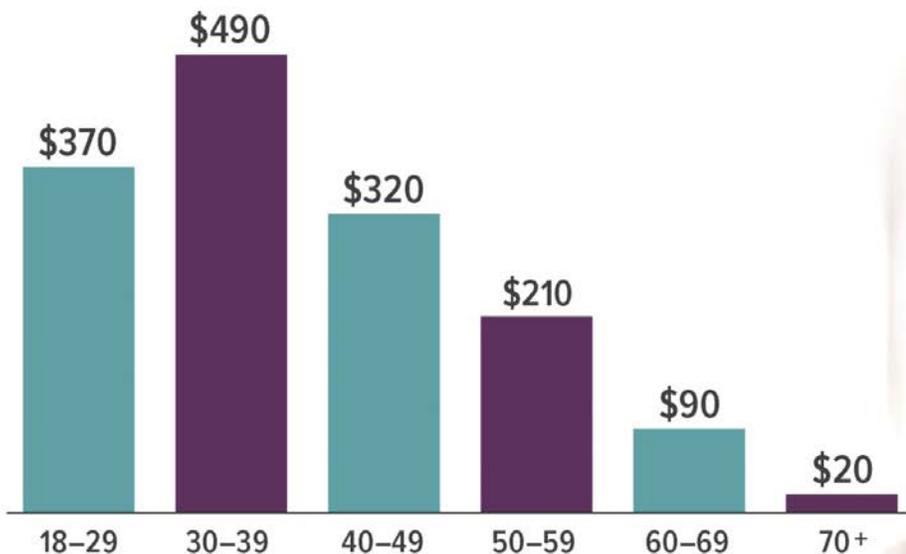


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Student Debt: It's Not Just for Young Adults

Recent college graduates aren't the only ones carrying student loan debt. A significant number of older Americans have student debt, too. In fact, student loan debt is the second-highest consumer debt category after mortgage debt. In total, outstanding student loan debt in the United States now stands at approximately \$1.5 trillion, with the age 30 to 39 group carrying the highest load.

Student loan debt by age, in billions



Source: New York Fed Consumer Credit Panel/Equifax (Q3 2019 data)

Mid-Year Is a Good Time to Fine-Tune Your Finances

The first part of 2020 was rocky, but there should be better days ahead. Taking a close look at your finances may give you the foundation you need to begin moving forward. Mid-year is an ideal time to do so, because the planning opportunities are potentially greater than if you waited until the end of the year.

Renew Your Resolutions

At the beginning of the year, you may have vowed to change your financial situation, perhaps by saving more, spending less, or reducing your debt. Are these resolutions still important to you? If your income, expenses, and life circumstances have changed since then, you may need to rethink your priorities.

While it may be difficult to look at your finances during turbulent times, review financial statements and account balances to determine whether you need to make any changes to keep your financial plan on track.

Take Another Look at Your Taxes

Completing a mid-year estimate of your tax liability may reveal planning opportunities. You can use last year's tax return as a basis, then factor in any anticipated adjustments to your income and deductions for this year.

Check your withholding, especially if you owed taxes or received a large refund. Doing that now, rather than waiting until the end of the year, may help you avoid a big tax bill or having too much of your money tied up with Uncle Sam.

You can check your withholding by using the IRS Tax Withholding Estimator at [irs.gov](https://www.irs.gov). If necessary, adjust the amount of federal or state income tax withheld from your paycheck by filing a new Form W-4 with your employer.

Review Your Investments

Review your portfolio to make sure your asset allocation is still in line with your financial goals, time horizon, and tolerance for risk. Look at how your investments have performed against appropriate benchmarks, and in relationship to your expectations and needs. Changes may be warranted, but be careful about making them while the market is volatile.

Asset allocation is a method used to help manage investment risk; it does not guarantee a profit or protect against investment loss. All investing involves risk, including the possible loss of principal and there is no guarantee that any investment strategy will be successful.

Check Your Retirement Savings

If you're still saving for retirement, look for ways to increase retirement plan contributions. For example, if you receive a pay increase this year, you could contribute a higher percentage of your salary to your employer-sponsored retirement plan, such as a 401(k), 403(b), or 457(b) plan. If you're age 50 or older, consider making catch-up contributions to your employer plan. For 2020, the contribution limit is \$19,500, or \$26,000 if you're eligible to make catch-up contributions. If you are close to retirement or already retired, take another look at your retirement income needs and whether your current investment and distribution strategy will provide enough income.

Read About Your Insurance Coverage

What are the terms of your homeowners, renters, and auto insurance policies? How much disability or life insurance coverage do you have? Your insurance needs can change; make sure your coverage has kept pace with your income or family circumstances.

More to Consider

Here are some other questions you may want to ask as part of your mid-year financial review.



Do you have an emergency fund?



Are your beneficiary designations up-to-date?



Have you checked your credit score recently?



Do you need to create or update your will?



How much is left in your flexible spending account?

Gift Ideas for Every Dad



Is it time to celebrate that special man in your life? DaySpring carries a variety of faith-filled cards and gifts that are sure to encourage and inspire your dad, husband, grandfather or brother long after his special day is over. As we all know, dads come in many different shapes and sizes with many different personalities, hobbies and talents. Below are 6 types of dads matched up with great card and gift ideas. Enjoy!

Working Dads: Desk picture frame -



Every morning, this Dad wakes up, grabs his coffee mug and heads to the office with a smile on his face and a skip in his step.

Trendy Dads: Nail cross necklace -



Okay, so maybe he's not up on the current styles, but this type of Dad definitely has his own fashion sense and he never shies away from sharing his love for Jesus.

Globe-Trotting Dads: Water bottle -



This type of dad is always on the go whether it be for business, leisure or mission based, he always seems to be driving, flying, riding or pedaling somewhere.

Coffee-Loving Dads: DAD coffee mug -



Known for always having a cup in-hand, this dad just loves everything about coffee from its aroma first thing in the morning to its comforting smoothness during that long afternoon meeting.

Life Coach Dads: Just think plaque -



For this dad, not a day goes by without at least 4 or 5 teachable moments. From unplanned rainstorms to being stuck in traffic or getting lost on the bike trail, he will make sure to turn the situation into a time of deep discussion involving life changes, learning patience and trusting God

Proud Papa: Thats My Dad figurine -



You know the type - their entire face lights up just watching their grandkids play. And, with every little, tiny hug, smile, kiss or small gesture from a grandchild, these grandpas practically melt into the floor.

BBQ Sauce Recipe

Prep Time:

10
Minutes

Cook Time:

15
Minutes

Total Time:

25
Minutes



<https://www.simplejoy.com/bbq-sauce-recipe/>

**Made with ingredients
that I bet you already have.**

**This sauce comes together in
under 30 minutes and is perfect
for all your summer grilling!**

BBQ Sauce Ingredients:

- 1 1/2 cups brown sugar packed
- 1 1/2 cups ketchup
- 1/2 cup apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons paprika
- 2 teaspoons onion powder
- 1 teaspoon black pepper
- 2 teaspoons kosher salt

Instructions:

1. Combine all the ingredients in a small sauce pan over medium heat.
2. Bring to a boil. Reduce to a simmer and cook for 15 minutes, stirring occasionally.

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