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QUARTERLY NEWSLETTER

QUOTE OF THE MONTH

*“The best and **most beautiful** things in the world cannot be seen or even touched – they must be felt with the heart.” - HELEN KELLER*

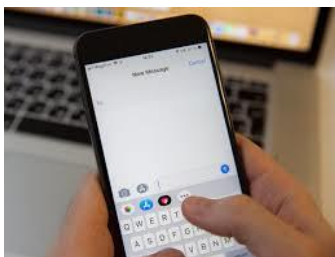
A NOTE FROM KRISTEN

2021 is off to a great start at GCSB Investment Center. We hope that many of you are vaccinated and that we're on the path to a more "normal" year ahead. The financial markets are doing quite well so far. Studies are showing that many individuals saved excess amounts of cash during the course of the pandemic. If you have money on the sidelines, reach out to our office to discuss your financial goals. Being a truly independent investment representative means we look for investment solutions that best fit your needs and goals, from conservative and principal protected solutions to more aggressive investment solutions. Additionally, I am still the only Accredited Investment Fiduciary® (AIF®) designee in Guthrie County. A fiduciary means that as a financial advisor, we must keep your best interest at the forefront of any investment recommendations. For more information about the AIF® designation, please [contact our office](#) or visit our [website](#).

IMPORTANT REMINDER: The IRS has extended the tax filing deadline and prior year IRA and Roth IRA contributions deadline to Monday, May 17th. With the passing of the SECURE act in late 2019, you may now make contributions to IRA's past age 72, so long as you have earned income to support the IRA deduction. Discuss this with your tax preparer and contact our office about making your prior year contributions prior to the extended deadline.

~ Kristen

YOU CAN NOW TEXT US!



As previously announced, we added a compliant text line last year, which is 641-450-1868. This is a text-only phone number and does not accept phone calls. Phone calls to this number are re-routed to our office line, which is 641-755-2799. Although the office line is a Panora phone number, you will reach us wherever we are.

TIME TO REVIEW BENEFICIARY DESIGNATIONS

Wealth transfer is an important part of financial planning and we all want to be sure we are doing what we can to pass along as much of our remaining retirement funds to loved ones as possible. Because of this, it's important to review beneficiary designations from time to time. With the passing of the SECURE Act it's even more important to take a look at these designations.

Elimination of the "Stretch IRA" - Designated beneficiaries can no longer take distributions from an inherited IRA based on their life expectancy and must have all funds removed within 10 years. There is an exception for Eligible Designated Beneficiaries.

Eligible Designated Beneficiaries (EDBs) - This new beneficiary class can continue to receive distributions over their life expectancy instead of the 10-year rule. EDBs include surviving spouses, disabled individuals, chronically ill individuals, individuals who are not more than 10 years younger than the account holder, and children of the account holder who have not reached the age of majority.

Trusts - Changes that have taken place with the SECURE Act have had a big impact on how funds are paid out to trusts. Reviewing beneficiaries and types of trusts is very important to be sure you are maximizing payouts to your beneficiaries. The type of trust and if the beneficiaries of the trust are EDBs play a role in how funds can be dispersed.

Charities and Organizations - From past experience, we have learned that most organizations expect to receive cash and are reluctant to accept non-standard investments if they are not liquid. Please check with these types of beneficiaries to be sure they are willing to accept investments if they are passed to them. Something else to consider is the percentage of the account left to the beneficiary. Depending on the value left to the organization, the processing fees may not be cost effective for them to claim.

QUALIFIED CHARITABLE DISTRIBUTIONS FROM IRA'S

Speaking of charities, in [last quarter's newsletter](#) we discussed this year's return of the Requirement Minimum Distributions (RMDs) for IRA owners over age 72. By law, you must take RMDs from a Traditional IRA once you reach age 72; there are very few exceptions to this. The downside of these RMDs? The entire distribution is taxable. (You never have to take RMDs from a Roth IRA, provided you are its original owner.)

Did you know that you can potentially satisfy some or all of your annual RMD requirement in a way that can help you manage taxes and make a charitable impact? Consider the Qualified Charitable Distribution (QCD). This is a direct asset transfer from an IRA to a charity or non-profit organization of your choice. The organization must be tax-exempt under Internal Revenue Section 501(c)(3).

A QCD is intended to accomplish two things. One, it gives you a chance to contribute up to \$100,000 in a single year to a cause or charity. Two, you can count the entire amount of the QCD toward your RMD for the year, and the QCD amount may not be included in your gross income.

You must be at least 70½ years old to make a QCD. You may want to coordinate a QCD with the help and guidance of a financial professional, because if you improperly manage the transfer of assets between your IRA and the charity, the tax break you hope for could be lost. You also need to allow enough time for the asset transfer to occur, meaning QCDs are best arranged before the very end of a calendar year.

I advise clients who are at RMD age and who regularly make philanthropic contributions, for example, weekly, monthly or annually to their church or quarterly contributions to the 10 Squared Men or Women organizations in Guthrie County, to consider making these directly from their IRA's. This helps satisfy their RMD, is treated as a tax-free distribution, and also gives back to organizations they would normally give to anyway.

Please contact our office for additional information or discuss your specific situation. The full article can be read [here](#).

RECIPE CORNER

FATHEAD PIZZA (LOW-CARB PIZZA CRUST!)



I like to follow a fairly low-carb lifestyle. I've never had a big sweet-tooth, so this change is not that hard for me to follow. If I'm craving carbs – I can usually find a way to make a low-carb version that tastes nearly identical the real thing (you've got to love Pinterest!).

When I came across this FatHead Pizza recipe, I was skeptical, but it is so delicious. I also have delicious recipes for “chaffles” (waffles made of only egg & cheese), crispy “cheese crisps”, a version of my step-mother’s “wiener winks” (aka “pigs in a blanket”) and even cheese-only taco shells! Just [message me](#) for some of these additional recipes. Of course, I recommend you consult with your family physician before making any drastic dietary changes. This all being said, have no fear -- I will still post classic, delicious recipes in future newsletters as well. We all deserve to indulge in our favorites once in a while!

CRUST INGREDIENTS

- 1.5 cups mozzarella cheese, shredded
- 2 tbsp cream cheese
- 3/4 cup almond flour, 85g
- 1/2 tsp garlic powder, *optional*
- 1 large egg, beaten

TOPPING IDEAS:

Italian Sausage, Pepperoni, Canadian Bacon, Bacon, Hamburger, Mushroom, Onion, Green Pepper, Jalapeño – and MORE CHEESE! I also have found some low-sugar pizza sauces as well, but I only use a tablespoon or two just to add some moisture.

INSTRUCTIONS

1. Preheat your oven to 425F.
2. Mix the mozzarella and cream cheese in a microwave safe bowl and microwave on high for one minute. Stir well.
3. Microwave for another 30 seconds and stir well again.
4. Add the almond flour, garlic powder, and egg and mix well until dough forms. (*I mix the dry ingredients together thoroughly first before adding the beaten egg. I sometimes add additional spices to the crust recipe as well.*)
5. Place the fathead pizza dough between two pieces of parchment and roll to about 1/8” thick and into your desired shape for your pizza crust, then lift it onto a sheet pan or cookie sheet.

Kristen's “learned by mistake” tips: Don't use waxed paper – it is not the same as parchment paper and it will stick to the dough! I also use a Silpat liner in my large sheet pan to bake the pizza on. If you don't own one of these, I highly recommend you “invest” in one!

6. Using a fork, poke holes in the top of the rolled-out pizza crust, this will help prevent bubbles forming.
7. Bake for about 7 minutes then turn the pizza base over and cook for 5-7 more minutes.
8. Remove from oven and add your favorite low carb pizza toppings, then return to the oven for 5 minutes to heat the toppings.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Total Carbs: 4 g

Net Carbs: 3 g

Protein: 10 g

Servings: 6

Recipe modified from Noshtastic. Visit the following link for the original recipe, an instructional video, a coconut flour option and some helpful notes and modifications. <https://www.noshtastic.com/fathead-pizza/>

INVESTING IN OUR COMMUNITY



The Guthrie Center Lions Club hosted the AC/GC After-Prom party on April 17th at Incredibowl in Guthrie Center. I had a great time calling the bingo games and giving away money and prizes! Thank you to all the community members who gave financially or gave of their time and talents to put on a successful 2021 After-Prom!

IN CASE YOU MISSED IT

The following newsletters are on our website that you may have missed.

[Retirement In-Sight](#) – Monthly Archive – Information for age 55+; nearing or in retirement

[Latest News](#) – New articles published regularly. Here's what we've posted most recently:

- ✓ [What Do I Do With All of This Money?](#)
- ✓ [Will Updated I. R. S. Tables Create An Opportunity For Retirees?](#)
- ✓ [Qualified Charitable Distributions](#)
- ✓ [The New Inherited IRA Rules](#)
- ✓ [Q1 Newsletter](#)

To receive this Quarterly Newsletter, our Retirement In-Sight Monthly Newsletter, and/or our brief Monthly Economic Updates directly to your email inbox, visit www.investgcsb.com and sign up on the home page in the bottom left-hand corner for the publications you would like. It's that easy!

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