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Newsletter November 2022

A NOTE FROM KRISTEN

The holiday season is right around the corner and here in Guthrie County, the shopping, decorating, philanthropy, volunteerism, and goodwill is already in full-force. We are also holding our year-end reviews with many of our clients. When they received the call that I wanted to meet with them, a few responded “I’m surprised she wants to meet with me considering the volatility this year!” My response – I want to visit with our clients during both good economic times and volatile and uncertain times. There’s a very true behavioral finance concept I’ve reiterated to clients over the years and that is “the pain of loss is twice that than the joy of gain.” Meaning, clients aren’t usually calling the office when their accounts are doing well, but more often when the accounts are experiencing volatility like we’ve seen this year.

It’s during these times that I remind clients we’ve positioned their long-term portfolios to weather these storms based on time horizon, possible income needs and risk tolerance. We regularly post economic news, education and updates on our social media channels, website, local newspapers and periodic email blasts. If you are experiencing anxiety over your investments, or anything else regarding your overall financial outlook, please don’t hesitate to contact our office and I’m happy to schedule an interim review with you – in person, on the phone, or via video conference. If you are not yet a client, we’ll also offer a free consultation to take a second look at your investments.

Until we talk again, we hope you have a happy and healthy holiday season! ~ Kristen

INVESTING IN OUR COMMUNITY

Kristen has been busy this summer and fall. You may have seen her presenting the Larry B Award at the annual Ryder Cup tournament at Lake Panorama, helping at the Lions Grill food stand at the Guthrie County Fair, putting up Christmas lights in the Panorama town square or helping the Lions Club with KidSight at the Guthrie Center Elementary School. If you are looking for volunteer opportunities, please reach out to our office - we have a list of organizations all over Guthrie County that could use members and volunteers!



TAX INFLATION ADJUSTMENTS FOR TAX YEAR 2023

The Internal Revenue Service has announced the tax year 2023 annual inflation adjustments for more than 60 tax provisions, including the tax rate schedules and other tax changes. Here are a few highlights:

The standard deduction for married couples filing jointly for tax year 2023 rises to \$27,700 up \$1,800 from the prior year. For single taxpayers and married individuals filing separately, the standard deduction rises to \$13,850 for 2023, up \$900, and for heads of households, the standard deduction will be \$20,800 for tax year 2023, up \$1,400 from the amount for tax year 2022.

Marginal Rates: For tax year 2023, the top tax rate remains 37% for individual single taxpayers with incomes greater than \$578,125 (\$693,750 for married couples filing jointly).

The other rates are:

- 35% for incomes over \$231,250 (\$462,500 for married couples filing jointly);
- 32% for incomes over \$182,100 (\$364,200 for married couples filing jointly);
- 24% for incomes over \$95,375 (\$190,750 for married couples filing jointly);
- 22% for incomes over \$44,725 (\$89,450 for married couples filing jointly);
- 12% for incomes over \$11,000 (\$22,000 for married couples filing jointly)

For these and other announced adjustments, click on this link:

<https://www.irs.gov/newsroom/irs-provides-tax-inflation-adjustments-for-tax-year-2023>

For 2023 retirement plan contribution limit increases, click on this link:

<https://www.irs.gov/newsroom/401k-limit-increases-to-22500-for-2023-ira-limit-rises-to-6500>

RECIPE CORNER

Loaded Cauliflower Bake

Have you ever seen Sandra Lee's "Semi-Homemade" on the Food Network? Well, this recipe isn't from her, but it's a variation of a recipe from a friend of mine, Jenn, and it's all about ease & convenience. If you like a low-carb, but tasty recipe to replace a typical potato side dish, here's our version of a loaded cauliflower bake, using mostly pre-packaged ingredients (hence the reference to Sandra's Semi-Homemade—I like to use sharp cheese and pre-cooked crumbled bacon you can purchase in pouches). I don't think Jenn or I really measure any of it – I use a handful of this and a scoop of that, so it turns out different every time, but every time it's delicious! Enjoy!

Ingredients:

- 24 Ounces Riced Cauliflower (frozen, microwaveable)
- 2 Tablespoons Butter (melted)
- 2 Tablespoons Minced Garlic
- 2 Tablespoons Dried Chives
- 1 Small Yellow Onion (diced)
- 1 Cup Chive Sour Cream Dip
- 8 oz Block Cream Cheese (softened, cubed)
- 3 Cups Shredded Cheddar Cheese (divided)
- 1 Cup Bacon (cooked, crumbled)
- Salt and pepper to taste



Instructions:

- Pre-heat oven to 400F.
- Sauté the onion in the butter, until it is translucent.
- Steam the riced cauliflower in the bag, according to instructions. Drain thoroughly to get most of the moisture out of it. I like to use [Ellie's Best Nut Milk Bag](#) (for straining) I found on Amazon.
- Combine riced cauliflower, garlic, chives, sautéed onions, sour cream dip, cream cheese, 2 cups of the cheese, and bacon (reserve ¼ cup for garnish), in a large mixing bowl. Taste and season with salt and pepper.
- Pour into a 9x9 casserole dish. Top with the remaining cheese and bacon.
- Bake in the pre-heated oven, uncovered, for 20 minutes.
- Serve

IN CASE YOU MISSED IT

New articles are published regularly on our website, www.investgcsb.com. Here's what we've posted most recently:

- [The Biggest COLA Increase Since 1981](#)
- [Investing Doesn't Have to Be Scary](#)
- [Diversification, Patience, Consistency](#)

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