

**Zipporah Haynes**

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**From:** Marketing Email Preview Send <noreply@hubspot.com>  
**Sent:** Thursday, April 28, 2022 11:01 AM  
**To:** Zipporah Haynes  
**Subject:** Preview - April Newsletter: Your Quarterly Statement, Give Yourself Permission to Travel

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CAPITAL  
INVESTMENT  
*Advisors*



# Secrets To A Happy Retirement: Give Yourself Permission To Travel

*Written by: Wes Moss*

If you regularly read my work, you know I love statistics. Once I start, I can't stop. Further research revealed how bad things got at their lowest point during COVID. Turns out, the travel nadir occurred in April of 2021 when TSA

screenings were under one hundred thousand. Imagine fewer than one hundred thousand people in the entire United States, traveling by air, due to the pandemic. Today, we're more than twenty times higher than that. In fact, as of March 20th, 2022 we're 93% to 94% of the way back to normal.

But airplanes aren't the only viable method of transportation. What about the good old family truck or car? The nation's VMT, or Vehicle Miles Traveled, is measured by the Bureau of Transportation Statistics which means we can track how much people are driving. As of the end of last year, VMT has now exceeded that of 2019. So, we as a country are driving even more than we did before the pandemic. We're driving about two hundred and seventy-eight billion miles per month. That's far enough to fly around the world eleven million times or take five hundred and eighty-one thousand round trips to the moon. All of this driving is even though used car prices are now up 40% due to inflation.

However, there's also a deeper level of importance to traveling that is worth discussing because of its unique contribution to retirement happiness. Travel is healthy. Taking vacations breaks up the monotony of our everyday routine, enhances life experiences and understanding of other cultures, and creates opportunities for bonding with loved ones.

With the shutdowns now in the rearview mirror, hopefully, for good, I thought it was the right time to weigh the worst and best parts of travel to see whether or not it's worth it to get back out there amongst the masses.

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**VIEW CLIENT PORTAL**

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# Team Highlight



## Get To Know Us!

Jason Gove, Investment Advisor, shares some photos of his family and a little about himself below.

**1. If you could only eat one food for the rest of your life, what would it be?**

I love seafood, all of it. I like it fresh, raw, on the grill, hot or cold. Swordfish is probably my favorite.

**2. What skill would you most like to learn?**

I always wanted to learn to surf. It just seems like the coolest sport and the best workout. Living in the desert makes it tough to pick up as a hobby, but it's on my list.

**3. What is your favorite holiday?**

I always liked Thanksgiving. Friends, family, food, and no pressure to find people the perfect gift. It's just about the time together.

**4. Where is the coolest place you traveled to?**

I've been to 12 foreign countries and about 40 of the 50 states. By far my favorite is Italy. I love Italy. It's got great people, food, wine, weather, and a pleasant slow-paced vibe.

**5. What does a happy retirement mean to you?**

Time to enjoy family, friends, the outdoors, and travel.



We also caught up with our Client Service Associate, Nicole Kloenne, and asked her to share some photos and answer the questions below.

**1. What is your favorite random fact?**

Our home consists of 5 cockatiel birds, 4 dogs and 1 cat, who live harmoniously (most of the time...LOL).

**2. What was the last thing you read?**

*Written in my Own Hearts Blood* by local Scottsdale Author, Diana Gabaldon

**3. What is the best meal you have ever eaten?**

My boyfriend smokes the BEST steaks, pork and chicken I have ever eaten!

**4. What's your favorite way to unwind?**

A sweet glass of wine, a blanket, my fur baby on my lap, and curled up in front of a fire or a good movie with my loved ones near.

**5. What does a happy retirement mean to you?**

It means that every family member connected to CIA is able to retire when they want to, without compromising their lifestyle, affording their dream trips, gifts, and giving to loved ones and charities with the confidence that their retirement funds will last and pass on to loved ones.

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## Retire Sooner Podcast



## #81 – The Art of Slowing Down Your Life with Carl Honoré

Our world is built on speed. From our lives to the stock market, even retirement, we aim to tackle every task as quickly as possible; but when is it time to reduce speed and pump the brakes? While our first instinct is to hurry, as humans, we must remind ourselves that being slow is not about doing everything as fast as possible but as smart as possible.

In this episode, Carl Honoré, Journalist, TED Speaker, and Author of “In Praise of Slow,” joins Wes Moss to talk through the “slow movement” and the importance of finding your inner tortoise. Carl reveals the root of his fast-paced life, taking a slow approach to money, and how slowing down grants us time to reflect. He also touches on ageism, unveils the signs of being stuck in fast forward as well as three tips for slowing down your life.

[Listen To The Full Podcast Episode Here](#)

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## More News

**Wes Moss Featured On The Money Guy Show: What the Happiest Retirees Know That You Don't**

Wes Moss joins Brian Preston and Bo Hanson to share what makes for a truly happy retirement and details from his new book, What The Happiest Retirees Know.

Watch the full podcast episode [here](#) or view the video below.

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