

Zipporah Haynes

From: Marketing Email Preview Send <noreply@hubspot.com>
Sent: Thursday, July 28, 2022 1:09 PM
To: Zipporah Haynes
Subject: Preview - July Newsletter: How Two Happy Retirees Played at Carnegie Hall

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CAPITAL
INVESTMENT
Advisors

Are You Receiving Emails from Our Team?



Step-by-step instructions on how to white label our domain, and add your CSA/CSM and your advisor to your 'safe sender' list.

Most Monday morning rituals include combing through your inbox from over the weekend and deleting emails from people and brands you don't want to see. But every now and then there are emails you care about receiving...and

you can't seem to find them anywhere. You wonder if you typed in your email incorrectly. Or if it didn't send. You finally check your spam inbox and low-and-behold, there it is. Filtered out of your sight.

The only way to **avoid this fate with important emails is to whitelist**: to put someone on a "list" of sorts that allows them to bypass spam blockers and go straight to your inbox. However, whitelisting procedures vary slightly between different email service providers, so this article from Genesis Digital will break down the steps for each service (G-mail, Yahoo, Outlook, Bellsouth/ATT, and Comcast.)

[Let's curate my inbox](#)

A Letter From CIA's Investment Committee

It's been a toilsome start to 2022 filled with worldwide financial market struggles, on-edge global tensions, as well as inflation at a half-century high. But has the market been all bad? History may be our guide to revealing that answer.

[Read the latest client letter](#)

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Team Highlights

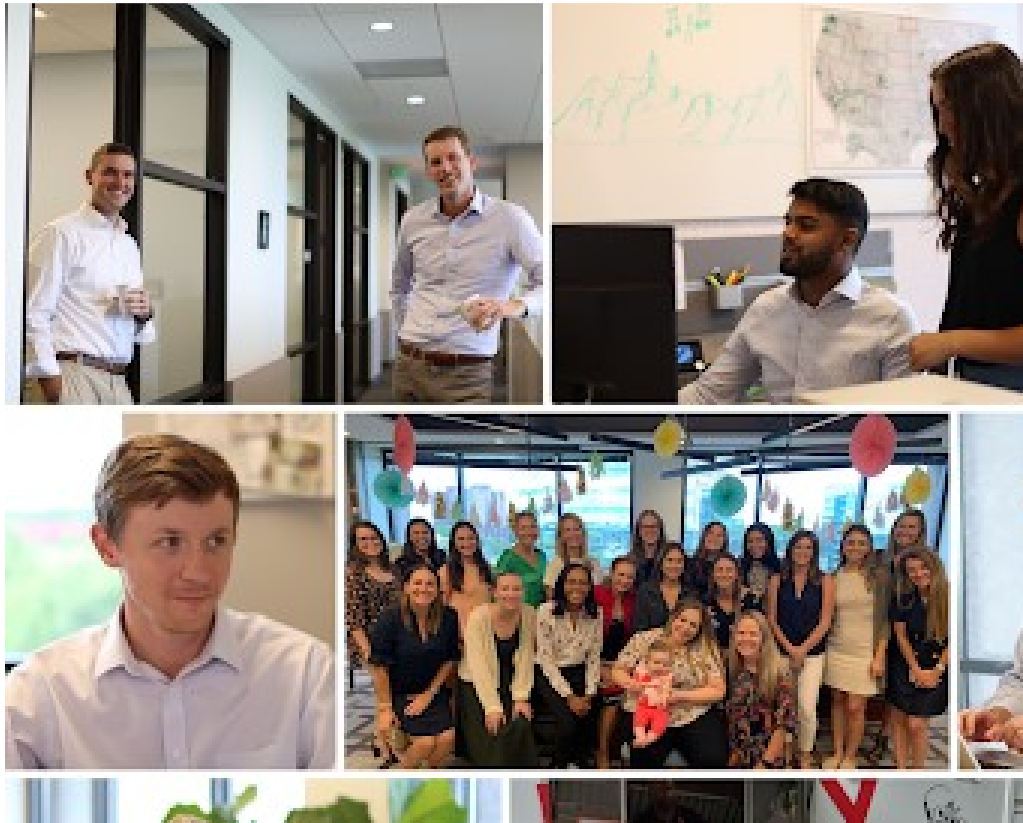
Stanley Cup Winners

Our team enjoyed watching the Colorado Avalanche win the Stanley Cup for the first time in 21 years - Go Avs!



Quarterly Meeting Fun

Members from our Arizona, Florida, and Colorado offices traveled to our headquarters in Atlanta so our entire team could meet in person. In the midst of discussing our company goals, we all celebrated past birthdays, had The Varsity for lunch and got to meet Chelsey's 5-month-old girl, Poppy!



Capital's 2022 Summer Reading Favorites

Need a good book to get you through the summer? Recently, we asked our team members for their summer reading recommendations. The list they came up with will leave you ready to have your nose in a book all season long.

CHELSEY'S PICK	MICHAEL'S PICK	CHRIS'S PICK

Client Spotlight



The Story Of How Two Happy Retirees Played At Carnegie Hall

All musicians dream of performing at the legendary Carnegie Hall in New York City, perhaps the finest stage for music performance in the world. The historic location has seen the likes of Pyotr Ilyich Tchaikovsky, Arturo Toscanini, John Philip Sousa, John Lennon, and countless more. In the Fall of 2021, our clients, Dickson and Gail, sent in an audition tape for their Tara Winds Clarinet Choir (TWCC) and crossed their fingers.

Dickson and Gail's story is an amazing example of how a core pursuit can boomerang from one life period to another. This particular adventure encompasses so many of the habits we see from the happiest retirees: marriage, organized social connections, group activities, and pursuing something that takes time and achievement to fine-tune and improve.

Please note, Dickson and Gail gave us permission to share their story and photos.

Share your happy retiree story with us! E-mail info@yourwealth.com for details.

[Read the full story](#)

Retire Sooner Podcast



#108 – A Handbook To Building Your Bucket List with Ben Nemtin

If you had \$10,000,000 and the ability to do anything you wanted before you died, what would it be? Star in a television show? Play basketball with the president? Walk the Great Wall of China? Wes sits down with #1 New York Times best-selling author of “What Do You Want To Do Before You Die?”, star of the MTV show *The Buried Life*, co-founder of *The Buried Life* movement, and one of the World’s Best Motivational Speakers, Ben Nemtin, to help you unbury those dreams and prepare for creating the ideal bucket list by the time you finish this episode.

Ben opens up about his struggles with mental health, what he’s learned and how he’s attained self-worth through his projects. He also reveals that everyone goes through some sort of mental health crisis in their lives and why being true to yourself is important. Ben goes on to share the details of what went into creating *The Buried Life* along with the initial bucket list for the show, tips for how to generate your own bucket list, and why people regret their inactions more than their actions. Furthermore, Ben shares why accountability is effective for your accomplishments, talks through the categories in *The Bucket List Journal* that he created to help others, provides bucket list advice for retirees, and uncovers why he believes retirees have the power to change the world.

[Listen to the full podcast episode here](#)

More News

Capital’s 2022 Summer Reading Favorites

'Tis the season for bathing suit lamentations, swimming pool relaxations, and spousal thermostat negotiations. Yes, summer is here!

This year we not only wanted to get a jump on the summer reading recommendations, but we wanted to widen the scope of the brain trust by asking some of the other offices and cities in the Capital Investment Advisors family.

They've all finished reading *What the Happiest Retirees Know: 10 Habits for a Healthy, Secure, and Joyful Life*, but what comes after that? Let's find out!

Out in the beautiful southwest, our Phoenix office is baking in the sun, reading some real page-turners.

[Read more](#)



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