

Zipporah Haynes

From: Marketing Email Preview Send <noreply@hubspot.com>
Sent: Wednesday, November 30, 2022 2:23 PM
To: Zipporah Haynes
Subject: Preview - November Newsletter: A Happy Retiree Couple's Journey Hiking the Appalachian Trail

CAUTION: This email originated from outside the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



CAPITAL
INVESTMENT
Advisors

Client Spotlight: A Happy Retiree Couple's Journey Along The Appalachian Trail



My job is to help folks find a path to happiness in retirement. Time, experience, and curiosity have accumulated into knowledge that I try to impart to my firm's financial clients, radio and podcast listeners, and readers. One of my rewards is hearing the stories told by the people who take this advice to the next level.

Pat and Paula Roberts live in a small town in Florida. One might think their idea of adventure would include the sun, the sand, and an ocean view. Not for these two. This year they decided to hike the Appalachian Trail, a two-thousand-mile public footpath along the Appalachian Mountains that spans from Georgia to Maine.

“What we lack in experience, we make up for in enthusiasm and tenacity,” they said. And they weren’t kidding.

[Read More about Their Journey](#)

Team Highlights

Capital’s Favorite Movies to Watch this Fall



It was a long summer, but now the kids are back in school, the leaves are changing, and the Georgia Bulldogs are rolling. We have swapped the summer reading books out to create a fall movie list of some of our team’s favorites. So get the popcorn poppin’ because we’ve got some great ones.

[See Our Favorite Movies](#)

Happy Halloween from Team CIA





We celebrated the spooktacular Halloween holiday by dressing up at the office and enjoying some candy. Our team members also shared some family photos as well. Check out our fun and creative costumes!

CIA's Annual Capital Cup



Our annual Capital Cup Tournament this year was a great success! Congratulations to Investment Associate, Brett Noggle, for earning the 2022 Capital Cup Champion title. It was a cold morning but turned out to be a gorgeous day with lots of camaraderie, shedding of layers, and an overall fantastic time. We were happy to have members from all of our other offices attend for a great day on the course.

Race for Rest 5K



Team CIA had a blast at the Race for Rest 5k for the Furniture Bank of Metro Atlanta!

Retire Sooner Podcast



#129 – The Importance of Community with Jan Cullinane

A sense of belonging, support, and accountability; these benefits come with joining a community. In this episode of Retire Sooner, Wes sits down with Jan Cullinane, award-winning and best-selling author, speaker, and consultant to discuss just how important communities are.

Jan described what questions you can ask yourself regarding where you are in life. She also shares the five P's for starting a business in retirement or otherwise, uncovers why strong social support is essential, and how the ability to renegotiate roles can be helpful in relationships. She addresses the importance of having a purpose in life and why women need to prepare to be in charge of their own financial decisions. To conclude, Wes and Jan talk through determining where to live in retirement, niche and non-traditional retirement lifestyles, and the psychology of money.

[**Listen to the Full Podcast Episode**](#)

More News

Giving To Others And Finding Your Marginal Propensity For Happiness – A Recap Of My Interview With Mitch Albom

Mitch Albom’s books have sold more than forty million copies worldwide. But, if you ask me, that number is too low.

He’s the successful author of many works, but the one that first transcended the American zeitgeist was *Tuesdays with Morrie: An Old Man, a Young Man, and Life’s Greatest Lesson*. It’s the story of Morrie Schwartz, his former college professor, and mentor. Nearly twenty years after losing touch, Mitch saw Morrie on an episode of *Nightline* with Ted Koeppel discussing his battle with ALS, also known as Lou Gehrig’s disease. After seeing the shows the two rekindled their relationship. One phone call became fourteen life-changing in-person meetings during which Morrie spent his final days sharing lessons with Mitch. “The last class of my old professor’s life had only one student. I was the student.”

[Read the Recap](#)

Wela  **NORRIS LEGAL**
FAMILY OFFICE

BARNES MERRITT & BARNES LLC
CERTIFIED PUBLIC ACCOUNTANTS

SHOPBENEFITS
EXPERTS AT PROVIDING INSURANCE SOLUTIONS

This is provided as a resource for informational purposes and is not to be viewed as investment advice or recommendations. This information is being presented without consideration of the investment objectives, risk tolerance, or financial circumstances of any specific investor and might not be suitable for all investors. The mention of any company is provided to you for informational purposes and as an example only and is not to be considered investment advice or recommendation or an endorsement of any particular company. Past performance is not indicative of future results. Investing involves risk, including the possible loss of principal. There is no guarantee offered that investment return, yield, or performance

will be achieved. The information provided is strictly an opinion and for informational purposes only and it is not known whether the strategies will be successful. There are many aspects and criteria that must be examined and considered before investing. This information is not intended to, and should not, form a primary basis for any investment decision that you may make. Always consult your own legal, tax, or investment adviser before making any investment/tax/estate/financial planning considerations or decisions. Investment decisions should not be made solely based on information contained herein.



Capital Investment Advisors, 10 Glenlake Parkway Northeast, North Tower, Suite 1000, Atlanta,
Georgia 30328, United States, 4045310018

[Unsubscribe](#) [Manage preferences](#)