

# My Atlantic Wealth



*The Freedom to Live Inspired*

AWM MAGAZINE | SPRING 2024



# The Atlantic Wealth Management Bi-Annual Client Newsletter



Photos by Grace Bell, Grace Bell Photography



## Welcome!

Welcome to the Spring 2024 edition of the My Atlantic Wealth magazine! We are excited to share with you all of the new and exciting things happening in our lives and here at the office! Before we begin, we want to take a moment to thank you, our valued clients, for your friendship and loyalty over the years. We are honored to be your trusted advisors and are grateful to serve you and be a part of your lives.

In the pages ahead, you will find advisor reflections and market commentary along with staff updates and information regarding recent and upcoming firm events. You will find important financial planning insights and hear about our recent conferences, workshops, and projects.

We feel incredibly blessed to share these updates with you and praise God for the continued growth and development of our firm. Thank you for your continued trust and confidence and for being part of our Atlantic Wealth family. We hope you enjoy the enclosed pages, and we look forward to seeing you at our next event or your next review!

### In the pages ahead...

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Do you have family, friends, or colleagues looking for financial planning and investment advice?

We would love the opportunity to sit down with them over coffee or lunch to get to know them and see if they would benefit from the services we provide!



http://

Have you seen our new and improved website?

Visit [www.myatlanticwealth.com](http://www.myatlanticwealth.com) to explore our new site and watch our brand new welcome video!



Follow us on Facebook, LinkedIn, and Instagram for economic insights, firm updates, client event highlights, and our weekly Friday Financial Tips!







As we look out the front windshield, we believe the main driver over the short-run will be inflation and related economic news. The focus now seems to be on when the Fed will start to cut rates. Market consensus at the beginning of the year was that we would see six Fed rate cuts in 2024. With inflation numbers coming in higher than desired so far this year, as well as the economy continuing to grow, those expectations have been tampered back to three rate cuts for 2024. The Fed has commented that its action going forward will be data-dependent, driven by the latest economic news. It does look like they are poised to start cutting rates at some point this year but later than most expected previously and at a slower pace.

The election is sure to become more and more front and center as we get closer to November. The tendency today seems to be for people to let their thoughts on politics and the state of the current political environment greatly impact their overall optimism or pessimism on life, how they feel about the future, how they feel about markets and the economy, and their daily attitude and level of contentment. Despite a lot of strong feelings on both sides, history has shown that elections have a minimal effect on the stock market in the long run. There have been 23 elections since the S&P 500 Index began. In those election years, 19 of the 23 years (83%) yielded positive performance, with an average annual return of 11.28% (Sherman Portfolios, 2024).

Many economists have concluded that there is no need to worry about a recession this year, while others, albeit a minority, contend that this current high-rate environment will lead us into a recession scenario in 2024. We remain cautiously optimistic, but we acknowledge the uncertainty in calling either scenario. We do believe we will eventually settle into a lower rate environment than what we see today but that rates will probably be higher for longer and it is going to take some time to get through a rate cut cycle.

If you look at some of the 2024 news headlines, you see a recession, high inflation, trouble abroad, and a market at serious risk. But if you look at the data, the picture is much brighter. Americans are getting jobs and earning more money. Businesses are investing in people, buildings, and equipment. Companies are expected to earn more money this year than last year, driven by sustained consumer spending. In other words, the data says the expansion continues. And, again, if we're choosing to believe the headlines or the data, the latter is more trustworthy. It's important to remember that even in strong years for markets, investors can face a bumpy ride along the way. Given the history of volatility for equity markets and the potential for short-term uncertainty due to the risks markets face, a well-diversified portfolio constructed to withstand bouts of market turbulence remains the best path forward for most investors.

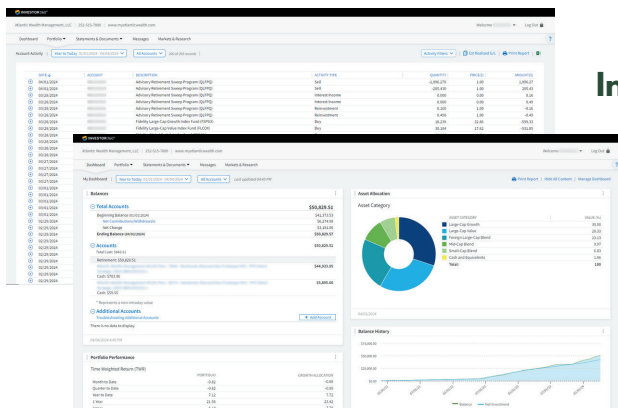
As we move forward through 2024, we are excited about the opportunities and possibilities that lie ahead. As always, should you have any questions, please feel free to reach out to us. We value the trust and confidence you have placed in us and appreciate the opportunity to serve you. We hope you have a great spring and look forward to seeing you soon!

At the start of 2023, we saw dire headlines about the economy and the markets despite positive economic data. Ultimately, the results last year followed the data, not the headlines. Yes, there were (and are) many concerns and risks. As long as the data stays solid, however, so should the results. And that's worth keeping in mind throughout 2024, too. Although we see some economic slowing, fundamentals remain sound—and that should support the markets.

Over the course of 2023, the major stock and bond market indices saw positive returns. The DOW was up 16.18% last year, the S&P 500 gained an impressive 26.29%, and the tech-heavy NASDAQ saw the largest gains with the index up 44.64% for the year. The MSCI EAFE Index gained a solid 18.24% throughout the year, and the MSCI Emerging Markets Index gained 10.27% for the year. Markets were boosted by signs of continued economic growth and falling interest rates at year-end. Fixed income markets continued to rally to end the year, with the Bloomberg Aggregate Bond Index finishing the year with a 5.53 percent return.

Economic updates released this April painted a picture of continued economic growth to begin the year. Hiring accelerated at the end of 2023, and the momentum has carried into 2024, with more than 500,000 jobs added between January and February. We saw a continued increase in consumer sentiment in the first quarter as well as improving manufacturer confidence and supportive sector confidence to start the year.





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# MIDYEAR FINANCIAL PLANNING

Although we all have the best intentions when we set financial goals each January, a lot can happen in 12 months to cause you to veer off course. One great way to keep yourself on a steady path to meeting your goals is to do a midyear check so you can make any necessary adjustments before things get out of hand. Use these guidelines to ensure that your spending and investing are on track—and to avoid any surprises come December!

**Look over your budget.** This is the most basic step you can take to keep yourself on a path to financial health. Look at your spending through the middle of the year and determine whether you're right where you want to be, you need to cut back, or you have extra funds to allocate elsewhere. Dozens of budgeting tools are out there to assist you in tracking your budget. Many have a digital platform where you can connect your accounts and track expenses. This pulse check provides an easy way to steer yourself back if you've strayed from your budget. And, if you haven't set a budget, this could be a good time to draft one and establish goals.

**Reconsider your retirement contributions.** Did you receive a raise during the first half of this year? If you're not maximizing your contributions to your 401(k), 403(b), IRA, or other retirement plan, and you have additional funds from your increased salary or bonus that allow you to contribute more, it may be worth considering a bump in your retirement allocation.

**Assess tax withholdings.** It's a good idea to check your tax withholdings midyear, especially if you've had major life events such as a job change or significant pay increases. The IRS has many tools that can assist in determining whether your tax withholdings are appropriate.

**Adjust insurance policies, if necessary.** Have you had changes in your life that would warrant additional insurance? If you haven't gotten around to adding insurance or increasing existing policies to account for marriage, having children, starting a business, buying a house, or other life events, use this midyear check to reevaluate your insurance needs.

**Take stock of employee benefits.** Be sure that you know when open enrollment for benefits occurs at your company and determine whether you need to make changes to your plans. This is also a good time to check on your FSA and HSA funds, submit receipts, and plan for how to use the remaining balance so you don't lose the money in your FSA.

**Review your credit report.** You're legally entitled to a free copy of your credit report every 12 months from each of the three national credit bureaus (Equifax, Experian, and TransUnion). Take advantage of that opportunity to check for fraud or mistakes so you can remedy any issues as quickly as possible.

**Check your emergency fund.** Unexpected expenses do come up, and it's prudent to have an emergency fund on standby to meet them. Without this money tucked away, you may have to take cash meant for other expenses or goals, or even accrue credit card debt to pay for expenses. Most experts agree that you should have three to six months of expenses in an emergency fund. Midyear is a great time to take stock of whether you've sufficiently saved for unexpected costs. If you're running a surplus on your budget, it makes good financial sense to use this surplus to ensure that your emergency fund is in good shape.

**Be sure that your estate documents reflect your wishes.** You likely won't need to revise your will, trust, living will, or other estate documents, but it's a good idea to review them annually and make sure that they still align with your desires. If you've experienced major life events such as marriage, divorce, or birth of a child, you may want to speak with an estate planning attorney to ensure that your documents are in good order and meet your current needs.

**Set financial goals for the rest of the year.** Take stock of where you started and where you are midway through the year. Six months is plenty of time for situations to change and goals to shift. If nothing has changed, ensure that you are staying on track with your initial objectives. If major changes have happened in your life, you may want to reassess your financial goals for the remainder of the year.





## SECURE Act 2.0 2024 Provisions

Surviving spouses can delay taking RMDs until the age when their deceased spouses would have been required to start taking RMDs.

Penalty-free early withdrawals of the lesser of \$10,000 or 50% of the employee's vested account under the plan are permitted in cases of domestic abuse.

Participants in Roth employer accounts do not need to take required minimum distributions.

Employee plan sponsors can enact emergency savings accounts for individuals who can make Roth contributions on an after-tax basis to the savings account up to \$2,500.

Employer contributions made on behalf of employees for "qualified student loan payments" are treated as matching contributions for 401(k)s, 403(b)s, SIMPLE IRAs and governmental 457(b) plans.

Up to \$35,000 of assets in a 529 Plan maintained for at least 15 years for a designated beneficiary can be rolled over tax-free to a Roth IRA for the beneficiary.

Individuals are allowed one penalty-free withdrawal of up to \$1,000 per year from IRAs or 401(k)s for unforeseen or immediate financial needs relating to personal or familial emergency expenses.

The \$1,000 IRA catch-up contribution for people age 50 and above will be indexed for inflation.

For SIMPLE IRAs, the annual deferral limit and the catch-up contribution limit at age 50 are increased to 110% of the 2024 plan limit (as indexed).

The Qualified Charitable Distribution (QCD) limit has been indexed for inflation and has increased to \$105,000.

We are one year into SECURE Act 2.0, passed at the end of December 2022, but new provisions will continue to be phased in over the next 10 years. Here are the highlights of SECURE Act 2.0 provisions effective as of 2024.

Reminder of required beginning date (RBD) ages enacted by the initial SECURE Act 2.0:

- RBD is age 72 (or 70½) if born 1950 or earlier
- RBD is age 73 if born 1951–1959
- RBD is age 75 if born 1960 and later

### Why is this so exciting?

The rollover benefit is a boon to parents who put away dollars in 529 plans but found themselves facing hefty tax bills if they wanted to withdraw the funds because they were no longer needed for higher education costs.

The shift will allow parents and grandparents who are funding 529s for their children or grandchildren to transfer dollars to retirement savings for the beneficiary if she goes to a less expensive school, receives a scholarship, or forgoes college altogether.

### Why does this matter?

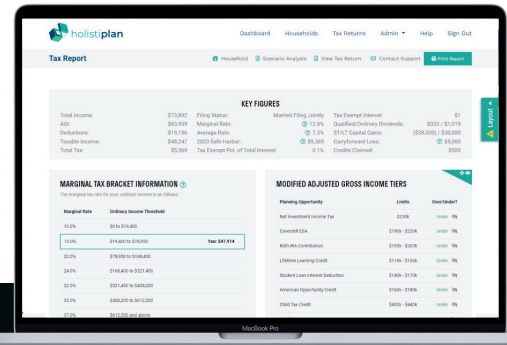
Qualified Charitable Distributions (QCDs) were traditionally capped at \$100,000 per year, and that amount didn't go up each year. The SECURE Act 2.0 allows the \$100,000 limit to be adjusted annually for inflation beginning in 2024.

Note that for gifts to count, they must come directly from the IRA by the end of the calendar year and must be made prior to taking RMDs if you want to offset the RMD.



# TAX PLANNING

Now that tax season is over, it's time to start planning for next year! Once available to you, please bring or send us your 2023 tax return. Reviewing your tax return will help us in determining what tax strategies are the best for you going forward.



Taxes touch virtually every part of your financial life, which is why we integrate personalized tax planning strategies into our comprehensive financial planning approach.

*Tax Planning* refers to the review of your tax return to identify potential planning opportunities, both now and in the future, to ensure tax efficiency.

We utilize Holistiplan's award-winning tax planning software, designed specifically for financial advisors, to generate an in-depth analysis of your tax situation. These results enable us to identify and provide critical insight into your tax circumstances and opportunities in order to provide a deeper and more complete financial planning experience.

By leveraging Holistiplan's insights, we can ensure that your financial plan is optimized to achieve your long-term goals while efficiently managing your tax obligations, ultimately providing you with peace of mind and confidence in your financial future.



## Quarterly Market Update Webinars

**January 22**  
**April 22**  
**July 22**  
**October 21**

The increase in market volatility and constantly-changing economic landscape over the past few years set in motion a desire to keep our clients updated on market conditions, economic indicators, and our forward-thinking perspectives. We continue to implement recurrent market update webinars as a way to keep our clients up-to-date in a transparent, approachable, and accessible manner.

If you are unable to attend the live webinar, the recorded videos are published on our website! We encourage you to reach out about any topics discussed that you would like to explore in more depth and share these webinars with friends and family who you feel would benefit from these presentations.

## Tax Season Survival Baskets

During tax season, we like to take a moment to extend our gratitude to our local CPAs. We appreciate everything they do and hope their busy days are a little sweeter after a delivery of tax season survival supplies - including Noel's homemade baked goods and our favorite Friendly Market treats!

## CPA CE Workshop

Each year, we invite some of our local CPAs over to the office for lunch and an educational workshop to delve into a financial planning topic that we find valuable for our mutual clients. We're looking forward to this year's workshop on planning considerations for future healthcare costs and long-term care needs in retirement!

Commonwealth Financial Network® and Atlantic Wealth Management do not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation.





## *Community, Connections, and Conferences*

Greg and JA had the privilege to attend the annual Kingdom Advisors conference in Orlando, Florida, this February. They were able to meet with other Christian financial advisors from across the country to worship together, share best practices, and learn from keynote speakers and breakout sessions.

They received current economic and market update forecasts from Bob Doll and David Bahnsen and gathered industry insight from Michael Kitces. They also heard preaching from Mark Batterson and Alistair Begg and enjoyed a night of worship with Jeremy Camp. One first at this year's conference was having the opportunity to formally gather with other Commonwealth advisors in attendance. We are grateful for the Kingdom Advisors organization and for the opportunity to attend what is always a highlight of the year!

Greg and JA were also able to attend the Commonwealth National Conference in Aurora, Colorado, back in October. They heard from keynote speakers and industry experts including Dale Brown and Bill Browder as well as Commonwealth leadership including



CEO Wayne Bloom, Managing Principal Kol Chu Birke, Senior Vice President Karen McColl, Managing Principal Brad McMillan, and many more.

One major highlight was being able to help organize and host a prayer breakfast at the national conference this year! This was a great time to gather with other Christian financial advisors for community, prayer, and fellowship. We are thankful to Commonwealth for supporting this effort by providing the time, place, and meal.

As part of a larger effort to facilitate Christian community among Commonwealth financial advisors, Greg and JA have been able to put together a list of over 140 interested advisors and facilitate Christian community through larger group virtual calls as well as small group meetings since the conference in October.

God has been at work already, and we are excited about the potential for Kingdom impact through all of it!



**Olde Beaufort Farmer's Market Opening Day**

Saturday, April 13  
9:00 am - 1:00 pm

Every Saturday at the Beaufort Courthouse Square!

**18th Annual Beaufort Wine and Food Festival**

Thursday, April 25 -  
Sunday, April 28

Beaufort Hotel and other various locations in Beaufort!

**Mother's Day**

Sunday, May 12

Grab some beautiful flowers for mom or treat her to a delicious local brunch!

**34th Annual Beaufort Music Festival**

Friday, May 17 -  
Saturday, May 18

Gallants Channel in Beaufort  
beaufortmusicfestival.com

**10th Annual Atlantic Beach Music Festival**

Saturday, May 18  
11:00 am - 6:00 pm

Atlantic Beach Circle  
Beach Music Festival week!

**Morehead City Marlins Home Opener**

Friday, May 24  
7:00 pm

Big Rock Stadium vs. the Wilmington Sharks

**Memorial Day**

Monday, May 27

Jump into summer by spending the long weekend on the beach or enjoying your favorite local café!

**16th Annual Kayak for the Warriors Race**

Saturday, June 1  
10:00 am - 2:00 pm

Crystal Coast Country Club  
Golf Tournament June 7

**Annual Swansboro Arts by the Sea Festival**

Saturday, June 8  
9:00 am - 5:00 pm

Downtown Swansboro  
swansborofestivals.com

*Summertime on the Crystal Coast brings some of our favorite concerts, festivals, tournaments, cookouts, and more!*

**Check out these local events and holidays and mark your calendars for a fun-filled summer season!**

**66th Annual Big Rock Blue Marlin Tournament**

Friday, June 7 -  
Sunday, June 16

MHC Waterfront  
thebigrock.com

**3rd Annual Celebration on the Sound**

Thursday, June 13  
7:00 pm

Carteret Community College  
Campus Lawn

**Father's Day**

Sunday, June 16

Visit The Periwinkle in Beaufort for the 1st Annual Father's Day Dad Games!

**4th Annual Juneteenth By The Sea**

Saturday, June 15  
9:00 am - 11:00 pm

The Beaufort Club  
Beaufort, NC

**\*Atlantic Wealth's Annual CPA Workshop**

Wednesday, June 26  
11:00 am - 1:00 pm

AWM Office  
Free lunch & CPE credit

**Annual Beaufort Old Homes and Gardens Tour**

Friday, June 28 -  
Saturday, June 29  
10:00 am - 4:00 pm

Beaufort's Historic District

**Independence Day**

Thursday, July 4

Check out the beautiful 4th of July fireworks displays around Carteret County!

**CCC Spanish Mackerel & Dolphin Fishing Tournament**

Friday, July 19 -  
Saturday, July 27

Downtown Morehead City

**\*Atlantic Wealth's Q3 Market Update Webinar**

Monday, July 22  
4:00 pm

Keep an eye out for the Zoom registration link!

**\*Atlantic Wealth's 10-Year Anniversary Client Appreciation Event**

Thursday, August 22  
5:30 - 7:30 pm

Crystal Coast Civic Center

**Labor Day**

Monday, September 2

Enjoy the beautiful long weekend by catching some live outdoor music or attending a local event!

**Beaufort Pirate Invasion 10-Year Anniversary**

Friday, September 20 -  
Sunday, September 22

Gallants Channel in Beaufort  
thebeaufortpirateinvasion.com

**38th Annual NC Seafood Festival**

Friday, October 4 -  
Sunday, October 6

Downtown Morehead City  
ncseafoodfestival.org



# FIRM EVENTS



## Veterans Day Breakfast November 4, 2023

We had a wonderful time hosting some of our local veterans and clients for our Veterans Day Breakfast before enjoying the annual Carteret County Veterans Day Parade! We realize the freedoms we enjoy every day are due to the courage, selfless sacrifice, and dedication of those who are and have served our country in uniform, and we thank our nation's veterans for their bravery, courage, and heroism.



## Ladies Valentines Luncheon February 9, 2024

We loved being able to spend a special afternoon with many of our widowed clients and their guests for our annual Ladies Valentine's Luncheon! We enjoyed a delicious meal served at Tight Lines, spent the afternoon catching up with old friends and meeting new ones, and wrapped up the afternoon with a decadent chocolate-drizzled salted caramel brownie sundae – trust me, it was as good as it sounds!



## Spring Shred-A-Thon April 12, 2024

We celebrated Earth Day, the end of tax season, and the start of spring cleaning all in one with our annual community-wide Spring Shred-A-Thon! We enjoyed freshly-squeezed lemonade and freshly-popped popcorn while shredding and recycling old statements, bills, and documents. We love being able to provide this service to our local community to help protect against identity theft and fraud.

### DID YOU KNOW?

In 2020 alone, The Federal Trade Commission received 5.7 million total fraud and identity theft reports – 1.4 million of which were identity theft cases. Securely shredding personal documents, bills, and statements is imperative in safeguarding against fraud and mitigating the risk of sensitive information falling into the wrong hands. Taking proactive measures – like shredding your confidential documents, using strong passwords, and enabling multi-factor authentication – can significantly reduce vulnerability to identity theft and help maintain your personal and financial security.

## 10-YEAR ANNIVERSARY CLIENT APPRECIATION EVENT



*Atlantic Wealth Management Opening Day/Ribbon Cutting, August 2014*

Thursday, August 22, 2024  
5:30 - 7:30 p.m.  
Crystal Coast Civic Center

It's hard to believe that it has already been 10 years since the grand opening of Atlantic Wealth Management back in August 2014!

We are excited to be celebrating this significant milestone later this year with our 10-year Anniversary Client Appreciation Event at the Crystal Coast Civic Center! Mark your calendars and be on the lookout for upcoming communication because this is a celebration you won't want to miss!





## GREG PATTERSON, CKA®, CFP®

*Managing Partner, Financial Advisor*

We have experienced highs and lows in our family over the last several months. Most recently, we were able to enjoy a weekend in Charleston, South Carolina, spending time with our son Tyler and his wife, our daughter-in-law, Anna Lane. We had a great time celebrating Anna Lane's birthday and getting to experience a lot of what Charleston is known for – shopping at unique stores, eating delicious food, and sightseeing the beautiful and historic attractions.

The highlight of the trip was attending their church and being a part of the Palm Sunday service. They attend City Church which meets in the old train station and has been converted into a bar called the Music Farm. The service was very special and drew a lot of people from every walk of life. As a parent, it is always good to see your children thriving in their marriage, their work, and their church. Tyler and Anna Lane are making a great life for themselves, and we could not be happier for them.

Sadly, Melissa's father, Frank Meadows, passed away in early February after declining health. He was 85 and was affectionately known as "Cap'n Frank" by his friends and neighbors. We called him "Pop" and were able to have a celebration of life service in early March. It was nice to have our family join together for this remembrance. We all enjoyed being able to share stories and our favorite memories of Pop. We had a big meal for everyone at our home after the service and reconnected around good food, laughter, and the gift of each other's presence. Having everyone together like this makes the grieving process easier in its own way.

*"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." - Joshua 1:9*

My stepfather, Ron Burkhart, also passed away at the end of January with similar health issues. Ron and my mom are part of a great community in Sun City West, Arizona, and she has a good support network of friends around her. We traveled to Mount Vernon, Indiana, in early April to be part of his service.

Besides my own family members, we have also experienced the loss of several of our clients recently, and it causes me to take time to reflect on both the beauty and brevity of life and the relationships we share. While the loss of loved ones is painful, it reminds us of our own mortality and allows us to take an inventory of what is most important. God reminds us in His word that He is faithful to be with us and never forsake us. This provides comfort and peace in times of sorrow.

Lastly, I accomplished a major professional goal in the passing of my CERTIFIED FINANCIAL PLANNER™ (CFP®) exam and designation. This accomplishment came in March after several "long" months of study and preparation and is a formal recognition and certification in the areas of financial planning, taxes, insurance, retirement, and estate planning.

I am thankful for my family and my work colleagues who encouraged and inspired me to see this through to completion. I am thankful I work with the best teammates who are continually striving for excellence and always learning so that we can better serve our clients. I am also glad to get my nights and weekends back, HA!

I hope each of you is enjoying your spring and the changing of seasons to longer days. I look forward to seeing you at our next meeting!





## JAMES ALLEN CANADY, CPA, CKA®, CFP®

Partner, CFO, Financial Planner/Advisor

I always appreciate the opportunity to reflect and share with you an update of what is going on with the Canady family. I am devoting my personal update this time primarily to sharing with you about finalizing our adoption of Bennett, as I know that many of you have been praying for Bennett and our family, some of you for years. We have definitely appreciated and felt your prayers, as well as the comfort and peace that comes from our heavenly Father and knowing that He always has and always will hold the future in His hands.

It feels good to be able to use Bennett's first name instead of having to write "B." Bennett's full name now is Bennett Allen Canady. His middle name was already Alan, so it was easy to include a family name in his name. We simply changed the spelling of his middle name to Allen, which is my middle name and my mother's maiden name. Bennett will be five years old in July. He has been with us since right after turning one, and anyone who has been around him knows that he is an unforgettable part of our family. His loving spirit and charming personality stand out, and many times they are his only saving grace from his propensity for mischief and constant need for action. We adopted Bennett on February 2nd, 2024. In acknowledgement of his DSS case that had many ups and downs and "here we go again" moments, we scheduled to finalize the adoption on Groundhog Day. He will get to continue to grow up with his older sister, Rosa, but also with all of his other siblings, Elizabeth and me, our extended family, church family, neighbors, and friends. We are thankful for the opportunity but also for all those who spend time with our kids, loving on them, teaching them, and supporting and encouraging them.

The Canady Kids: Reese (11), Sadie (10), Eliza (7), Nellie (7), Rosa (7), Jac (5), Bennett (4)

Speaking of that, we have had some changes to our school setup since the last update. Sadie and Eliza have continued at home with Liberty University Online Academy, but Reese, Nellie, and Rosa started attending A Sea of Learning at the end of October last fall. The three of them have enjoyed this change and are all doing well. Elizabeth and I have committed to reassessing the plan and what is best for each kid on an annual basis, as they are all very different.

Currently, for the spring, we have five playing soccer, two in gymnastics, one on a travel lacrosse team, and two in Little Ninjas. So far so good in keeping up with where everyone needs to be and when they need to be there. It's not without effort, organization, and a lot of coordination, though.

For a change (and a good thing for those of you who have read my previous pet updates), I don't have much to report for a pet update. Recently a neighbor told us they saw a fox in the backyard trying to get to the rabbits, so we had to address this. And we had to catch a rat in the garage after someone left the garage door open for too long. As I've said before, there is never a dull moment in Canadyland!

Thank you again to all of you who have prayed for Bennett, our family, and others involved, for living out Ephesians 6:18 that instructs us about "praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints." We are thankful for and pray for you. God Bless!

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18*





## TARA GOULD, CFP®, ChFC®, AFC®

Senior Paraplanner, Relationship Manager

Happy spring, everyone! We have a lot to reflect on and be thankful for over the past few months. Life has been busy, which I know many of you can relate to. I have been trying to remember to intentionally slow down and appreciate the present moments amid the busyness of everyday life. Even though the days can be long, the years are short, and time passes quickly.

Adam and I have been busy with work, and our daughter Avrie has entered her last semester of high school. It doesn't seem right that we will have a high school graduate in a few months! Avrie has not decided whether she will return to the States for college or remain here on island with us. She has prepared and applied for both, so now it's decision time. This has been an exciting yet stressful time for all of us, but we find comfort knowing that God will put her exactly where she needs to be.

In February, I joined a women's Bible study group at the Air Force base chapel and have been blessed to enjoy weekly conversations with fellow Christian military spouses. We have been studying the book of Habakkuk and are learning how God is faithful and merciful through, and especially during, difficult times in our lives.

The study examines how answers to our prayers can sometimes seem contrary to who we believe God is, which can initially bring us confusion and frustration. Habakkuk asks for God's help and finds himself confused with the Lord's reply since it was not the answer he had once hoped and longed for. However, he wrestled through his confusion and pride to have faith and trust God's wisdom and sovereignty. Sometimes it is not evident to us what God is doing, especially in times of grief or suffering, but we are called to trust in Him and know that He has all things under control.

Adam ran a few races this winter, including a 10-miler, a half marathon, and a full marathon. He can count on me to run or bike alongside him in training, but on race day, I will cheer him on from the sidelines. Although I do love to run, I have never enjoyed organized races. I get extremely nervous amid all of the commotion and get overwhelmed with so many people crowded together at the start of the race. Adam, on the other hand, thrives in this environment and performs well under this pressure. I will say that I have enjoyed watching him set a goal, work really hard, and then achieve it. I have also learned that I am more than content sticking with my slow, comfortable jogs down a quiet, peaceful path with a beautiful view.

Over the last few months, I have been in the thick of studying for a financial certification that has been on my heart for a while now. It is a big commitment, but I am a lifelong learner and have no plans of stopping anytime soon! I am grateful to have such a strong support system and receive so much encouragement from my family and colleagues. As a firm, we are committed to learning and growing in our field to ultimately impact and improve our clients' financial lives. My goal in obtaining this certification is to continue to pursue the highest level of industry training and education in order to enhance my financial planning expertise and provide high quality, comprehensive planning service to our valued clients.

I long for summer days and know they will be here soon enough! I am a beach lover through and through and can't wait to get back in the water. I wish each of you a happy and healthy summer and hope to get to "see" you virtually as the year progresses. Sending love from the Pacific!

*"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." - Proverbs 3:5-6*





## MACKENZIE SHERRARD

Senior Client Service Associate, Operations & Marketing Manager

Hello, everyone! I hope you and your family had a great holiday season and are enjoying the first few weeks of spring. As I'm writing this, there is a thick layer of pollen covering all of Carteret County, marking the beginning of spring and allergy season. It's hard to believe we are almost halfway through this year already! Where does the time go?

We had a fun-filled and busy end of 2023. We survived the Emerald Isle Half Marathon in October (barely), enjoyed the Marine Corps Ball in November, and celebrated exciting milestones with friends at weddings and baby showers. We had a great Thanksgiving hosting family here in Morehead City and were able to travel home to Kentucky to spend time with family and friends over Christmas. We have three new nieces and nephews since our last update, and it was so fun to be able to see them and make some memories together. Our nephews have since been asking for Uncle Mike nonstop because he does fun and exciting things like take them on gator races around the farm and down fishing in the creek.

We took an impromptu weekend trip up to Baltimore with a few friends back in January to watch the Ravens beat up on the Chiefs. We were pulling for our Cincinnati Bengals, but they just didn't have it in them this season. Michael spent some time training in Nevada and is currently on a training detachment in Alaska. For the record, I'm very happy to be spending my summer in sunny Eastern North Carolina instead of the snowy single-digit temperatures in the Arctic! But not to worry, he was sure to research the current fishing conditions and most effective techniques to become a master Alaskan angler while he's there.

*"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." - Jeremiah 29:11*

We do have some exciting news to share! Michael recently received orders to transition to fly the F-35 and will begin training at MCAS Miramar this July! So we will be packing up for a cross-country road trip to San Diego in June and are scheduled to be there for 6-8 months. I am so grateful for the opportunity to work remotely during this interim period, so my role with the firm will not change. We have Tara currently running our global office, and I will be heading up the temporary west coast office!

We will absolutely miss Morehead City (and you guys!) while we are gone, but we are very excited to experience the west coast for a little while. This place has truly become our home these past 4 years, so it will be bitter sweet to leave our friends and community for a while. Michael has spent some time out in California, Arizona, and Nevada for training, but I have never lived west of Kentucky, so we're looking forward to sharing this adventure together.

With that being said, we have our work cut out for us this summer! In addition to preparing for a cross-country move and everything involved, we will be soaking in our last few months on the Crystal Coast (for now). We're looking forward to weekends on the beach, enjoying our favorite local restaurants, and way too many coffee trips to Reed's. Michael has been loving skydiving over at the Beaufort Airfield/Crystal Coast Skydiving, and I've been enjoying training at the Sports Center Performance Zone. And we're definitely looking forward to some Morehead City Marlins baseball games and all of the excitement around Big Rock!

We are so blessed with such wonderful people in our lives and such a beautiful place to live. I hope you and your families have a wonderful spring and summer, and I look forward to talking with you soon!





## NOEL RUPPRECHT

*Client Service Associate, Director of First Impressions*

Where did 2023 go? I have no idea! But I am proud to say I completed the Series 7 and Series 66 registration exams and completed the life, health, and long-term care insurance license exams all in one year. This was a much bigger undertaking than I initially realized. The course material was thorough and has been very beneficial in understanding the financial industry; but more importantly, it has given me a better appreciation for what a great job the team here at Atlantic Wealth does in serving each client as the unique individual he or she is. I really love this group of people and the opportunity to work with them.

I completed my last insurance exam in November, so October and November were really spent just studying. We did take time out to experience our first Crystal Coast Highland Games in Beaufort and the Seafood Festival in downtown Morehead City. Both were great experiences. My love of history meant I spent long periods of time having conversations about the migration of Highland clans to the Americas while my family was more interested in shopping for tartan plaids. The Seafood Festival highlighted the ocean-dependent culture of the area, but I can't imagine how we will ever get to sample all the great smelling food! We learned afterward there are cooking demonstrations as well, so we will definitely need to attend those next time.

We visited Knoxville for Thanksgiving and spent time with my parents and brother as well as my sister and her family. We went to the Knoxville Christmas Tree Festival, a fundraising event for the Knoxville Children's Hospital. It was amazing to see all the different creative ways people thought to decorate Christmas trees or shape Gingerbread houses. There was even a full-sized Christmas tree made entirely from Legos, including Lego

ornaments with little Lego candles and birds on its branches. Some trees sponsored awareness, like the Autism Awareness tree. Many elementary schools also decorated trees specific to their school. Being a baker, the Gingerbread houses had me enthralled. One was a castle, complete with turrets, while another was Bag End from the Lord of the Rings trilogy. We had a wonderful time, but it was also sad to see how far from CHRISTMAS many of these decorations were.

The other big event around Thanksgiving was the announcement that we are going to be grandparents! Our first grandchild – a granddaughter – will be making her debut this June. We are very excited and are already planning a trip to Wisconsin when she is born. Our daughter definitely takes after her mother, so there have been many extra doctor's appointments, but we are happy to report that she is growing and developing well.

Christmas was spent in Phoenix with Paul's parents. It was a great time, just us and them. A time to visit and talk and play games together. We spent one day sight-seeing at Apache Junction where many old western movies (some of my favorites) were filmed. They had a museum about the settling of Arizona and the history and legends of the Superstition Mountains, a whole display of which actors and actresses worked at the movie ranch, and even a "chapel" with Elvis Presley. The museum also has an amazing diorama of an old west train town. It is probably 50 feet square, with working trains and a water tower.

2024 has started off quietly, for which I am thankful. We are enjoying walks through our neighborhood, the cooler weather, and starting to see the green of spring already. We look forward to seeing what this year holds in store!

*"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."  
- Deuteronomy 31:8*



## GREG PATTERSON EARNS CERTIFIED FINANCIAL PLANNER™ CERTIFICATION

We are pleased to announce our very own Greg Patterson has earned his CERTIFIED FINANCIAL PLANNER™ (CFP®) certification!

Greg successfully passed the six-hour exam in March after diligently studying and preparing for several months. The exam, in addition to his education and work experience, qualifies Greg now as a CFP® and adds additional knowledge and expertise to the Atlantic Wealth team.

CFP® certification is nationally recognized as the standard of excellence for the financial planning profession. We are so proud of his hard work and the training has done to achieve this certification and are excited for his achievement. Please join us in congratulating Greg on this huge accomplishment!

**CONGRATULATIONS, GREG!**



We are proud to be affiliated with Commonwealth Financial Network®, a Registered Investment Adviser-broker/dealer with a singular commitment to serving independent advisors and their clients. The latest demonstration of that commitment can be found in the J.D. Power 2023 U.S. Financial Advisor Satisfaction Study.

For the 10th straight time, J.D. Power ranks Commonwealth:

**"#1 in Independent Advisor Satisfaction Among Financial Investment Firms"\***

The results were no surprise to us. Commonwealth's entire organization is built around doing whatever it takes to satisfy not only the advisors who work with the firm, but the clients of those advisors as well. It's that infrastructure - and the always-expanding wealth of resources - that makes it easier for our firm to provide you with the best possible guidance and the prompt, personal service you expect and deserve.

Our firm could not be more pleased to keep such good company or to espouse these qualities in our daily dealings with our valued clients!

\*Commonwealth Financial Network® received the highest score in the independent advisor segment of the J.D. Power 2010, 2012, 2013, 2014, and 2018 - 2023 U.S. Financial Advisor Satisfaction Studies.

Presented on July 5, 2023, for December 2022 to April 2023, it is based on responses from 4,183 advisors employed by or affiliated with the firms included in the study. Not indicative of the firm's future performance. Your experience may vary. Study is independently conducted, and the participating firms do not pay to participate. Use of study results in promotional materials is subject to a license fee. Visit [jdpower.com/awards](http://jdpower.com/awards) for more details.





**client testimonials**

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“Over the past 25 years, we have had two previous financial firms managing our portfolio. Neither came close to the expertise we are experiencing with Atlantic Wealth Management. Their knowledge and genuine care about their clients is beyond expectations. Without question, we would recommend them to all of our family and friends.”

**Jesse D.**

*The statement was provided on March 7, 2023 by Jesse D. who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.*

“My husband and I have been with Greg for many years, and now that I am a widow, I am particularly dependent on him and his expanding company to protect and grow my financial investments. I feel completely secure in this aspect as he has proven his competence and professionalism in every manner. I regard him not only as a first rate financial advisor, but a friend and confidant! Greg and his crew are the best!”

**Maxine D.**

*The statement was provided on February 26, 2023 by Maxine D. who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.*

“As a former licensed securities advisor, I like the firm’s approach to asset management. First and foremost, JA listens very well to our needs. He takes into consideration of our entire portfolio. He makes sure to ask great questions. He will act if he thinks it’s in our best interests. I would highly recommend JA and the team at Atlantic Wealth.”

**David M.**

*The statement was provided on February 27, 2023 by David M. who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed.*



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