Sjoberg & Holmstrom LLC
Financial Services
139 Union St S
Mora, MN 55051

Weeknight Pasta with Butternut Squash

INGREDIENTS

- 1 tsp. olive oil
- 4 oz. guanciale (or thick-cut bacon, if you can't find guanciale), cut into 1/2-inch dice
- 8 oz. butternut squash, cut into 1/2-inch dice
- 1 bunch Tuscan kale, cut into 1-inch pieces
- 1/2 pound orecchiette
- Freshly grated Pecorino Romano, to taste
- Salt and pepper, to taste

DIRECTIONS

1. |While the oven is preheating at 400°F, cut up the guanciale and butternut squash. Toss them onto a sheet pan, drizzle with the olive oil, shmoosh them around a little, and roast for 30 minutes. At this point, take the sheet pan out, stir in the kale, and place back into the oven to roast for another 10 minutes.

2. |Meanwhile, bring a pot of generously salted water to a boil and cook the orecchiette according to the box's instructions, usually 9 to 11 minutes or al dente. Drain and add back to the pot. Tip the contents of the sheet pan into the pasta pot and toss with the Pecorino Romano. Salt and pepper to taste.

https://food52.com/recipes/77856-fall-weeknight-pasta?clickref=1011lIDB2HCo&utm_source=partnerize&utm_medium=affiliate

Todd Sjoberg
320-679-5183
877-812-0259
139 S Union St
Mora, MN 55051
todd@sjobergholmstrom.com
www.yoursafemoneyshow.com
www.sjobergholmstrom.com

Financial
Focus

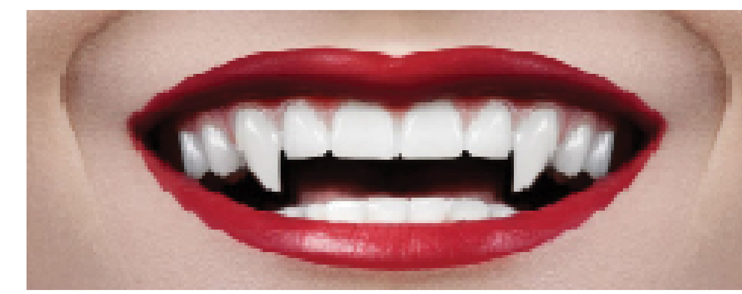
October 2022

How do I Know When it's Time to Retire?

Wondering when it's an appropriate time to retire? Let's look at some of the common indicators that you may be ready to leave work for good. An Investopedia article, 6 Signs That You're Really Ready to Retire, has some terrific insights into this important subject.

Have you reached your full retirement age?
The first sign you may be ready to retire is that you've hit your full Social Security retirement age. If you were born between 1943 and 1954, your full Social Security retirement age is 66. If you were born any time after 1959, you'll have to work until you hit 67.

Continued on next page…



The Reason Vampires Can't See Their Reflections

Vampires aren't real – of course – but this tidbit of lore actually has logical backing, or silver backing that is. In the 19th century, mirrors were backed with a thin layer of silver, which was believed to ward off creatures of the night due to its connotation with the church and purity. Today, most mirrors are backed with aluminum, so, in theory, modern vamps can do their hair in peace.

https://spookeats.com/2018/08/17/vampires-vs-mirrors-freaky-facts/

HOW DO I KNOW…

Between those dates, your full retirement age is 66 and some months. And while you can begin collecting Social Security as early as age 62, by doing so you're leaving some money on the table because your monthly benefit is significantly higher if you wait until your full retirement age.

Just how big a difference are we talking about? If you begin taking Social Security when you turn 62, your monthly payment is reduced by 25%.

Are you debt free?
If you're debt free, that may be another sign you're ready to trade work for retirement. If the house is paid off and you don't have credit card debt hanging over your head, you've put yourself in position.

Remember, for many people, retirement means living on a fixed income, so a large mortgage or a pricey car payment can squeeze your finances to the point that your retirement is less enjoyable. Also, debt can make it harder to deal with emergency spending.

Where Is your money going?
Another indicator that you may be ready to retire is if you're no longer supporting either your kids or your parents. If your kids are out of the house and enjoying careers — and income — of their own, it may make your post-retirement financial life much easier.

But if you're still supporting kids or even providing them with a little bit of financial help on a regular basis, you may want to consider delaying retirement until you know you'll no longer have to help them. The story may be much the same if you're providing financial help to your elderly parents.

And, as the article makes plain, supporting your parents and kids is becoming more expensive all the time thanks to the soaring costs of college and housing. If you're taking care of other people, it's going to be very hard to downsize and minimize your expenses in the way that many retirement strategies may call for.

Do you have a budget?
The next indicator that you're ready to retire is completing a thorough retirement budget. On the one hand, completing a retirement budget may sound overly simplistic, but a surprising number of people try to take the retirement plunge without really understanding how much money they'll need each month to cover their bills and enjoy themselves.

Your budget should be crafted around monthly expenses you know will be constant: housing, gas, groceries and utilities. From there, you can begin to include your wants, which are typically things like travel, entertainment, restaurants and shopping. Once you've calculated your monthly needs and wants together, you can begin determining if you'll have the income to cover everything.

SOURCE
https://www.investopedia.com/articles/personal-finance/011916/6-signs-you-are-ok-retire.asp

DIVIDENDS FOR INCOME AND TOTAL RETURNS

John D. Rockefeller, one of the wealthiest Americans in history, loved receiving stock dividends. "Do you know the only thing that gives me pleasure?" he once asked. "It's to see my dividends coming in."[1]

There may be many things other than money that give you pleasure, but you can still appreciate the stabilizing role that dividends might play in your portfolio.

Can Be Steady and Dependable
Dividends can be a dependable source of income for retirees and others who want an income stream without selling their underlying investments. If you do not need your dividends for current income, reinvesting these relatively small payments can become a powerful growth engine (see chart). Because dividends are by definition a positive return, they can boost returns in an up market and help balance declining stock prices in a down market.

Whereas stock prices are often volatile and may be influenced by factors that do not reflect a company's fiscal strength (or weakness), dividend payments tend to be steadier and more directly reflect a company's financial position. Larger, well-established companies are more likely to pay dividends, but many midsize and smaller companies do as well. Stock funds usually pay dividends based on the dividends of the stocks held by the fund. Some funds focus specifically on dividend stocks.

Quarterly Payments
Dividends are typically paid quarterly but quoted by the annual dollar amount paid on each share, so your annual income from an individual stock can be estimated by multiplying the dividend payment by the number of shares you own. Of course, the income will change if the dividend increases or decreases, or you obtain additional shares.

Dividends are also expressed as yield — the annual dividend income per share divided by the current market price. By this measure, the yield increases as the share price decreases, and vice versa, assuming the dividend payment remains the same. Current dividend yields can be helpful in deciding whether to invest in a stock or stock fund, and historical yields can provide insight into what you might expect from dividends over the long term.

At the end of June 2022, the average yield of dividend-paying stocks in the S&P 500 (about 79% of companies) was 2.18%, but the yield of the S&P High Dividend Index, which focuses on 80 stocks that pay higher dividends, was 4.11%.[2]

Some Caveats
The flip side of dividend power is that dividend-paying stocks may not have as much growth potential as non-dividend payers that plow their profits back into the company. And there are times when dividend stocks may drag down, not boost, portfolio performance.

Dividend stocks can be particularly sensitive to interest-rate changes. When rates rise, as in the current environment, higher yields of lower-risk, fixed-income investments may be more appealing to investors, placing downward pressure on dividend stocks. As long as a company maintains its dividend payments, however, lower stock prices could be an opportunity to buy shares with higher dividend yields.

Investing in dividends is a long-term commitment. Dividends are typically not guaranteed and could be changed or eliminated. The amount of a company's dividend can fluctuate with earnings, which are influenced by economic, market, and political events. The return and principal value of all investments fluctuate with changes in market conditions. Shares, when sold, may be worth more or less than their original cost. Investments offering the potential for higher rates of return also involve higher risk.

Stock funds are sold by prospectus. Please consider the investment objectives, risks, charges, and expenses carefully before investing. The prospectus, which contains this and other information about the investment company, can be obtained from your financial professional. Be sure to read the prospectus carefully before deciding whether to invest.

1) BrainyQuote.com, 2022; 2) S&P Dow Jones Indices, 2022