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The Priebe Post

Volume 81



The world may change.
The way we care *never will.*

There's a new world around all of us. Days, routines, lives all definitely altered. For so many, the predictable has been replaced by the unknown.

Yet constants remain: like our focus on delivering the highest in service, staying informative and available for our clients and our commitment to providing reassurance to our clients and their families. We understand life brings change. Social distancing and staying at home will end, one day soon. What will continue is our commitment to those we serve.

OPPORTUNITIES TO CONSIDER RIGHT NOW:

- Refinance Your Loans: Mortgage, Student loans, Car loans, etc.
- Contribute to your IRAs before July 15, the tax deadline.
- Roth Conversions
- Tax Harvesting

Contact our office today if you have any questions on any of these opportunities.

ROTH CONVERSIONS

Benefits of converting a Traditional IRA to a Roth IRA:

Enjoy tax-free withdrawals in retirement

When taking withdrawals from a traditional IRA, you'd have to pay taxes on the money your investment earned – and on any contributions you originally deducted on your taxes. With a Roth IRA, as long as you meet certain requirements, all of your withdrawals are tax-free.

Watch your money grow tax-free for longer

Traditional IRAs force you to take required minimum distributions (RMDs) every year after you reach age 72, regardless of whether you actually need the money. So you lose the tax-free growth on the money you had to withdraw. On the other hand, Roth IRAs don't have RMDs during your lifetime, so your money can stay in the account and keep growing tax-free.

Leave a tax-free inheritance to your heirs

The people who inherit your Roth IRA will not have to take RMDs and they won't have to pay any federal income tax on their withdrawals as long as the account's been open for at least 5 years.

Partial or full conversions are a great opportunity while the value of your IRA is lower than before. Please give us a call if you would like to discuss converting your IRAs like a number of our clients already have.

Priebe Investment
Plans invites you to a



On Tuesday,
June 23rd,
at 12 noon

We invite you to join us in our Fort Lauderdale office for an educational presentation.

Topic:

**Planning for the
Rest of the Year**

Join us for a friendly discussion. **Bring your spouse, neighbor or friend.** Walter Priebe will have a short presentation and will be available to take any questions. Seating is limited. Lunch will be served.

**Please call our office,
954.974.3266 to reserve
your seat.**

Office Address:
2933 W. Cypress Creek Rd.
Suite 102
Fort Lauderdale, FL 33309



Referrals! Referrals! Referrals!

We love referrals!! Please tell your family, friends, or neighbor that Walter Priebe will buy them lunch for an opportunity to introduce himself and offer his services and expertise. On Thursday, June 18th, from 12pm – 2pm, he will host a

Grab & Go at Rocco’s Tacos in Boca

Raton, 5250 Town Center Circle, Boca Raton. He invites you and a friend or neighbor to come on by for a quick introduction, order lunch to go and allow him the opportunity for a no-cost, no-obligation first appointment at a later date at your convenience. He will host a monthly Grab & Go at different locations in the area and hope to see your neighbor or friend there. You have the power to help your neighbor. Spread the word!

Timing Is Everything

Scheduling your workouts for the maximum benefits
To get the best results out of your workout, consider the timing, the type of exercise you’re planning and your ultimate goals.



Morning edge

Morning exercise is a great way to improve energy levels because you are at full capacity with a good night’s rest. According to a study published in Medicine & science in Sports & Exercise, morning exercise is associated with increased physical movement throughout the day. Studies also indicate that a morning workout motivates people to make healthier food choices during the day. A morning workout has physiological benefits, such as increased blood flow, which enhances mental capacity and productivity, says Austin Martinez, director of education for fitness company StretchLab. Additionally, research shows that a morning workout lowers blood pressure and stress. A 2019 study published in The Journal of Clinical Endocrinology and Metabolism found that exercising in a fasting state burned more fat and helped control blood sugar in obese men.

P.M perks

The body’s core temperature, muscle strength and endurance are at their peak in the afternoon. Therefore, a late afternoon or evening sweat session increases your ability to perform higher-intensity workouts to burn more calories. Does an evening workout disrupt sleep? A study published in Sports Medicine shows that moderate exercise in the evening does not cause sleep problems. However, intense training within an hour before bedtime may hurt your sleep schedule.

No matter what time you choose, the best time to exercise is whenever you can create a consistent routine for optimal results, because any workout is better than no workout at all.



Tune in to Walt of Priebe Investment Plans from 10am-10:30am every Wednesday on 1470AM, 95.3FM and 103.9FM dials and 8am-10am every Sunday on your 1230AM dial.



After a 19-hour ride aboard the new SpaceX Crew Dragon spacecraft, NASA astronauts Robert Behnken and Douglas Hurley docked to the International Space Station May 31, inaugurating a new era of human spaceflight aboard a commercial spacecraft. Congratulations!



CLIENT CELEBRATIONS

Client Birthdays

Daniel August
Suzanne Antonich
Bill Abbaticchio
Adriana Christie
John Chapman
Kathy Dennis
Ha Eaglin
Gordon Ernst
Melissa Fulkerson
Kathleen Gerstner
Matt Johnson
Fran Iorio
Jessie Jones
Kraig Kessel
Ethel Lagravinese
Anne Marie Livingstone
Brenda Mackenzie
Ken Quick
Joe Renshaw
Leonard Singer
Gloria Schum
Fran Tucker
Tony Watehouse



Wedding Anniversaries

Larry & Jan Auerbach
Afo & Tiffani Aduloju
Daryl & JoAnn Britton
Roland & Brenda Coolong
Russ & Ann Demarais
Don & Rose Hall
Joe & Pam Hardie
Jose & Ilene Lartitegui
Mark & Kelly Patterson
Darma & Edese Sainmervil
Thomas & Stephanie Witkoski

Walt & Debbie Priebe



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Rosie's RECIPE CORNER



Lemon Garlic Mahi Mahi

Lemon Garlic Mixture:

2 TB salted butter, softened
1 TB freshly chopped parsley
2 TB garlic cloves, minced
1/8 tsp kosher salt
1/4 tsp freshly ground black pepper
1 TB juice from fresh lemon
1TB white wine

For the Fish:

2 TB olive oil
4 (1 inch thick each) Mahi Mahi fillets
Kosher salt and freshly ground black pepper

Preheat oven to 400F with rack on middle position. In a small pan, combine all Lemon Garlic Mixture ingredients and stir to fully combine. Set aside.

Pat dry all excess moisture from the fish fillets. Evenly sprinkle both sides of fillets with pinches of kosher salt and freshly ground black pepper. In a large, oven-proof pan, heat the olive oil over high heat. Once oil is sizzling hot, add the fish fillets to pan and let cook until browned on one side, about 3 minutes (do not move fish around much.) Flip fish fillets over to the other side and immediately transfer pan into hot oven. Let fish roast at 400F about 5 minutes. Do not overcook.

A minute before fish is done cooking in oven, cook small pan of prepared lemon garlic moisture over medium high heat, constantly stirring, just until melted and bubbly. Pour over fish and serve. Enjoy!