

## Summer 2015

### Important Dates!

#### Conferences:

Colleen July 21-23

#### Anniversaries:

August 10th: Holst & Vida!

August 18th: Jim & Ann.

September 9th: Betty & Don

#### Birthdays:

August 23rd - Evelyn (Evie) Giffin will be 4

August 31st - Joshua will be 8.

September 13th - Liam will be 8.

Visit us on our website

[Beallfp.com](http://Beallfp.com)

### Email Us!

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You can also find us on [Facebook](#). Just search for *Beall Financial Planning* and become a fan!

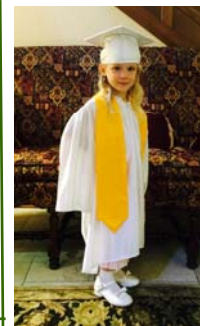
### Family News



Holst "Papa" Beall had a party to celebrate his 80th Birthday! 1 wife, 2 sons, 2 daughters-in-law, & 7 grandkids. Photo curtesy of George Barfield.



Kari Alderman the Principal of the Mount de Sales Middle School along with Edwina Beall of the Daughters of the American Revolution present to Joyce Evelyn Beall the DAR Youth Citizenship Medal on Middle School Awards Day at Mount de Sales.



Evie Giffin Graduated from Pre-School. She will join her brothers at Saint Joseph's

### Office News

We are in the process of registering with the state of Florida to be a Registered Investment Advisor. Compliance with the law is a necessary part of any business.

Jackson Dillard is our newest Summer Intern. He is currently attending Mercer University as a Journalism Student. He is also an avid fan of Music and the Mercer Bears.

We once again came in second in the Macon Telegraph's Best of the Best completion for Financial Advisor. Thank you for your generous support and votes.

### Form Update

As part of our registration with the State of Florida we had to make minor revisions to our form ADV-Part 1 & 2. A full report is available upon request.

## Go for a walk outside.

The latest science once again shows that a simple walk can have profound effects on your body. The latest is that a 90 minute nature walk can reduce some of the symptoms of depression. It can also help you lose weight, and stay connected with friends if you get them to join you on a regular walk. The best news around Macon is that not only is there 3.5 new miles of trail at Amerson River Walk, they are talking about more in South Macon-Bibb and recent improvements to Tatnall Square and Washington Parks have made them fantastic places to walk.

Evie Giffin is congratulated by her brothers Taylor and Liam on her graduation night.



## Colleen's planning tip for Staying Grounded:

As any Mother or Father can attest, the darnedest things can suddenly spring forth from your children. One of Scott's favorite stories to share about Taylor, our second child, is that one day as Scott walked through the living room, he found Taylor lounging sideways in the recliner. Scott paused and asked Taylor what he was doing. Taylor replied "thinking". Scott asked what he was thinking about. Taylor said "EVERYTHING!" While we can't be sure what everything is to a 4 ½ yr. old, it helps bring me back to what is truly important in life.



The relationships one has in this world. Not only with family, friends, etc. but also with yourself. While I have talked about the benefits of exercising to help reduce my

stress and stay healthy overall; yesterday while walking, I realized again that I much prefer to exercise outside if possible. This helps me "stay grounded". The wonder of our natural world can get so lost in our daily lives that we often forget what a blessing and important role it has. In preparing for this note to you, I read in the July 2015 issue of "[Georgia Trend](#)" an article by Kevin Hogencamp, "Agritourism-Where Farming Meets Fun." This article talks about the changing face of farming and wonderful opportunities for anyone to experience the "fun of farming". Having grown up on a farm, we raised sugar cane, I had not given much thought to my children's experiences (or lack so far) with farming. We have talked many times about where our food comes from and how important farmers and ranchers are. Now I am thinking that to continue this conversation and expand it past petting animals at the Fair, we may take a staycation to a local farm that offers hands-on experience. As Agritourism is combining the two largest economic industries in Georgia, this is also important to understand how our base economy is adapting to our changing world. While a visit to a local farm in your area may not should like a lot of fun for you, there are many other ways to help reconnect you with the natural beauty that surrounds you. This reconnection or "grounding" I believe is an important part of keeping a good relationship with yourself. We all know that if you are too busy to "stop and smell the roses" that your outlook and health are impaired at best. I hope that you are "staying grounded" even as our society and world change around us. If you would like to review how different aspects of our every changing society can affect your will, investments or other factors of your life, please call or e-mail Jim or myself at (478)743-9023, [Jim@beallfp.com](mailto:Jim@beallfp.com) or [Colleen@beallfp.com](mailto:Colleen@beallfp.com)

We are pleased to announce our first White Paper.



## ***Digital Safety Checklist***

BASIC STEPS TO BEGIN TO LIMIT YOUR RISK OF HAVING YOUR IDENTITY, PRIVACY AND CREDIT COMPROMISED.

You can download your copy at

[www.beallfp.com/digitalsafety/](http://www.beallfp.com/digitalsafety/)

If you would like a printed copy, please contact the office to request one at

[478-743-9023](tel:478-743-9023)

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### **Preview**

Everywhere you go they want to see your drivers license, your social security number, your date of birth, your first dog's breed or some other random fact about you. They want to identify you, quantify you, and determine your profitability to them.

The main problem with all this information out there about you is that it is valuable not only to you but to those who would take advantage of you.

The [Digital Safety Checklist](#) is designed to give you a checklist of simple things you can do to better protect your privacy, your identity, and your money.

In it we review how to opt out of unwanted mail, un-

solicited phone calls and credit card offers.

We review your options for protecting your credit score and your bank account.

We also review basic safety regarding your computing devices from the computers in your house to your smartphone. Password security and web browser security are included as well.

We hope you take the time to download and read it. We believe you will be well rewarded for doing so with a simpler life and a little less worry about someone taking advantage of you.

Please, as always, let us know what you think.



## The Future is Now and It is a Magical Place.

**Robots:** Self Driving Tractors were the first, then self driving cars and now self driving Tractor Trailer Trucks <http://www.washingtonpost.com/blogs/innovations/wp/2015/05/06/how-self-driving-tractor-trailers-may-reinvent-what-it-means-to-be-a-truck-driver/>

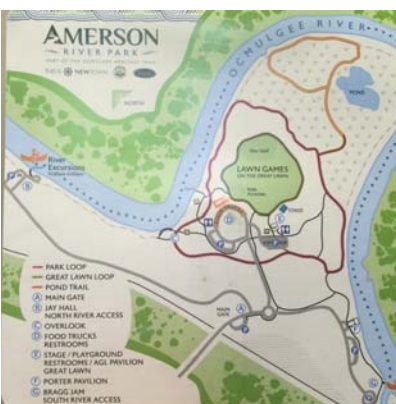
**Astronomy:** Pluto: The Other Red Planet. The New Horizons NASA mission to the planet Pluto is going to give us our best views of the planet. The closest the spacecraft will get is on July 14th. Check out [Pluto.jhuapl.edu](http://Pluto.jhuapl.edu) for more information.

**Health:** Emotional brains are 'physically different' from rational ones. <http://www.sciencedaily.com/releases/2015/06/150618104153.htm>

**Aging:** Scientists are starting to measure how fast our bodies age. Some at the pace of 1 year per year, others at 3 years per year. <http://medicalxpress.com/news/2015-07-aging-young-adults.html>



The new Owls of Tatnall Square Park.



The new Amerson River Park features over 3.5 miles of new trails and has several new pavilions. If you haven't had a chance go see this beautiful new park I encourage you to go walk the trails and enjoy it.

## Summer Vacation Reading List

[Laudato Si'](#) by Pope Francis. An encyclical letter from the Pope regarding stewardship of our bodies and our planet

[The Blue Zones Solution](#) by Dan Buettner: a look at the areas of the world where groups of people live the longest healthiest lives. Top recommendation is to eat more beans about a cup full a day.

[Rational Ritual: Culture, Coordination and Common Knowledge](#) by Michael Suk-Young Chwe: This was on Mark Zuckerberg's reading list. It is about "common knowledge" with a bit of game theory thrown in.

[What if?: Serious Scientific Answers to Absurd Hypothetical Questions](#) by Randall Munroe from the creator of the webcomic [xkcd.com](http://xkcd.com) and the title describes the book as best it can.

[The Martian: A novel by Andy Weir:](#) An astronaut stranded on Mars and his fight for survival.

## Change you can participate in.

[The Macon Action Plan:](#) The first draft is ready for your comments on how you would like to see downtown Macon improved. There will also be events around town that will allow you to provide input into the Plan.

[The Macon-Bibb Solid Waste Management Plan:](#) From Recycling and composting to stuff for the dump it is all going to be changing as Macon-Bibb gears up to close down our dump.

[The Macon Bibb Pre-Disaster Mitigation Plan](#) They are updating this 5 year old document and are looking for your input. Your participation will also help them in acquiring funding from a grant.