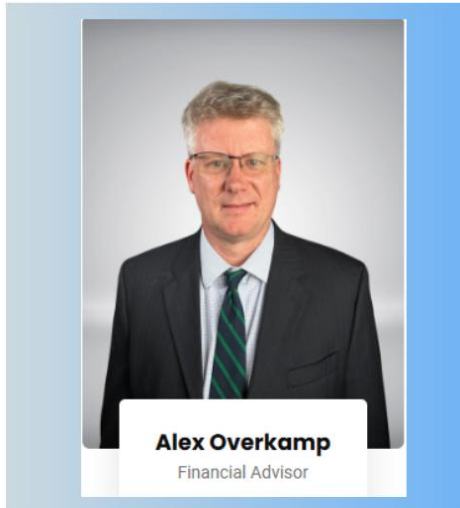


Advisor Spotlight: Alexander Overkamp



We are 12 months into our rebranding as Fiscal Wisdom Wealth Management, although many of you know the firm as Chadwick Financial Advisors. We still do business that way too, and Mike Chadwick isn't going anywhere!

We have advisors throughout the country, and one of them is Alex Overkamp, who has been in financial services for over 25 years and advising families for 20 years. He lives in Seymour, Connecticut, and works out of the Thomaston office. He has been married to his beautiful wife, Andrea, for 22 years. They met as co-workers at a paper company that was not named "Dunder Mifflin". Andrea is a Master Scheduler for a manufacturing company in Seymour and, at home, is a master decorator and excellent home chef.

Continued page 2, Advisor Spotlight: Alexander Overkamp

INSIDE THIS ISSUE

2. [Advisor Spotlight: Alexander Overkamp](#)
3. [How to Protect Yourself from Fraud by Freezing Your Credit](#)
4. [\\$ Quiz; The surge in demand of copper creates a challenge as supply struggles to keep pace](#)
5. [Inspirational Quotes; Index Fund Illusions](#)

How to Protect Yourself from Fraud by Freezing Your Credit

In today's digital world, data breaches have become so commonplace that they rarely make headlines. With personal information being constantly targeted by hackers, it's more important than ever to take steps to protect yourself from identity theft. One of the most effective ways to safeguard your financial security is by placing a credit freeze on your reports. In this article, we'll explore how to set up a credit freeze with the three major credit bureaus—TransUnion, Experian, and Equifax—and why it's such a crucial protection.

What Is a Credit Freeze?

A credit freeze, also known as a security freeze, restricts access to your credit report. While it doesn't impact your existing credit accounts—such as credit cards or home equity lines of credit—you are protecting yourself from unauthorized individuals attempting to open new lines of credit in your name or increase your credit limits. The best part is that it's a straightforward process, and once frozen, your credit remains secure unless you decide to unfreeze it.

Freezing your credit is a powerful tool against fraud, especially as it prevents thieves from applying for credit in your name without your knowledge. The major credit bureaus have made it easy for consumers to freeze and unfreeze their credit for a small fee, typically around \$10. For victims of identity theft, this service is usually free, and the policies may vary slightly depending on your state.

A credit freeze is particularly beneficial for individuals who are not planning to make major purchases, such as buying a car, or renting, or purchasing a home. These events will require credit checks, and your credit will need to be "unfrozen." For older adults or anyone who wants to safeguard their financial information, a credit freeze is a simple yet powerful measure.

How to Freeze Your Credit with the 3 Major Credit Bureaus

Each of the three credit bureaus—TransUnion, Experian, and Equifax—allows consumers to place a credit freeze via phone, online, or certified mail. Below are the steps for freezing your credit with each bureau, along with key details for the process:

Continued page 3, How to Protect Yourself from Fraud by Freezing Your Credit

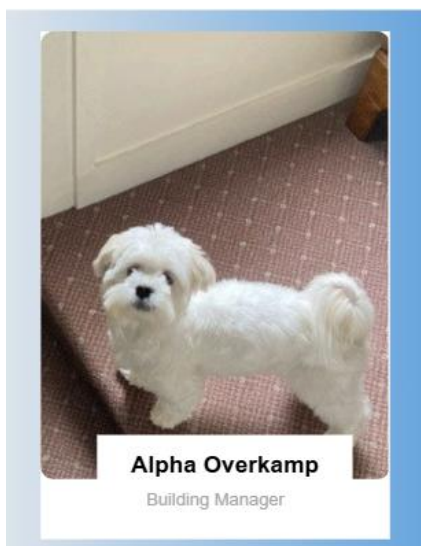
Advisor Spotlight: Alexander Overkamp Cont.

Alex and Andrea have four children: Alexandria, a freshman at John Jay College; Ana, a junior in high school; Anderson, a freshman in high school; Adley, in 7th grade; and dog Alpha (Malshi). They live in an old Victorian house built in 1865 that overlooks the Naugatuck Valley.

Alex grew up in the town of Cortlandt in Westchester County, New York, about a mile from Indian Point Nuclear Power Plant. (He's not radioactive 😊) He graduated from Hendrick Hudson High School and participated in Cross Country, Basketball, and Tennis, as well as starting an underground newspaper in his senior year. Alex focuses on five areas for his clients: asset management, tax management, risk management, estate planning, and legacy planning, with a specialization in tax-efficient income distribution and investment portfolio risk reduction and mitigation.

Alex is a Certified Financial Planner (CFP) designee as well as an Accredited Investment Fiduciary (AIF). He holds the Series 6, 63, 65, and 7 licenses. He began his career in financial services in the fall of 1998, working on the wholesale side of the business for a sales and marketing firm that marketed to financial advisors. In 2005, Alex got a position in the Private Client Group at Genworth Financial and has been working with individual clients and families ever since.

In Alex's free time, he is mostly with family, watching his children's volleyball, basketball, soccer, or baseball games. Alex is a Fourth Degree member and current trustee for his local Knights of Columbus council. Since 2023, Alex has been a member of the Board of Trustees for Mary Wade, a full-spectrum senior care facility in New Haven, CT. Alex graduated from Miami University in Oxford, Ohio, with a Political Science degree and knew when he graduated that he did not want to work for the government, become a politician, or become a lawyer.



Insights on Nutrition, Health, and Wellness: A Conversation with Dan Remley, OSU Professor and Expert on Food and Nutrition

Why did you get into Nutrition?

Dan: I developed Type 1 Diabetes right before my 21st birthday. It came on all of a sudden, with no warning signs. Others in my fraternity helped me deal with it—diet, hydration. This experience got me interested in the Public Health field. Thirty million people have Type 2 diabetes and ninety million have pre-diabetes.

Q: Do you have any thoughts on “Superfoods”?

16 Superfoods That Are Worthy of the Title: Deep leafy greens, Berries, Green Tea, Avocado and Mushrooms

Dan: Superfoods are for real. Definitely eat as much fresh food as possible—not processed. The color of food is important—eat a rainbow of foods. For example, berries are bright in color. All fruits and vegetables have antioxidants—less processed food, more fresh.

Q: Along with this, since it is cold and flu season, any dietary suggestions to fight colds and flu?

Protein is important for the immune system, and aim for five servings of fruits and vegetables. Stress can also wreak havoc on your immune system, so do what you can to lessen stress. This could include making sure to exercise, get enough sleep, and stick to a healthy diet rather than eating junk food to cope with stress.

Q: Does Organic Matter? (It's much more expensive.)

Generally, it's better, but there is not a lot of scientific consensus on organic being healthier. It depends on the specific fruit or vegetable. It can help if you know where you're getting your food—grow your own, or shop at local farms and farmers' markets. I talked about this with my dad recently, and he mentioned that 50 years ago, people didn't care that a peach didn't look perfect. There weren't as many pesticides in food production, and things were simpler.

Q: Give me a big healthy eating tip or piece of advice that doesn't get much publicity (it's tough with 8,000 podcasts).

Dan: Healthy snacks are a good tip—fruit like apples or bananas are better than chips or candy at snack time. This is especially important in your workplace environment, where junk food could be lying around the office.

Any thoughts on the benefits of probiotics?

Dan: I don't have much knowledge about kombucha, but probiotics in general certainly have health benefits. Acidic foods slow down digestion, which helps prevent spikes in insulin levels. Most cultures have diets that include fermented foods, but the U.S. diet doesn't include them as much.

To learn more about the 16 superfoods and their benefits, please check out the following article: [16 Superfoods](#)

Noteworthy News!!!

- Congratulations to Sue Paola on her recent retirement!
- Our condolences to the Maddalena family on the passing of Tom, a wonderful man, father, husband, son and friend. Too young of a soul to lose!
- Congratulations to the Marsden family on their retirement and move to Cape Cod.
- Congratulations to Kathy Gangell on her recent retirement!
- Congratulations to Keith Morrison on his retirement!
- Congratulations to Brie & Zack Lopez on the birth of their baby girl Violet!

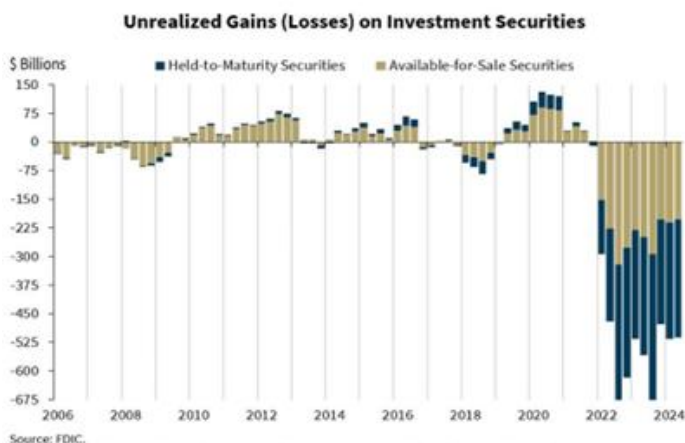
Question & Answer

Ask any financial question you have, and we will address it here.

Q: Are banks a great investment today? They seem cheap overall.

While banks may appear to be undervalued, there is much more to consider when evaluating bank investments today than just their price. Banks are cheap for a reason. The current phase of the economic cycle is risky; we've experienced a 15-year bull market, significant inflation, and excessive national debt accumulation. Many banks are holding underperforming assets, and a substantial portion of their investments is set to be marked down, which will place additional pressure on their balance sheets. Banks are aggressively trying to liquidate assets, and we are witnessing commercial properties being sold at steep discounts compared to recent purchase prices. The graphic below clearly illustrates the significant losses on investment securities currently being realized. When compared to the 2008 financial crisis, the scale of the current losses is far more substantial. What we are about to witness in the banking sector today is likely to be far more severe than the challenges faced during the 2008 crisis.

On the other hand, banking sectors in certain global markets appear more attractive, particularly in countries with more reasonable debt levels and where asset prices have not become excessively inflated. It is striking to observe how the U.S. has not been a good steward of its treasury, while some countries that are often considered less economically advanced are managing their finances more prudently. Economic cycles are inevitable, and domestic banks will likely become an attractive investment opportunity once this process becomes more widely recognized, and the necessary write-downs are taken. While this period may be unsettling, it will likely follow a pattern like the 2007-2009 financial crisis—marked by initial fear but ultimately followed by a recovery.



How to Protect Yourself from Fraud by Freezing Your Credit Cont

TransUnion

- Phone: Call 888-909-8872
- Website: [TransUnion Credit Freeze](#)

Steps: On the homepage, navigate to "Resources" and select the "Freeze Credit Report" option from the dropdown menu. You will be prompted to create an account to freeze your credit. This account allows you to unfreeze your credit in the future, should you need it for things like refinancing a mortgage or purchasing a new car. TransUnion offers this service free of charge.

Experian

- Phone: Call 888-397-3742
- Website: [Experian Credit Freeze](#)

Steps: On the Experian site, you'll find a section that defines the security freeze. Look for the large pink button that says "Create a Free Account," and follow the easy, user-friendly instructions to set up your freeze. Experian also offers free credit freezes.

Equifax

- Phone: Call 800-685-1111
- Website: [Equifax Credit Freeze](#)

Steps: On the Equifax homepage, click the "Place a Security Freeze" button. You will need to provide your name, Social Security number, date of birth, address, and mobile phone number to create an account. This account will make it simple to manage your freeze and unfreeze your credit when needed.

Why You Should Act Now

It continues to surprise me how few people are aware of the option to freeze their credit. While monitoring your bank and credit card statements is always a good practice, it's not enough to fully protect against identity theft or credit fraud. A credit freeze adds a layer of security that is simple, effective, and essential in today's high-risk digital environment.

I encourage you to share this important information with your loved ones, as protecting your credit can significantly reduce the chances of becoming a victim of fraud.

In our next newsletter, we will explore additional services like LifeLock and title locks that provide further protection against identity theft. Stay tuned!

Money Quiz



This month's challenge is a trivia question focused on teacups: Why are there no handles on teacups in China? The winner gets lunch on us at Chick-fil-A! 😊

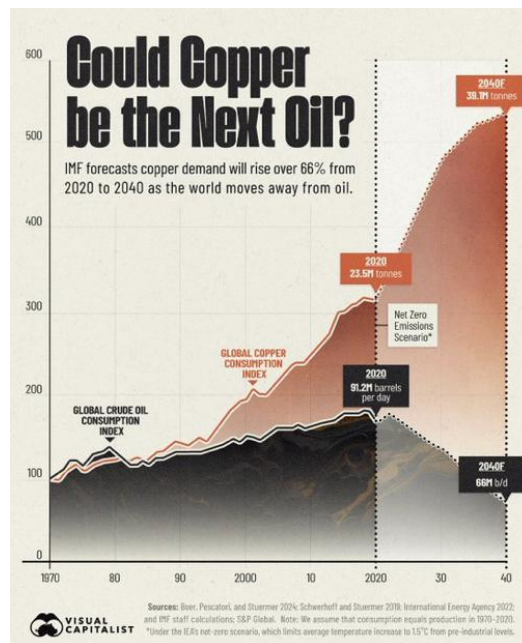
The surge in demand of copper creates a challenge as supply struggles to keep pace

Copper is one of the most easily identified metals with its reddish-orange color. It is a base metal with the periodic table symbol Cu. Often, it is referred to as Dr. Copper because its demand is a common signal of economic activity and strength. Copper's greatest utility is in the construction industry, which uses almost half of the global supply in wire, pipes, and appliances because, for a metal, it is soft and has very high electrical and thermal conductivity. It is also used heavily in the automotive industry and increasingly so with the rise in electric vehicle production.

According to the International Energy Agency (IEA), the demand for copper could double by 2035. Due to the growing shift to clean and renewable energy technologies, some are referring to copper as "the new oil." China leads the world in copper consumption and has been #1 for over a decade, consuming more than 50% of global consumption. The recent downturn in China's economy has clearly had an impact on the price of copper and copper stocks.

Why is supply trailing demand? The global economy is growing, and the population in developing and third-world countries is growing as well, which is increasing demand. That being said, we have never had more copper, and the ability exists to infinitely recycle copper. Another major challenge in mining is environmental. This is true in all mining, whether it be metals or minerals. The push for better environmental practices is real, and according to the International Copper Association (ICA), there is a roadmap for bringing the carbon footprint close to net zero for copper mining, smelting, refining, and recycling.

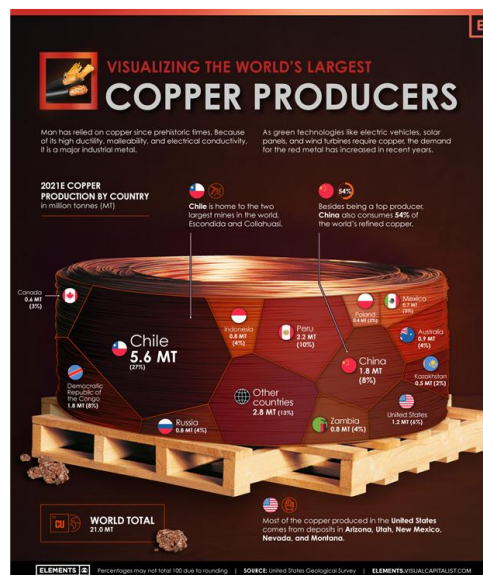
I have never been, but I have heard that a great weekend destination is Old New-Gate Prison & Copper Mine in East Granby, CT. Old New-Gate Prison & Copper Mine, East Granby, CT, is nationally recognized as the first chartered copper mine (1707) and the first state prison (1773) in early America. After colonial mining ceased in the mid-1700s, the site was purchased by the government of Connecticut and used to inhumanely imprison people in the abandoned copper mine.



So, what is Dr. Copper telling us about the economy on planet Earth right now?

Clearly, copper is in a bearish trend. As of the start of trading on 12/31/24, the Global X Copper Miners ETF was down more than 27% from its 52-week high, and year-to-date, it is up more than 2%. The driver of copper prices is clearly Chinese demand and the expectations surrounding the Chinese economy, which has been underperforming for some time now.

China's economy is struggling: Industrial profits year-over-year are down 7.3%, with four consecutive monthly declines. This is the largest drop on record. Weak domestic demand is the reason for the recent weakness in China's economy, even though widespread stimulus has begun. There is much speculation that the CCP will increase stimulus to change the trajectory of the Chinese economy, which would be a clear catalyst for the price of copper.



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Inspirational Quotes

- Let me tell you the secret that has led me to my goal, my strength lies purely in my tenacity, Louis Pasteur
- All great achievements have one thing in common, people with a passion to succeed, Pat Cash
- Your life does not get better by chance, it gets better by change, Jim Rohn,
- Be the change that you wish to see in the world, Mahatma Gandhi
- Don't buy what's hot --- buy what's not, Rick Rule
- When everyone is thinking the same way, nobody is thinking, General George Patton, Jr.
- A great business at a fair price is superior to a fair business at a great price, Charlie Munger's #1 Lesson of Investing



We can piece the puzzle together and make your money work for you!

Investing is subject to a high degree of investment risk, including the possible loss of the entire amount of an investment. An investor should carefully read and review all information provided by Fiscal Wisdom Wealth Management, including, the Form ADV, Part 2A brochure and all supplements there to, before making an investment.

Index Fund Illusions

So much press has gone into indexing over the past few decades that the public is under the illusion these tools are safe investments. Never in our lifetimes have index funds been riskier investments, especially in America. The concept is fine—just buy everything in an index and get the averages. However, nowhere else in life do people simply want the averages. When you go to buy groceries and get to the fresh fruit section, do you blindly pick your apples and other fruit, or do you hand-select the best ones? I suspect you do the latter. I don't know anyone who wants a rotten, bruised, or worm-ridden apple, so we choose the best ones from the bunch. Inevitably, we'll get some rot as they sit around in our homes, but hopefully, we'll get to enjoy most of them.

The same goes for anything we choose in life. We shop, research, and select the best item we can based on the information available to us. We buy reliable cars based on actual usage data, and we hand-select the best medical providers and products.

We'll write more on this, as it's the biggest problem in investing today. The concentration in passive investing has caused seven stocks to reach unsustainable levels. Anyone unaware of this will pay dearly in the coming years.

“Do not make excuses; make things happen; make changes; make history”

If anyone you love or care about would benefit from receiving our newsletter, tell us who they are and they will be included on our mailing list. They'll certainly appreciate you thinking about them and having their best interests at heart!

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