

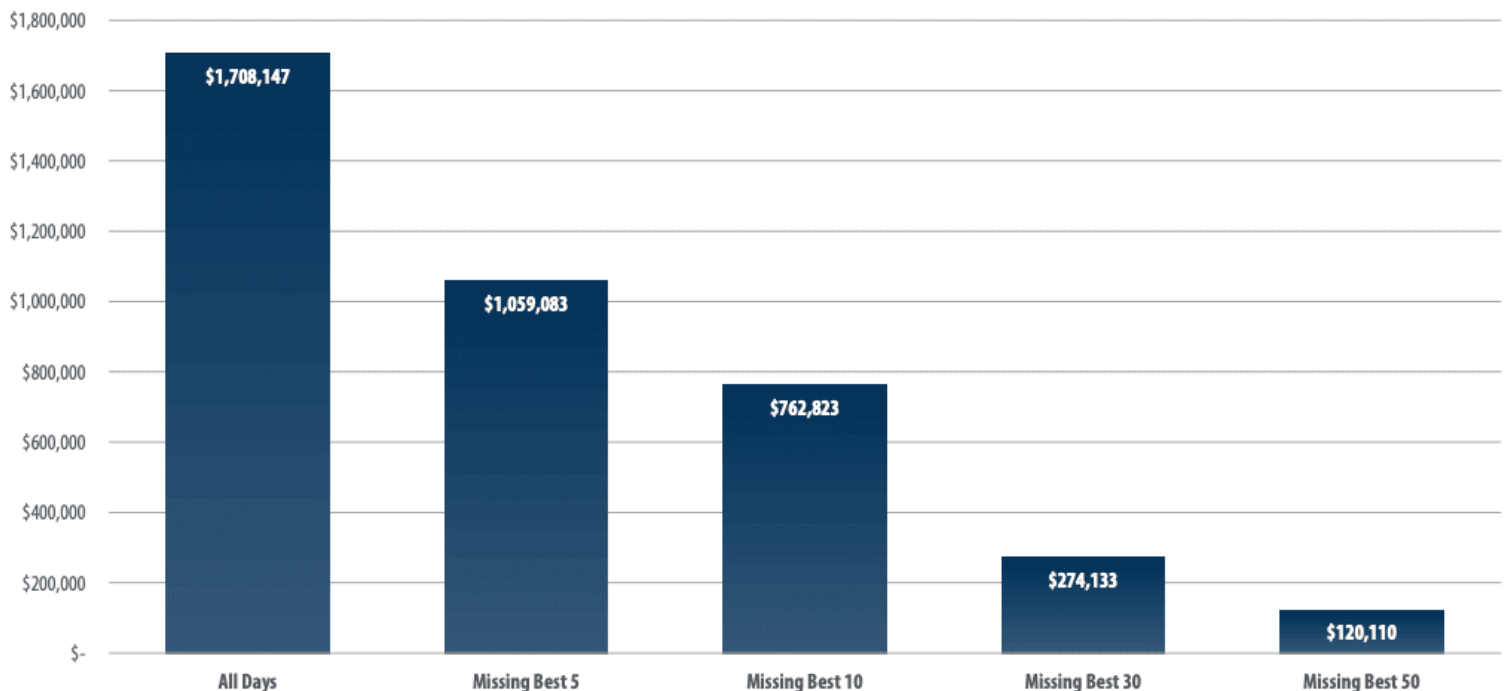


Wealth Care LLC July 2025 Commentary

Investment Thoughts

Something we've touched on in the past is the potential harm of trying to "time" the market. Missing just a few days over many years can make a tremendous impact on your wealth.

Growth of \$10K Invested in the S&P 500 Index: 12/31/79 – 12/31/24



Source: First Trust, Bloomberg. **Past performance is no guarantee of future results.** Returns are total returns. The illustration is not indicative of any actual investment and excludes the effects of taxes and brokerage commissions or other expenses incurred when investing. These returns were the result of certain market factors and events which may not be repeated in the future. The S&P 500 Index is an unmanaged index of 500 companies used to measure large-cap U.S. stock market performance. An index cannot be purchased directly by investors. The information presented is not intended to constitute an investment recommendation for, or advice to, any specific person. By providing this information, First Trust is not undertaking to give advice in any fiduciary capacity within the meaning of ERISA, the Internal Revenue Code or any other regulatory framework. Financial professionals are responsible for evaluating investment risks independently and for exercising independent judgment in determining whether investments are appropriate for their clients.

Stocks are for the Long Term

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This wonderful graph shows several important things:

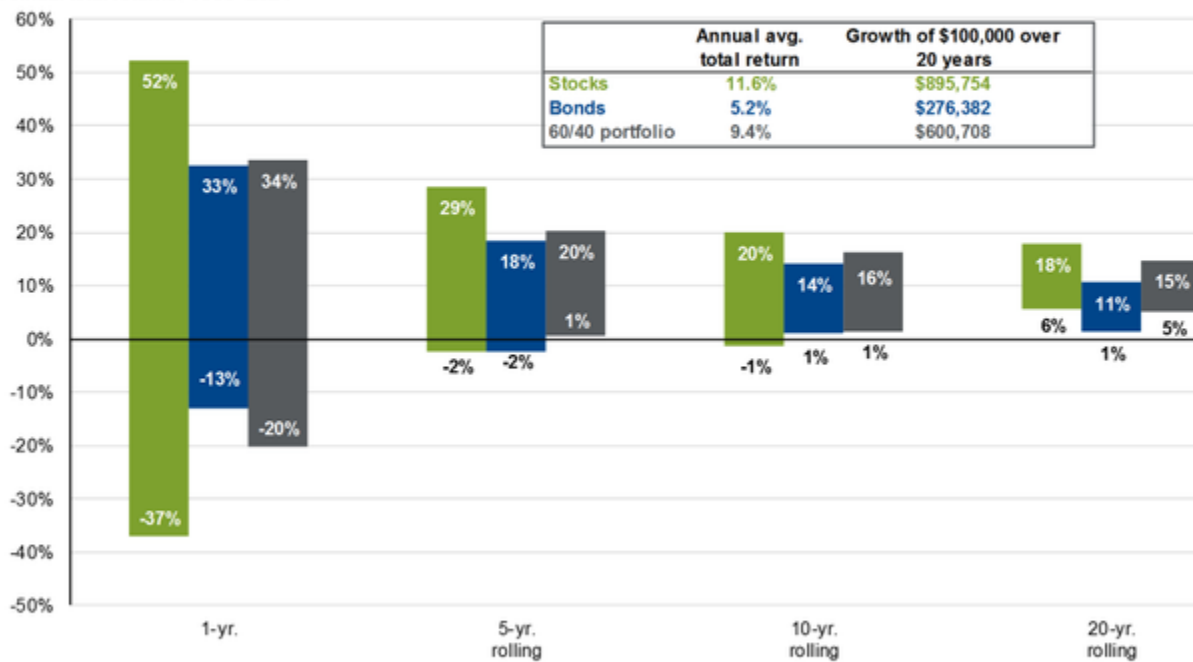
- 1) The longer one held stocks, the smaller the range of returns
- 2) And, the returns turn steadily and reliably positive



Time, diversification and the volatility of returns

GTM U.S. 65

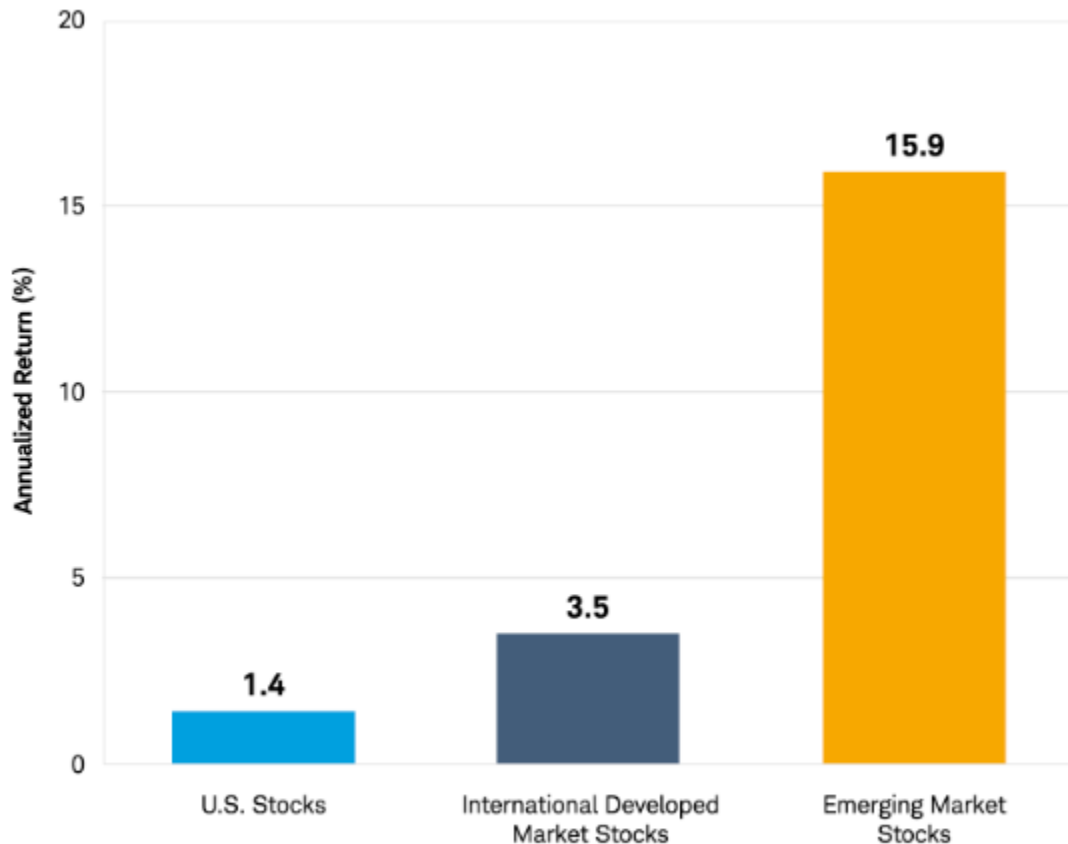
Range of stock, bond and blended total returns
Annual total returns, 1950–2024



Source: Bloomberg, FactSet, Federal Reserve, Standard & Poor's, Strategas/Illibotson, J.P. Morgan Asset Management. Returns shown are based on calendar year returns from 1950 to 2024. Bonds represent Strategas/Illibotson for periods prior to 1976 and the Bloomberg Aggregate thereafter. Growth of \$100,000 is based on annual average total returns from 1950 to 2024. Guide to the Markets – U.S. Data are as of March 31, 2025.

J.P.Morgan
ASSET MANAGEMENT

Also remember that it is not always US stocks that bring the best returns. So far, international stocks are doing better than US stocks-just like happened for years in the first decade of the century.



Source: Morningstar Direct, January 1, 2001–December 31, 2010.

Warren Buffet on Stocks vs. Real Estate

"In respect to real estate, it's so much harder than stocks in terms of negotiation of deals, time spent, the involvement of multiple parties in the ownership. Usually when real estate gets in trouble, you find out you're dealing with more than equity holder. But there have been times when large amounts of real estate... I've changed hands at bargain prices, but usually stocks were cheaper, but there were a lot easier to do. Charlie did more real estate. Charlie enjoyed real estate transactions, and he actually did a fair number of them in the last five years of his life. But he was playing a game that was an interesting game to him. But I think if you'd asked him to



make a choice when he was 21, he'd either be in stocks exclusively the rest of his life or real estate the rest of his life. He would have chosen stocks in a second. There's just so much more opportunity, at least in the United States. There's so much more opportunity that presents itself in the security market than it does in real estate and in real estate. You're usually dealing with a single owner or a family that owns maybe a large property they've had a long time. Maybe they've borrowed too much money against them. Maybe the population trends are against them. But to them, it's an enormous... When you walk down to the New York Stock Exchange, you can do billions of dollars worth of business totally anonymous, and you can do it in five minutes. And the trades are complete when they're complete. In real estate, when you make a deal, a big deal with a distressed lender, when you sign the deal, then you go into another phase. Then people start negotiating more things and more things. It's a whole different game. And a different type of person, to some extent, enjoys the game. We did a few real estate deals that came our way in 2008 and 2009, but the amount of time that they would take us compared to doing something intelligent and probably better in securities, there was just no comparison. I mean, in a real estate deal, every sentence is important. In stocks, if somebody needs to sell 20,000 shares of Berkshire or something and they call us and the price is right, it's done in five seconds. And it closes all the time."

No More Job Security for Software Coders-a remarkable chart



FRED

— Software Development Job Postings on Indeed in the United States



Source: Indeed



Miscellaneous

Vendors

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Wealth Care LLC has clients all over the country , which is a good resource for referrals to various vendors-lawyers, accountants, painters, etc. Don't hesitate to reach out to ask if we have someone to recommend where you live. We are especially knowledgeable in Florida and Texas.

Tax Returns:

We would love to see your tax returns as pdf files—you can forward them or ask your accountant to send them. We often find ideas to help you by reviewing them.

A Different Kind of Wealth-Your Health

(Steve here)-I'd like to periodically introduce some commentary on health in the commentaries. Although I don't practice medicine anymore-I had a long career in it (started med school in 1981 and finished Air Force medicine in 2022).

As physicians, we made a mistake in the 1990s-when a large study called the Women's Health Initiative was interpreted to say that taking estrogen in early and during menopause was harmful. Until that time, it was common practice to use these hormones for all of their beneficial effects (better bones, avoiding dry skin, hot flashes, etc.). After a screeching halt to their use, it appears much clearer that this was a big mistake and that most if not all women should consider replacement hormones as they enter the early stages of menopause (which can be quite young). If you or a loved one is in this category, there are two resources that I think are worth reviewing:

<https://www.isswsh.org/>

<https://peterattiamd.com/rachelrubin/>



Privacy on the Internet (from WSJ)

www.wsj.com/tech/personal-tech/personal-information-privacy-deleteme-2ceea2ad

Go Delete Yourself From the Internet. Seriously, Here's How.



By [Nicole Nguyen](#)

Google updated its “Results About You” tool, and using it has been an eye-opening experience.

It uncovered my home address, phone number and email on so-called people-search websites, along with my birth date and grandma’s name—even though I requested removal from some databases years ago. It regularly sends emails alerting me to more exposed data.

And yes, your info is out there, too. Plug your data into [Google’s free tool](#)—the company promises not to use it for any other purposes—and wait a few hours for the alerts to roll in.

Why care? Easily available personal data can expose you to junk mail, [identity theft](#) or [impersonation scams](#). For executives, government officials and public figures, the stakes are even higher. Attackers use people-search databases to increasingly target them for harassment or violence, according to a [2024 report](#) by cybersecurity firm Recorded Future. Even [private individuals](#) have become victims of doxxing, the malicious sharing of personal info.

If you’ve ever gotten a speeding ticket, bought a home, answered a census survey or registered to vote, those details are now a part of public record. Credit card sign-ups, magazine subscriptions and warranty cards are other reliable sources of personal information.

Data brokers scrape these records, plus social-media profiles, then package the data as dossiers on millions of Americans. There are hundreds of people-search services. And while most offer an opt-out process, the data can reappear when companies refresh their databases.

That’s why you might want to enlist another service, the kind that deletes your data from the internet. While services can’t completely scrub your info from the web, they can make it harder to pin you down. Here’s how it all works.

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Find: See what's out there

The profiles data brokers create are only getting more detailed.

They now include lists of people's friends, family members and children, as well as location and vehicle information such as license plate number and car purchase history. "In 2023, we would find about 300 pieces of someone's personally identifiable information out there. Now there are over 600 pieces," says Rob Shavell, chief executive of DeleteMe, a personal-information removal service.

To see what's out there, google your name and location. You might find a profile—or two—with your personal data on people-search websites such as Spokeo or Whitepages.

You can also use Google's free scanner: Go to myactivity.google.com and under Other activity, click "[Results About You](#)." Here, you can review search results of where your personal information appears, and request that Google remove the result.

Google's updated 'Results About You' tool surfaces search results containing your personal information. Request to remove the link from Google's pages by clicking on the website name.

The Google tool only shows search results. To cover your bases, you also need to go to the data brokers directly. Two info removers, [DeleteMe](#) and [Optery](#), offer free exposure reports. If you pay for a subscription, they will submit opt-out requests to the services for you.

Request: Opt out or automate

If you want to go it alone, set aside a weekend. People-search sites have different removal processes, and there are [hundreds of such services](#).

Some might request *more* personal data to remove your listing. Only provide information they already have about you. If you must upload a photo ID, mask the license number and your photo. Use a [burner phone number](#) and temporary email address with [Maildrop](#).

You can also pay for a service to do the leg work. After submitting your personal information, these services comb the web and use bots or humans to fulfill the removal requests.

[Optery](#), which launched in 2021, has a budget-friendly \$4-a-month plan covering more than 300 sites. You can pay more (up to \$25 a month) for removals from more websites, along with extra



human assistance. It works quickly: I saw a report of exposed info after a day. After two, my information had already been removed from more than 100 sites.

A day after signing up with Optery, you receive your first report of exposed data, with screenshots of your personal information on data brokers' sites.

[DeleteMe](#) is the seasoned old-timer, with 14 years in the business. The service offers a yearly plan for \$129. This makes sense—information can reappear after months.

It takes DeleteMe a week to comb through thousands of sites and compile a privacy report, containing the opt-out status and estimated removal time for each data broker.

After a week, I received my first report, which included the data broker with the most info on me, and a list of about 80 people-search sites with a profile on me. The estimated removal time on some sites was as quick as 24 hours, and on others, up to six weeks. The service will automatically do another scan in three months. The DeleteMe plan also offers disposable phone numbers and email addresses, so you can stay hidden.

[Aura](#) is a more complete solution, starting at \$120 a year. In addition to removing you from people-search sites, it offers antivirus software and identity theft insurance. It's a better option for a family who needs a range of coverage.

Repeat...and minimize your footprint

When you opt out of a people-search site, your data might not disappear right away. For California residents, removal must happen within 45 days. About a [dozen states](#) have similar privacy laws. If you live in other states, "all bets are off," says Optery founder Lawrence Gentilello. Removals could take longer—or in rare cases, not happen at all.

These same companies might collect the same data again from public sources or third parties. That's why you're never completely erased. You should scan the web a few times a year and repeat the process. Or, again, just pay an info-removing service to keep running.

Unless you live [off the grid](#) and avoid online shopping and other aspects of modern life, it's difficult to prevent your personal information from getting out there. But you can lie low: Turn on [Do Not Track](#) on your phone, avoid posting publicly on social media, and mask your identity by using burner email addresses and phone numbers. You might even want to use a fake birthday—but you still have to remember it.



Deals on Streaming Subscriptions

<https://cordcutterweekly.com/>

Random Notes



Are you easily discouraged

HERE'S A MAN WHO-

Failed in Business '31

Defeated for the Legislature '32

Again failed in Business '34

Sweetheart died '35

Had nervous Breakdown '36

Defeated in Election '38

Defeated for Congress '43

Defeated for Congress '46

Defeated for Congress '48

Defeated for Senate '55

Defeated for Vice President '56

Defeated for Senate '58

Elected President '60

That Man was Abraham Lincoln



How To Contact Real People at a Number of Companies

<https://www.elliott.org/company%20contacts/>

Types of Wealth



Lack of appreciation is where relationships go to die. Vocalize appreciation in the moment—write it down, say it out loud, tell the person what you love about them. Applies to family, friends, and romantic partners.-Sahil Bloom



Everything happens for a reason.



**Sometimes the reason is you're
stupid and make bad decisions.**

The Wealth Care LLC Team July 1, 2025

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