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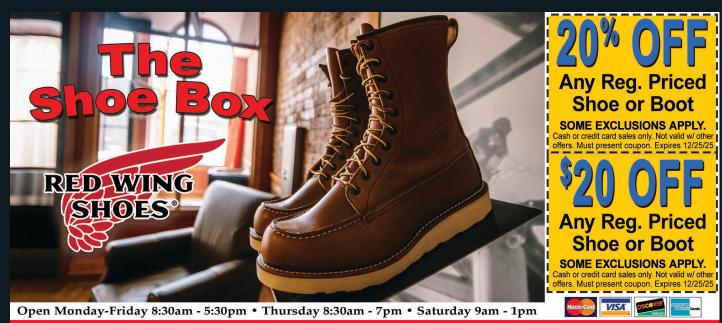


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- Plan & County Exits
- Drug Tier & Copay Changes
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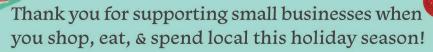
#### 3 Plumbing Tips to Prevent Winter Headaches

- Protect your pipes: insulate & disconnect hoses before freezing temps hit.
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- Test your sump pump: keep basements dry when snow & ice start to melt.

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Sat.	11/22	@ Colonel Crawford HS	Away	6:15p
Tues.	11/25	vs Loudonville HS	Home	7:30p
Mon.	12/1	vs Ridgedale HS	Home	7:30p
Thurs.	12/4	vs Bucyrus HS	Home	7:30p
Sat.	12/6	vs Crestline HS	Home	2:30p
Sat.	12/13	@ Tree of Life Christian School	Away	11:30a
Tues.	12/16	vs Plymouth HS	Home	7:30p
Thurs.	12/18	vs Seneca East HS	Home	7:30p
Sat.	12/20	vs Lucas Local Schools	Home	2:30p
Fri.	1/2	@ Central Christian School	Away	5:30p
Sat.	1/10	@ South Central HS	Away	7:30p
Mon.	1/12	@ Hillsdale HS	Away	7:00p
Thurs.	1/15	vs Mansfield Senior HS	Home	7:30p
Sat.	1/17	@ Crestline HS	Away	1:00p
Tues.	1/20	vs River Valley HS	Home	7:30p
Thurs.	1/22	@ Mohawk HS	Away	7:30p
Tues.	1/27	@ Crestview Local HS	Away	7:15p
Sat.	1/31	@ Lucas Local HS	Away	2:30p
Mon.	2/2	@ Cuyahoga Valley Christian Academy	Away	7:00p
Thurs.	2/5	vs Northmor HS	Home	7:30p
Sat.	2/7	vs Central Christian School	Home	2:30p
Tues.	2/10	@ East Knox HS	Away	7:30p
Thurs.	2/12	vs Madison HS	Home	7:30p

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#### How Much Can You Safely Withdraw in Retirement?

#### The 4% Rule: Where It Came From (And What It Really Means)

Back in 1994. Bill Bengen sought to determine the safe annual withdrawal amount from a portfolio that would last 30 years, despite potential wars, recessions, inflation, and market crashes.He tested every possible retirement start date within that window, using quarterly start dates, including the absolute worst-case scenario: retiring in October 1968, right before a brutal stretch of high inflation and lousy markets. What he found was this: if you withdrew 4.15% of your portfolio in year one, and then increased that amount each year for inflation, you would not have run out of money in any 30-year period. In the worst-case scenario, the retiree would have seen their last check bounce, meaning they would have run out of money at the end of the 30 years, but every other retiree would have had something left. That's right-4.15% was the worst-case success rate. And because people like simple rules, it got rounded down and became known as "The 4% Rule."

#### But Let's Be Clear: This Is About Smart Risk, Not More Risk

Bengen's findings didn't include fancy hedge funds or speculative plays. He wasn't chasing yield. He proved that good asset allocation makes a difference-especially when markets get choppy. Dave Ramsey says, money is like manure, left in one spot, it stinks, spread out, it helps things grow. Ecclesiastes 11:2 says, "Give a portion to seven, or even to eight, for you know now what disaster may happen on earth." So it's Biblical and Bengen approved!

That said, you need to be careful when you start adding conservative assets like bonds. If you're 30, 40, and sometimes even older, we're not putting you in bonds just because retirement is on the horizon. You don't have a sequence of return risk yet. However you might be in bonds and you don't even know it! Ever heard of something called a Target Date Fund? This is a fund that does the investing for you. It was an excellent invention for 401(k)s because many people didn't know what to invest in and didn't have access to a Financial Advisor. However, even the most aggressive target date funds, such as the Vanguard Target Retirement 2070 Fund, has 8% of the portfolio in bonds.

But once you do hit retirement, the game changes. Now you're not just building wealth-you're drawing from it. And the timing of your withdrawals can work for you or against you. And this is where you can't go all in on stocks. You might have an entire year that stocks will be dropping, and thus you shouldn't be selling. You might have 1.7 years (603 days) that you need to wait until stocks get back to where they were (or even longer).

#### How We Help Boost Your Withdrawal Rate (Without Gambling)

We're not in the business of stretching any withdrawal rate to make things look good on paper. But there are real-world ways we work to improve the numbers:

- 1. Turning Off Dividend Reinvestment
- 2. Private Equity & Private Credit
- 3. Rebalancing

#### So... What's Your Withdrawal Rate?

If you've saved well, appropriately diversified, and built your plan with a team that knows what they're doing, you might be able to withdraw more than 4%—safely. Anyone who tells you it can only be 4% doesn't understand the research. Anyone who tells you that you can withdraw 10% or 11% doesn't understand non-sequentially returns (the stock market doesn't go up in a straight line). But here's the bottom line: Your number isn't some rule of thumb. It's your plan. Your goals. Your risks. Your life. That's why we don't give cookie-cutter advice. We build a custom withdrawal strategy around you, backed by research, battle-tested by history, and confirmed by real-world simulations.

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### **Local Housing Report**

10/25/23-10/25/24

10/25/24-10/25/25

CHANGE

Average Residential Sale

\$200,980



\$218,472



+ 8.70%



Average Days On Market



+ 9.34%



Price Per Square Foot



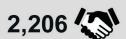


\$1365<sup>13</sup>

+ 9.46%



**Number of Transactions** 



2,204

- 0.09%



\*Richland & Contiguous Counties \* "SOLDS" Single Family Residence, Condo, Zero Lot Line - Mansfield MLS October 25 2023 - October 25 2024 vs October 25 2024 - October 25 2025

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	721	N Thoman St	Crestline	\$205,000
	1167	Township Rd 1056	Crestview	\$539,900
	375	Buckeye Rd	Galion	\$632,000
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	1645	Woodville Rd	Madison	\$580,000
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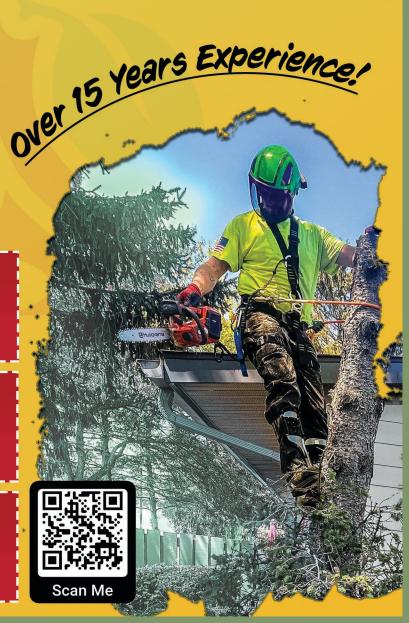
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# COMMUNITY SPOTLIGHT Thitaker's Natural Market

7427 State Route 13 | Bellville, OH 567.772.0164 | whitakersnaturalmarket.com

Two weeks before their wedding, Marc and Jocelin Whitaker looked at a building in Bellville with the hope of starting their own business. Marc grew up working in his family's bulk food store and was excited to start a business of his own. Jocelin's parents encouraged the young couple to dream big. Jocelin had recently graduated as a naturopathic doctor and knew this business could help others. They looked at the building in early May and did their research, but with a wedding only two weeks away, they decided to put the business on hold. However, the idea lingered in their minds. A few weeks later, on their way back from their honeymoon,



The Whitaker Family

they made an offer on the building. Jocelin reflects, "Within a 10-day timeframe, we bought a new house, moved in, and got the store up and running. It was a whirlwind, but we knew we were on the right path." Trusting in God, everything fell into place.

Jocelin's education and passion for helping others coupled with Marc's background in retail proved to be the recipe for success. They started with a cleaner selection of bulk foods and pantry staples, but as Whitaker's Natural Market grew, Marc and Jocelin revised their selection to mirror their own pantry. Every product was pre-screened for quality, with Jocelin being highly selective with brands. When they first opened, the Whitakers attended a trade show and found a hormone supplement company that seemed to align with Jocelin's standards. Jocelin tried the product, but it didn't meet the promised results. With



Jocelin offers her own line of practitioner grade essential oils.

lab work to prove it, she refused to put it on her shelves and held the company accountable. As companies change their formulas or suppliers, Jocelin continues to test and monitor products; never simply taking someone's word for it.

Jocelin's pursuit of a PhD in naturopathy was driven by her childhood experience with chronic bronchitis. From the age of four, she would be sick for two weeks, then put on antibiotics, which worked temporarily, but she would get sick again weeks later. After multiple rounds of antibiotics, she was put on steroids. A concerned pharmacist encouraged her family to talk to her doctor. They had a family friend who used herbs for healing, and Jocelin's mom, desperate for a solution, sought their help. With natural solutions, Jocelin wasn't sick anymore, and it changed her life. After high school, Jocelin worked in a ministry program, but when the position was eliminated, she reflected on her love for helping people. Knowing how naturopathy helped her, she decided to pursue a career in it.

Whitaker's Natural Market offers a range of products, including bulk produce in season, household items, health and beauty products, makeup with European cleanliness standards, books, board and card games, child games, local meats and eggs, elderberry syrup, Jocelin's own line of essential oils, practitioner-grade supplements, organic animal feed, and much more! Jocelin and the team take the time to educate their customers, ensuring they aren't just buying products but also gaining knowledge. They offer classes on various topics, focusing on health and homesteading, helping customers make better choices and improve their lives.

The Whitakers have faced a variety of obstacles throughout their journey, but nothing could prepare them for the premature birth of their daughter Yalissa at 27 weeks, weighing only 1 lb, 12 oz. She spent nearly five months in the NICU, and Jocelin only came home 3 or 4 times during that period. With no other employees to rely on, running the



In 2025, Whitaker's Natural Market is celebrating their 10 year anniversary on Sunday, December 7th 10am to 5pm! business while focusing on their family was a huge challenge. Jocelin reflects, "we were stretched thin, but made it through with the support of our customers, community, family, and the grace of God. I'll forever be grateful for the love and support we received during that time." Another hardship was COVID-19 and the supply chain issues, which required them to jump from supplier to supplier to keep the shelves stocked. They put in the effort to track things down, ensuring

"Between Marc and I, we have 80+ years experience in this industry. We educate our customers so they can make better choices and better themselves. If they can get ahead of certain health conditions, it makes a huge impact. This isn't just a business, it's a lifestyle."

### Jocelin Whitaker Owner, Whitaker's Natural Market

their customers didn't suffer. Jocelin remembers, "I can't even tell you the

amount of calls and runs for toilet paper

we made."

As the Whitaker's celebrate 10 years in business, they want to extend a limited time offer. Mention this article to receive **15% OFF** any one supplement, essential oil, or vitamin OR **\$5 OFF** any purchase of \$30+. Stop in to visit at 7427 State Route 13 in Bellville or find them on facebook for the latest class schedule, promotions, and more!



In addition to retail, Whitaker's Natural Market offers frequent classes on natural health and homesteading.





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