

THE



METROPOLIS
MONTHLY



MODERN DAY MONEY STORIES TO HELP YOU
STAY AHEAD OF THE CURVE



the Summer of

INFLATION

This Month's Stories

1. What is the cost of going on vacation with rising interest rates and inflation as your new travel companions?

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2. The rise of the stock market during the pandemic and how its dip has now wiped out over \$3 trillion many American's retirement

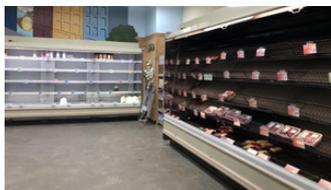
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3. Earning interest on your retirement plans by paying taxes

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4. Small Business Owner Spotlight: How a marine biology student became a living legend sushi restaurateur in Silicon Valley, got on the menu for a professional sports franchise, and even fed Oprah

MONTHLY INFLATION COUNT SINCE THE START OF THE 2020 PANDEMIC



January 2020 US Dollar Purchasing Power - \$1
May 2022 US Dollar Purchasing Power - \$0.88

Purchase Power
Decrease
10.7%

source - U.S. Bureau of Labor Statistics

How much will this year's summer vacation cost with rising interest rates and inflation?

how much money do you really NEED for a family vacation? It varies widely. A recent Nerdwallet survey showed that families spend an average of \$2,256 on their family vacation. An American Express survey reported that families spend \$1,145 per person or \$4,580 for a family of 4.

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Summer Vacation

The cost to travel has gone up almost 16% compared to pre-pandemic 2019, according to the latest Travel Price Index from the U.S. Travel Association. The index tracks the average price changes over time for transportation (up 30%), lodging (up 10%), recreation (up 5%), food and beverages (up 14%).

There is a shortage of pilots, and domestic airfare is currently trending about 14% above 2019 prices at \$354 round-trip, according to recent data from the deal-finding site Hopper. International airfare is roughly on par with 2019 prices at \$861 round trip.



More than half (53%) of U.S. travelers say transportation costs will impact their travel plans in the next six months, High gas prices are front and center in the minds of American travelers. Only one in five Americans (19%) say that rising gas prices are not impacting their travel plans, according to Longwoods International research. A third of travelers (36%) say they will choose a destination closer to home, while about a quarter (26%) say they will cut back on entertainment and recreation.

Forbes.com

NEXT MONTH IN THE JULY ISSUE:

The Real Estate Edition

Couch Surfer Challenge

Some things about money you might not know about

5 THINGS TO CONSIDER
BEFORE BUYING A HOUSE:

For those planning or purchasing a property, the release of the new eBook is next month.

101 LOAN PROGRAMS



101
LOAN PROGRAMS:
EVERY AMERICAN NEEDS TO KNOW ABOUT

The next 20 years will go by faster than the last 20. Your goals will most likely grow or change course over the next two decades, and you will need many different savings plans and loans to get there.

LOAN APPLICATION
APPROVED

**DISCOVER WHY NOW IS THE TIME TO
MAP OUT THE PATH & GAMEPLAN**

Chad T. Mitchell
publisher of "The Metropolis Monthly" newsletter,
author of eBooks
"5 Things to Consider When Choosing a Loan"
& "Create Your Own Family Bank"

After the rise of the stock market during the pandemic... the dip has now wiped out over \$3 trillion in retirement savings for some Americans...

This year's stock slump is the most severe market downturn since March of 2020, when COVID-19 erupted in the U.S. Historically, 401(k) investments take about two years after a market decline of this size to regain their previous value.

For those that have their retirement in a 401k that is tied to the S&P 500, they have been on a roller coaster ride the last few years. After enjoying a meteoric rise during one of the worse catastrophes in modern American history, Newton's law of motion comes to mind. For every action there is an equal and opposite reaction.



The pandemic started dominating the economy in early March 2020. Over the next few weeks the S&P 500 lost 35% of its value... then it went on a historic run and doubled over the next two years, despite many losing jobs and businesses, How did this happen?

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When the FED lowered the interest rates to an all time low (less than 1% at one point) and printed stimulus checks, it devalued the dollar. Distributing 40% more currency into the economy caused the S&P 500 to grow 3 times as fast... despite having supply chain issues and small businesses closing.

In a bull market, it would normally take around 7 years for the S&P 500 to double in value. It only took 2 years.

One could argue that these recent losses are simply wiping out the extraordinary gains that occurred from mid-2020 to the end of 2021, but anybody who has to retire when the market is down is in a bad position. Nearly three-quarters of all 401(k) money is held in stocks, according to a Vanguard report from 2021

With the median 401(k) account having a balance of just \$17,700 before the pandemic, this year's market decline would lop off more than \$3,500 in value. A would-be retiree with a balance of over \$81,000 (which would put them in the top 25% of savers) would see their nest egg shrink to just \$64,800.

June 2022 Calendar
WEBINAR CASE STUDIES

Mortgage Approval and How to Build GREAT CREDIT	How to Spend the Same Dollar Twice	Savings Accounts for Stock & Crypto Traders	Refinancing a 401k or IRA to Maximize Benefits
Buying a Second Home to AirBNB Without Tax Returns	Earn and Bank Like Warren Buffet	Paying Taxes with Tax Exempt Profits	Earning Profit While Paying Off Debt & Taxes
Outliving a Term-life Insurance Policy and Getting a Refund	How a 19 Year Old got a \$1.7m Loan Without Tax Returns	Creating a Million Dollar Nest Egg & Family Bank	The 20 Year Retirement Gameplan

to register for a webinar or see a previous replay visit:

calendar.MetropolisMonthly.com

KEY GOVERNMENT MEETINGS

JUNE 14 - 15

JULY 26 - 27

Central-bank officials on track for more rate increases over the summer



The latest reports show inflation is accelerating to its highest annual rate in four decades, and is likely to maintain the Federal Reserve officials' ambition to rapidly raise interest rates to a neutral level that doesn't stimulate further inflation.

Earning interest on retirement plans by paying taxes

What Are the Rules for a 401(k) Distribution?

You can withdraw money from your 401(k) penalty-free once you turn 59½. The withdrawals will be subject to ordinary income tax, based on your tax bracket.

For those under 59½ seeking to make an early 401(k) withdrawal, **a 10% penalty is normally assessed** unless you are facing financial hardship, buying a first home, or needing to cover costs associated with a birth or adoption.



[investopedia.com](https://www.investopedia.com), [moneyrates.com](https://www.moneyrates.com)

Is it better to pay the tax on an early 401k withdrawal and build your nest egg with an alternative option?

When you take 401(k) distributions, the service provider is required to withhold 20% for federal income tax. If this is too much - if you effectively only owe, say, 15% at tax time—this means you'll have to wait until you file your taxes to get that 5% back.

Is there a better option than the 401(k) to build retirement savings?

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Paying your taxes and building a Million Dollar Nest Egg with a Private Vault Account

ALTERNATIVE: A Private Vault Account... you can save after tax money into a specially designed life insurance policy. This is strategy often used by the wealthy and allows you to save and grow your "after tax" money at over 5% a year... and unlike a 401k, you can borrow money out of it while your retirement continues to earn compound interest, even if it takes you years to pay back your loan. The bonus... it grows tax exempt.



TAX DAY

IS GONE

Tax Payers that filed extensions...
Is your money stuck in a 401k?
Use a Private Vault Account to grow your retirement and pay your tax bill at the same time.
Utilize a savings account that over decades will become...

a tax exempt

MILLION DOLLAR NEST EGG

for retirement

for a short video on how it works, go to:

MillionDollarNestEgg.com



THE MILLION DOLLAR NEST EGG
Choose What Year It Will Hatch

PRIVATE VAULT ACCOUNT

Saving in 2022 doesn't look like it did in 1992. A Private Vault Account might be a good fit for you.



To see a Private Vault in action, watch
The \$1000 Challenge
And be your own bank today.
www.PrivateVaultAccount.com

SMALL BUSINESS OWNER SPOTLIGHT

How a marine biology student and cancer researcher became a living legend sushi restaurateur in Silicon Valley, got on the menu for a professional sports franchise, and even fed Oprah

His name is Randy Musterer, but fans of his restaurants in the South Bay Area know him as "Sushi Randy".

His favorite part of being a business owner?

Bringing a vision to life and creating jobs. With three brick and mortar locations and several catering and special event venues, he employs well over 100 people. He has been able to create scholarship funds for local high schools, believes in the power of his brand, and enjoys raising money for local causes.



How did he become "Sushi Randy"?

While majoring in Marine Biology at Cal Poly, San Luis Obispo, he worked with a deep sea fishing crew. As a perk, he was able to bring a few fresh fish home... and this is where he was first introduced to sushi.

In 1991, sushi wasn't popular, but he would trade his fish to a few local chefs in exchange for some sushi. "Back then, eating raw fish did not sound good to most people, but I loved it. This was before the internet... the only way to learn the craft of making good sushi was from the Korean sushi chefs".

In 1997, Randy began working as a cancer researcher and moonlighted as a sushi assistant in his spare time. This is where the "Sushi Randy" alias was born. He would host sushi parties out of the house he rented and had his roommates help him set the living room as a restaurant. To avoid getting in trouble with his landlord and the city, he kept his parties "confidential".

By 2010, "Sushi Randy" was posting his weekend "confidential" events on Facebook and hosted around 30 people at each one, proving his concept. After 15 years of honing his craft, he finally took the leap and opened his first restaurant.

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SMALL BUSINESS OWNER SPOTLIGHT

Expanding the brand

Randy now has three locations in Santa Clara County and also has numerous catering locations, including the Shoreline Amphitheatre next to the Google headquarters and the home of the San Jose Sharks, the SAP Center... which is where he met Oprah Winfrey... who loved the sushi he made for her.

Overcoming obstacles during the pandemic

"We stayed ahead of the CDC and closed before we were forced to and began to adapt. No matter how much you plan, you're always going to have challenges. You're either going to do what is needed to survive or you aren't. When it comes to achieving goals, I'm a natural fighter". He focused on catering and eventually opened back up to outside seating.

His secret to the business success?

"In the big scheme of things, it has nothing to do with the sushi. I learned how to leverage the brand to make a better community and inspire others. I listen to what the customers want. If they want us to put up more TV's or stay open later, that's what I do."

For more about Sushi Randy and his restaurants, visit sushiconfidential.com



How big is the housing shortage? Are we becoming a nation of renters?

As interest rates and inflation rise, home purchases decline, but the need for affordable housing still grows.

Over the next five years, we will be building 1,000 houses in Reno, NV. We have room for a few more partners. If interested contact Chad.



Metropolis



me·trop·o·lis

/məˈtrɒp(ə)ləs/

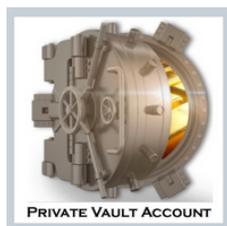
noun

the capital or chief city of a country or region.

By definition, a Metropolis is a large city, and there are over 384 metropolitan areas in the United States according to Census.gov. While they all have different shapes, sizes, and locations, the one thing they all share, along with rural areas, is that we all use money to navigate through it.

While some might think "Money" is a dirty word or just a piece of paper we use to buy material objects, it is really just storage for our most precious and limited commodity... time. Since many of us spend the majority of our time each week earning money, shouldn't we spend at least a small portion of our time learning how to wisely save and maximize it?

Interested in an inflation buster?



Some economists estimate the current inflation rate to be higher than reported and over 9% per year. Holding your savings within a mutual company might be a better alternative than traditional savings account.

Contact Chad for details.

AN INTRODUCTION TO THE NEWSLETTER

Hello, my name is Chad Mitchell, and I would like to welcome you to the very first issue of my monthly news letter, The Metropolis Monthly. I designed it to share new updates and ideas on our constantly evolving economy and to spark a sense of financial interest in my fellow Americans, especially the middle class.

Like most of us, I started from small beginnings. Back in 1993, at age 16, I worked a \$4.25 per hour minimum wage job to save money for my first car, which cost me \$600 (or over 142 hours at that earning rate).

While hard work might teach us the value of a dollar, it does not teach us the best way to save, spend, and maximize that dollar.

Adult financial freedom isn't just for the mega-rich; anyone can learn and benefit. From inflation to interest rate changes to cryptocurrency, we are going to explore all of those topics and many more in the months ahead.



Do you have an idea for a topic you would like us to discuss in a future issue?

text or email your idea to

CMitchell@Metropolis-Equity.com

323-401-9177

Mitchell's Monthly Rant



The best time to plant a tree was 20 years ago. The second best time to plant a tree is today.

Like most of us, I would love to go back five years in time with what I know now, especially since I have acquired two different finance licenses since then and can now offer most "average Joe's" many different savings and lending programs that I did not know existed a half decade ago when I was flipping houses.

If you would like to discuss my generational wealth building savings accounts or a loan program, I am happy to do so, but this letter is not meant to be a sales pitch, nor is it intended to be financial advice.

Adult financial freedom isn't just for the mega-rich; and when our neighbors and family members don't take interest in learning, it eventually affects us all as a country.

Humanity has gone from trading chickens on the barter system, to using tulips as a store of value (shout out to the 17th century Dutchmen), to using gold, to using paper notes, and now to digital currency. This is the most exciting and confusing time in the history of mankind using money in a society. And with the government printing so much money during the pandemic, the mighty US dollar might not remain the global currency forever. Learning about new financial programs is for everyone. Let's learn together.

Thanks for reading the maiden voyage of this newsletter, and I look forward to hearing from anyone that actually made it all the way through it.

CTM.