

Hi,

Stocks dropped last week as investors focused on "what's next" for interest rates after mixed comments from multiple Fed officials.

#### Fed Officials Weigh In

Stocks struggled out of the gate again last week, ending Monday and Tuesday in the red on concerns that recent economic data could derail the Fed's plan for short-term rates.

The markets recovered Wednesday through Thursday morning when weekly jobless claims were better than expected. But stocks fell broadly Thursday afternoon following mixed comments from multiple Fed officials. All three averages ended the day down more than 1 percent for the first time in a month.<sup>1,2</sup>

On Friday, a strong jobs report gave investors much-needed confidence. The U.S. economy created 303,000 jobs in March—higher than economists' expectations—while unemployment dropped slightly to 3.8 percent.

Markets rallied after the news, but not enough to recoup all weekly losses.<sup>3</sup>

# MARKET INSIGHTS

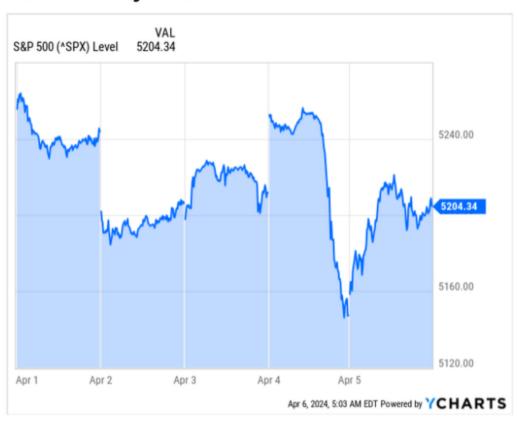
# **YCHARTS**

## Weekly Market Insights (WMI)

## **Major Index Return Summary**

Name	5D TR	1M TR	YTD TR	1Y TR
Dow Jones Industrial Average	-2.27%	0.98%	3.77%	18.66%
MSCI EAFE	-1.36%	1.07%	4.50%	13.81%
Nasdaq Composite	-0.80%	2.01%	8.45%	36.51%
S&P 500	-0.95%	2.60%	9.53%	29.24%

## S&P 500 Daily Close



#### 10-Year Note Review

Source: YCharts.com, April 6, 2024. Weekly performance is measured from Monday, April 1, to Friday, April 5.

ROC 5 = the rate of change in the index for the previous 5 trading days.

TR = total return for the index, which includes any dividends as well as any other cash distributions during the period.

Treasury note yield is expressed in basis points.

#### What's The Scoop?

Several Fed officials made speeches last week, including Chair Jerome Powell. In a Wednesday speech at Stanford University, Powell said it was a "bumpy" path to a soft landing, but Fed officials are continuing to look at the long-term trends.4

Last week, Atlanta Fed President Raphael Bostic suggested one cut. San Francisco Fed President Mary Daly noted no guarantees, and Cleveland's President Loretta Mester said rate cuts may come later this year. Minneapolis President Neel Kashkari rattled markets by suggesting that no cuts may be on the table, followed by Fed Governor Michelle Bowman, who said on Friday that it's possible rates may have to move higher to control inflation.<sup>5,6</sup>

The flurry of comments comes following the end of the Fed's blackout period. Fed officials are not allowed to make public comments except for very narrow windows during the year.

#### This Week: Key Economic Data

Tuesday: NFIB Small Business Optimism Index.

**Wednesday:** Consumer Price Index (CPI). FOMC Minutes. EIA Petroleum Status. Treasury Statement.

**Thursday:** Jobless Claims. Producer Price Index—Final. Fed Balance Sheet. EIA Natural Gas Report.

**Friday:** Import and Export Prices. Consumer Sentiment.

Source: Investors Business Daily - Econoday economic calendar; April 2, 2024

The Econoday economic calendar lists upcoming U.S. economic data releases (including key economic indicators), Federal Reserve policy meetings, and speaking engagements of Federal Reserve officials. The content is developed from sources believed to be providing accurate information. The forecasts or forward-looking statements are based on assumptions and may not materialize. The forecasts also are subject to revision.

## **This Week: Companies Reporting Earnings**

Tuesday: Albertsons Companies, Inc. (ACI)

Wednesday: Delta Air Lines, Inc. (DAL)

**Thursday:** The Progressive Corporation (PGR), Infosys (INFY), Constellation Brands Inc (STZ)

**Friday:** JPMorgan Chase & Co. (JPM), Wells Fargo & Company (WFC), BlackRock, Inc. (BLK), Citigroup Inc. (C), State Street Corporation (STT)

Source: Zacks, April 2, 2024

Companies mentioned are for informational purposes only. It should not be considered a solicitation for the purchase or sale of the securities. Investing involves risks, and investment decisions should be based on your own goals, time horizon, and tolerance for risk. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost. Companies may reschedule when they report earnings without notice



"Always it's spring and everyone's in love and flowers pick themselves."

#### - E.E. Cummings



#### **Reporting Cash Payments**

Are you expecting a little extra cash from a sale? The IRS would like to know. Individuals, corporations, and partnerships engaged in a trade or business must report cash transactions of more than \$10,000.

These cash payments can include jewelry sales, an overseas purchase, or any other cash transaction. You also need to report cash payments received in one lump sum, in two or more related payments within 24 hours, or as part of a single transaction or two or more transactions in the last year.

File Form 8300, titled Report of Cash Payments Over \$10,000 Received in a Trade or Business. This form requires information about the benefactor and the recipient of the cash, a description of the transaction, and information about any other parties involved.

\*This information is not intended to be a substitute for specific, individualized tax advice. We suggest that you discuss your specific tax issues with a qualified tax professional.

Tip adapted from IRS.gov<sup>7</sup>



#### The Health Benefits Of A Meat-Free Day

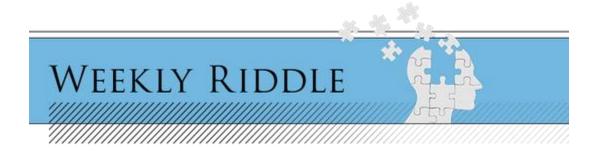
The overwhelming health benefits of a plant-based diet are clear, but becoming entirely vegetarian or vegan is not for everyone. Luckily, one can still enjoy many health benefits by being "meat-free" for just one day per week. Here are some of the main benefits of this healthy lifestyle transition:

 You'll be reducing your consumption of potentially dangerous processed meat—According to the World Health Organization, processed meats rank alongside cigarettes as a major cause of cancer.

- You'll decrease your risk of heart disease—Coronary heart disease is linked to a meat-based diet, and most cardiovascular diseases can be prevented by switching to a plant-based diet.
- You'll be ingesting more vitamins, minerals, and fiber—On your meat-free days, you will likely prioritize other foods such as veggies, fruits, whole grains, and other plant-based products. This variety will help you round out your diet.

These are merely a few benefits of being meat-free for a day. Want more inspiration? Google "Meatless Monday" for recipe suggestions.

Tip adapted from MindFood.com<sup>8</sup>



You have 31 baseballs in a box, and 31 kids are lined up to get them. You give each kid a baseball, but in the end, one baseball remains in the box. How is this possible?

Last week's riddle: They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they? Answer: Gloves.

# PHOTO OF THE WEEK





Fira de Barcelona, Barcelona, Spain

## **Footnotes And Sources**

1. The Wall Street Journal, April 5, 2024

2. The Wall Street Journal, April 4, 2024

- 3. The Wall Street Journal, April 5, 2024
- 4. CNBC.com, April 3, 2024
- 5. CNBC.com, April 5, 2024
- 6. CNBC.com, April 5, 2024
- 7. IRS.gov, May 17, 2023
- 8. MindFood.com, January 23, 2023

Investing involves risks, and investment decisions should be based on your own goals, time horizon, and tolerance for risk. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost.

The forecasts or forward-looking statements are based on assumptions, may not materialize, and are subject to revision without notice.

The market indexes discussed are unmanaged, and generally, considered representative of their respective markets. Index performance is not indicative of the past performance of a particular investment. Indexes do not incur management fees, costs, and expenses. Individuals cannot directly invest in unmanaged indexes. Past performance does not guarantee future results.

The Dow Jones Industrial Average is an unmanaged index that is generally considered representative of large-capitalization companies on the U.S. stock market. Nasdaq Composite is an index of the common stocks and similar securities listed on the NASDAQ stock market and is considered a broad indicator of the performance of technology and growth companies. The MSCI EAFE Index was created by Morgan Stanley Capital International (MSCI) and serves as a benchmark of the performance of major international equity markets, as represented by 21 major MSCI indexes from Europe, Australia, and Southeast Asia. The S&P 500 Composite Index is an unmanaged group of securities that are considered to be representative of the stock market in general.

U.S. Treasury Notes are guaranteed by the federal government as to the timely payment of principal and interest. However, if you sell a Treasury Note prior to maturity, it may be worth more or less than the original price paid. Fixed income investments are subject to various risks including changes in interest rates, credit quality, inflation risk, market valuations, prepayments, corporate events, tax ramifications and other factors.

International investments carry additional risks, which include differences in financial reporting standards, currency exchange rates, political risks unique to a specific country, foreign taxes and regulations, and the potential for illiquid markets. These factors may result in greater share price volatility.

Please consult your financial professional for additional information.

This content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG is not affiliated with the named representative, financial professional, Registered Investment Advisor, Broker-Dealer, nor state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and they should not be considered a solicitation for the purchase or sale of any security.

Copyright 2024 FMG Suite.



Rhonda Heineman rhonda@heinemanfinancial.com 402-505-9333

Heineman Financial Strategies Financial Advisor

#### http://heinemanfinancial.com

#### Rhonda Heineman, CFP®, CFS®

Financial Advisor | Certified Financial Planner™ practice

Advisor/Fee Based Accounts - 401(k) Rollovers - IRA's - Investments - Insurance - Estate Planning - Financial Plans

Heineman Financial Strategies, 11204 Davenport St, Ste 204, Omaha NE 68154

Office: 402.505.9333, Fax: 402.505.9334

Please note that if I am unavailable, Danette Samson can be reached at (402) 505-9333 or danette@heinemanfinancial.com

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker-dealer member FINRA/SIPC. Advisory services through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Cambridge and Heineman Financial Strategies are not affiliated.

The information in this email is confidential and is intended solely for the addressee. If you are not the intended addressee and have received this email in error, please reply to the sender to inform them of this fact.

We cannot accept trade orders through email. Important letters, email, or fax messages should be confirmed by calling 402-505-9333. This email service may not be monitored every day, or after normal business hours. This message distributed via use of the FMG system.

This informational email is an advertisement and you may opt out of receiving future emails. To opt out, please click the "Unsubscribe" link below.

This message was sent by Heineman Financial Strategies 402-505-9333 11204 Davenport St Suite 204 Omaha, NE 68154

Unsubscribe