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## Further June Gains

Weekly Update – June 17, 2019

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### The Week on Wall Street

Stocks advanced for a second straight week. The S&P 500 benchmark rose 0.47%; the Nasdaq Composite, 0.70%; the Dow Jones Industrial Average, 0.41%. Overseas shares, as tracked by the MSCI EAFE developed markets index, added 0.20%.<sup>1,2</sup>

The market seemed to put its recent preoccupation with trade issues aside, with attention shifting to this week's Federal Reserve monetary policy meeting. Traders in futures markets now believe the Fed will make a rate cut in July, so its June policy statement will be of great interest.<sup>3</sup>

### Oil Prices Rollercoaster

Attacks on vessels in the Strait of Hormuz, the busy oil shipping channel, helped to push the price of West Texas Intermediate crude 2.2% higher Thursday, just a day after a 4% fall. Even so, WTI crude lost 2.7% in five days, closing Friday at \$52.51 on the New York Mercantile Exchange.<sup>4</sup>

Investors wondered at mid-week if tensions in the Persian Gulf region would soon impact oil output and transport. Looking beyond the short term, however, the International Energy Agency reduced its 2020 projection for global oil demand.<sup>5</sup>

### Households Bought More in May

Retail sales rose 0.5% last month, according to the Department of Commerce. Across the year ending in May, they advanced 3.2%. The previously announced 0.2% April retreat was revised into a 0.3% gain.<sup>6</sup>

These numbers affirm strong household spending this spring. Consumer spending accounts for roughly two-thirds of the nation's gross domestic product.

### What's Ahead

In terms of news, Wednesday offers what may prove to be the biggest economic event of the week: a Federal Reserve policy statement and press conference.

### THE WEEK AHEAD: KEY ECONOMIC DATA

**Wednesday:** The Federal Reserve concludes a 2-day policy meeting, with Fed chair Jerome Powell addressing the media afterward.

**Friday:** The National Association of Realtors releases data on May existing home sales.

Source: Econoday / MarketWatch Calendar, June 14, 2019

The Econoday and MarketWatch economic calendars list 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.

## THE WEEK AHEAD: COMPANIES REPORTING EARNINGS

**Tuesday:** Jabil (JBL)

**Wednesday:** Kraft Heinz (KHC), Oracle (ORCL)

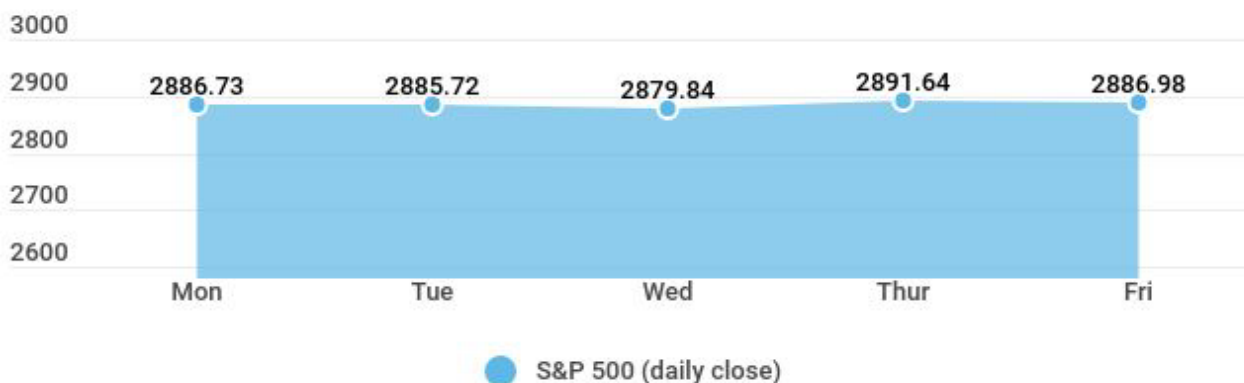
**Thursday:** Kroger (KR), Red Hat (RHT), Darden Restaurants (DRI)

**Friday:** CarMax (KMX)

Source: Zacks.com, June 14, 2019

Companies mentioned are for informational purposes only. It should not be considered a solicitation for the purchase or sale of the securities. Any investment should be consistent with your objectives, time frame and risk tolerance. 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.

Market Index	Close	Week	Y-T-D
DJIA	26,089.61	+0.41%	+11.84%
NASDAQ	7,796.66	+0.70%	+17.50%
MSCI-EAFE	1,879.37	+0.20%	+9.27%
S&P 500	2,886.98	+0.47%	+15.16%



Treasury	Close	Week	Y-T-D
10-Year Note	2.09%	0.00%	-0.60%

Sources: The Wall Street Journal, June 14, 2019, Treasury.gov, June 14, 2019

The market indexes discussed are unmanaged and generally considered representative of their respective markets. Individuals cannot directly invest in unmanaged indexes. Past performance does not guarantee future results. Weekly performance for the Dow Jones Industrial Average, Standard & Poor's 500 index, and NASDAQ Composite is measured from the close of trading on Friday, June 7 to the Friday, June 14 close. Weekly performance for the MSCI-EAFE is measured from the Friday, June 7 open to the Thursday, June 13 close. 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. Weekly and year-to-date 10-year Treasury note yield are expressed in basis points. 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.

## QUOTE OF THE WEEK



*"The best preparation for tomorrow is doing your best today."*

— H. Jackson Brown, Jr.

## RECIPE OF THE WEEK



### Veg-Out Salad



Serves 8

#### Ingredients:

##### Salad

- 1 cup red cabbage, shredded
- 1 large yellow bell pepper
- 1 large orange bell pepper
- 1 large red bell pepper
- 1 English cucumber
- 10 oz. yellow/red cherry tomatoes
- 1 medium carrot
- 5 green onions
- ½ cup parsley, chopped
- 2 Tbsp. fresh dill

##### Dressing

- 4 Tbsp. sunflower oil (you can use olive oil or avocado oil)
- 2 Tbsp. white wine vinegar (red wine vinegar or balsamic vinegar are good replacements)
- 1 tsp. Kosher salt, to taste
- ¼ to ½ tsp. freshly ground black pepper, to taste
- 2 cloves garlic, pressed

## Directions:

### Salad

1. Begin by prepping the vegetables. Shred 1 cup red cabbage, cut the bell peppers, and slice the English cucumber. Cut the vegetables into similar thinness and sizes. Peel and grate 1 medium carrot, halve cherry tomatoes, chop green onions (green part only), and finely chop parsley and dill.
2. Gently toss the vegetables in a large bowl.

### Dressing

1. Mix the oil, white wine vinegar, salt, and fresh ground black pepper, then add chopped garlic cloves.
2. Whisk the dressing until it comes together then pour over salad (be careful to not overdress).
3. Refrigerate the salad for about 2 hours to give it time to absorb the dressing.
4. Serve and enjoy.

Recipe adapted from Olga in the Kitchen<sup>7</sup>



### Letter From IRS? What to Do (or Don't Do).

If you receive a letter from the IRS, don't panic. Millions of letters are sent to taxpayers every year for a myriad of reasons. If you receive a letter from the IRS, here's some advice:

**Don't panic.** Read the letter carefully. There will usually be an action that is requested of you and a corresponding phone number for you to call. Follow the directions carefully.

**Be aware of dates and timeframes.** The notice you receive will probably have a dated deadline by which to respond with the appropriate action. Be sure to take note of the dates and not miss any deadlines that may be stipulated by the IRS.

**Know when to respond.** Sometimes the IRS sends a notice or other communication that may not require a response. Again, read carefully, and if needed, respond according to the instructions on the letter. If a payment is required, reply with a payment or visit [www.IRS.gov](http://www.IRS.gov) for information about payment options.

**You may need to dispute.** If you don't agree with the IRS notice, write a letter explaining why you are disputing the matter and mail it to the address on the contact stub at the bottom of the notice.

\* 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>8</sup>



### **Do Something Golf-Related Every Day**

Whether it's working on your swing, your chip, or your short game, this 30-day challenge is a great idea for any golfer looking to improve their game.

First, which area of the game do you struggle with the most? Do you miss a lot of midrange putts? Are you uncomfortable with a wedge around the green? Whatever it is, it's time to commit to practicing the weakest part of your game every day at home.

Ten minutes or less doesn't sound like a lot, but you'll be shocked how it adds up over time.

That's not to say you shouldn't try to do a 30- to 40-minute session at the driving range – those are important too. The point here is to reduce the gaps in time between when you are practicing.

Tip adapted from Practical Golf<sup>9</sup>



### **Sleep Tight with a Health-Giving Night's Rest**

Sleep is one of the most important, health-giving things you can do for your body. When you sleep, your body heals itself in all kinds of ways, including metabolism, brain function, and tissue growth and repair. Here are some tips to ensure a better night of healing:

- **Schedule it.** Try to go to bed and wake up at the same time each day, including the weekends. Your body's internal clock will thank you.



- **Create a before-bed ritual.** Try a relaxing routine, preferably without electronics. Try incorporating activities like stretching or yoga, enjoying a cup of herbal tea, a taking bubble bath, or reading a good book.
- **No napping.** If you're having trouble sleeping at night, try to avoid afternoon naps to improve your evening snooze.
- **Sleep space.** Arrange your bedroom for a good night's sleep. Keep it cool (between 60°F and 67°F), quiet, and dark. You may want to try listening to mediations or "white noise." Make sure your mattress is comfortable and isn't ready for retirement (it's time to replace when yours is around 10 years old). Old pillows should be replaced too.

Tip adapted from The National Sleep Foundation<sup>10</sup>



### **Steps to a Better "Foodprint"**

The food you eat has a carbon footprint; it's the greenhouse gas emissions produced by growing, farming, processing, transporting, and storing food. The biggest culprit: raising livestock for food. It produces about half of all man-made emissions. This includes the emissions produced on the farm, on the road, getting the goods to the store, and getting them home.

Meat, cheese, and eggs have the highest carbon footprint. Fruits, veggies, beans, and nuts have the lowest, so a vegetarian diet or one lower in meat consumption, is the way to go if you want to reduce your footprint. Reduce your meat consumptions with these tips:

- Up your intake of protein with beans, lentils, tofu, and tempeh
- Eat whole grains, beans, and a variety of vegetables
- Search for interesting vegetarian recipes online or invest in some vegetarian cookbooks
- Eat raw salads, fruits, and veggies when you can
- Eat organic when possible
- Try to avoid processed foods of all types

Tip adapted from Green Eatz<sup>11</sup>

### ***Share the Wealth of Knowledge!***

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*If you would like us to add them to our list,*

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Investing involves risk including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values.

Diversification does not guarantee profit nor is it guaranteed to protect assets.

International investing involves special risks such as currency fluctuation and political instability and may not be suitable for all investors.

The Standard & Poor's 500 (S&P 500) is an unmanaged group of securities considered to be representative of the stock market in general.

The Dow Jones Industrial Average is a price-weighted average of 30 significant stocks traded on the New York Stock Exchange and the NASDAQ. The DJIA was invented by Charles Dow back in 1896.

The 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 stocks of technology companies and growth companies.

The MSCI EAFE Index was created by Morgan Stanley Capital International (MSCI) that serves as a benchmark of the performance in major international equity markets as represented by 21 major MSCI indices from Europe, Australia, and Southeast Asia.

The 10-year Treasury Note represents debt owed by the United States Treasury to the public. Since the U.S. Government is seen as a risk-free borrower, investors use the 10-year Treasury Note as a benchmark for the long-term bond market.

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Past performance does not guarantee future results.

You cannot invest directly in an index.

Consult your financial professional before making any investment decision.

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<sup>1</sup> <https://www.wsj.com/market-data>

<sup>2</sup> <https://quotes.wsj.com/index/XX/990300/historical-prices>

<sup>3</sup> <https://www.cnbc.com/2019/06/14/stock-market-middle-east-tensions-weigh-china-data-in-focus.html>

<sup>4</sup> <https://www.marketwatch.com/story/oil-prices-steady-as-market-keeps-watch-on-strait-of-hormuz-after-tanker-attacks-2019-06-14>

<sup>5</sup> <https://www.marketwatch.com/story/oil-prices-steady-as-market-keeps-watch-on-strait-of-hormuz-after-tanker-attacks-2019-06-14>

<sup>6</sup> <https://www.cnbc.com/2019/06/14/retail-sales-may-2019.html>

<sup>7</sup> <https://www.olgainthekitchen.com/all-veggie-salad/>

<sup>8</sup> <https://www.irs.gov/newsroom/dos-and-donts-for-taxpayers-who-get-a-letter-from-the-irs>

<sup>9</sup> <https://practical-golf.com/practice-every-day-take-30-day-challenge/>

<sup>10</sup> <https://www.sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

<sup>11</sup> <http://www.greeneatz.com/foods-carbon-footprint.html>

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