

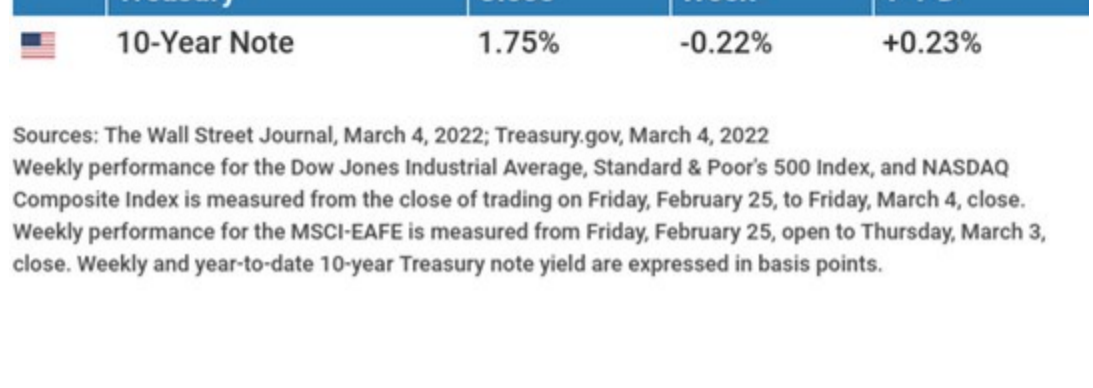
Market Insights

War in Ukraine weighed on stocks as investors assessed the economic impact of continued hostilities, expanding economic sanctions, and potentially higher inflation due to rising oil prices and new stresses on the global supply chain.

The Dow Jones Industrial Average fell 1.30%, while the Standard & Poor's 500 lost 1.27%. The Nasdaq Composite index slid 2.78% for the week. The MSCI EAFE index, which tracks developed overseas stock markets, dropped 3.21%.^{1,2,3}



Market Index	Close	Week	Y-T-D
DJIA	33,614.80	-1.30%	-7.49%
NASDAQ	13,313.44	-2.78%	-14.90%
MSCI-EAFE	2,107.87	-3.21%	-9.77%
S&P 500	4,328.87	-1.27%	-9.18%



Treasury	Close	Week	Y-T-D
10-Year Note	1.75%	-0.22%	+0.23%

Sources: The Wall Street Journal, March 4, 2022; Treasury.gov, March 4, 2022

Weekly performance for the Dow Jones Industrial Average, Standard & Poor's 500 Index, and NASDAQ Composite Index is measured from the close of trading on Friday, February 25, to Friday, March 4, close.

Weekly performance for the MSCI-EAFE is measured from Friday, February 25, open to Thursday, March 3, close. Weekly and year-to-date 10-year Treasury note yield are expressed in basis points.

Another Volatile Week

The uncertainty introduced from Russia's invasion continued to whip saw the financial markets last week. Intensifying hostilities early in the week sent stocks sharply lower as oil prices surged and a flight to safety drove investors to buy bonds.

Stocks rebounded mid-week following the release of positive economic data and Congressional testimony by Fed Chair Jerome Powell, who said the Fed is likely to move forward on rate hikes, but would proceed cautiously. Investor enthusiasm was short-lived, however, as stocks resumed their decline on Thursday into Friday despite a strong employment report.

Powell Testifies

Fed Chair Powell told Congress on Wednesday that he would propose a 25 basis point increase in the federal funds rate when the Federal Open Market Committee meets in mid-March. He conceded that the invasion of Ukraine and the economic sanctions against Russia introduced a level of uncertainty and that the Fed would proceed carefully with monetary tightening.

Powell also testified that he would not have the Fed's strategy to shrink its balance sheet finalized before the mid-March meeting. Alluding to the urgency of fighting inflation, Powell left the door open to more aggressive rate hikes later in the year.⁴

This Week: Key Economic Data

Wednesday: JOLTS (Job Openings and Labor Turnover Survey).

Thursday: Consumer Price Index, Jobless Claims.

Friday: Consumer Sentiment.

Source: Econoday, March 4, 2022

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

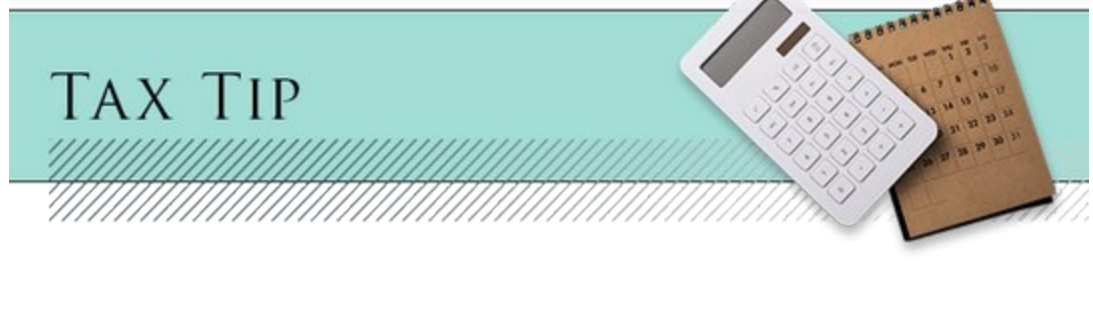
Tuesday: Guidewire Software, Inc. (GWRE).

Wednesday: Asana, Inc. (ASAN).

Thursday: JD.com, Inc. (JD), Ulta Beauty, Inc. (ULTA), DocuSign (DOCU), Rivian Automotive, Inc. (RIVN).

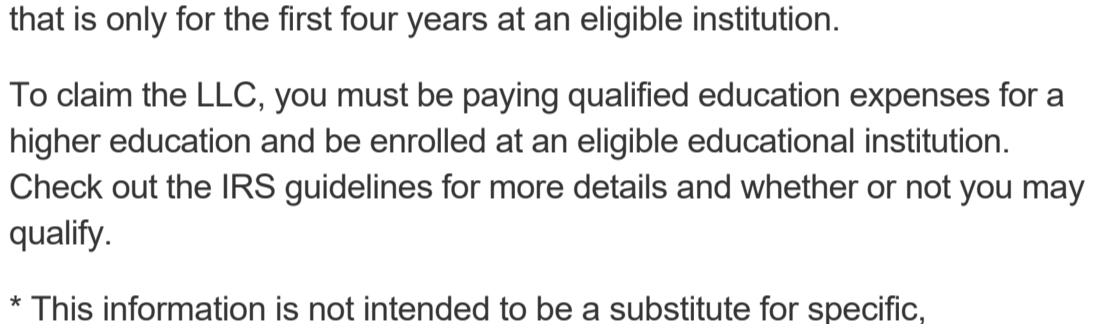
Source: Zacks, March 4, 2022

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"Life shrinks or expands according to one's courage."

– Anaïs Nin



What is the Lifetime Learning Credit?

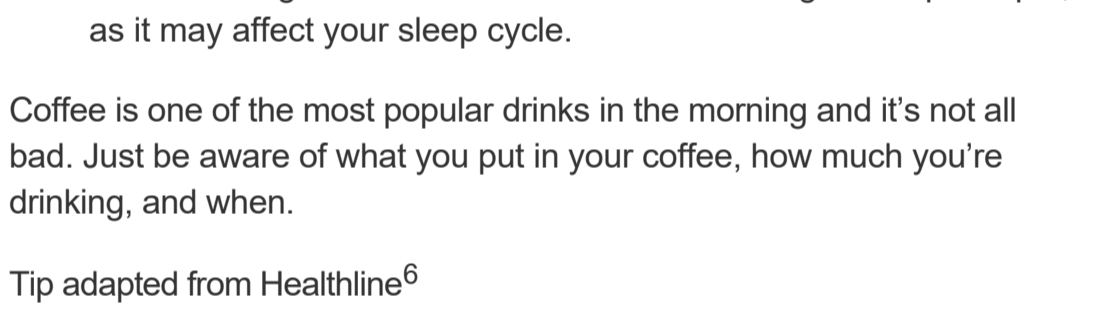
The Lifetime Learning Credit (LLC) is a tax credit for qualified tuition and related expenses. It can help pay for undergraduate or graduate studies, as well as courses to acquire or improve your job skills. The credit is worth up to \$2,000 per tax return.

Another good thing about this tax credit is that it's available for an unlimited number of tax years, unlike the American opportunity tax credit that is only for the first four years at an eligible institution.

To claim the LLC, you must be paying qualified education expenses for a higher education and be enrolled at an eligible educational institution. Check out the IRS guidelines for more details and whether or not you may qualify.

* 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.gov⁵



How to Make a Healthy Cup of Joe

We have good news for all you coffee drinkers out there! There are many ways to make your cup of Joe in the morning a little healthier so you can feel good about your morning routine.

Here are some things to remember next time you make a cup of coffee:

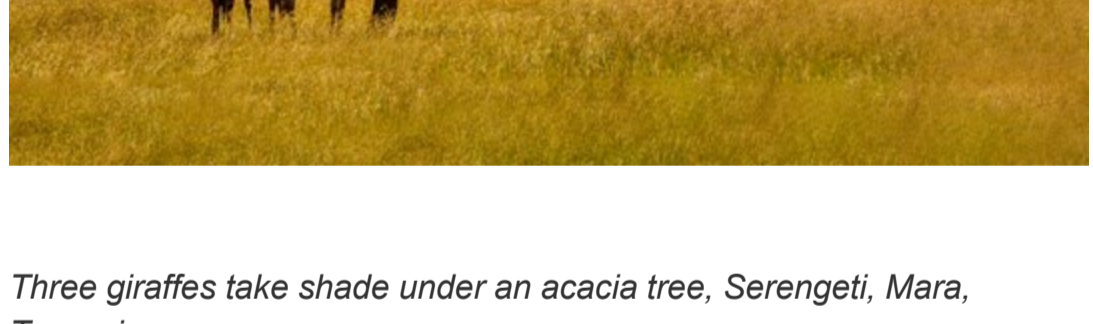
- Be wary of adding too much sugar to your coffee. If you like your coffee sweet, use a natural sweetener like stevia, cinnamon, honey, or agave.

- When possible, choose organic coffee. Organic coffee is less likely to have been sprayed with synthetic pesticides. Also, shop local coffee beans if possible!

- Avoid drinking too much coffee and avoid drinking coffee past 2pm, as it may affect your sleep cycle.

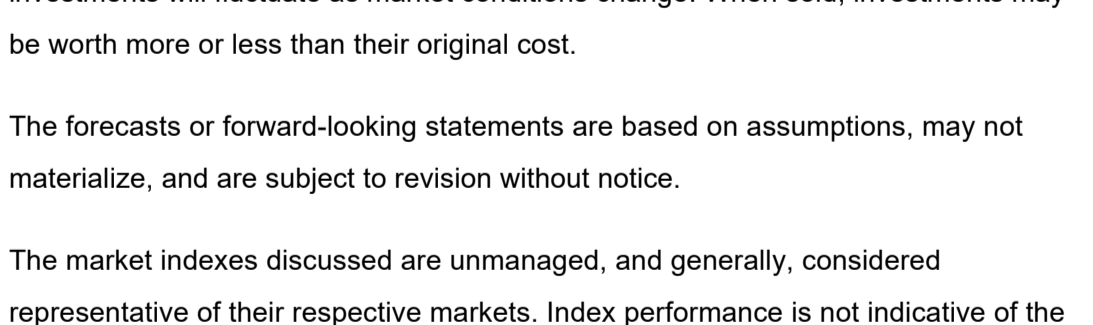
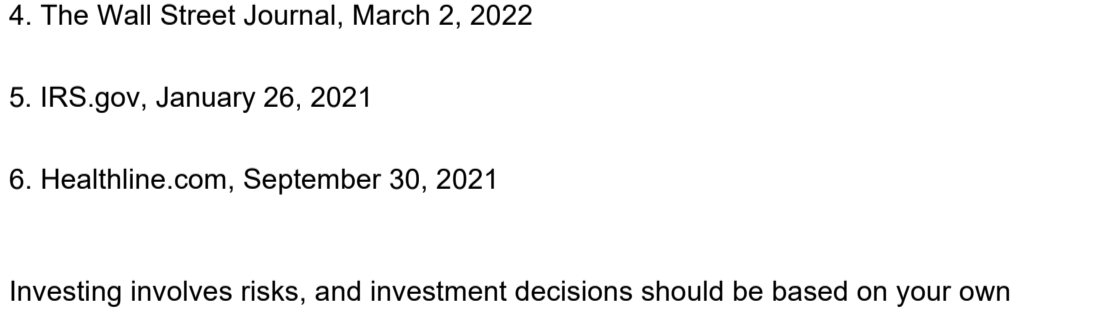
Coffee is one of the most popular drinks in the morning and it's not all bad. Just be aware of what you put in your coffee, how much you're drinking, and when.

Tip adapted from Healthline⁶



There is a word (four letters long) that begins with the letter I. If you put the letter A at the front of this four-letter word, it becomes a five-letter word which is pronounced exactly the same. Name both words.

Last week's riddle: You have a can of soda in your hand and someone tells you to drink the bottom half of it first. How can you do that? Answer: Use a straw.



Three giraffes take shade under an acacia tree, Serengeti, Mara, Tanzania.

Footnotes and Sources

1. The Wall Street Journal, March 4, 2022
2. The Wall Street Journal, March 4, 2022
3. The Wall Street Journal, March 4, 2022
4. The Wall Street Journal, March 2, 2022
5. IRS.gov, January 26, 2021
6. Healthline.com, September 30, 2021

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