

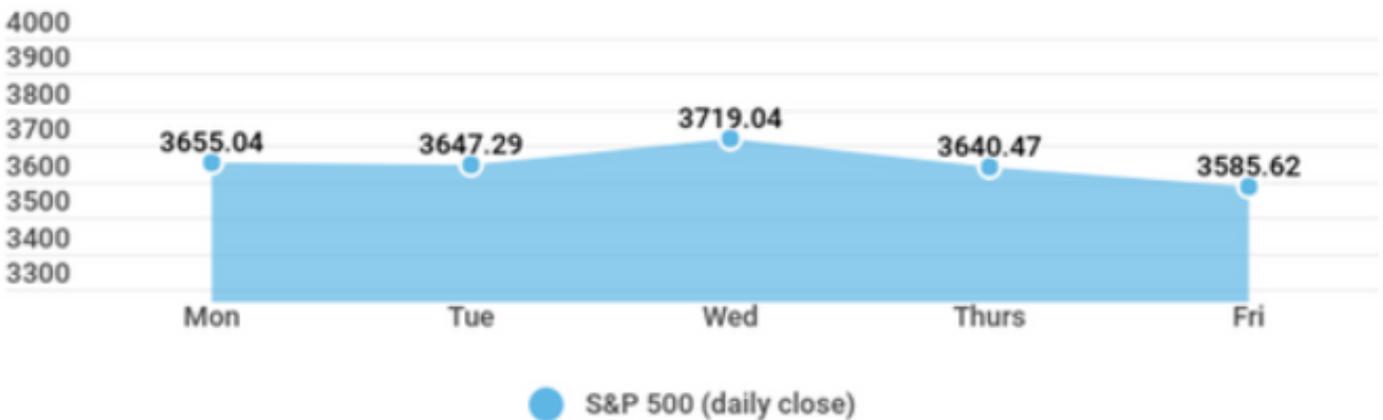


MARKET INSIGHTS

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Market Index	Close	Week	Y-T-D
DJIA	28,725.51	-2.92%	-20.95%
NASDAQ	10,575.62	-2.69%	-32.40%
MSCI-EAFE	1,655.31	-1.94%	-29.14%
S&P 500	3,585.62	-2.91%	-24.77%



Treasury	Close	Week	Y-T-D
10-Year Note	3.83%	+0.14%	+2.31%





MARKET INSIGHTS

A Tumultuous Week

U.S. stocks were under pressure all week due to recession concerns and unsettled trading in the bond and currency markets. This stress followed economic steps out of the U.K. During the previous week, the Bank of England (BOE) raised interest rates, and its prime minister announced unfunded tax cuts that the markets interpreted as inflationary.

U.S. bond yields rose early last week, sending stocks lower until Wednesday's rally following news that the BOE would buy U.K. government bonds. U.S. stocks resumed their descent the following two days to close out a disappointing week, month, and third quarter.

The Bank of England Acts

Global bond and currency markets have been volatile recently due to global central bankers raising interest rates to combat inflation. Developments in the U.K. took center stage last week when the BOE announced it would be buying long-dated U.K. government bonds. Upending the financial markets was the previous week's announcement of tax cuts by the country's new prime minister, a step many investors viewed

as counterproductive to the BOE's inflation-fighting efforts.

The BOE's decision to begin temporary purchases of government bonds was well-received by capital markets, sending U.K. bond yields lower and boosting U.K. stock prices in the immediate aftermath.

This Week: Key Economic Data

- Monday: Institute for Supply Management (ISM) Manufacturing Index.
- Tuesday: Factory Orders. Job Openings and Labor Turnover Survey (JOLTS).
- Wednesday: Automated Data Processing (ADP) Employment Report. Institute for Supply Management (ISM) Services Index.
- Thursday: Jobless Claims.
- Friday: Employment Situation.

This Week: Companies Reporting Earnings

- Wednesday: Lamb Weston (LW).
- Thursday: Constellation Brands, Inc. (STZ), McCormick & Company, Inc. (MKC), Conagra Brands (CAG).

Information included above as well as individual companies and/or securities mentioned should not be construed as investment advice, recommendation to buy or sell or an indication of trading intent on behalf of anyone associated with Park 10 Financial, LLC. Information contained in this newsletter is based on sources believed to be reliable; however, their accuracy or completeness cannot be guaranteed.



MARKET INSIGHTS

FOOD FOR THOUGHT



"The trust of the innocent is the liar's most useful tool."

– **Stephen King**

TAX TIP



With Shared Custody, Taxes Can Get Complicated

If you have a legal agreement with your child's other parent regarding custody, you likely have questions about claiming the child on your tax return and what credits (if any) for which you are eligible.

It may help if you research the Child Tax Credit as well. The parent who claimed the Child Tax Credit for a qualifying child the previous year may have received the advance child tax credit payments the following year. That means that "an eligible parent who did not receive advance payments for a qualifying child will be able to claim the full amount of the child tax credit for that child on a 2022 tax return even if the other parent received advance child tax credit payments."

** 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.*

HEALTH LIVING TIP



Sneak in More Veggies with Mashed Cauliflower

Mashed potatoes are a classic side at any meal, but they can be calorie-dense and don't provide as much nutritional benefit as other veggies. If you want a tasty and easy way to incorporate more veggies into your meals this year, try this simple mashed cauliflower recipe:

Ingredients

- 1 head of cauliflower
- 1 tbsp olive oil
- 2 garlic cloves (minced)
- 1-2 tsp of finely chopped herbs such as thyme, rosemary, sage, chives, etc.

Instructions

1. Trim leaves off cauliflower and cut florets into smaller pieces. Rinse.
2. Steam cauliflower florets in steamer pot for about 6-8 minutes.
3. While steaming, heat olive oil in a small pan over medium heat and add the minced garlic and cook (about 30 seconds).
4. Dump water from pot and add cauliflower, olive oil, garlic, and chopped herbs.
5. Use a potato masher to mash the cauliflower and combine everything.

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WEEKLY RIDDLE



Seven people stand in a square room which measures 30' x 30'. Each one can see the entire room and everyone in it without making any physical movement (aside from eye movement). Where inside this room can you place an apple so that all but one person can see it?

Riddle from last edition: We all have one, and even though it often demands an answer, it offers no question. What is this everyday item? **Riddle answer:** A phone.

PHOTO OF THE WEEK



Kirkjufell Mountain, Reykjavík, Iceland



Do you have questions about your finances, the market, or the economy?

Park 10 Financial has the knowledge and expertise to answer all of your concerns.

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