

Stocks posted their best week of the year, sparked by news that the dovish Fed decided to keep rates steady and signaled three rate cuts were still possible this year.

Stocks Bounce Back

As widely expected, the Fed left rates unchanged at the conclusion of its two-day meeting. But somewhat less expected, the Fed signaled its inclination to cut interest rates three times this year—each time by a quarter percentage point. That was a positive surprise for some, who worried that recent hot inflation reports would cause the Fed to reconsider its stance.¹

Markets pushed higher Wednesday following the news, with all three averages closing at record highs. The rally continued through Thursday, boosted further by news that existing home sales rose 9.5 percent in February.^{2,3}

The week's rally was broad-based overall, with 10 of the 11 S&P 500 sectors posting gains (health care dropped slightly). At one point late in the week, nearly one in four S&P 500 stocks were trading at 52-week highs. That was the highest proportion in three years, which supports the idea that the rally was broadening out from mega-cap tech stocks.⁴



Weekly Market Insights (WMI)

Major Index Return Summary

Name	5D TR	1M TR	YTD TR	1Y TR
Dow Jones Industrial Average	1.97%	1.27%	5.25%	25.86%
MSCI EAFE	1.14%	3.55%	5.74%	19.25%
Nasdaq Composite	2.85%	2.49%	9.63%	41.90%
S&P 500	2.29%	3.03%	10.12%	35.06%

S&P 500 Daily Close



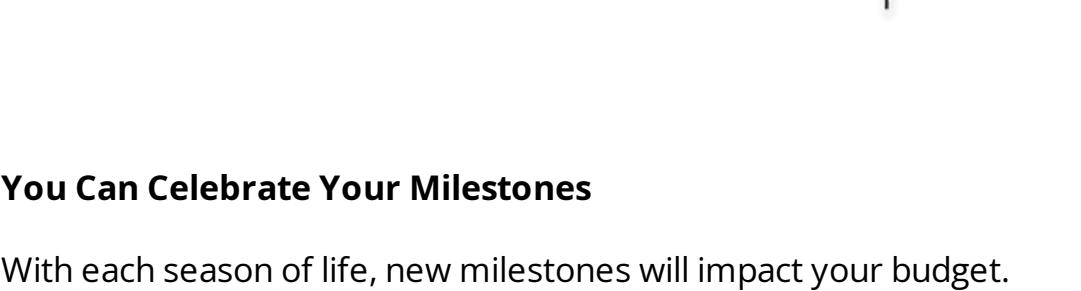
10-Year Note Review

Indicator Name Date	Latest Value	1M Ago 3M Ago 1Y Ago	1M Change 3M Change 1Y Change
10 Year Treasury Rate 03/22/24	4.22%	4.33% 3.90% 3.48%	-2.54% ▲ 8.21% ▲ 21.26% ▲

Turning Point

The Federal Open Market Committee's decision marks a turning point as the Fed signaled that its target range of 5.25 to 5.50 percent has topped out. That target range, in place since late last year, is the highest level in 23 years.

“We believe that our policy rate is likely at its peak for this type of cycle,” said Fed Chair Powell at the post-meeting press conference. He added that if the economy keeps on its current course, that the FOMC would likely “begin dialing back policy restraint at some point this year.” If the FOMC votes to ease it at its June meeting, it would be the first cut in four years.^{4,5}



You Can Celebrate Your Milestones

With each season of life, new milestones will impact your budget. However, when you enter your 30s and 40s, these milestones have a much heftier price tag. The sheer costs can be intimidating, whether it's a wedding, a new home, or kids.

But there's good news! Your 30s and 40s are also your peak earning years. This age range is when full-time workers generally begin to make the big bucks and accomplish significant career achievements. So the more substantial milestone expenses become more affordable in these more abundant earning years.

In addition to balancing spending and saving, focus on these ten tasks to prepare your financial plan for anything and to ensure you're doing all you can to invest in your future:

- Invest in yourself.** Learn new skills and focus on long-term career goals or a career change.
- Supercharge investments.** Take advantage of time in the market and max out 401(k) employer match.
- Increase automatic contributions.** Increase your 401(k) contributions by 1% every year.
- Network.** Actively keep in touch with friends, colleagues, and other professionals.
- Pay off debt.** Pay it off now so you won't bring debt into retirement.
- Focus on healthcare.** Learn about insurance plans, deductibles, and HSAs, and stay healthy!
- Invest in your kids.** Teach kids the value of a dollar, how to save, and the importance of budgeting.
- Talk to your parents.** Find out where they stand financially for retirement, healthcare expenses, etc.
- Create a will.** Be prepared, so your family is taken care of in the event of an unexpected death.
- Create an emergency fund.** Have enough cash set aside for any unexpected expenses.

Another essential thing to remember is that we're here to help as you move toward each new milestone. So call us and together, we can reevaluate your investments and map an updated path to keeping you on track.

Quote for the Week:

"Only I can change my life. No one can do it for me."

– Carol Burnett



Eating to Your Heart's Content

Deciding to change your diet can feel daunting. It can be challenging to figure out which one is “best” for you. Many fad diets come and go, but a few have stuck around. The most popular is the Mediterranean diet.

In this case, the Mediterranean diet is a lifestyle shift toward healthier eating patterns modeled after principles of Italian and Greek cuisine, which have remained relatively unchanged since the 1960s. Consuming this diet has been correlated with lower rates of heart disease, type 2 diabetes, and other chronic illnesses. The diet emphasizes eating more fruits, vegetables, legumes, nuts, seeds, fatty fish, whole grains, olive oil, and fewer meats and dairy products. The diet is flexible. Elimination isn't the intention; the goal is to balance nutrient-rich and energy-dense foods.

Food is life, and healthy choices can help support a healthier life. While the Mediterranean diet could be a good option, no single diet will ideally fit everyone's lifestyle, preferences, and health needs. So, discuss your dietary choices with your physician or registered dietitian first.

Tip adapted from Healthline.com⁷

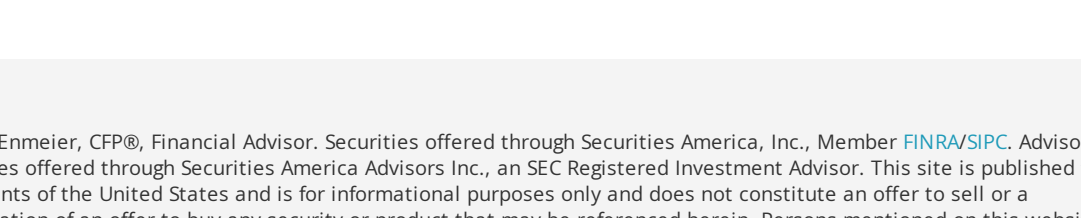
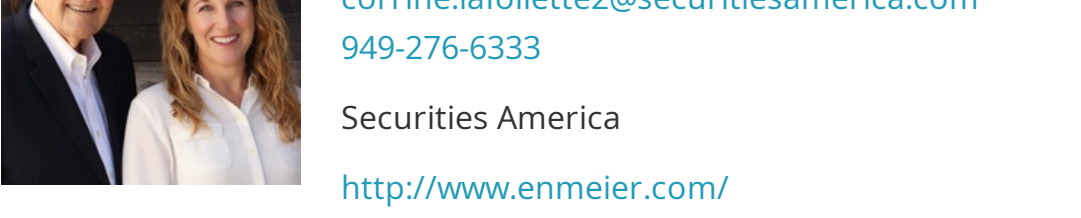
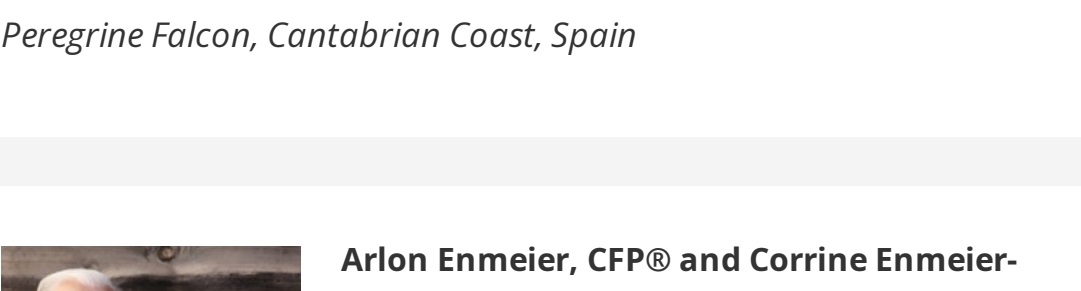
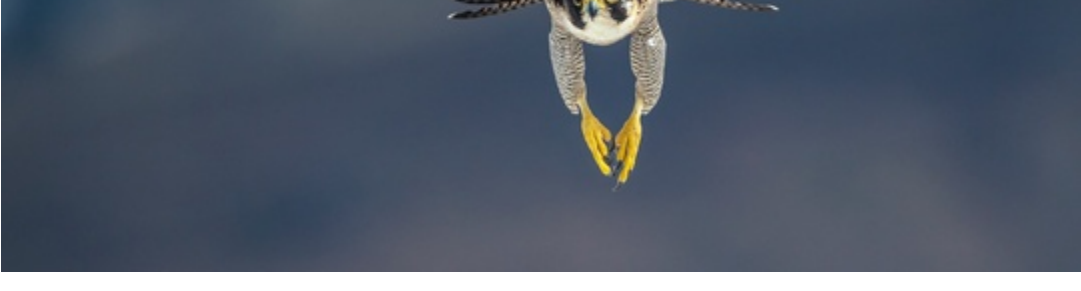


Which positive whole number can you add 1.5 to and get the same result as multiplying it by 1.5?

Last week's riddle: The letters in the words meter, man and uses may be rearranged to make a 12-letter word. What is this word? Answer: Measurements.



Peregrine Falcon, Cantabrian Coast, Spain



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