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**Weekly Market Update, November 13, 2017**  
*Presented by Dawn Cramer*

**General market news**

- The yield on the 10-year Treasury opened this Monday at 2.39 percent, up from last week’s low of 2.30 percent. The 30-year opened at 2.87 percent, also up from last week’s low of 2.79 percent. The 2-year continues to grind higher, opening at 1.66 percent on Monday, its highest level since 2008, as the yield curve continues to flatten.
- All three major U.S. indices ticked slightly lower last week. The Dow Jones Industrial Average was down 0.35 percent, and the S&P 500 and Nasdaq Composite indices both were down 0.14 percent. This downturn snaps eight consecutive weeks of gains for U.S. equity markets. The top-performing sectors included real estate, consumer staples, and energy; financials, telecom, and materials were among the laggards.
- Last week, uncertainty affected multiple areas of the market. Domestically, the proposed House and Senate tax bills differed regarding when the 20-percent corporate tax cut should go into effect. The House bill called for the cut in 2018; the Senate bill pushed for the change in 2019.
- Federal Reserve (Fed) President William Dudley announced last week that he would step down in 2018. This marked yet another change at the Fed, which will already see the replacement of current Chair Janet Yellen and Vice Chair Stanley Fischer.
- Turning to international news, the governor of the People’s Bank of China issued a warning last week about the country’s “systemic financial risks,” citing concerns over the rising amounts of leverage in China’s economy.
- With just weeks to go before the U.K. was expected to reach a final financial agreement with the European Union over Brexit, U.K. Defense Minister Michael Fallon and U.K. Secretary of State for International Development Priti Patel were forced to resign.
- Last week was slow for economic news, as there was only one major data release. On Friday, the University of Michigan consumer sentiment survey declined slightly; however, this measure of consumer confidence remains near multi-year highs.

Equity Index	Week-to-Date	Month-to-Date	Year-to-Date	12-Month
S&P 500	-0.14%	0.37%	17.33%	21.56%
Nasdaq Composite	-0.14%	0.41%	26.65%	31.15%
DJIA	-0.35%	0.34%	20.99%	27.60%
MSCI EAFE	-0.40%	-0.09%	22.25%	25.40%
MSCI Emerging Markets	0.22%	0.86%	33.74%	32.25%
Russell 2000	-1.29%	-1.80%	9.87%	19.41%

Source: Bloomberg

<b>Fixed Income Index</b>	<b>Month-to-Date</b>	<b>Year-to-Date</b>	<b>12-Month</b>
U.S. Broad Market	-0.24%	2.95%	1.78%
U.S. Treasury	-0.11%	2.02%	0.48%
U.S. Mortgages	-0.17%	2.12%	0.93%
Municipal Bond	0.36%	5.30%	3.00%

*Source: Morningstar Direct*

### **What to look forward to**

After a slow week last week, we'll have a busy one this week, with data releases covering the breadth of the economy.

On Wednesday, consumer price data will be released. The headline inflation index is expected to rise 0.1 percent for the month and 2 percent for the year. This is down from the previous month's 0.5-percent monthly increase and reflects the fact that gasoline prices have normalized and refineries have reopened after the hurricanes. Core prices, which exclude energy and food, are expected to increase by 0.2 percent for the month, which is up from 0.1 percent the previous month. The annual change is expected to remain constant at 1.7 percent. If these numbers come in as expected, it would signal more of the same in slow price growth.

Also on Wednesday, retail sales growth is expected to tick down as the post-hurricane surge subsides. The headline number, including autos, is expected to drop from a 1.6-percent gain to a 0.1-percent gain. The core number, excluding autos, is also expected to drop, from a 1-percent gain to a 0.2-percent gain. There may be some downside here, as it's hard to estimate the effects of the hurricanes on retail sales. If the numbers come in as expected, it would indicate a normalization of the trend.

Industrial production will be released on Thursday and is expected to fare better. The headline number is expected to rise to 0.4-percent growth from 0.3 percent, as the oil industry gets back to work. Manufacturing is expected to do even better, rising from 0.1-percent growth to 0.4-percent growth, as companies affected by the storms resume operations. If the numbers come in as expected, they would signal renewed growth in these sectors, and there may be some additional upside as well.

Finally, we'll also get a look at the housing industry. On Thursday, the National Association of Home Builders survey is expected to stay at a strong 68, a six-month high. On Friday, housing starts are expected to rise from 1.127 million to 1.188 million. With building permits down, there is probably some downside risk here. Overall, if the numbers come in as expected, the housing industry looks stable, albeit possibly slowing a bit.

**Brad McMillan, Senior Vice President, Chief Investment Officer, at Commonwealth, provides our advisors and their clients with market insights and analysis to help inform their investment decisions.**

**\*\*\*Please click the following link!\*\*\* <https://vimeo.com/channels/966267>**

## Cheesy Pumpkin and Spinach Quinoa

This recipe I found, compliments of [foodreal.com](http://foodreal.com). As usual, I took the original recipe and tweaked it according to my tastes and healthy lifestyle. I added protein to make this a complete meal. I soak the quinoa overnight, or for at least 4 hours before cooking (I use my handy dandy rice cooker, thanks to my mother-in-law who gifted this to me a few years ago) Soaking allows the seeds to sprout and increase digestion. Sprouting enhances protein and vitamins and minerals by 50 % or more. Now, mind you, quinoa is a seed, from the spinach family, that is actually a complete protein. So, technically, you don't need to add the spinach or beans, which I put as optional. But if you have a family member that declares that it is not a meal without more protein, then there you go. Also, notice, that even though the name of this recipe says "Cheesy", there is not a trace of dairy or cheese in this dish. It is the nutritional yeast that gives this recipe that cheesy flavor and a hearty boost of Vitamin B12, which is a difficult vitamin to get from foods, if you are a vegetarian. You could substitute Parmesan cheese for nutritional yeast, if desired.

Try it! You won't be disappointed!

### Ingredients

1 cup quinoa, soaked 4 hours, rinse and let sprout

1 onion, diced

2-4 garlic cloves, minced

1 tbsp. olive oil

1 1/2 cups pumpkin puree

3 cups chicken (or vegetable stock)

1 tsp. salt

1 tsp. ground black pepper

1/4 cup. nutritional yeast (not brewer's yeast)

1 cup, baby spinach, chopped

## Directions

Drain and cook quinoa according to package instructions.

In the meanwhile, in heated olive or coconut oil, saute onion and garlic till translucent. Add pumpkin puree, chicken stock, salt, and pepper. Bring to a boil. Reduce heat and simmer for 5 minutes, uncovered.

Remove from heat. Stir in nutritional yeast; add quinoa and spinach. Stir gently to combine. Adjust thickness with extra stock. Add chicken or beans, if using. Heat thoroughly, adding liquid as needed.

Serve hot.

Refrigerate leftovers in covered container for up to 3 or 4 days.

For printable recipe, go here:

<http://www.veronicashealthyliving.com/blog/cheezy-pumpkin-and-spinach-quinoa/>

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