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## **Weekly Market Update, December 4, 2017** *Presented by Dawn Cramer*

### **General market news**

- The yield on the 10-year Treasury opened this Monday at 2.38 percent, after a volatile week that saw it as high as 2.42 percent and as low as 2.31 percent. The volatility can be attributed largely to the ongoing debate over the tax bill.
- U.S. markets remained mixed last week. The Dow Jones continued its lead among the three major indices, posting a gain of 0.46 percent. The S&P 500 followed with a gain of 0.39 percent, but the Nasdaq Composite continued to struggle, losing 0.10 percent as the markets continued to favor value over growth.
- Both the U.S. and the U.K. reached important deals last week. The U.S. deal temporarily avoided a government shutdown; in two weeks, the House and Senate will try to negotiate a longer-term solution. Overseas, the U.K. and European Union (EU) came to a financial agreement for Brexit, which included discussion of the rights of EU citizens in the U.K. and details regarding the border with Northern Ireland.
- In other news last week, the International Monetary Fund (IMF) issued a warning regarding a stress test it conducted on Chinese banks, which found that many of them were overextended on the amount of credit issued.
- Last week's economic news was positive, with better-than-expected results across the board. On Monday, durable goods orders declined by less than expected. It was even more promising that core orders, which exclude volatile transportation purchases, rose by a healthy 0.9 percent.
- On Tuesday, the Institute for Supply Management's Nonmanufacturing index declined slightly to 57.4; however, this still represents a very strong sentiment for the service economy.
- On Friday, the November employment report came in better than expected, as 228,000 new jobs were added against expectations for 200,000. The underlying data was also positive, as unemployment remained at 4.1 percent and wages continued to grow.

<b>Equity Index</b>	<b>Week-to-Date</b>	<b>Month-to-Date</b>	<b>Year-to-Date</b>	<b>12-Month</b>
S&P 500	0.39%	0.19%	20.72%	20.45%
Nasdaq Composite	-0.10%	-0.48%	28.46%	27.75%
DJIA	0.46%	0.30%	26.07%	27.05%
MSCI EAFE	0.10%	-0.72%	22.79%	23.55%
MSCI Emerging Markets	-0.45%	-0.88%	31.71%	29.61%
Russell 2000	-0.97%	-1.42%	13.46%	11.22%

*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	0.27%	3.34%	3.85%
U.S. Treasury	0.24%	2.24%	2.62%
U.S. Mortgages	0.22%	2.37%	2.61%
Municipal Bond	1.09%	5.49%	5.77%

*Source: Morningstar Direct*

## **What to look forward to**

This week will be relatively slow, with the release of just a few reports, though they will cover the spectrum of economic activity.

On Wednesday, the Consumer Price Index is expected to show that headline inflation accelerated 0.4 percent in November, up from growth of 0.1 percent in October. This would bring the annual rate from 2 percent to 2.2 percent. Rising energy prices—especially gasoline—are expected to contribute to the increase. The core inflation index, which excludes food and energy, is expected to grow by 0.2 percent in November, leaving the annual figure unchanged at 1.8 percent.

Also on Wednesday, the Federal Reserve (Fed) is expected to raise interest rates at its final meeting of 2017, followed by Chair Yellen's last press conference. Markets will be watching closely to see what they can learn about next year.

On Thursday, the retail sales report is expected to rise by 0.3 percent in November, up from 0.2 percent in October. This figure may be affected by lower auto sales after the post-hurricane surge. Core sales, which exclude autos, are expected to grow by 0.7 percent in November, up significantly from 0.1 percent in October. The growth should be driven by faster spending in general, as well as by higher gasoline prices.

Finally, on Friday, industrial production is expected to increase by 0.3 percent in November, which is down from 0.9-percent growth in October. The strong October number was due to a rebound from hurricane disruptions in September, so the decline is normal, and the expected growth remains healthy. Manufacturing activity also is expected to decline from 1.3 percent to 0.2 percent, which would also maintain a healthy growth level.

**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/245254458>**

Tis the season....

for thinking about the upcoming holidays, parties, gifts, shopping...

Amidst all this rush, don't forget to take time to plan ahead for holiday treats that are healthy, and won't expand your waistline.

This month finds me living temporarily on the 17th floor of a high-rise apartment building in down-town Philly. I am surrounded by city, office buildings, and sidewalks. Having never lived in such a small apartment before, or in this type of environment, I am really learning what it is like to have a small kitchen, with little space. So I have been experimenting with recipes that are easy, don't have more than 3 or 4 ingredients, and don't require a lot of preparation or cooking time.

The recipe I am sharing today fits the bill, with only three ingredients (four if you choose to add dried fruit), simple, yet delicious. When attending a party, or invited to someone's home, I always try to bring a treat like this fudge, or my Chocolate Almond No-bake Cookies <http://www.veronicashealthyliving.com/blog/chocolate-almond-no-bake-cookies/>

That way I know I have something sweet to indulge in, without feeling guilty.

Having a handful of these recipes up your sleeve, and having one or two prepared ahead (or better yet, prepared, and in the freezer), then you know you can sail through this Christmas season without gaining those dreaded 10 pounds.

See recipe below for my Super Easy Christmas Fudge

#### A CLIENT SUCCESS STORY -

B.J.T. struggled with his weight. He ate well, exercised consistently, but still couldn't shake those excess pounds. I introduced B.J.T. to the food sensitivity test, and after receiving his results, he was shocked to see that he was highly sensitive to a few of his favorite healthy foods. B.J.T. lost 10 pounds after just two weeks of eliminating those foods from his diet. And he is sleeping better, and has more energy too!

#### Super Easy Christmas Fudge

I wish I could remember where I picked up this Super Easy Christmas Fudge recipe, but boy is this my new favorite recipe to make, especially when I am wanting a treat. The original recipe calls for sweetened condensed milk, but I use sweetened condensed coconut milk, which, of course, eliminates dairy. Sweetened condensed coconut milk can be purchased at most health food stores, but I make my own, which saves money, and it helps me control the amount of sugar. It is very easy to do, using a can of full-fat coconut milk and 1/4 cup honey, cooked down about 1/3 in volume. It is a sweet and delicious treat!

If you are trying to keep this fudge sugar-free, I recommend Lilly's chocolate chips. They are sweetened with stevia, and work well in recipes.

#### Ingredients:

1 can of sweetened coconut condensed milk (or 1 3/4 cup homemade )

2 cups of semi-sweet chocolate chips (I use Lilly's brand)

1 teaspoon of vanilla extract

#### Directions:

1. Oil a square pan, including sides. Set aside.
2. Place chocolate chips, honey, and condensed milk in pan and heat gently, until melted and smooth. Stir frequently. Be careful so as not to allow milk to boil over. TIP: A wooden spoon placed across pan keeps liquid from boiling over.
3. Let sit for one minute.

4. Add vanilla extract.
5. Pour fudge into greased square pan. Refrigerate, until cool. Cut into squares.

For a printable recipe:

<http://www.veronicashealthyliving.com/blog/super-easy-christmas-fudge/>

#### A Little About Me...

For those of you who are new to my newsletter, my name is Veronica Worley, BS, MS, CNEHC. I am a certified Nutrition Educator and Health Coach. I work one-on-one with men and women to help identify needs, encourage behavior change leading to permanent weight loss, and increased energy and health through whole foods and healthy tips. I help clients pin-point and resolve nagging health issues by looking at food choices and adopting healthy nourishment options. Read more...

<http://veronicashealthyliving.com/about>

Go here to find out how you can meet with me for FREE to see if personal health coaching is for you.

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#### Hempworx CBD Oil...

Okay, I will admit that I was hesitant about becoming an affiliate for Hempworx, especially over such a controversial subject. But I did my research...and this took time...and I read everything about CBD Oil, its legalities in all 50 states, and its benefits to me and to my clients. (Hempworx CBD Oil is 100% pure, organic CBD Oil, no fillers like other CBD Oils.) But it was after ordering the product, and using it on myself that I became a true believer. After 3 days, my arthritis pain and stiffness was completely gone, 5 days my breast pain had lessened, day 7, my age or sun spots on backs of my hands had faded, day 8, breast pain completely gone, and last weekend my sciatica flared up into extremely tear jerking pain. After 4 days, sciatica was gone! Last flare up, it took 6 weeks, and that was after multiple doctor visits!

So after much research, and being reassured Hempworx is legal in all 50 states, and does not contain any THC which is the hallucinogenic substance, I chose to become an affiliate because I want to be able to offer this to those who have pain, stiffness and other health issues. This

was a difficult choice, as I have solidly maintained until now, that I would not back another product, even though I have been asked by many to do so.

I am so convinced that this product can help many people, that I would recommend it even if I wasn't working as an affiliate. So I encourage you to check it out, and try it. If you order the Director's pack, you receive a 25% discount.

Check it out in the brief video:

<https://www.facebook.com/officialhempworx/videos/1657426211219963/>

To order: <http://www.hempworx.com/veronicaworley>

To learn more about becoming an affiliate: [hempworxbizop.com/veronicaworley](http://hempworxbizop.com/veronicaworley)

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For those of you who are new to my newsletter, my name is Veronica Worley, BS, MS, CNEHC. I am a certified Nutrition Educator and Health Coach. I work one-on-one with men and women to help identify needs, encourage behavior change leading to permanent weight loss, and increased energy and health through whole foods and healthy tips. I help clients pin-point and resolve nagging health issues by looking at food choices and adopting healthy nourishment options. Read more...

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Go here to find out how you can meet with me for FREE to see if personal health coaching is for you.

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Questions or comments? Email me at [veronicashealthyliving@gmail.com](mailto:veronicashealthyliving@gmail.com)

Healthy Living to Live Well,

Veronica Worley

Certified Nutrition Educator and Health Coach

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Healthy Living To Live Well,

Veronica Worley

Veronica's Healthy Living

Today's Date: Saturday

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*summing the prices of the stocks of 30 large companies and then dividing that total by an adjusted value, one which has been adjusted over the years to account for the effects of stock splits on the prices of the 30 companies. Dividends are reinvested to reflect the actual performance of the underlying securities. The MSCI EAFE Index is a float-adjusted market capitalization index designed to measure developed market equity performance, excluding the U.S. and Canada. The MSCI Emerging Markets Index is a market capitalization-weighted index composed of companies representative of the market structure of 26 emerging market countries in Europe, Latin America, and the Pacific Basin. The Russell 2000® Index measures the performance of the 2,000 smallest companies in the Russell 3000® Index. The Bloomberg Barclays US Aggregate Bond Index is an unmanaged market value-weighted performance benchmark for investment-grade fixed-rate debt issues, including government, corporate, asset-backed, and mortgage-backed securities with maturities of at least one year. The U.S. Treasury Index is based on the auctions of U.S. Treasury bills, or on the U.S. Treasury's daily yield curve. The Bloomberg Barclays US Mortgage Backed Securities (MBS) Index is an unmanaged market value-weighted index of 15- and 30-year fixed-rate securities backed by mortgage pools of the Government National Mortgage Association (GNMA), Federal National Mortgage Association (Fannie Mae), and the Federal Home Loan Mortgage Corporation (FHLMC), and balloon mortgages with fixed-rate coupons. The Bloomberg Barclays US Municipal Index includes investment-grade, tax-exempt, and fixed-rate bonds with long-term maturities (greater than 2 years) selected from issues larger than \$50 million.*

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Authored by the Investment Research team at Commonwealth Financial Network.

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