

Fed Officials Weigh In
Stocks struggled out of the gate agai
Tuesday in the red on concerns that
the Fed's plan for short-term rates

ine rea is plan for anon-reim tales. The markets recovered Weicheadsy through Thursday morning when weekly jobless claims were better than expected. But stocks fell broadly Thursday aftermon following mixed comments from multiple Fed officials. All three averages ended the day down more than 1 percent for the first time in a month, 1.2



# YCHARTS

### Weekly Market Insights (WMI)

Name	SOTR	19/18	YTDTR	TYTE
Cow Jones Industrial Average	-2.27%	0.90%	3.77%	18.66%
MSCI EAFE	-1.38%	1.07%	4.50%	13.81%
Nasdag Composite	-0.80%	2.01%	8.45%	36.51%



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Wednesday: Consumer Price Index (CPI). FOMC Min Petroleum Status. Treasury Statement.

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"Always it's spring and everyone's in lo - E.E. Cummings





File Form 8300, titled Report of Cash Payments Over \$10,000 Received in Tade or Business. This form requires information about the benefactor and the recipient of the cash, a description of the transaction, and information about any other parties involved.

"This information is not intended to be a substitute for specific, individualized tax advice. We suggest that you discuss your specific to issues with a qualified tax professional.



The overwhelming health benefits of a plant-based diet are clear, but becoming entirely vegetarian or vegan is not for everyone. Luckily, or can still entjoy many health benefits by being 'meal-free' for jast one per week. Here are some of the main benefits of this healthy lifest You'll be reducing your consumption of potentially dangerous processed meat—According to the World Health Organization, processed meats rank alongside cigarettes as a major cause of

- You'll decrease your risk of heart disease—Coronary heart disease is linked to a meat-based diet, and most cardiovascular diseases can be prevented by switching to a plant-based diet.
- You'll be ingesting more vitamins, minerals, and fiber—On your meatifee days, you will likely prioritize other foods such as veggies, fluis, whice grains, and other plant-based products. This variety will help you round out your diet.



You have 31 baseballs in a box, and 31 kids are lined up to get them. You give each kid a baseball, but in the end, one baseball remains in the box. How is this possible?

Last week's riddle: They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they? Answer: Glowk





## ootnotes and Source

- 6. CNBC.com, April 5, 2004

Investing involves risks, and investment decisions should be based on your own goals, time hotzon, and tolerance for risk. The return and principal value of investments will buckasts as market conditions change. When sold, investments m be worth more or less than their original cost.

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