Heineman FINANCIAL STRATEGIES

Stocks bolted ahead last week as investors cheered the last big week of Q2 corporate reports and a Friday jobs update that put the spotlight on the Fed's next move with short-term rates.

The Standard & Poor's 500 Index advanced 3.57 percent, while the Nasdaq Composite Index gained 5.19 percent. The Dow Jones Industrial Average rose 2.96 percent. The MSCI EAFE Index, which tracks developed overseas stock markets, added 2.32 percent.[1,2]

Best Week In Nearly 4 Months

Stocks opened the week strong as oil prices slid on news of diplomatic efforts in the Middle East. Big Tech led, which helped push the Dow Industrials to a record close.[3]

Investor optimism continued to build on Tuesday as stocks opened higher and climbed throughout the day. Strong Q2 corporate reports added fuel to the rally, lifting all three averages into a second day of robust gains.[4]

Markets opened higher on Wednesday but lost momentum as the day progressed. On Thursday, oil prices crept higher, and stocks went sideways as investors awaited updates on the Middle East and digested the final big trove of Q2 corporate results.[5,6]

Then, on Friday, an unexpected contraction in the labor market boosted stocks as investors hoped the jobs data might influence the Fed's outlook for short-term rates.

Each major average logged its best weekly gain since mid-April.[7]

MARKET INSIGHTS

YCHARTS

Weekly Market Insights (WMI)

Major Index Return Summary

Name	1M TR	YTD TR	1Y TR	5Yr TR
S&P 500	2.34%	13.38%	22.97%	86.71%
MSCI EAFE	2.27%	13.91%	25.65%	61.09%
Dow Jones Industrial Average	1.59%	13.11%	23.96%	68.32%
Nasdaq Composite	0.88%	13.74%	25.22%	84.19%

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 08/07/26	4.65%	4.55% 4.41% 4.23%	2.20% ▲ 5.44% ▲ 9.93% ▲

Source: YCharts.com, August 8, 2026. Weekly performance is measured from Monday, August 3 to Friday, August 7. TR = total return for the index, which includes any dividends as well as any other cash distributions during the period. Treasury note yield is expressed in basis points.

Labor Market Update

The economy unexpectedly shed 23,000 jobs in July, based on the Labor Department's report released Friday. Economists expected 83,000 jobs to be created. July's decline was the first monthly contraction in the labor market since February.[8]

Additionally, the number of jobs added in May and June was revised down by 103,000, reinforcing evidence of a cooling job market. Meanwhile, unemployment edged down to 4.1 percent as fewer people looked for work.[8]

This Week: Key Economic Data

Tuesday: NFIB Small Business Optimism Index. Existing Home Sales. New York Fed Q2 Household Debt & Credit Report.

Wednesday: Consumer Price Index (CPI). Monthly Treasury Balance.

Thursday: Fed Speeches: Beth Hammack (Cleveland) and Thomas Barkin (Richmond). Weekly Jobless Claims. Producer Price Index (PPI).

Friday: Retail Sales. Manufacturing & Trade: Inventories. University of Michigan Consumer Survey.

Source: Investors Business Daily - Econoday economic calendar; August 7, 2026. The Econoday economic calendar lists upcoming U.S. economic data releases (including key economic indicators), Federal Reserve policy meetings, and speaking engagements of Federal Reserve officials. The content is developed from sources believed to provide accurate information. The forecasts or forward-looking statements are based on assumptions and may not materialize. The forecasts are also subject to revision.

This Week: Companies Reporting Earnings

Monday: Simon Property Group, Inc. (SPG)

Tuesday: Lumentum Holdings Inc. (LITE)

Wednesday: Cisco Systems, Inc. (CSCO)

Thursday: Applied Materials, Inc. (AMAT), Brookfield Corporation (BN)

Source: Zacks, August 7, 2026. Companies mentioned are for informational purposes only. It should not be considered a solicitation for the purchase or sale of the securities. Investing involves risks, and investment decisions should be based on your goals, time horizon, and risk tolerance. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost. Companies may reschedule their earnings reports without notice.

FOOD FOR THOUGHT

"Optimism is the faith that leads to achievement."

– Helen Keller

TRY IT THIS WAY!

Egypt: Ancient Wonders, Newly Rediscovered

Egypt is having a moment, and for good reason. With the opening of the Grand Egyptian Museum, which adds a stunning new chapter to Cairo's cultural landscape, now is a wonderful time to explore this ancient destination. Plan your visit carefully: a knowledgeable local guide and pre-arranged priority access to major sites will make all the difference. After exploring the pyramids and museums, consider adding a few days on a Nile River cruise from Luxor, where breathtaking scenery drifts past your window at a wonderfully unhurried pace.

Tip adapted from TravelandLeisure.com[9]

Low-Impact Exercises For Healthy Joints

Here are some of our favorite low-impact exercises:

- **Swimming** – Not only is swimming a low-impact exercise, but it's also a full-body workout. Hop in the pool, do some laps, or splash around for fun. Either way, it's great for exercising and staying cool in this hot August weather
- **Kickboxing** – It sounds intense, but kickboxing is a low-impact exercise for your joints. If possible, modify your workout to focus more on the sport's cardio movements and not the combat aspect.
- **TRX Exercises** – The TRX strap is often seen hanging from a bar at the gym. This simple accessory makes it easy to do lunges, pullups, and squats without putting pressure on your joints.
- **Cycling** – Indoors or outdoors, cycling is a great exercise and easy on your knees.

Tip adapted from Healthline[10]

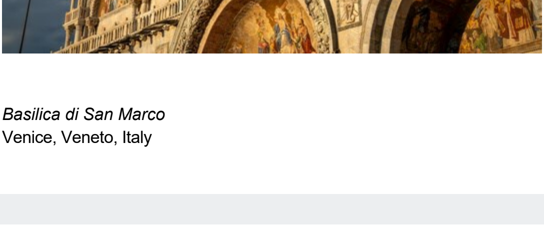
WEEKLY RIDDLE

Buried in wood from one end to the other, my head is exposed while I keep things together. What am I?

Last Week's Riddle: What has hundreds or even thousands of ears but hears absolutely nothing?

Answer: A cornfield.

PHOTO OF THE WEEK



Basilica di San Marco
Venice, Veneto, Italy

Footnotes And Sources

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