Stocks were mixed over a sleepy summer week, as cooling inflation lifted markets while sluggish retail sales nipped at investor sentiment.

The Standard & Poor's 500 Index added 0.36 percent, while the Nasdaq Composite Index edged up 0.14 percent. The Dow Jones Industrial Average slid 0.56 percent. The MSCI EAFE Index, which tracks developed overseas stock markets, advanced 0.26 percent.[1,2]

Third Straight For S&P 500

Stocks began the week with mild declines, with megacap tech names under pressure as investors anxiously awaited inflation updates.[3]

But spirits lifted midweek as a July inflation report showed consumer prices increased at a slower pace, leading investors to hope the Fed would not adjust rates at its next meeting.

The AI trade also jumped back into the driver's seat to add momentum. The rebound rally extended into Thursday as investors cheered a cooler-than-expected report that showed wholesale inflation slowed over the prior month. Falling oil prices also gave stocks a boost.[4,5]

While stocks slipped slightly on Friday, the S&P 500 and Nasdaq each logged their third consecutive winning week.[6]

YCHARTS

Weekly Market Insights (WMI)

Major Index Return Summary

Name	1M TR	YTD TR	1Y TR	5Yr TR
MSCI EAFE	4.81%	14.98%	23.01%	60.11%
S&P 500	3.84%	14.72%	22.04%	87.50%
Nasdaq Composite	3.62%	15.72%	24.19%	87.53%
Dow Jones Industrial Average	2.62%	13.05%	21.84%	66.67%

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 08/14/26	4.68%	4.58% 4.47% 4.29%	2.18% ▲ 4.70% ▲ 9.09% ▲

Source: YCharts.com, August 15, 2026. Weekly performance is measured from Monday, August 10 to Friday, August 14. 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.

Inflation Cools, Spending Slows

Wednesday's Consumer Price Index (CPI) report showed consumer prices rose 0.1 percent in July over the prior month and 3.4 percent over the prior 12 months. Both figures came in as expected, which was welcomed news for investors.

Thursday's Producer Price Index (PPI) showed that the pace of wholesale inflation also slowed more than expected.[7]

But the inflation update was somewhat countered by news that consumers spent less in July. Economists expected a 0.1 percent increase in July retail sales over the prior month, but they actually fell 0.6 percent month-over-month.[8]

This Week: Key Economic Data

Monday: NAHB Housing Market Index.

Tuesday: Housing Starts. Import Prices. Industrial Production. Capacity Utilization. Pending Home Sales.

Wednesday: Fed Meeting Minutes from July published.

Thursday: Weekly Jobless Claims. Leading Indicators.

Friday: Purchasing Managers Index (PMI)—Manufacturing. PMI—Services.

Source: Investor's Business Daily - Econoday economic calendar: August 14, 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

Tuesday: The Home Depot, Inc. (HD), Keysight Technologies Inc. (KEYS)

Wednesday: Analog Devices, Inc. (ADI), The TJX Companies, Inc. (TJX), Lowe's Companies, Inc. (LOW), Target Corporation (TGT)

Thursday: Walmart Inc. (WMT), Deere & Company (DE), Ross Stores, Inc. (ROST)

Source: Zacks, August 14, 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.

"The secret of happiness isn't found in seeking more, but in developing the capacity to enjoy less."

–Socrates

Blueberries: Small But Mighty

Don't let their size fool you! Blueberries pack a serious nutritional punch. Among the most antioxidant-rich foods you can eat, they're as good for your body as they are delicious. Stir them into yogurt or cottage cheese for a quick, satisfying snack, muddle them into a glass of sparkling water for a naturally sweet drink, or fold them into homemade muffins and pancakes for a colorful, nutritious upgrade. Keep a bag in the freezer so you always have some on hand.

Tip adapted from Healthline[9]

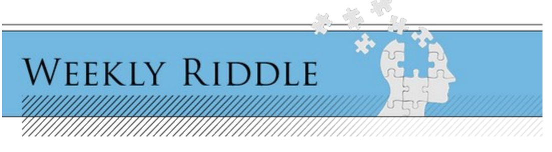
Rest, Relaxation, And Healthy Nutrition

Here are some tips on how to stay healthy, even during long trips:

- Before heading to the airport, pack a snack box of fruits, veggies, nuts, lean proteins, and healthy bars. This way, you won't be tempted by chips and soda while you wait for your flight.
- Get plenty of sleep. Like at home, getting a good night's sleep while traveling is essential. Sleep helps your body reset for the next day and will help you maintain your weight.
- Hydrate often.
- Take your vitamins. A daily pill organizer can help you remember to take them, even while traveling.

There's no reason why you must sacrifice all your hard work and healthy habits while visiting family or heading to warmer destinations. Continuing a healthy lifestyle while traveling will help you have even more fun!

Tip adapted from Sharp.com[10]



I never complain no matter where I am led; I go around in circles, yet move straight ahead. What am I?

Last Week's Riddle: Buried in wood from one end to the other, my head is exposed while I keep things together. What am I?

Answer: A nail.

Saffron-crowned Tanager (Tangara xanthocephala)
Manizales, Colombia

Footnotes And Sources

1. WSJ.com, August 14, 2026
2. Investing.com, August 14, 2026
3. CNBC.com, August 11, 2026
4. CNBC.com, August 12, 2026
5. CNBC.com, August 13, 2026
6. WSJ.com, August 14, 2026
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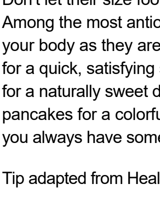

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