Heineman FINANCIAL STRATEGIES

Stocks declined last week as global investors fretted about oil-supply-induced inflation.

The Standard & Poor's 500 Index declined 1.43 percent, while the Nasdaq Composite Index slid 2.05 percent. The Dow Jones Industrial Average slipped 0.85 percent. The MSCI EAFE Index, which tracks developed overseas stock markets, lost 0.40 percent.[1,2]

Bond Yields Up, Stocks Under Pressure

Bond yields spiked at the start of the week, putting a squeeze on stock prices. The yield on the 30-year Treasury bond hit a 19-year high.

Markets continued their slide on Tuesday as investors fretted over inflation. Yields on bonds around the world rose to multi-decade highs.[3,4]

Stocks steadied, and bond yields fell midweek as investors responded to the Treasury Department's announcement that it would buy back long-term debt to help stabilize interest rates. However, the Wednesday morning rally petered out as the session progressed into the afternoon.[5,6]

Stocks rebounded to finish a tough week on a positive note despite rising oil prices.[7]

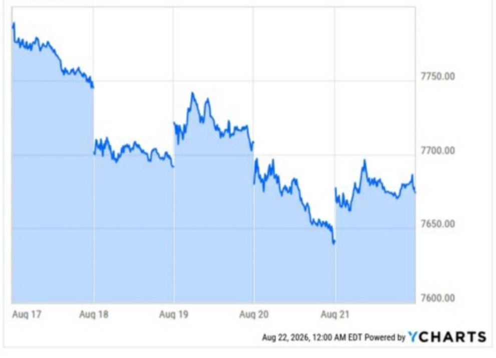
YCHARTS

Weekly Market Insights (WMI)

Major Index Return Summary

Name	1M TR	YTD TR	1Y TR	5Yr TR
MSCI EAFE	4.82%	14.13%	21.18%	63.74%
S&P 500	2.76%	12.45%	20.90%	84.81%
Nasdaq Composite	2.24%	12.57%	23.87%	83.71%
Dow Jones Industrial Average	1.86%	10.82%	19.33%	65.05%

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 08/21/26	4.74%	4.63% 4.57% 4.33%	2.38% ▲ 3.72% ▲ 9.47% ▲

Source: YCharts.com, August 22, 2026. Weekly performance is measured from Monday, August 17 to Friday, August 21. 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.

A Bee In The Bonnet

Last week, yields on bonds issued by sovereign governments around the world rose to multi-year highs, including in Japan and throughout Europe.

Investors in these bonds decided they needed higher yields to compensate for ongoing global issues. As a result, the cost to borrow money went up. And because bond prices and yields move in opposite directions, the value of these bonds fell.

The Treasury Department stepped in on Wednesday to say that it would double the size of its current repurchases of longer-term (10- to 30-year) Treasury debt. It's uncertain how the move could influence markets.[8]

This Week: Key Economic Data

Tuesday: S&P Cotality Case-Shiller Home Price Index. New Home Sales. Consumer Confidence (Conference Board).

Wednesday: Durable Goods. Gross Domestic Product (GDP), 2nd estimate. Personal Consumption Expenditures (PCE) Index.

Thursday: Weekly Jobless Claims. Trade Balance in Goods. Wholesale Inventories. Retail Inventories.

Friday: Consumer Sentiment (U. Michigan).

Source: Investor's Business Daily - Econoday economic calendar: August 21, 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: Intuit Inc. (INTU)

Wednesday: Nvidia Corporation (NVDA), CrowdStrike (CRWD), Salesforce, Inc. (CRM), Synopsys, Inc. (SNPS)

Thursday: Marvell Technology, Inc. (MRVL), Autodesk, Inc. (ADSK)

Source: Zacks, August 21, 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 most difficult thing is the decision to act, the rest is merely tenacity."

– Amelia Earhart

Journal With AI For Better Self-Reflection

Try keeping a long-running chat with AI where you regularly dictate journal entries, either daily or weekly. Over time, AI builds rich context about your goals and challenges, making it a powerful thinking partner. You can even ask: "Based on our conversations, how would future me solve this problem?"

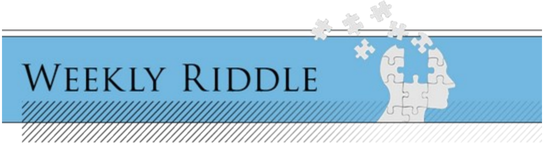
Tip adapted from creatoreconomy.so[9]

3 Stretches For Your Lower Back

We spend so much time sitting in our cars and at our desks that it's no wonder that our lower backs can become tight and even sore. These three lower back stretches will help improve your flexibility and recovery and may even help if you have lower back pain.

- **Figure 4 Stretch:** The Figure 4 stretch will stretch your glutes, hamstrings, and lower back. To do the stretch, lay on your back with both feet on the ground. Then, cross your left foot over your right knee. Gently bring your right leg to a 90-degree angle. If you would like to increase the intensity of the stretch, grab the back of your thigh and bring your right knee toward your torso. Repeat on the other side.
- **Inner Thigh Stretch/Butterfly Stretch:** This stretch addresses your inner thigh and lower back. Sit on the ground and bring your feet together in front of your knees with the soles of your feet touching. Let your knees fall to the side. To increase the stretch, bring your feet closer to your torso.
- **Pigeon Pose:** To assume the pigeon pose, bring one leg to 90 degrees from your torso and stretch the other leg behind you so your right calf is perpendicular to your hips. To intensify the stretch, bend at the hips over your front leg. Repeat on both sides.

Tip adapted from Very Well Fit[10]



Its body of stone shields a fiery heart. Under sufficient pressure, its head will depart. What is it?

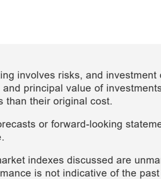
Last Week's Riddle: I never complain no matter where I am led; I go around in circles, yet move straight ahead. What am I?

Answer: A wheel.

Santorini island, Greece

Footnotes And Sources

1. WSJ.com, August 21, 2026
2. Investing.com, August 21, 2026
3. WSJ.com, August 17, 2026
4. CNBC.com, August 18, 2026
5. CNBC.com, August 19, 2026
6. CNBC.com, August 20, 2026
7. WSJ.com, August 21, 2026
8. CNBC.com, August 19, 2026
9. creatoreconomy.so, June 25, 2025
10. Very Well Fit, November 18, 2025



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