Stocks ended last week mixed as investors navigated the Fed's rate decision, Treasury yields, oil prices, and the volatile AI trade.

The Standard & Poor's 500 Index declined 0.09 percent, while the Nasdaq Composite Index rose 0.72 percent. The Dow Jones Industrial Average fell 1.70 percent. The MSCI EAFE Index, which tracks developed overseas stock markets, skidded 1.32 percent.[1,2]

Mixed Markets

Stocks opened lower to start the week as safety concerns tempered the artificial intelligence trade and oil prices rose. Markets slid again over the next session as the bellwether 10-year Treasury yield rose above 5 percent to a 19-year high.[3,4]

Markets steadied midweek as investors awaited the Fed's decision on the final day of its September meeting. The Fed raised short-term interest rates by a quarter percentage point in a widely anticipated decision, reflecting inflation concerns. Stocks fell following the decision, but declines in the broader market were modest.[5]

Stocks rebounded Thursday, clawing back some losses from the prior session. Lower oil prices, falling Treasury yields, and advances in a handful of megacap tech stocks helped lift all three major market averages. But the relief rally stalled out a bit on Friday morning as Treasury yields rose again.[6,7]

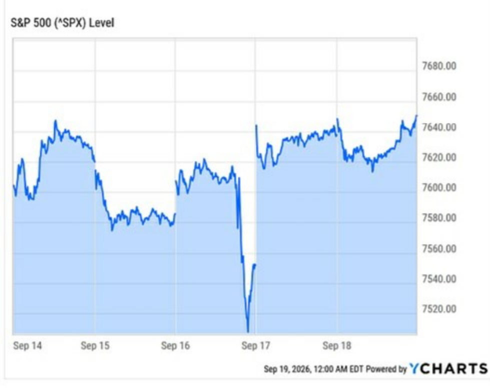
YCHARTS

Weekly Market Insights (WMI)

Major Index Return Summary

Name	1M TR	YTD TR	1Y TR	5Yr TR
Nasdaq Composite	-0.77%	14.16%	19.39%	82.15%
S&P 500	-1.26%	12.52%	17.08%	85.07%
MSCI EAFE	-2.30%	12.38%	18.24%	58.14%
Dow Jones Industrial Average	-2.89%	9.02%	14.35%	64.56%

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 09/18/26	5.01%	4.71% 4.46% 4.11%	6.37% ▲ 12.33% ▲ 21.90% ▲

Source: YCharts.com, September 19, 2026. Weekly performance is measured from Monday, September 14 to Friday, September 18. 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.

Focus On The Fed

The Federal Open Market Committee voted unanimously to raise interest rates, increasing the Fed Funds rate by a quarter percentage point to a target range of 3¾ to 4 percent. Of the 18 officials who submitted medium-term projections for the Fed's so-called "dot-plot," 16 penciled in at least one more adjustment this year. (The FOMC meets twice more before year-end.)[8]

In his post-meeting press conference, Fed Chair Kevin Warsh said that "inflation is too high and has been for too long." He added that despite expanding economic activity, "uncertainty remains elevated, owing in part to geopolitical developments," and that the Fed's decision supports a "timelier return" to its goal of 2 percent inflation.[8,9]

This Week: Key Economic Data

Tuesday: Richmond Fed President Tom Barkin speaks.

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

Thursday: Weekly Jobless Claims. New Home Sales. Fed President Barkin speaks.

Friday: Durable Goods. U. Michigan Consumer Sentiment Survey.

Source: Investors Business Daily - Econoday economic calendar; September 18, 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: AutoZone, Inc. (AZO)

Wednesday: Cintas Corporation (CTAS), Paychex, Inc. (PAYS)

Thursday: Costco Wholesale Corporation (COST)

Source: Zacks, September 18, 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.

"I like thinking big. I always have. To me it's very simple: if you're going to be thinking anyway, you might as well think big."

– Warren Buffett

Use AI To Upgrade Your Own Prompts

Getting AI to do exactly what you want often takes a few tries, but here's a simple trick to speed things up. Once you land on an output you love, ask AI: **"Edit the original prompt so that you can get to this output in one shot."** Then update your prompt library with the best suggestions. You'll spend less time going back and forth and more time getting results.

Tip adapted from creatoreconomy.so[10]

How To Take A Vacation Without Leaving Home

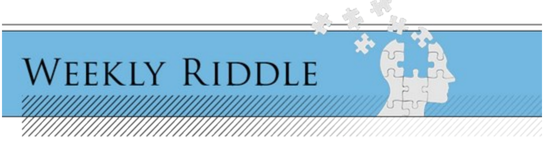
Vacations provide many benefits and are ideal for relaxing and taking a break from everyday stressors. But sometimes, you can't swing a whole vacation. The good news is that you can still enjoy a little getaway without leaving the comfort of your own home.

Here are some fun ways to "get away" without actually getting away:

- Create a themed cocktail or drink based on the place you're dreaming of. Whip up a fancy French cocktail and pretend you're sitting on a terrace in Paris; order a local microbrew from a US destination you've always wanted to visit.
- You can also host a themed dinner night and take a culinary adventure worldwide. Bonus points if you design an authentic menu.
- Visit a museum (virtually). The Google Arts and Culture Project lets you visit the Tate, Reina Sofia, and Acropolis Museums from home.

Whether you want to visit a national park, learn a new language, or try a new recipe, there are countless methods to explore the world from your living room.

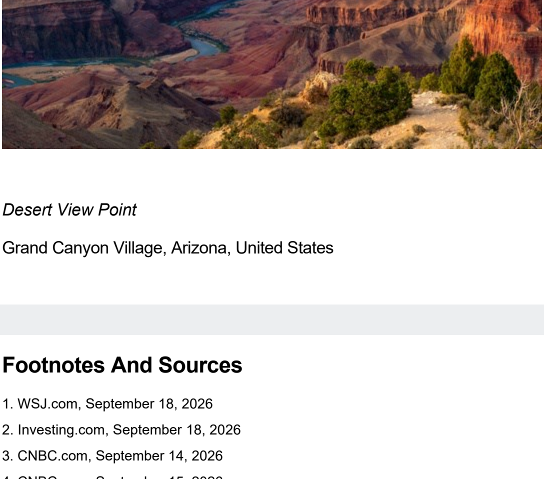
Tip adapted from Ideas.ted.com[11]



They are captured by mud and snow, left behind but never taken, and rarely seen in isolation. What are they?

Last Week's Riddle: A 400-yard long promenade has an ornate brass bench every 100 yards on both sides, including ones at its beginning and end. So in total, how many benches are there along this promenade?

Answer: 10 benches, 5 on either side.



Desert View Point

Grand Canyon Village, Arizona, United States

Footnotes And Sources

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Rhonda T Heineman
rhonda@heinemanfinancial.com
402-505-9333

Heineman Financial Strategies
Financial Advisor

http://heinemanfinancial.com

Rhonda Heineman, CFP®, CFS®

Financial Advisor | Certified Financial Planner™ practice

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Heineman Financial Strategies, 11204 Davenport St, Ste 204, Omaha NE 68154

Office: 402.505.9333, Fax: 402.505.9334

Please note that if I am unavailable, Danette Samson can be reached at (402) 505-9333 or danette@heinemanfinancial.com