

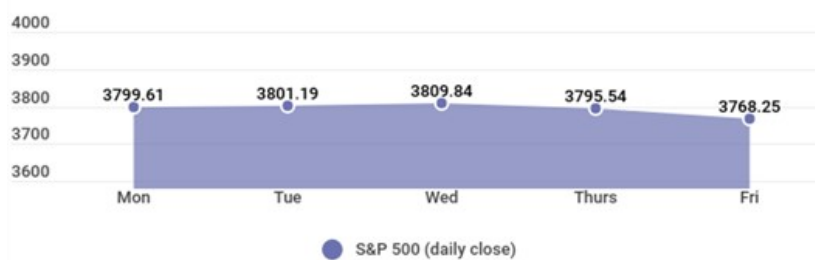


Markets drifted lower last week as uninspired investors digested mixed news on the economic front.

The Dow Jones Industrial Average lost 0.91% while the Standard & Poor's 500 slid 1.48%. The Nasdaq Composite index stumbled 1.54% for the week. The MSCI EAFE index, which tracks developed overseas stock markets, slipped 0.26%.<sup>1,2,3</sup>

## Market Insights

Market Index	Close	Week	Y-T-D
DJIA	30,814.26	-0.91%	+0.68%
NASDAQ	12,998.50	-1.54%	+0.86%
MSCI-EAFE	2,209.37	-0.26%	+2.88%
S&P 500	3,768.25	-1.48%	+0.32%



Treasury	Close	Week	Y-T-D
 10-Year Note	1.10%	-0.03%	+0.17%

Sources: The Wall Street Journal, January 15, 2021; Treasury.gov, January 15, 2021

Weekly performance for the Dow Jones Industrial Average, Standard & Poor's 500 Index, and NASDAQ Composite Index is measured from the close of trading on Friday, January 8, to Friday, January 15, close.

Weekly performance for the MSCI-EAFE is measured from Friday, January 8, open to the Thursday, January 14, close. Weekly and year-to-date 10-year Treasury note yield are expressed in basis points.

## Stocks Drift Lower

Stocks traded without much conviction last week, pushed lower, in part, by a broad retreat in technology. Rising interest rates also dampened enthusiasm, feeding concerns over their effect on current stock valuations.

Markets seemed deaf to a stream of news, moving little on the House impeachment vote, encouraging news on the vaccine front, reassurances from Fed Chair Powell, or a jump in jobless claims. Energy and financials continued their recent advance, while smaller capitalization stocks rose on expectations of becoming beneficiaries of any stimulus bill.<sup>4,5</sup>

Stocks turned lower to close the week, following the unveiling of president-elect Biden's stimulus plan and a weaker-than-expected retail sales number.<sup>6</sup>

## New Stimulus Proposal

Biden revealed his long-anticipated stimulus proposal last week, announcing a \$1.9 trillion spending plan to provide further help to an unsteady economy.

Along with monetary easing, fiscal stimulus has been one of the major drivers of the stock market recovery, which is why investors have anxiously awaited his plan.

His proposal seeks to help individuals, including direct payments for qualifying Americans and enhanced unemployment aid. The proposal would also include help for small businesses with a new grant program in addition to the Paycheck Protection Program, and would bolster state finances by funding frontline workers, vaccine distribution, reopening schools, and vital services.

The market reaction was muted. Investors will be watching the extent to which Congress amends Biden's proposal and the speed at which it's picked up by the legislature.

## This Week: Key Economic Data

**Thursday:** Housing Starts. Jobless Claims.

**Friday:** Existing Home Sales. PMI (Purchasing Managers' Index) Composite Flash.

Source: Econoday, January 15, 2021

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 be providing accurate information. The forecasts or forward-looking statements are based on assumptions and may not materialize. The forecasts also are subject to revision.

## This Week: Companies Reporting Earnings

**Tuesday:** Netflix (NFLX), Bank of America (BAC), Goldman Sachs (GS), J.B. Hunt Transportation (JBHT).

**Wednesday:** UnitedHealth Group (UNH), Morgan Stanley (MS), United Airlines (UAL).

**Thursday:** IBM (IBM), CSX Corporation (CSX), Union Pacific (UNP).

**Friday:** Kansas City Southern (KSU), PPG Industries (PPG).

Source: Zacks, January 15, 2021

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 own goals, time horizon, and tolerance for risk. 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 when they report earnings without notice.



## Food for Thought

*“Nature has undoubtedly mastered the art of winter gardening and even the most experienced gardener can learn from the unrestrained beauty around them.”*

– Vincent A. Simeone



## Tax Tip

### Need Last Year’s Tax Returns?

Help is available for taxpayers who need tax information for prior years, but who did not keep copies of their returns. There are ways to get the information you need.

Keep in mind the IRS recommends that taxpayers keep copies of their returns and any documentation for at least three years after they are filed:

- **Ask your software provider or tax preparer.** This is often the easiest way to get a copy of your tax returns.
- **Order a tax transcript.** Taxpayers who cannot get a copy of a prior-year return may order a tax transcript from the IRS. To protect taxpayers' identities, this document partially masks personally identifiable information such as names, addresses and Social Security numbers. All financial entries, including the filer's adjusted gross income, are fully visible. These are free and available for the most current tax year after the IRS has processed the return. People can also get these records for the past three years.
- **Pay for a copy from the IRS.** As a last resort, you can purchase a copy of your tax return from the IRS. Check [irs.gov](https://www.irs.gov) for the most recent information on the process to follow when ordering a copy and the cost of the return.

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

Tip adapted from IRS<sup>7</sup>



## Healthy Living Tip

### Being SMART About Fitness Goals

Putting exercise on the backburner? You might want to make it a priority.

Here's why. "For many of us, the struggle isn't knowing what to do or not having options, it's actually doing it," says Olga Hays, an American Council on Exercise-certified wellness promotion specialist at Sharp HealthCare. "With so much disruption and uncertainty in our lives, it is simply too tempting to put exercising on the back burner."

According to Hays, in order to stick with a workout regimen, you need to be intentional about making regular physical activity one of your priorities. Here's where setting SMART goals can help.

Instead of simply saying you're going to "exercise more," state a SMART exercise goal. SMART stands for:

- **Specific:** State the objective you wish to meet as specifically as possible: "I am going to commit to doing a full-body video workout several times a week."
- **Measurable:** Identify quantifiable criteria to allow you to measure your progress: "I am going to do this workout three times a week for at least 30 minutes each time. I will track my progress in my workout journal."
- **Attainable:** Your goal should be ambitious, but not impossible: "I am committing to three times a week, not seven times a week, because it is realistic and achievable for me with my current schedule."
- **Relevant:** The goals you set need to align with your current circumstances and priorities: "I will do it to stay healthy and strong during these times and to feel less stressed."
- **Time-bound:** Allocate a specific time period for completing your goal: "I will commit to this plan for a month. In 30 days, I will have had 12 workouts and will reassess my goal after that."

Tip adapted from Sharp.com<sup>8</sup>

## Weekly Riddle

Four cars approach an intersection with four-way stop signs simultaneously, each car coming from a different direction. After stopping, the drivers all accelerate at the same time. However, there is no accident. How is this possible?

*Last week's riddle: Yesterday was Wednesday's tomorrow. Tomorrow is Sunday's yesterday. Given those circumstances, what day would today be? Answer: Friday.*

## Photo of the Week





*Tenerife, Canary Islands, Spain.*

## Footnotes and Sources

1. The Wall Street Journal, January 15, 2021
2. The Wall Street Journal, January 15, 2021
3. The Wall Street Journal, January 15, 2021
4. CNBC.com, January 14, 2021
5. Yahoo.Finance.com, January 14, 2021
6. The Wall Street Journal, January 15, 2021
7. IRS.gov, October 20, 2020
8. Sharp.com, September 9, 2020

Investing involves risks, and investment decisions should be based on your own goals, time horizon, and tolerance for risk. 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.

The forecasts or forward-looking statements are based on assumptions, may not materialize, and are subject to revision without notice.

The market indexes discussed are unmanaged, and generally, considered representative of their respective markets. Index performance is not indicative of the past performance of a particular investment. Indexes do not incur management fees, costs, and expenses. Individuals cannot directly invest in unmanaged indexes. Past performance does not guarantee future results.

The Dow Jones Industrial Average is an unmanaged index that is generally considered representative of large-capitalization companies on the U.S. stock market. Nasdaq Composite is an index of the common stocks and similar securities listed on the NASDAQ stock market and is considered a broad indicator of the performance of technology and growth companies. The MSCI EAFE Index was created by Morgan Stanley Capital International (MSCI) and serves as a benchmark of the performance of major international equity markets, as represented by 21 major MSCI indexes from Europe, Australia, and Southeast Asia. The S&P 500 Composite Index is an unmanaged group of securities that are considered to be representative of the stock market in general.

U.S. Treasury Notes are guaranteed by the federal government as to the timely payment of principal and interest. However, if you sell a Treasury Note prior to maturity, it may be worth more or less than the original price paid. Fixed income investments are subject to various risks including changes in interest rates, credit quality, inflation risk, market valuations, prepayments, corporate events, tax ramifications and other factors.

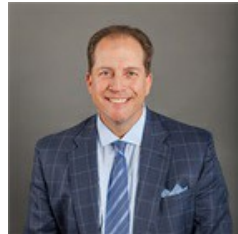
International investments carry additional risks, which include differences in financial reporting standards, currency exchange rates, political risks unique to a specific country, foreign taxes and regulations, and the potential for illiquid markets. These factors may result in greater share price volatility.

Please consult your financial professional for additional information.

This content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG is not affiliated with the named representative, financial professional, Registered Investment Advisor, Broker-Dealer, nor state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information, and they should not be considered a solicitation for the purchase or sale of any security.

Copyright 2021 FMG Suite.

**1-05100674**



**David Gaynes**

[dgaynes@intfingroup.com](mailto:dgaynes@intfingroup.com)

(770) 353-6350

Gaynes Financial Services

<http://www.capitalgaynes.com/>



David Gaynes is a registered representative with, and Securities and Advisory services offered through, LPL Financial, a Registered Investment Advisor, Member [FINRA/SIPC](#). The LPL registered representative associated with this site may discuss securities business in the US and/or transact business in the following states: AL, AZ, CA, CO, DC, FL, GA, IL, IN, KY, LA, MA, MD, MS, NC, NV, NY, OH, OK, OR, PA, SC, TN, TX, VA, WA, WI

This informational email is an advertisement and you may opt out of receiving future emails. To opt out, please click the "Unsubscribe" link below.

This message was sent by  
Gaynes Financial Services  
(770) 353-6350  
200 Ashford Center North  
Suite 400  
Atlanta, GA 30338

[Unsubscribe](#)

**Recipients:**

lgwilliams99@yahoo.com, jennifer@ahheartforhealth.com, bruce.b.kapteyn@gmail.com, jennykim@gmail.com, eda@grandlittlehouse.com, dillardpr@gmail.com, joanadutcher@yahoo.com, dgid2003@tx.rr.com, goldbatt@comcast.net, mharman@harmanlaw.com, debbiejacobs99@gmail.com, ryan@firstfidelityfunding.com, annludvigsen@comcast.net, robinsmedintz@gmail.com, andy.m.mills53@gmail.com, fairydawg78@gmail.com, robert.mills325@gmail.com, chris.perry@outlook.com, domraine@comcast.net, krisraine@comcast.net, drobertson@iis-ga.com, clare.schueren@yahoo.com, marty.schueren@ticketmaster.com, scottsilva23@gmail.com, fredsolter13@yahoo.com, evonnestellato@gmail.com, rene@cutflower.com, tonya@cutflower.com, edsulli@gmail.com, susanbt@tenfam.com, swages@wagesco.com, kimberly.soller@yahoo.com, hydrick@bellsouth.net, pjones0329@yahoo.com, v.hooten@gmail.com, mhfletch@bellsouth.net,

barbara.mcmillan@icloud.com, jaygiddick@icloud.com, elaine.despo@gmail.com, stanmt@tenfam.com, mgeraci@bellsouth.net, jlmoore48@yahoo.com, janice.a.kloppenburger@questdiagnostics.com, ken.ludvigsen@emerson.com, rjemillard1350@gmail.com, jeanmgo@gmail.com, wandasilvascs@gmail.com, prw1250@aol.com, phillipmedintz@gmail.com, tnanney25@gmail.com, rondutcher@gmail.com, josephwoodycollier@gmail.com, rlfletcher@bellsouth.net, juliajessup@aol.com, libnanney@gmail.com, gretcht@att.net, shw2@comcast.net, clare7982@gmail.com, lbridders@intfingroup.com, chamlinkrout@gmail.com, lmcdb1@aol.com, nathanremillard@gmail.com, kapteyn.carol@gmail.com, muni.alan@gmail.com, spsm32058@gmail.com, lizwongmark@gmail.com, rich@addedincentives.com, hockeynyfan@gmail.com, karenj@addedincentives.com, searsmaryann@gmail.com, rmd@covenantcompany.com, billslazyk@bellsouth.net, philreid@premier-elevator.com, reids6jp@gmail.com, jdanbury@genuent.net, dwdevereaux@att.net, digrenier@bellsouth.net, trishhoney@comcast.net, jmarlowe@zoomdesign.com, cherylanicholson@yahoo.com, cwoneal@comcast.net, oneallc@comcast.net, skip@dramaticwatersolutions.com, jrussell@atlantaga.gov, eliz8190@yahoo.com, ryarbrough@georgiasouthern.edu, greggz2027@gmail.com, george@j3sales.com, jacob.ziemke@yahoo.com, carolynbpeters@gmail.com, pjmcabe@charter.net, vmcabe@charter.net, pat.innarelli@gmail.com, rickbarrentine@att.net, jmrbl@bellsouth.net, ddanbury@deloitte.com, tedjerri@bellsouth.net, mjgrenier@bellsouth.net, vtterrilynicholson@gmail.com, jacqhutch@msn.com, judywright1@hotmail.com, mrs.t.thipgen@gmail.com, roneubanks@icloud.com, mthig@windstream.net, reneebarrentine@me.com, aliciaspecht@att.net, sgsummers4@gmail.com, amvitti@comcast.net, vincevitti@comcast.net, petermccabe.pm@gmail.com, kathymccabe.km@gmail.com, suzanne@driveninc.com, melonie.orr@gmail.com, kclark@kulinaryclassics.com, judyb16@bellsouth.net, suschi1@aol.com, jimmyziemke@gmail.com, zimm6@gmail.com, tmundy2532@yahoo.com, rsummers1971@yahoo.com, atuttle@dramaticwatersolutions.com, chris@treanor.org, laura@treanor.org, dortituttle@gmail.com, bdjet4@comcast.net, dkayet58@gmail.com, tomburkot@gmail.com, reed.carlson@phdmedia.com, ccenter@bellsouth.net, woburn78@yahoo.com, mmccarty002@tampabay.rr.com, marilyn1712@att.net, jpotach@mac.com, mharri312@yahoo.com, frankesjones@gmail.com, auntoke@bellsouth.net, sfinn0965@gmail.com, pgraves.home@gmail.com, stevenjamesmessage@yahoo.com, ron.galvin@yahoo.com, miraculous@comcast.net, johnpollock@phillyconnection.com, finkec@yahoo.com, vtgrable@avillager.org, chart42@comcast.net, glthompson2004@icloud.com, logger3399@yahoo.com, fwgrable@avillager.org, slpotach@icloud.com, dmmassey913@gmail.com, marilynamassey@gmail.com, wesleyhaskell@msn.com, mepathaskell@gmail.com, markbrooksart@msn.com, wendy.pollock@boehringer-ingelheim.com, downtownjulie@comcast.net, steelers0086@yahoo.com, nasa428@windstream.net, chanavan0325@gmail.com, thiles@bellsouth.net, tommyhiles@bellsouth.net, bjacobs@hardwarespecialty.com, lydiak@peoplepc.com, dh2014@bellsouth.net, kcwills7104@yahoo.com, jimmerss@bellsouth.net, cwsrsvs@charter.net, peg@ecoshredding.com, fan\_man@msn.com, leeurph@gmail.com, archienelson@comcast.net, joannecarroll@bellsouth.net, ebduval@yahoo.com, edwinlynn59@gmail.com, huff.logue@yahoo.com, bijacobs@aol.com, chipbowen19@gmail.com, brian@neboagency.com, jvickery@neboagency.com, klincoln@neboagency.com, adam@neboagency.com, suznanthomp@gmail.com, marksohl1@gmail.com, jsw259@gmail.com, bwEEKS241@gmail.com, ajsinsur@aol.com, lovegar@gmail.com, chlove34@gmail.com, mshatzen80@gmail.com, lindarawlins9040@bellsouth.net, kwmills130@gmail.com, pamelamimi10@gmail.com, kathlohr@gmail.com, travis@ecoshredding.com, tmalexan@bellsouth.net, anderone@bellsouth.net, thomas.c.arthur@gmail.com, jbeavin@bellsouth.net, mjbender1984@gmail.com, dcandjb@bellsouth.net, clark2966@bellsouth.net, gail.bymun@gmail.com, cebrunelle@gmail.com, snug2.delrosario@gmail.com, dpevans@mindspring.com, dfuller2945@yahoo.com, rg7505@comcast.net, kathryn.poynter@comcast.net, nchardy51@gmail.com, vheath2000@yahoo.com, cvheath@comcast.net, eaherrer@southernco.com, chud02@att.net, jegroark@gmail.com, hyman-b@hotmail.com, majohnse@comcast.net, janet@katzenga.com, daeking62@hotmail.com, dplittig@gmail.com, loftinr@bellsouth.net, marcano6158@aol.com, marczakj@bellsouth.net, bsmayor908@gmail.com, mmccormick3@hotmail.com, bpmcelveen@bellsouth.net, shirleycovmiles@gmail.com, milliganplay2@gmail.com, mmoncrief10@yahoo.com, moor1780@bellsouth.net, ronaneal@charter.net, rkneal100@gmail.com, crpretired@gmail.com, reperkin@bellsouth.net, npickard@nexant.com, hengamepour@gmail.com, rally@aranne.com, reardenj@bellsouth.net, jlrice@southernco.com, andy\_robinson@comcast.net, roebucks@gmail.com, drubadou@tampabay.rr.com, hescarbr@windstream.net, raz.schreiber@gmail.com, rtscott9006@att.net, bpsmith76@gmail.com, rstaines5050@outlook.com, kimberly\_starr@comcast.com, stitelyf@yahoo.com, tsturcken@hotmail.com, gailtrombley@gmail.com, bstarrs@comcast.net, cnwetherington@outlook.com, jsmills724@gmail.com, seanneal@hotmail.com, lewis2905@att.net, tamazgirl@aol.com, dixie824@gmail.com, evehicle@aol.com, lg7505@comcast.net, mzadeh09@gmail.com, arland@aranne.com, jrhrice@gmail.com, btgroark@gmail.com, mjm.rm66@gmail.com, abender1102@gmail.com, ryan.bender910@gmail.com, sturcken@sbcglobal.net, garrett.sturcken35@gmail.com, williams424224@bellsouth.net, bcajca2016@gmail.com, baldwinyvonne@att.net, benderbetze@att.net, psbrockh@gmail.com, truebluetrouble@peoplepc.com, mikeebrown888@gmail.com, bcart66@atc.cc, mechamberland@googlemail.com, joan\_chumbley@yahoo.com, jawilson@southernco.com, claudiaw5405@gmail.com, darby\_s@bellsouth.net, kldarsey@bellsouth.net, edmdoyle@bellsouth.net, vicki.gamble@gmail.com, dmgilber@bellsouth.net, shavlak@aol.com, vdsearcy@southernco.com, joleenhurley@yahoo.com, greg@johnsonco.net, daljones11@comcast.net, designsbymarge@yahoo.com, balarson@southernco.com, svlee50@yahoo.com, lgailittle@gmail.com, djlynn@nctv.com, jamarrer@southernco.com, jfmcghee@southernco.com, c7186@charter.net, ehpoppeye@bellsouth.net, bemiles47@gmail.com, windshadow.rlm@outlook.com, millerus@att.net, bennie\_mitchell@bellsouth.net, ginnymoreland@gmail.com, reoneal@southernco.com, dougoakes49@gmail.com, cbpage11749@gmail.com, betsey.patterson@emory.edu, jamesmperry0@gmail.com, samrperry@bellsouth.net, plramsey33@comcast.net, dmreynol1@gmail.com, clrobison@mindspring.com, yrubin@southernco.com, simons6v@bellsouth.net, debbie3332@att.net, g\_trask@comcast.net, rcw001@gmail.com, spwyatt@live.com, bwtrent@cox.net, garyaustin@bellsouth.net, kbetze1@att.net, barbara\_larson@hotmail.com, sfbhemi@msn.com, ritatrent@cox.net, xfosterw@yahoo.com, bmorley1991@gmail.com, kagriesser@gmail.com, djruggs44@gmail.com, burmad@bellsouth.net, dmboyko@southernco.com, bradmimi@gmail.com, afbrown@southernco.com, k4uie@bellsouth.net, lcauette@bellsouth.net, obedford34@gmail.com, ddecker108@aol.com, dduanlap1207@gmail.com, mhfwolwer53@gmail.com, eddieborders57@gmail.com, bonnieblessed@comcast.net, donaldrharper@live.com, jone1321@bellsouth.net, tcjordan45@gmail.com, mkeen@southernco.com, jennifer.s.leak@gmail.com, babbs49@gmail.com, levene@comcast.net, martin\_2711@comcast.net, amanda.madrid@cushwake.com, mjwillie@mchsi.com, clmoreno@southernco.com, leonardowens55@gmail.com, am76101@bellsouth.net, nlpoints@bellsouth.net, bevchat1@gmail.com, ctpoulos@southernco.com, mfpressl@southernco.com, lowell.ramsey@emory.edu, dschroeder@etcmail.com, rustysears@gmail.com, gfs543@icloud.com, dellsmith17@hotmail.com, ffswwint@southernco.com, raymondathomas@att.net, ragugator@comcast.net, gaylonwaters@bellsouth.net, j.b.williams@mindspring.com, bp\_willoughby@yahoo.com, j.yaun@mchsi.com, paulonsence@comcast.net, nelliesence@comcast.net, blinda\_petty@yahoo.com, caroleetawalker@att.net, tammiehill@bellsouth.net, mrsleabedford@gmail.com, sksavola@att.net, utzie09@gmail.com, ermadine@bellsouth.net, jim.russ0104@gmail.com, jacruss0713@gmail.com, susie@couchappraisals.com, stoneshield@brmemc.net, bonn5289@bellsouth.net, pbrady4871@aol.com, musicpaws11@yahoo.com, sabritt@southernco.com, dburnsed@wencor.com, dpbrekke@gmail.com, love3woods@gmail.com, vabcoleman@aol.com, wtdennis1@gmail.com, rdeason@southernco.com, bheaster@bellsouth.net, mignonname@aol.com, annettepasick@yahoo.com, ferrysj@gmail.com, maureenfors@gmail.com, mgmms@hotmial.com, jwalthamilton@gmail.com, dgaynes@intfingroup.com, x2garnem@southernco.com, mtippett2147@bellsouth.net, polgrif@yahoo.com, friartuck221@gmail.com, juliakmiller37@yahoo.com, jthadden1@bellsouth.net, rayholton49@gmail.com, rrhuckeb@southernco.com, sdgaines@southernco.com, kolb9414@bellsouth.net, thomaswilkes@bellsouth.net, awilliam@southernco.com, vpond@intfingroup.com, vickilane300@gmail.com, william.gilbert@gulfstream.com, braceandcindy@comcast.net, todd@tsib.net, kacmoore@gmail.com, falconsgirl@bellsouth.net, cpage810@hotmail.com, sdpoole1@bellsouth.net, cyndy\_standish@bellsouth.net, nt\_hodges@yahoo.com, beebble65@yahoo.com, easyvarnadore@bellsouth.net, saweck7011@gmail.com, rwilkes@southernco.com, mswillia@aol.com, bjc5@earthlink.net, mora8975@bellsouth.net, bcmosley@southernco.com, rereagan@southernco.com, rogersss@bellsouth.net,

