

Participant Corner

Tips for Creating a Holiday Budget

The Month in Brief

October certainly lived up to its reputation for volatility. The S&P 500 suffered its second correction of the year as investors wondered if they were seeing early signs of the peak of the current business cycle, absorbing news of moderating corporate earnings, while also considering the potential impact of higher interest rates and tariffs. Real estate indicators, for the most part, left much to be desired; labor, manufacturing, and consumer spending and confidence indicators were in better shape. Overseas, major and minor reductions in economic growth were forecast for various nations. In the commodities sector, oil and gasoline posted major losses.¹

% CHANGE	Y-T-D	1-YR CHG	5-YR AVG	10-YR AVG
DJIA	1.60	7.44	12.31	16.93
NASDAQ	5.83	8.59	17.28	32.45
S&P 500	1.43	5.30	10.88	17.99
REAL YIELD	8/31 RATE	1 YR AGO	5 YRS AGO	10 YRS AGO
10 YR TIPS	1.10%	0.50%	0.40%	3.14%

Sources: barchart.com, bigcharts.com, treasury.gov – 10/31/18^{18,19,20,21,22}
 Indices are unmanaged, do not incur fees or expenses, and cannot be invested into directly. These returns do not include dividends. 10-year TIPS real yield = projected return at maturity given expected inflation.

MONTHLY QUOTE

*“I have **learned** that to be with those I like is **enough**.”*
 WALT WHITMAN

MONTHLY TIP

*Some travelers routinely buy car rental insurance. That may not be necessary, because **most personal auto insurance policies and some credit cards provide rental car coverage**. Consumers should ask their insurer or card issuer just what is covered before they arrange a rental vehicle.*

MONTHLY RIDDLE

*It is as **old** as the world, and yet **new** each month. What is it?*

Last month's riddle:

A thief steals \$100 from a cash register at a store. An hour later, he returns with the same \$100 and buys \$70 worth of goods, receiving \$30 back in change. How much does the store ultimately lose to the thief?

Last month's answer:

\$100. The store loses \$70 of goods, plus the \$30 in cash it returns to the thief as change.



The holidays are a time for giving, but often people can be a little overgenerous during this time of year and later find themselves in financial trouble. Consumer counseling agencies see a 25 percent increase in the number of people seeking help in January and February, mostly by people suffering from an influx of holiday bills.¹

Here are our top tips for saving money during the holiday season:

1. Create a Holiday Budget

Monthly Income – Monthly Expenses = Your Holiday Budget

Make a list of everyone you will buy for and how much you will spend on each person, then stick to it!

2. Pay with Cash

When you pay with cash, you can get a better handle on how much you're spending. You're forced to stick to your budget, because you can't spend cash you don't have!

3. Pay with Gift Cards

There are websites and stores where you can purchase gift cards at a discounted price. Shop with them and you're automatically saving money. Shop for items on sale or at a discount store and save even more money!

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Disclosures:

In addition to the options listed here, there may be other options available. You should also consider your other options before rolling over retirement savings. Consider the differences in investment options, services, fees and expenses, withdrawal options, required minimum distributions, other plan features, and tax treatment. This material is not intended to replace the advice of a qualified attorney, tax advisor, investment professional or insurance agent. This is a hypothetical illustration and does not represent an actual investment. There is no guarantee similar results can be achieved. If fees had been reflected, the return would have been less.

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Citations Economic Section:

1 - markets.wsj.com/us [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=DJIA&closeDate=9%2F28%2F17&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=COMP&closeDate=9%2F28%2F17&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=SPX&closeDate=9%2F28%2F17&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=DJIA&closeDate=9%2F27%2F13&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=COMP&closeDate=9%2F27%2F13&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=SPX&closeDate=9%2F27%2F13&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=DJIA&closeDate=9%2F29%2F08&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=COMP&closeDate=9%2F29%2F08&x=0&y=0 [9/28/18]18 - bigcharts.marketwatch.com/historical/default.asp?symb=SPX&closeDate=9%2F29%2F08&x=0&y=0 [9/28/18]19 - treasury.gov/resource-center/data-chart-center/interest-rates/Pages/TextView.aspx?data=realyield [9/28/18]20 - treasury.gov/resource-center/data-chart-center/interest-rates/Pages/TextView.aspx?data=realyieldAll [9/28/18]

About Capstone Retirement Group

Capstone Retirement Group is a professional retirement plan consulting firm. We partner with plan fiduciaries to identify and implement the optimal retirement plan for their organization.

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