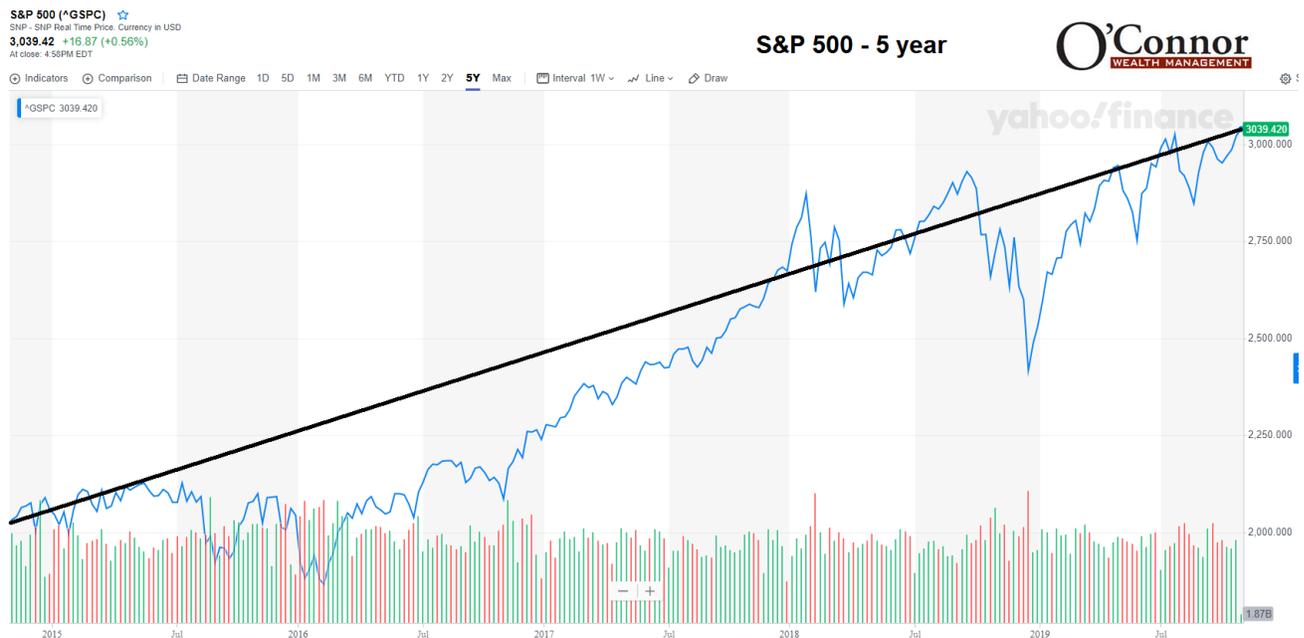


What about over **2 years**? Looking at the chart below which begins 2 years ago, we see that the S&P 500 is just below where it was 1 year ago. We see the drop that occurred in December 2018, but the market came back and continued higher.

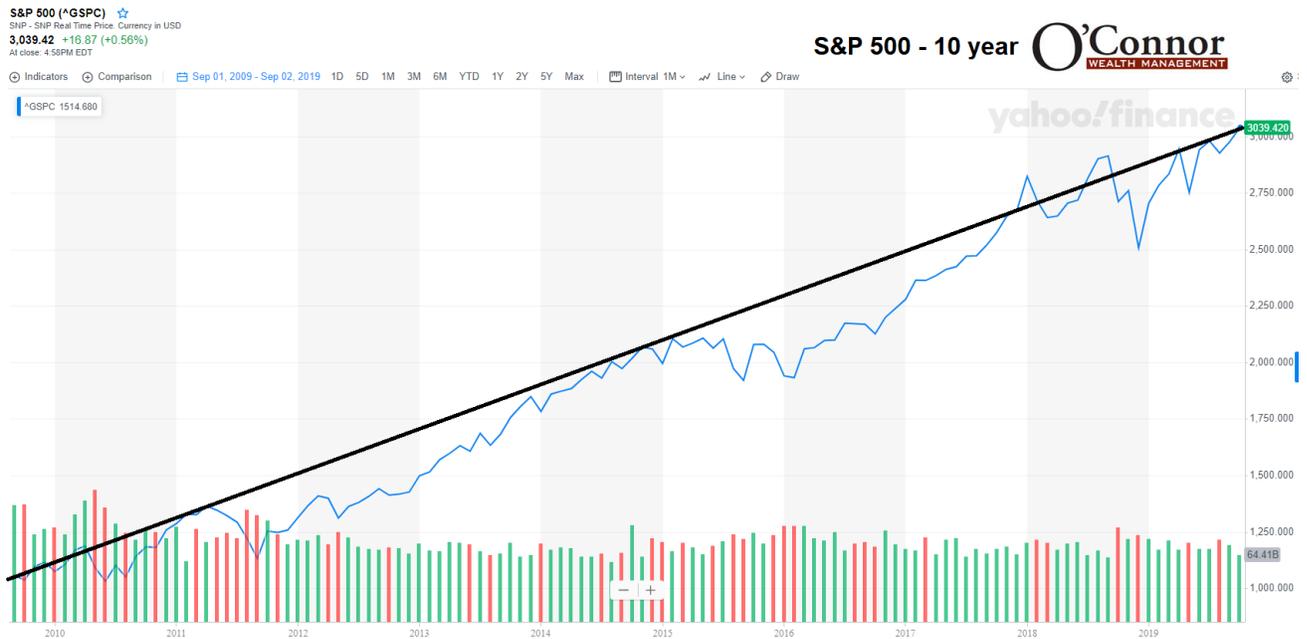
Let's keep this going to **5 years**. Back at the end of October 2014, the S&P 500 was just above 2,000. We see several points of volatility over short periods of time; however, we have steady increasing performance. This best exemplifies that the news media do not discuss the overall performance of your portfolio. Your investing goals are likely long term and we should keep our focus long term: continually reminding ourselves that positive returns exist in the stock market if we keep out of our own way and keep out of fear in the short term.



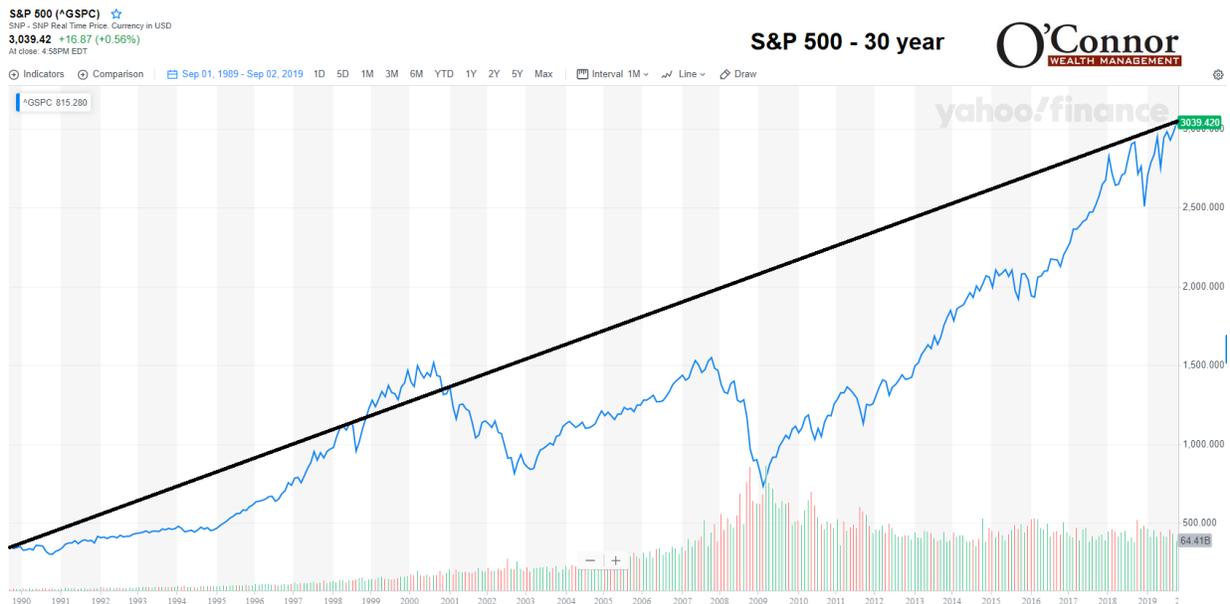
What about the recovery period after the “Crash of 2008”? Going back **10 years** to 2009, the S&P 500 had come off the low in 2008 and was gaining from 1,250. If you stayed invested between 2006 and 2011 after the “crash”, you would be right about at the same place. Due to fear, lack of information, uncertainty, family/friend “experts”, etc., people get out of the market at the worst time.

They sell when they should be staying put, if not buying more stock, and they buy when everyone else is buying.

By waiting out the down markets and understanding the fundamentals, we want you to recognize that YOU will be better off in the long run if you can stay out of your own way.



Let's finish this off with an image of the S&P 500's performance over the past 30 years. Were there big drops during the period? Absolutely! Did account values go down? Of course! Did they lose money? Not if they didn't sell during the down periods and held on. If investors stayed the course, continued contributing to their retirement and/or investment portfolios, they would be much better off than where they started!



Nothing happens without a plan, and, by sticking to that plan with the help of advisers like ours, you can ensure that you and your family's achieve your goals.