Stocks ended last week mixed as a tug-of-war between strong economic data, cooler job growth, and decades-high Treasury yields played out.

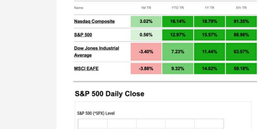
The Standard & Poor's 500 Index edged down 0.27 percent, while the Nasdaq Composite Index rose 0.45 percent. The Dow Jones Industrial Average slid 1.26 percent. The MSCI EAFE Index, which tracks developed overseas stock markets, fell 1.81 percent.[1,2]

A Mixed Week

Stocks fell at the start of the week as Treasury yields continued to rise. They steadied over the next session with Treasury yields still in the spotlight. The benchmark 10-year Treasury yield topped 5.29 percent, up 133 basis points from its year-to-date low in late February.[3,4]

Markets perked up midweek after a revision to Q2 GDP showed the economy grew faster than originally estimated. Quarterly earnings results for a large semiconductor also supported markets, while rising oil prices kept enthusiasm in check.[5,6]

After a soft jobs report, stocks opened higher on Friday, with investors wondering whether the Fed would adjust rates at the end of the month. The 4-day trade roused once again to lead the Nasdaq to a fresh intraday record and end the week on a high note.[7]



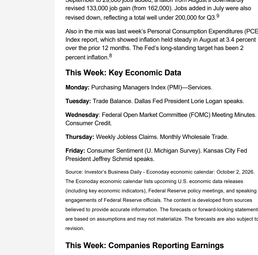
YCHARTS

Weekly Market Insights (WMI)

Major Index Return Summary

Name	1M TR	YTD TR	1Y TR	5Y TR
Nasdaq Composite	3.03%	16.14%	28.19%	91.35%
S&P 500	0.56%	13.97%	15.57%	56.98%
Dow Jones Industrial Average	-3.40%	7.23%	11.49%	43.97%
MSCI EAFE	-3.88%	9.32%	14.02%	39.19%

S&P 500 Daily Close



10-Year Note Review

Indicator Name Date	Latest Value	1M Ago 1Y Ago	1M Change 1Y Change
10 Year Treasury Rate 10/02/26	5.28%	4.79% 4.49% 4.10%	10.23% ▲ 17.58% ▲ 28.78% ▲

Source: YCharts.com, October 3, 2026. Weekly performance is measured from Monday, September 28 to Friday, October 2. 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.

Contrasting Economic Data

Q2 GDP was revised upward from 1.5 percent to 2.2 percent, flipping the economy's trajectory over the first half of the year from slowing to growing.[8]

On the other hand, the latest jobs report showed job growth slowed in September to 29,000 jobs added, a falloff from August's downwardly revised 133,000 job gain (from 162,000). Jobs added in July were also revised down, reflecting a total well under 200,000 for Q3.[9]

Also in the mix was last week's Personal Consumption Expenditures (PCE) Index report, which showed inflation held steady in August at 3.4 percent over the prior 12 months. The Fed's long-standing target has been 2 percent inflation.[8]

This Week: Key Economic Data

Monday: Purchasing Managers Index (PMI)—Services.

Tuesday: Trade Balance. Dallas Fed President Lorie Logan speaks.

Wednesday: Federal Open Market Committee (FOMC) Meeting Minutes. Consumer Credit.

Thursday: Weekly Jobless Claims. Monthly Wholesale Trade.

Friday: Consumer Sentiment (U. Michigan Survey). Kansas City Fed President Jeffrey Schmid speaks.

Source: Investor's Business Daily - Econoday economic calendar: October 2, 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

Thursday: PepsiCo, Inc. (PEP)

Friday: Delta Air Lines, Inc. (DAL)

Source: Zacks, October 2, 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.



"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."

– Eleanor Roosevelt



Wrap Your Sandwiches Before You Eat Them

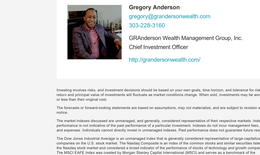
Here's a simple trick that might change your sandwich game forever. After making a burger, sub, or breakfast sandwich at home, wrap it in food wrapping paper, just like a deli would, and let it sit for 10 minutes before eating. This resting step lets the ingredients come together, soften, and reach a cohesive temperature. It's often the missing step when a homemade sandwich just doesn't hit the way your favorite spot's does.

Tip adapted from BuzzFeed[10]

Let AI Help You Prepare For Difficult Conversations

Whether it's a performance review, a negotiation, or a tough talk with a family member, preparation makes all the difference. Before your next challenging conversation, walk AI through the situation and ask it to help you anticipate the other person's perspective, likely objections, and emotional responses. You can even role-play the conversation in real time, with AI playing the other party. Going in prepared doesn't just reduce anxiety—it makes you a sharper, more empathetic communicator.

Tip adapted from CareerTrainer.ai[11]



Simply talk about it, and you will break it. What is it?

Last Week's Riddle: There is a 7-letter word that starts with BR and ends in G, and if you put an E in it, you get an 8-letter word that sounds the same yet has a different meaning. Name these two words.

Answer: Braking and Breaking.



Red Cardinals

Spartanburg, SC, United States

Footnotes And Sources

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11. CareerTrainer.ai, July 21, 2026

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The Dow Jones Industrial Average is an unmanaged index that is generally considered representative of large capitalization companies on the U.S. stock market. The Nasdaq Composite is an index of the common stocks and similar securities listed on the Nasdaq stock market and considered representative of the broad stock market. The Standard & Poor's 500 Index (S&P 500) is a capitalization-weighted index of 500 stocks designed to measure the performance of the overall U.S. economy through 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.

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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.

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