

TOLERATE THE TURBULENCE



Volatility will always be around on Wall Street, and as you invest for the long term, rocky moments will happen.

Since the end of World War II, there have been dozens of Wall Street shocks. Wall Street has seen 56 pullbacks (retreats of 5-9.99%) in the past 73 years; the S&P index dipped 6.9% in this last one. On average, the benchmark fully rebounded from these pullbacks within two months. The S&P has also seen 22 corrections (descents of 10-19.99%) and 12 bear markets (falls of 20% or more) in the post-WWII era.¹

Even with all those setbacks, the S&P has grown exponentially larger. During the month World War II ended (September 1945), its closing price hovered around 16. At this writing, it is above 2,750. Those two numbers communicate the value of staying invested for the long run.²

This current bull market has witnessed five corrections, and nearly a sixth (a 9.8% pullback in 2011, a year that also saw a 19.4% correction). It has risen roughly 335% since its beginning even with those stumbles. Investors who stayed in equities through those downturns watched the major indices soar to all-time highs.¹

As all this history shows, waiting out the shocks may be highly worthwhile. The alternative is trying to time the market. That can be a fool's errand. To succeed at market timing, investors have to be right twice, which is a tall order. Instead of selling in response to paper losses, perhaps they should respond to the fear of missing out on great gains during a recovery and hang on through the choppiness.

After all, volatility creates buying opportunities. Shares of quality companies are suddenly available at a discount. Investors effectively pay a lower average cost per share to obtain them.

Bad market days shock us because they are uncommon. If pullbacks or corrections occurred regularly, they would discourage many of us from investing in equities; we

would look elsewhere to try and build wealth. A decade ago, in the middle of the terrible 2007-09 bear market, some investors convinced themselves that bad days were becoming the new normal. History proved them wrong.

As you ride out this current outbreak of volatility, keep two things in mind. One, your time horizon. You are investing for goals that may be five, ten, twenty, or thirty years in the future. One bad market week, month, or year is but a blip on that timeline and is unlikely to have a severe impact on your long-run asset accumulation strategy. Two, remember that there have been more good days on Wall Street than bad ones. The S&P 500 rose in 53.7% of its trading sessions during the years 1950-2017, and it advanced in 68 of the 92 years ending in 2017.^{3,4}

Sudden volatility should not lead you to exit the market. If you react anxiously and move out of equities in response to short-term downturns, you may impede your progress toward your long-term goals.

Please give us a call if you have any questions.

Have a great weekend!

Source: Marketing Pro

Golf Tip of the Week



Send It Soaring Even Farther

Just a short distance. Maybe five yards. Ten yards would be nice. That's all you want. What's the secret to adding yards to your drive?

The short answer: Do what the pros do.

The longer answer? Amateurs tend to strike too low on the face of the ball during their drives, creating high spin and a low launch.

The way to achieve distance is by making sure your driver face hits the ball's "sweet spot," which is slightly above the ball's center. The result, if done correctly: Your ball goes farther.

Let's go a little deeper into how you do it. As your club is moving in the downswing and approaching the ball, it should feel like the driver will brush through the grass. By focusing on your swing in this manner, your club tends to move slightly upward prior to impact. This gives the impact an immediate boost.

Let's explore the turning movement during your downswing. To produce more punch at impact, you must transfer the energy in your body and arms into your clubhead. Make the turn with your shoulders, but don't strain yourself in the movement.

Here's how it should feel in your feet with this power swing: You should feel pressure in the instep of your back foot. The foot that is closest to the target should feel light. During the downswing, you push hard into the ground with your front foot.

Practice this movement a few times to get the feel of it.

Tip adapted from GolfDigest¹

Recipe of the Week

Baked Shrimp with Feta



Serves 4

Ingredients:

1½ pounds peeled/deveined medium shrimp, tails removed (thaw if needed)
3 tablespoons garlic-basil Italian dressing
Large zip-top bag
1 medium onion, finely chopped
2 tablespoons fresh Italian parsley, coarsely chopped
1 tablespoon olive oil
2 teaspoons minced garlic
½ teaspoon crushed red pepper
1 cup tomato-basil pasta sauce
1 teaspoon dried oregano
7 ounces deli feta cheese

Directions:

1. Heat oven to 400°F.
2. Put shrimp and dressing in the bag.
3. Let it marinate in the bag for 10 minutes.
4. Chop the onion and parsley.
5. Heat large sauté pan on medium, 2-3 minutes.
6. Put oil in heated pan and add onions. Cook 4-5 minutes until softened.
7. Mix in garlic and pepper.
8. Mix in pasta sauce and oregano with the onion mix.
9. Cook while stirring, 2-3 minutes.
10. Mix in shrimp and parsley.
11. Lay shrimp and onion mix throughout the 9-inch square baking dish.
12. Sprinkle crumbled feta on top.
13. Bake for 12-15 minutes or until shrimp are pink and cheese has browned.
14. Serve.

Recipe adapted from Publix®ⁱⁱ

Health Tip of the Week



What is DVT?

It's DVT for short: deep vein thrombosis. DVT refers to the formation of a blood clot in your veins, often deep within one of your legs.

Each year, as many as 900,000 people in the United States may be affected by the condition.

If you have DVT, your chance of getting it again in the next 10 years is about 33%.

About half the people with DVT will experience long-term complications, such as swelling, discoloration, and scaling.

Biologically, DVT sends parts of clots through the bloodstream to your lungs or other vital organs, which can lead to organ damage or death.

Symptoms may include a leg swollen below your knee, which may produce redness and tenderness. However, half of DVT sufferers show no visible symptoms.

Damages or injuries to your veins' inner linings or thick, slow-flowing blood may cause DVT.

Doctors look for signs of DVT by asking you about your medical history and the medications you take. You may also undergo an ultrasound test to evaluate blood flow and to spot clots.

Treatments may include blood-thinner medications, which reduce your blood's "stickiness."

A vena cava filter may help with difficult cases in catching breakaway clots.

Compression stockings may help keep the blood in your legs flowing. Elevating your legs also helps alleviate discomfort and swelling.

Exercise may also prevent the onset of DVT by reducing your weight and increasing blood flow.

Tips adapted from WebMDⁱⁱⁱ

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Our mailing address is:

Ballentine Capital Advisors
23 Buena Vista Way, Suite B
Greenville, SC 29615

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Sources:

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- 2 - multpl.com/s-p-500-historical-prices/table/by-month [10/18/18]
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ⁱ <https://www.golfdigest.com/story/give-your-tee-shots-an-instant-boost>

ⁱⁱ <http://www.publix.com/recipes-planning/aprons-recipes/baked-shrimp-with-feta>

ⁱⁱⁱ <https://www.webmd.com/dvt/ss/slideshow-deep-vein-thrombosis-overview>