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The Mark and Jason Group

Weekly Market Update

Week of November 22, 2010

THE MARKETS:

More than any other time of year, this week is one when people strive to focus on the positive things in life. In truth, being appreciative for what we have leads to a better, happier life. Charles Dickens wrote that it is wise to “reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some.” This is sensible advice indeed; especially in light of the challenges we face at times.

During 2008 and 2009, nearly every corner of the globe was affected by the financial crisis in some way. Even now, with the recovery well under way, we still feel the effects of high unemployment, a weak housing market, debt issues in the eurozone, and a vacillating stock market. To make matters worse, the media has a tendency to lead with what sells – sensationalism and bad news.

So is there any good news out there? Absolutely! And we’re using this week’s update to share some of it with you. Here is some recent positive news to be thankful for:

- The Standard and Poor’s 500 index is up 14% since August 31st of this year.¹
- Retailers have been bullish in their expectations for holiday sales, and bullish sentiment surrounding consumer spending is a catalyst for the cyclical bull market to resume.²
- In a sign American’s are spending again, retail sales jumped 1.2% in October, the largest increase since March, and the fourth straight monthly gain.³
- Nonfarm payrolls rose by 151,000 in October, the first gain since May, and more than double economists’ expectations.⁴
- The Institute for Supply Management said its index of national factory activity rose to 56.9 in October from 54.4 in September. That was the highest since May and well above the 54.0 median forecast of 77 economists surveyed by Reuters. A figure above 50 denotes expansion; a reading below 50 indicates contraction.⁵

- Ireland appears likely to receive a loan from the European Union to bolster its troubled banks, helping take the edge off recent fears about the resurgence of Europe's debt woes.⁶
- Americans are living longer. The 33rd annual report on the health status of the nation – prepared by the secretary of the Department of Health and Human Services for the president and Congress – says American men could expect to live 3.5 years longer and women 1.6 years longer than they did in 1990. U.S. life expectancy is 79.9 years, about six years shorter than that of Japan, which has the highest life expectancy.⁷

ECONOMIC CALENDAR:⁸

Tuesday – GDP, Existing Home Sales

Wednesday – Durable Goods Orders, Personal Income and Outlays, Jobless Claims, Consumer Sentiment, New Home Sales

Thursday – U.S. Holiday: Thanksgiving Day

Data as of 11/19/2010	1-Week	Y-T-D	1-Year	5-Year	10-Year
Standard & Poor's 500	0.04	7.59	9.57	-0.78	-1.23
Dow	0.10	7.44	8.43	0.81	0.54
NASDAQ	0.00	11.0	16.8	2.61	-1.68
MSCI EAFE	0.57	2.85	3.66	0.32	0.95
10-year Treasury Note (Yield Only)	2.76	N/A	3.35	4.50	5.69

Notes: All index returns exclude reinvested dividends, and the 5-year and 10-year returns are annualized.

Sources: Yahoo! Finance, MSCI Barra. Past performance is no guarantee of future results.

Indices are unmanaged and cannot be invested into directly. NA means not available.

QUOTE OF THE WEEK:

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” - John F. Kennedy

RECIPE OF THE WEEK:

Black Forest Brownie Pecan Pie



From: Fleischmann's Yeast, Argo, Karo

Ingredients:

- 1 cup Karo® Light OR Dark Corn Syrup
- 1/2 cup sugar
- 1/8 teaspoon salt
- 4 ounces semi-sweet baking chocolate, broken into pieces
- 3 tablespoons butter OR margarine
- 4 eggs, slightly beaten
- 1 teaspoon vanilla
- 1 cup coarsely chopped pecans
- 1 Keebler® Ready Crust® Graham 2 Extra Servings Pie Crust
- 1 can (21 ounces) Wilderness® OR Comstock® Cherry Pie Filling
- 1 cup whipped topping OR whipped cream

Directions:

1. COMBINE corn syrup, sugar and salt in a small saucepan. Bring mixture to a boil over medium heat, stirring until sugar is dissolved. Boil for 2 minutes. Remove from heat.
2. ADD chocolate and butter to syrup mixture, stirring until chocolate is melted and mixture is smooth. Let cool for 5 minutes.
3. POUR chocolate mixture slowly over eggs, stirring constantly. Add vanilla and pecans; mix well. Place pie crust on a baking sheet or pizza pan (for stability). Pour mixture into crust.
4. BAKE in a preheated 350 degrees F oven for about 50 minutes, until center of pie is slightly puffed; cool at least 1 hour. To serve, top each slice of pie with about 1/4 cup cherry pie filling and a dollop of whipped topping.

GOLF TIP OF THE WEEK:

What to Eat to Play Better Golf

As with any sport, the game of golf is better played when properly energized by the food you eat. While most golf tips focus on how to swing a club or how to think, this one helps you focus on how to play better through proper nutrition and hydration.

Because golf burns a lot of calories (when walking, up to 1,500 per round), most golfers get hungry while playing. To satisfy this hunger, avoid foods such as candy bars, cookies and bagels that provide a quick energy burst but a crash later. Choose natural sources of protein and fat, such as nuts and jerky instead. Carbohydrates in the form of fruits and whole grains are also good. And if you can bear it, reach for water instead of a beer or a soda. No one plays their best golf when feeling tired and lethargic. Eating the right foods will help you maintain your energy level and keep you playing your best game.

Share the Wealth of Knowledge!

Please share this market update with family, friends, or colleagues. If you would like us to add them to our list, simply click on the "Forward email" link below. We love being introduced!

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Investing involves risk including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values.

The Standard & Poor's 500 (S&P 500) is an unmanaged group of securities considered to be representative of the stock market in general.

The Dow Jones Industrial Average is a price-weighted average of 30 significant stocks traded on the New York Stock Exchange and the Nasdaq. The DJIA was invented by Charles Dow back in 1896.

The MSCI EAFE Index was created by Morgan Stanley Capital International (MSCI) that serves as a benchmark of the performance in major international equity markets as represented by 21 major MSCI indexes from Europe, Australia and Southeast Asia.

The 10-year Treasury Note represents debt owed by the United States Treasury to the public. Since the U.S. Government is seen as a risk-free borrower, investors use the 10-year Treasury Note as a benchmark for the long-term bond market.

Google Finance is the source for any reference to the performance of an index between two specific periods.

Opinions expressed are subject to change without notice and are not intended as investment advice or to predict future performance.

Past performance does not guarantee future results.

You cannot invest directly in an index.

Consult your financial professional before making any investment decision.

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¹ <http://www.reuters.com/article/idUSN1922770220101119>

² <http://www.reuters.com/article/idUSN1922770220101119>

³ http://www.marketwatch.com/story/retail-sales-in-us-jump-12-in-october-2010-11-15?reflink=MW_news_stmp

⁴ <http://www.reuters.com/article/idUSN1519104820101105>

⁵ <http://www.reuters.com/article/idUSTRE6A00U420101101>

⁶ <http://www.businessweek.com/ap/financialnews/D9JJADG80.htm>

⁷ http://www.cdc.gov/NCHS/data/nvsr/nvsr58/nvsr58_19.pdf

⁸ <http://www.econoday.com/>