



# IGNORE THE HEADLINES

We are constantly bombarded by the media on the financial catastrophe du jour be it by television, the internet or "tweets." Sensationalism can cause even the most seasoned investor to question their long-term plans and wonder if they should flee for safer havens. However, history shows many events that dominate the short term often recede into nothingness when viewed over an extended period of time. The table below shows a crisis that transpired in each calendar year from 1975 to 2022 and the annual return of the S&P 500® Index. In summary, investors best strategy may be to ignore the headlines and adhere to a well-constructed, long-term plan.

Year	Event/Crisis	S&P 500® Index Return (%)	Year	Event/Crisis	S&P 500® Index Return (%)
1977	Pact signed by 15 countries to curb nuclear weapons	-7.16	2000	Terrorist attack on U.S.S. Cole in Yemen	-9.10
1978	"Framework for Peace" in Middle East signed at Camp David	6.57	2001	September 11 attacks on United States	-11.89
1979	Soviet invasion of Afghanistan	18.61	2002	Enron scandal	-22.10
1980	Iran Hostage Crisis	32.50	2003	U.S. and Britain launch war on Iraq	28.68
1981	Assassination attempt on President Ronald Reagan	-4.92	2004	Tsunami devastates Asia	10.88
1982	Falklands War	21.55	2005	Hurricanes Katrina and Rita	4.91
1983	Terrorist attack kills 237 US Marines in Beirut	22.56	2006	North Korea explodes nuclear device	15.79
1984	Toxic gas leaks at Union Carbide plant in Bhopal, India	6.27	2007	30,000 U.S. Troops in Iraq	5.49
1985	U.S. budget balancing bill enacted	31.73	2008	U.S. financial crisis	-37.00
1986	U.S. planes attack Libya	18.66	2009	U.S. government bailout of AIG	26.46
1987	Iran-Contra Affair	5.25	2010	Massive number of U.S. home foreclosures	15.06
1988	Canada and U.S. reach free trade agreement	16.61	2011	S&P downgrades U.S. from AAA	2.11
1989	Fall of Berlin Wall	31.69	2012	Fiscal Cliff Concerns	16.00
1990	Persian Gulf War	-3.10	2013	Government Shutdown	32.39
1991	Dissolution of the USSR	30.47	2014	Ebola Outbreak	13.69
1992	North American Free Trade Agreement signed	7.62	2015	ISIS Terrorist Attacks	1.38
1993	Bombing of World Trade Center in New York	10.08	2016	Great Britain "Brexit" Announced	11.96
1994	Russians attack secessionist Republic of Chechnya	1.32	2017	Russia Investigation	21.83
1995	Oklahoma City Federal Building attacked	37.58	2018	US Levies Tariffs on Canada, EU & Mexico	-4.38
1996	Britain alarmed by outbreak of "mad cow" disease	22.96	2019	Trump Impeachment Hearings	31.49
1997	European Union plans to admit six nations	33.36	2020	COVID-19 Pandemic	18.40
1998	White House sex scandal	28.58	2021	Pandemic Continues	28.71
1999	Y2K worries	21.04	2022	Supply Chain Issues/High Inflation	-18.11

From 1977 - 2022, the equity market experienced 37 positive years and 9 negative years resulting in a 11.11% annualized return.

Source: Mellon Analytical Solutions, Inc. January 2023

Past performance does not guarantee future results. You cannot invest directly in an index. The performance data does not represent fund performance and should not be considered representative of fund performance.



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