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After a 20% loss of market value, it's official:

We're in a Bear Market

So you should be adjusting your investing

By Aldo Svaldi *The Denver Post*

A bear market is staring U.S. Stock investors in the face, and unlike the past two downturns, there are few places to hide.

On Wednesday, the Dow Jones industrial average and the Nasdaq composite index closed more than 20 percent below the peaks they reached in October. The S & P 500 is close to a 20 percent decline, the threshold of a bear market.

"The typical stocks to go to in a bad bear market have way underperformed," said Fred Taylor, a principal with Northstar Investment Advisors in Denver.

Conversations with investment advisers and money managers produced a

variety of opinions on what to do. Some recommend hiding out in cash. Others suggest staying the course and buying high-yield blue chips. Some recommend going to commodities.

Unlike the last bear market, which stretched between March 2000 and October 2002, investors have far fewer alternatives to earn a return, financial advisers said.

Investing advice from some experts



REAL ESTATE, ENERGY SECTOR

Al Woodward, chairman of Woodward Wealth Management, has placed clients into low-leverage commercial real estate investments, offshore drilling ventures and Treasury Inflation-Protected securities. The Loomis Sayles Inflation Protected Securities I, ticker LSGSX, is one way to get those. He thinks the energy sector has more room to rise and recommends the Jensen Natural Resources