US Stock Express

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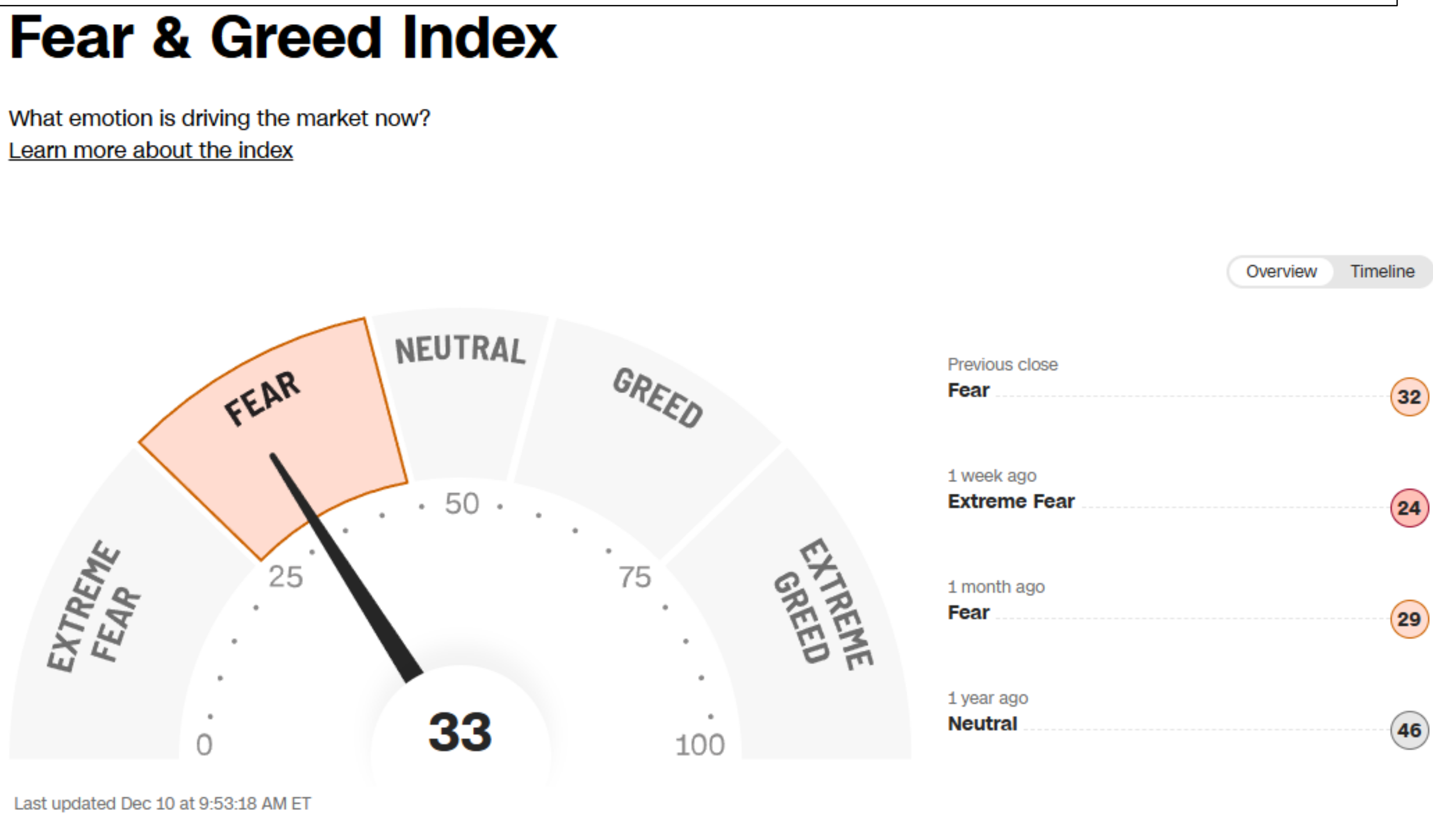
Additional ETF Recommendations for Holding at Least One Year in 2026 (Besides VOO and QQQ)

For a 2026 hold (assuming continued AI/tech growth, rate cuts, and economic resilience), I recommend diversified, low-cost ETFs with strong historical returns (8-15% annualized). Focus on broad U.S. exposure, growth tilts, and income. Allocate based on risk (e.g., 40% core, 30% growth, 20% value, 10% international). These exclude VOO/QQQ but complement them.

ETF Ticker	Name	Focus	Expense Ratio	Why Recommend for 2026?	5Y Annualized Return (as of Dec 2025)
VTI	Vanguard Total Stock Market ETF	Entire U.S. market (large/mid/small-cap)	0.03%	Ultimate diversification (~3,700 stocks); captures small-cap rebound from rate cuts.	~14%
SCHD	Schwab U.S. Dividend Equity ETF	High-quality dividend growers (e.g., consumer staples, energy)	0.06%	~3.5% yield + growth; hedges tech volatility with value tilt.	~12%
VUG	Vanguard Growth ETF	Large-cap growth (tech/healthcare)	0.04%	AI/semiconductor exposure (NVIDIA, Apple); outperforms in bull markets.	~18%
SCHG	Schwab U.S. Large-Cap Growth ETF	Large-cap growth (similar to VUG but cheaper)	0.04%	Low-cost growth proxy; benefits from mega-cap AI rally.	~19%
VXUS	Vanguard Total International Stock ETF	Non-U.S. stocks (developed/emerging)	0.07%	Global diversification (~8,000 stocks); emerging markets rebound potential.	~7%
VT	Vanguard Total World Stock ETF	Global equities (U.S. + international)	0.07%	One-stop global hold; hedges U.S.-centric risks.	~11%

These are passive, tax-efficient picks for buy-and-hold. Monitor economic shifts (e.g., inflation) and rebalance annually. Consult a advisor for personalization.

Risk disclosure: Price can go up and down at any moment, use free money to trade and bear the risk according to your own capital;
Never trade with money that has a deadline for withdrawal.
All suggestions are for reference only, even AI cannot be 100% reliable, final decision still lies upon investors.
Copy trading cannot replicate another trader's background or psychological state.



North East West South is *NEWS*

US tech giant Meta points out that Australia's ban on social media use by those under 16 has led young users to less regulated platforms, ultimately placing them in a more unsafe environment. The Australian Prime Minister, however, claims to be "regaining control" from tech giants.

According to The Information, Chinese AI startup DeepSeek relies on Nvidia chips, which the US has banned from export to China, to develop its next-generation AI models. The report, citing anonymous sources, claims that Nvidia's Blackwell chips were smuggled into China through countries that allow their sale. The report states that servers equipped with these chips were disassembled before reaching China.

South Korean military officials say North Korea fired 10 artillery shells this week using a multiple rocket launcher system. These rockets were fired yesterday from the west of the Korean Peninsula towards the Yellow Sea.

EU officially invited Taiwan to join their Mars program of "EXO MARS 2028" to detect if there were any life in Mars after Taiwan successfully launched their satellite on Nov 29th, JAXA of Japan also signed co-operation in space program with Taiwan. Before that NASA already asked Taiwan to join one of their subsidiary programs of the Artemis Mars Project. Altogether 27 countries expressed their interest in co-operation with Taiwan in space project.

China and Russia have joint military nuclear bombers flying from Sea of Japan down to Okinawa and Philippines; and then back to north. Japanese fighters were flying with them in safety distance all the way.

World Observation

Day 1387
Russia/Ukraine Conflict

Various kinds of ETFs

The stock market has risen from Orion Meteoroid shower of October 2022 and had no prominent adjustment. Even the recent wave rose from the golden pit of April, it has already been lasted for 9 months. A lot of people are waiting for a correction or afraid of correction. But even AI cannot tell you when will it comes, only can warn you keep alert on it. Therefore, some people are thinking of buying ETF for it has quite a large scope of diversification. They are actually a basket of stocks, so can thus stand fast against a crash. It is one of the common means of lowering your risk.

I asked the AI to list the advantages and disadvantages of ETF. As I have already said several times. When an investor buys a stock, subconsciously he wants it to run faster than the market, but when buying ETF concerning stocks like SPY, VOO and QQQ, actually they are running according to S&P or Nasdaq, they can never be fast than the index. That means you have already given up the hope of running faster than the index. Basically, the S&P has an average of annual growth of 12% and NASDAQ 22%, please refer to The Express of 2025821 and 20250904.

When there are significant changes in monetary policy like QE or QT, you can buy ALLW or BWX, for they are concerning bonds and equity. If you afraid of the stock market will fall, you can buy the CBTC, IBIT or MSTR, for they run according to Bitcoin and Crypto and not according to stock market. If you do not want to link up with crypto so much you can try ARKW, for its only partially linked up. Of course, when you are interested in Mars

Landing project where I pushed for years you can try the ARKX. When you think the era of robot will come in 2026, you can try the ARKQ, ROBO, AIQ and BOTZ.

For high dividend ETF like QYLD, it is very attractive that it pays out dividend every month, and after 8 or 9 years you can get back the capital you invested, and all the rest money inside your account is a profit. Actually, they are buying options to pay you the dividend, so the price is very hard to rise and only can fall.

However, ETF should not occupy a major portion of your total investment. The holding should be at least for one year to three years, or else better try some other stocks. The portion should be under 25% of your total investment and aim at other stocks of faster growth. Buy ETF is always better than defensive stocks or anti-falling stocks for they have stronger recovery power than those anti-falling stocks. So please study thoroughly the recommendations of AI and make you right choices.

ETFs offer diversification, liquidity, and cost efficiency, but they can suffer from tracking errors, limited upside in covered-call strategies, and sector concentration risks. Below is a breakdown of your requested comparisons and recommendations for 2026.

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📊 Basic Advantages & Disadvantages of ETFs

Advantages [1] [2] [3]

- Diversification across many assets.
- Lower fees than mutual funds.
- Liquidity: trade intraday like stocks.
- Transparency of holdings.

Disadvantages

- Tracking error vs. index.
- Some niche ETFs are illiquid.
- Sector/thematic ETFs can be volatile.
- Covered-call ETFs cap upside potential.

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① ALLW vs BWX

- **ALLW (SPDR Bridgewater All Weather ETF)**: Multi-asset, risk-parity style allocation (mix of equities, bonds, commodities, inflation-protected securities). Designed for resilience across economic regimes. [4]
- **BWX (SPDR Bloomberg International Treasury Bond ETF)**: Focused purely on international government bonds outside the U.S. Provides currency and sovereign debt exposure.
➡️ **Key difference**: ALLW = diversified "all-weather" portfolio; BWX = single-asset class (foreign sovereign bonds).

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② BOTZ vs ROBO vs AIQ

- **BOTZ (Global X Robotics & AI ETF)**: Concentrated on robotics and AI hardware/software companies. [5] [6]
- **ROBO (ROBO Global Robotics & Automation ETF)**: Broader robotics automation exposure, more diversified across mid/small caps.
- **AIQ (Global X Artificial Intelligence & Technology ETF)**: Focused on AI + big data software, cloud, and analytics.
➡️ BOTZ = robotics-heavy, ROBO = diversified automation, AIQ = AI/data-centric.

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③ ARKQ vs ARKX vs AEKF vs ARKW

- **ARKQ**: Autonomous tech & robotics (Tesla, UiPath, etc.). [7]
- **ARKX**: Space exploration & innovation (satellites, aerospace).
- **ARKW**: Next-gen internet (cloud, fintech, crypto exposure like Coinbase, Palantir). [8]
- **AEKF (ARK Fintech Innovation ETF)**: Fintech focus (digital wallets, blockchain, payment systems). [9]
  ➡️ Each ARK fund targets a distinct disruptive theme: robotics, space, internet, fintech.

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④ GBTC vs IBIT vs MSTR

- **GBTC (Grayscale Bitcoin Trust)**: Closed-end trust, historically traded at premium/discount to NAV. [10] [11]
- **IBIT (iShares Bitcoin Trust ETF)**: Spot Bitcoin ETF, tracks BTC directly with lower fees. [12]
- **MSTR (MicroStrategy stock)**: Corporate proxy for Bitcoin; company holds BTC on balance sheet. Higher leverage and operational risk.
  ➡️ IBIT = cleanest BTC exposure; GBTC = legacy trust with discount risk; MSTR = equity proxy with business risk.

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⑤ QYLD/JEPQ vs PFF

- **QYLD/JEPQ**: Covered-call ETFs on Nasdaq 100. They generate **high dividends** by selling call options, but this caps upside, so prices rarely rise. [13] [14] [15]
- **PFF (iShares Preferred & Income Securities ETF)**: Invests in preferred shares, yielding ~6–7% from fixed dividends. [16] [17]
  ➡️ Difference: QYLD/JEPQ = option income, capped growth; PFF = preferred stock income, more bond-like stability.

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Recommended ETFs for 2026 (besides CPY, VOO, QQQ)

- **SCHD (Schwab U.S. Dividend Equity ETF)** – strong dividend growth.
- **XLK (Technology Select Sector SPDR)** – tech sector exposure.
- **SMH (VanEck Semiconductor ETF)** – semiconductors, key AI enabler.
- **XLF (Financial Select Sector SPDR)** – banks/ins[1][2][3]urance, potential rate-cut beneficiaries.
- **AIQ (Global X AI & Tech ETF)** – AI thematic growth.
- **IEMG (iShares Core MSCI Emerging Markets ETF)** – diversification into EM growth.

👉 In short: ETFs are powerful tools, but strategy matters. Covered-call ETFs give income at the cost of growth, while thematic ETFs (AI, robotics, space) offer upside but higher volatility. For 2026, a balanced mix of **broad market (VOO/CPY/QQQ)** plus **sector/thematic ETFs (SMH, AIQ, SCHD)** could provide resilience.

Would you like me to build a **scen[4]ario matrix** showing risk/reward trade-offs among these ETF categories for 2026? [5][6][7][8][9][10][11][12][13][14][15][16][17][18]

Basic Advantages and Disadvantages of ETFs

Exchange-Traded Funds (ETFs) are investment vehicles that trade on stock exchanges like individual stocks, typically tracking an index, sector, or asset class. They offer a convenient way for individual investors to gain diversified exposure without picking individual securities. Below is a summary of their key advantages and disadvantages, based on common characteristics.

Aspect	Advantages	Disadvantages
Cost	Lower expense ratios (often 0.03%-0.50%) compared to actively managed mutual funds, due to passive management. No sales loads or redemption fees.	Trading commissions or bid-ask spreads can add costs, especially for low-volume ETFs. Some niche ETFs have higher fees.
Diversification	Instant exposure to hundreds or thousands of assets (e.g., stocks, bonds) in one trade, reducing single-stock risk.	Sector-specific or thematic ETFs may lack broad diversification, leading to concentrated risk (e.g., tech-heavy funds vulnerable to sector downturns).
Liquidity & Trading	Trade throughout the day at market prices, with options for limit orders, short selling, and intraday strategies. High-volume ETFs are highly liquid.	Illiquid ETFs may have wide bid-ask spreads, increasing effective costs. Prices can deviate from net asset value (NAV) during volatile periods.
Tax Efficiency	In-kind creation/redemption minimizes capital gains distributions compared to mutual funds.	Still subject to capital gains taxes on sales; covered call ETFs may generate taxable income from premiums.
Performance & Management	Track indexes closely (low tracking error for passive ETFs); some offer dividends. Easy for long-term holding.	No personalization—doesn't account for individual goals. Actively managed ETFs may underperform indexes after fees. Leveraged or inverse ETFs can erode value over time.
Risk	Broad ETFs lower overall portfolio volatility through diversification.	Market-driven volatility; thematic ETFs can amplify losses in downturns. No guaranteed returns.

Overall, ETFs are ideal for cost-conscious, passive investors seeking simplicity and diversification, but they require understanding liquidity and sector risks.

(1) Difference Between ALLW and BWX

ALLW (SPDR Bridgewater All Weather ETF) and BWX (SPDR Bloomberg International Treasury Bond ETF) represent contrasting strategies: multi-asset diversification vs. targeted fixed-income exposure. ALLW, launched in 2024, is an actively managed ETF from State Street Global Advisors in partnership with Bridgewater Associates, inspired by Ray Dalio's "All Weather" portfolio. It aims for resilience across economic regimes (growth, inflation, recession) by balancing equities (domestic/international), bonds (nominal/inflation-linked), and commodities, using derivatives for ~1.8x leverage. This equal-risk allocation targets stock-like returns with lower volatility, but its 0.85% expense ratio is high, and it emphasizes tax efficiency for retail investors. Assets under management (AUM) are modest (~$500M as of late 2025).

BWX, launched in 2007, is a passive ETF tracking the Bloomberg Global Treasury ex-US Capped Index, focusing on investment-grade government bonds from developed markets outside the U.S. (e.g., Japan, Germany, France). It provides currency-hedged exposure to international fixed income for income and diversification, with low volatility but sensitivity to interest rates and global yields. Expense ratio: 0.35%; AUM: ~$1.2B.

Key Differences:

- **Asset Focus**: ALLW (multi-asset: 30-40% equities, 40-50% bonds, 10-20% commodities) vs. BWX (100% international bonds).
- **Strategy**: Active, risk-parity (leverages futures for balance) vs. Passive index-tracking.
- **Risk/Return**: ALLW seeks higher long-term growth (historical All Weather ~7-10% annualized) with moderate volatility; BWX prioritizes stability and yield (~2-4% yield) but can lag in rising-rate environments.
- **Suitability**: ALLW for balanced, all-regime portfolios; BWX for bond laddering or hedging U.S. equity risk.

(2) Differences Among BOTZ, ROBO, and AIQ

BOTZ (Global X Robotics & Artificial Intelligence ETF), ROBO (ROBO Global Robotics & Automation ETF), and AIQ (Global X Artificial Intelligence & Technology ETF) all tap into AI and automation themes but differ in scope, holdings, and emphasis. All are passive ETFs tracking proprietary indexes, with expense ratios of 0.68% (BOTZ/AIQ) and 0.95% (ROBO). AUM: BOTZ (~$3B), ROBO (~$1.2B), AIQ (~$7B as of late 2025).

- **BOTZ (launched 2016)**: Tracks the Indxx Global Robotics & AI Thematic Index (~45 holdings). Focuses on robotics hardware/enablers (e.g., industrial automation, drones). Top holdings: NVIDIA (5%), ABB Ltd. (5%), Intuitive Surgical (5%). Heavily weighted to Japan/Asia industrials; ~25% overlap with ROBO. Strong in physical AI applications but narrower than peers.
- **ROBO (launched 2013)**: Tracks the ROBO Global Robotics & Automation Index (~80 holdings). Broader automation theme, including software, components, and end-users (e.g., healthcare robotics, autonomous vehicles). Top holdings: Teradyne (3%), Zebra Technologies (3%), Cognex (3%). More diversified geographically (U.S./Europe/Asia); emphasizes emerging innovators over pure AI.
- **AIQ (launched 2018)**: Tracks the Indxx AI & Big Data Index (~85 holdings). Widest scope: AI software, hardware, and big data (e.g., semiconductors, cloud). Top holdings: NVIDIA (4%), Broadcom (4%), Alibaba (3%). Global tilt toward Asia (e.g., TSMC, Samsung); less robotics-specific, more enabler-focused like data centers.

Key Differences:

- **Thematic Breadth**: BOTZ (robotics-centric), ROBO (automation ecosystem), AIQ (AI/big data infrastructure).
- **Holdings Overlap**: ~25% between BOTZ/ROBO; AIQ overlaps ~15-20% with both but adds non-robotics like Tencent.
- **Performance/Risk**: AIQ has outperformed (5Y ~20% annualized) due to AI hype; BOTZ/ROBO (~12-15%) lag in bull markets but offer more industrial stability. All volatile (beta >1.2).
- **Suitability**: BOTZ/ROBO for robotics purists; AIQ for broader AI exposure.

(3) Differences Among ARKQ, ARKX, ARKF, and ARKW

These are all actively managed thematic ETFs from ARK Invest, focusing on disruptive innovation. They share high conviction in growth stocks (e.g., Tesla, Roku) but target distinct sub-themes. Expense ratio: 0.75% each. AUM varies: ARKQ (~$1B), ARKX (~$300M), ARKF (~$1.5B), ARKW (~$1B) as of late 2025. High volatility (standard deviation ~30-40%) due to concentration (20-40 holdings).

- **ARKQ (Autonomous Technology & Robotics ETF, launched 2014)**: Targets self-driving vehicles, robotics, 3D printing, energy storage. Top holdings: Tesla (12%), Kratos Defense (8%), Archer Aviation (6%). Emphasizes automation in transport/manufacturing.
- **ARKX (Space Exploration & Innovation ETF, launched 2021)**: Focuses on space tech, orbital satellites, drones. Top holdings: Kratos (10%), Iridium (8%), Rocket Lab (7%). Newest and smallest; overlaps ~20% with ARKQ (e.g., defense tech).
- **ARKF (Fintech Innovation ETF, launched 2019)**: Covers digital payments, blockchain, insurtech. Top holdings: Coinbase (10%), Shopify (8%), Block (7%). Least overlap with others; crypto-heavy.
- **ARKW (Next Generation Internet ETF, launched 2014)**: Invests in cloud, digital wallets, sharing economy. Top holdings: Tesla (10%), Coinbase (9%), Roblox (7%). Broadest "internet" theme; ~30% overlap with ARKF/ARKQ.

Key Differences:

- **Sector Focus**: ARKQ (robotics/auto), ARKX (space/aero), ARKF (fintech/crypto), ARKW (internet/digital platforms).
- **Overlap**: High across ARK ecosystem (e.g., Tesla in all); ARKK (ARK's flagship) blends ~25% each.
- **Performance/Risk**: ARKF/ARKW (~15% 5Y annualized) outperform ARKQ/ARKX (~10%) in tech rallies but all underperform S&P 500 long-term due to fees/volatility.
- **Suitability**: Pick based on conviction (e.g., ARKX for space bulls); avoid if risk-averse.

(4) Difference Between GBTC, IBIT, and MSTR

GBTC (Grayscale Bitcoin Trust), IBIT (iShares Bitcoin Trust ETF), and MSTR (MicroStrategy Inc. stock) all provide Bitcoin exposure but differ in structure, costs, and risks. GBTC and IBIT are spot Bitcoin vehicles holding actual BTC; MSTR is a software firm using debt/equity to hoard BTC (~$15B+ as of late 2025).

- **GBTC (launched 2013)**: Closed-end trust (converted to ETF in 2024) holding BTC directly. AUM: ~$15B. Expense ratio: 1.50%. Trades at premiums/discounts to NAV (historically -20%+ discount); higher fees erode returns.
- **IBIT (launched 2024)**: Spot Bitcoin ETF from BlackRock, holding BTC in custody. AUM: ~$72B (largest). Expense ratio: 0.25% (waived to 0.12% initially). Tracks BTC price closely with high liquidity; no premium/discount issues.
- **MSTR (ongoing since 2020 BTC buys)**: Enterprise software stock with ~2% global BTC holdings. No expense ratio (but volatile stock). Leveraged BTC play (debt-financed buys amplify gains/losses); adds business risk (software revenue ~$500M/year).

Key Differences:

- **Structure**: GBTC/IBIT (ETFs holding BTC) vs. MSTR (equity with BTC treasury).
- **Costs/Tracking**: IBIT (lowest fees, tight tracking) > GBTC (high fees, NAV deviations) > MSTR (no fees but company overhead).
- **Risk/Return**: MSTR (~200% 1Y return, beta ~3x BTC) most volatile; IBIT mirrors BTC (~150% 1Y); GBTC lags due to fees/discounts.
- **Suitability**: IBIT for pure, low-cost BTC; GBTC for legacy holders; MSTR for leveraged BTC believers (e.g., Saylor's strategy).

(5) For QYLD and JEPQ, Why They Have High Dividends but Prices Seldom Rise, and Difference with PFF

QYLD (Global X NASDAQ 100 Covered Call ETF) and JEPQ (JPMorgan Nasdaq Equity Premium Income ETF) are covered call ETFs on the Nasdaq-100, generating high "dividends" (monthly payouts ~9-13%) via premiums from selling call options on holdings. However, prices seldom rise significantly because:

- **Covered Call Mechanics**: Selling calls caps upside—if the index rises above the strike price, shares are "called away," limiting capital gains. Premiums provide income but erode NAV over time, especially in bull markets (e.g., QYLD's 10Y total return ~6% vs. QQQ's 18%).
- **QYLD Specifics**: Passive, writes at-the-money (ATM) calls on 100% of portfolio, targeting ~1% monthly yield. This maximizes income (~13%) but sacrifices most growth; price has declined ~20% since 2013 due to full cap and 0.60% expense ratio.
- **JEPQ Specifics**: Active, writes out-of-the-money (OTM) calls on ~80% of portfolio, allowing some upside (~10% yield). Better total returns (~15% 3Y) but still lags QQQ; price stable but not appreciating fully due to partial cap and 0.35% expense ratio.

In flat/sideways markets, premiums boost yields without much cap; in rallies, growth is forfeited.

Difference with PFF (iShares Preferred and Income Securities ETF): PFF tracks the ICE Exchange-Listed Preferred & Hybrid Securities Index (~450 holdings of preferred stocks/hybrids from financials/utilities). Yields ~6% from fixed dividends (not options), with moderate price appreciation (~4-6% annualized). Lower yield than QYLD/JEPQ but less NAV erosion; more bond-like stability (duration ~4 years) vs. equity volatility. Expense: 0.46%. Suitability: PFF for steady income/diversification; QYLD/JEPQ for higher yield with growth trade-off.

Dividend pay history

QYLD

Ex-date	Record date	Pay date	Amount	Div. Type
2025/11/24	2025/11/24	2025/12/02	USD 0.1728	Ordinary
2025/10/20	2025/10/20	2025/10/27	USD 0.1731	Ordinary
2025/09/22	2025/09/22	2025/09/29	USD 0.1704	Ordinary
2025/08/18	2025/08/18	2025/08/25	USD 0.1677	Ordinary
2025/07/21	2025/07/21	2025/07/28	USD 0.1653	Ordinary
2025/06/23	2025/06/23	2025/06/30	USD 0.1657	Ordinary
2025/05/19	2025/05/19	2025/05/27	USD 0.165	Ordinary
2025/04/21	2025/04/21	2025/04/28	USD 0.1598	Ordinary
2025/03/24	2025/03/24	2025/03/31	USD 0.1703	Ordinary
2025/02/24	2025/02/24	2025/03/03	USD 0.165	Ordinary
2025/01/21	2025/01/21	2025/01/28	USD 0.1877	Ordinary
2024/12/30	2024/12/30	2025/01/07	USD 0.33863	Other
2024/11/18	2024/11/18	2024/11/25	USD 0.1804	Ordinary
2024/10/21	2024/10/21	2024/10/28	USD 0.1831	Ordinary
2024/09/23	2024/09/23	2024/09/30	USD 0.1807	Ordinary
2024/08/19	2024/08/19	2024/08/26	USD 0.1791	Ordinary
2024/07/22	2024/07/22	2024/07/29	USD 0.1774	Ordinary
2024/06/24	2024/06/24	2024/07/01	USD 0.1686	Ordinary
2024/05/20	2024/05/21	2024/05/29	USD 0.1628	Ordinary
2024/04/22	2024/04/23	2024/04/30	USD 0.1723	Ordinary
2024/03/18	2024/03/19	2024/03/26	USD 0.178	Ordinary
2024/02/20	2024/02/21	2024/02/28	USD 0.1772	Ordinary
2024/01/22	2024/01/23	2024/01/30	USD 0.179	Ordinary