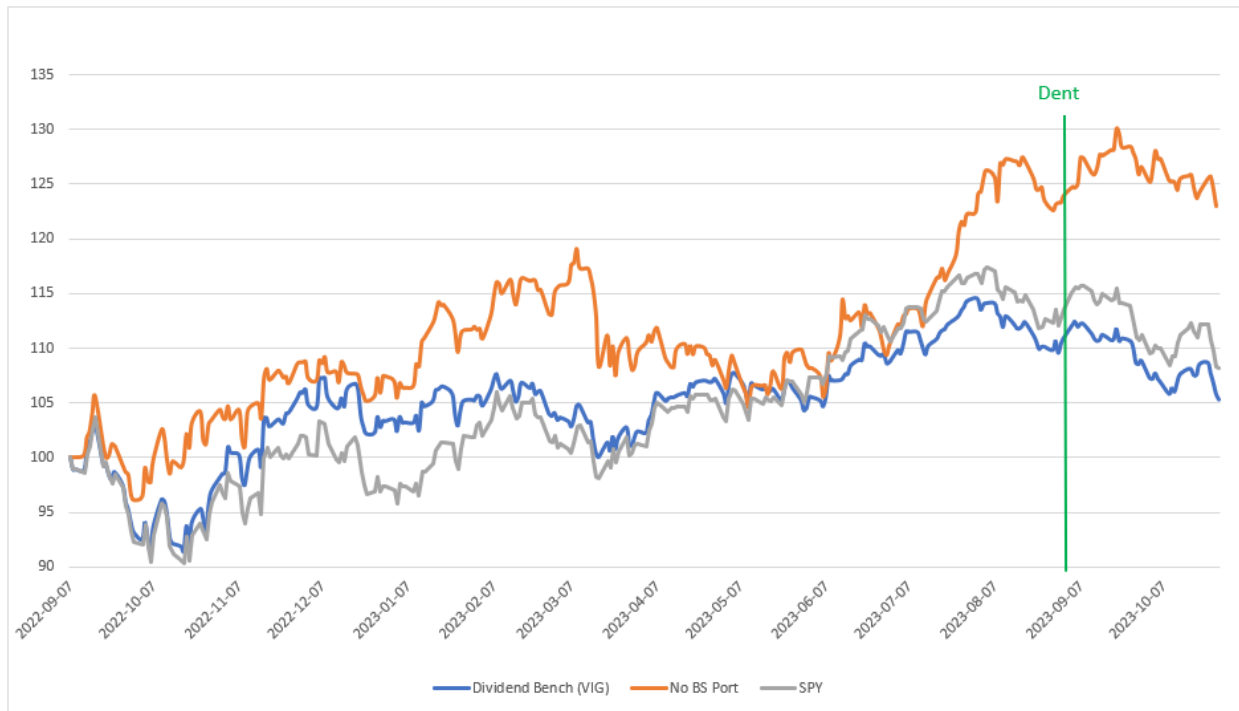


October 30, 2023

The **NO BS** Growth and Income Portfolio

By John Del Vecchio

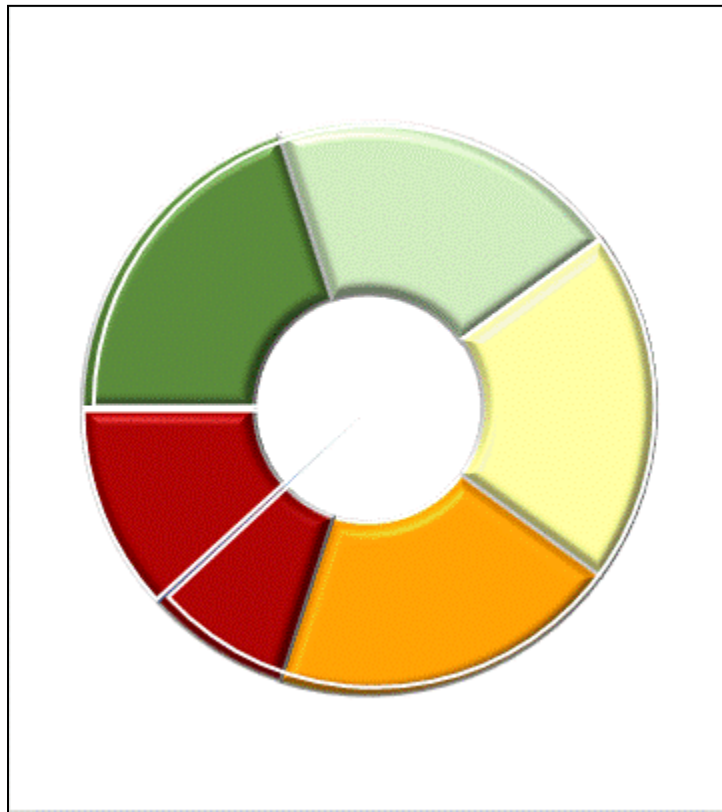


New Trades this week: Buy ITEX Corp. (OTC: ITEX)
Sell People Bancorp of NC (Nasdaq: PEBK)

Current Portfolio October 30, 2023

Ticker	Name	Return	Days Held	Sector
AVT	Avnet, Inc.	-5.25%	46	Technology
CGEAF	Cogeco Communications, Inc.	-14.72%	74	Telecommunications
ETD	Ethan Allen Interiors, Inc.	10.96%	420	Consumer Cyclicals
HVT	Haverty Furniture Cos., Inc.	-0.92%	165	Consumer Cyclicals
ITEX	ITEX Corp.	0.00%	NEW	Technology
MCEM	The Monarch Cement Co.	-7.11%	46	Non-Energy Materials
PSX	Phillips 66	18.06%	172	Energy
THFF	First Financial Corp. (Indiana)	-0.78%	150	Finance
UNM	Unum Group	27.82%	420	Finance
VLO	Valero Energy Corp.	-4.37%	11	Energy

***Risk-O-Meter*: "red zone." Action: none. I continue to favor small-cap stocks in my taxable account.**

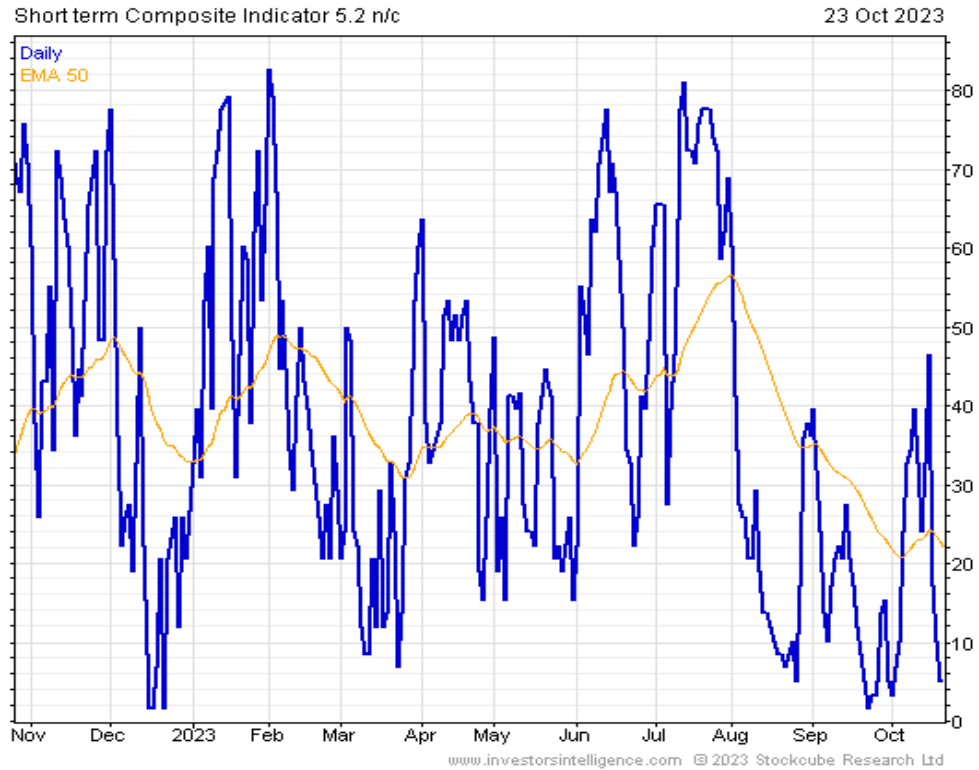


Oversold Set-Up

The market is deeply oversold and overdue for a bounce. However, the *Risk-O-Meter* is still in the "red zone."

If the *Risk-O-Meter* were to flip to "green" while the market is still oversold, I would aggressively buy small-cap stocks in my taxable account.

We are not there yet. Fools rush in where angels fear to tread.



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