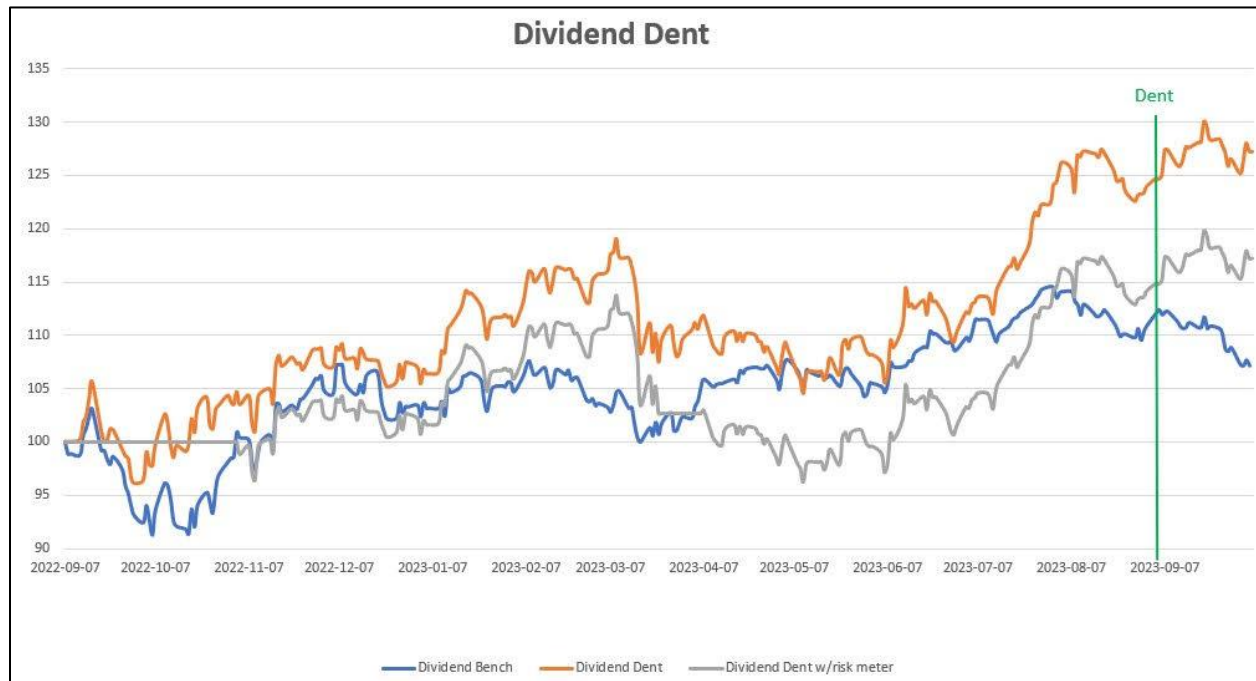


October 16, 2023

The **NO BS** Growth and Income Portfolio

By John Del Vecchio

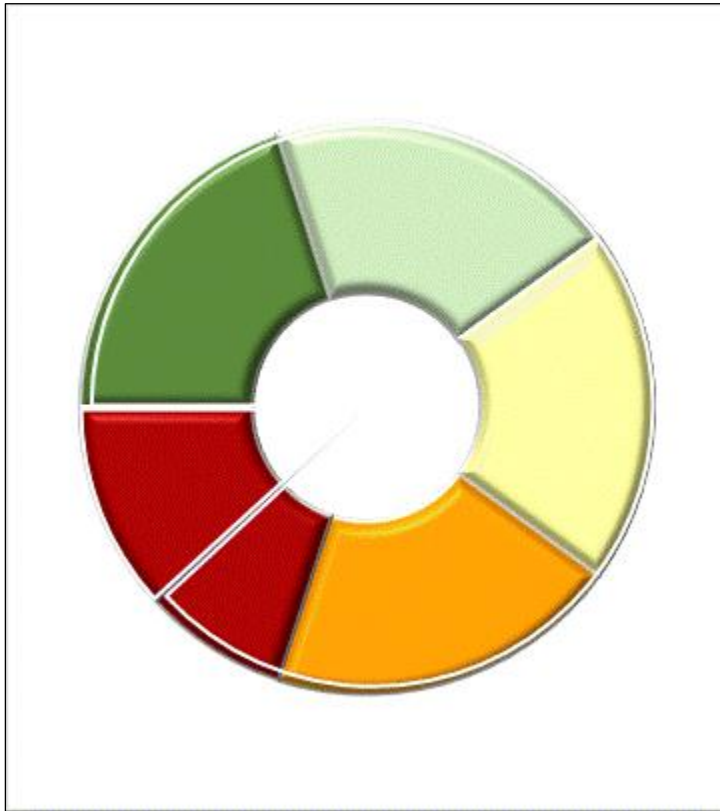


New trades this week: None.

NO BS Current Portfolio, October 16, 2023

Ticker	Name	Return	Days Held	Sector
ABM	ABM Industries, Inc.	5.65%	25	Business Services
AVT	Avnet, Inc.	0.35%	25	Technology
CGEAF	Cogeco Communications, Inc.	-11.34%	53	Telecommunications
ETD	Ethan Allen Interiors, Inc.	28.52%	399	Consumer Cyclical
HVT	Haverty Furniture Cos., Inc.	6.35%	144	Consumer Cyclical
MCEM	The Monarch Cement Co.	10.00%	25	Non-Energy Materials
PEBK	Peoples Bancorp of North Carolina, Inc.	-2.22%	67	Finance
PSX	Phillips 66	16.21%	151	Energy
THFF	First Financial Corp. (Indiana)	0.33%	129	Finance
UNM	Unum Group	31.73%	399	Finance

Risk-O-Meter: "red zone." Action: none.



Remarkable Strength...

If you've been paying attention to the pundits or watching the Cartoon Network (aka CNBC), you might think the U.S. dollar is in the dumps. After all, we have \$3T in debt. We have massive deficits. As I write this, we do not have a speaker for the House of Representatives. Thus, the government cannot function.

But you'd be wrong.

The U.S. dollar is not in the dumps. Instead, it's within 1% of a 17-year high. In the end, the trend is your friends.

You can ignore all of the noise and analysis. You can turn off the TV, which is terrible for your physical and mental well-being. Just look at the chart. The chart does not lie. The U.S. dollar is incredibly strong. Period. Full stop.

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