

July 15, 2024

The **NO BS** Growth and Income Portfolio

By John Del Vecchio



New Trades this week:

One Trade: **Buy Star Group (NYSE: SGU)**

Sell Cogeco Comm (OTCM: CGEAF)

Current Portfolio July 15, 2024

Ticker	Name	Return	Days Held	Sector
ADM	Archer-Daniels-Midland Co.	4.78%	18	Consumer Non-Cyclicals
BURCA	Burnham Holdings, Inc.	0.86%	95	Industrials
CBFV	CB Financial Services, Inc.	8.86%	18	Finance
CBKM	Consumers Bancorp, Inc.	-3.36%	53	Finance
FUSB	First US Bancshares, Inc.	6.55%	102	Finance
MCEM	The Monarch Cement Co.	40.43%	305	Non-Energy Materials
RSKIA	George Risk Industries, Inc.	2.48%	67	Technology
SGU	Star Group LP	0.00%	NEW	Energy
THFF	First Financial Corp. (Indiana)	21.30%	409	Finance
WEYS	Weyco Group, Inc.	27.87%	242	Consumer Cyclical



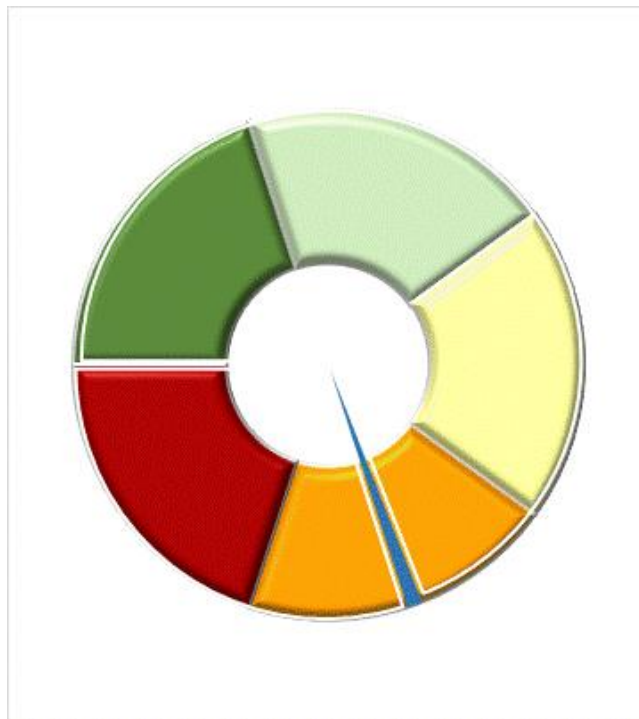
Good News, Bad News

The good news is I just had spur of the moment LASIK eye surgery. It's not something most people do spur of the moment, but I did.

The surgery was a major success! It will help improve my quality of life, productivity, and work.

The bad news is I'm resting my eyes for a few days. I am keeping computer time, reading, and writing limited.

So, no commentary this week. I'll be back next week!



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