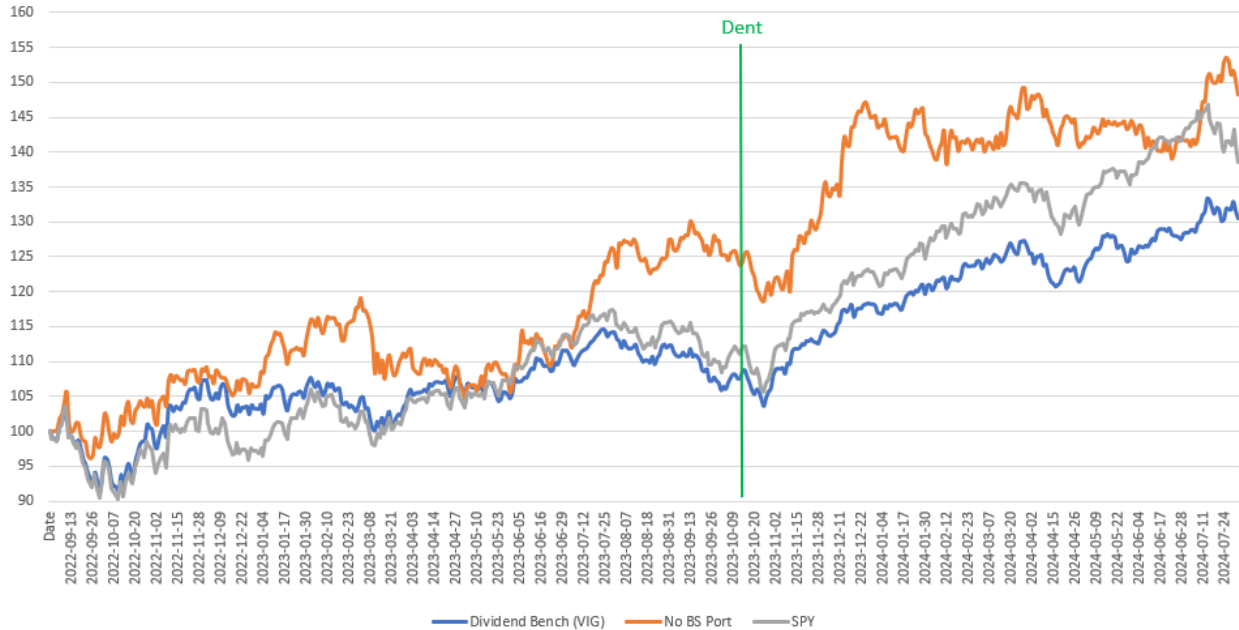


August 5, 2024

# The **NO BS** Growth and Income Portfolio

By John Del Vecchio



## Four Trades This Week

Buy Cogeco (PNK: CGECF), FMC (NYSE: FMC), UGI (NYSE: UGI) & World Kinect (NYQ: WKC)

Sell Agco (NYSE: AGCO), Archer Daniels Midland (NYSE: ADM), Burnham Holdings (OTC: BURKA) & Star Group (NYSE: SGU)

### Current Portfolio August 5, 2024

Ticker	Name	Return	Days Held	Sector
CBKM	Consumers Bancorp, Inc.	-2.18%	74	Finance
CGECF	Cogeco, Inc.	0.00%	NEW	Telecommunications
EFIN	Eastern Michigan Financial Corp.	1.65%	7	Finance
FMC	FMC Corp.	0.00%	NEW	Non-Energy Materials
FUSB	First US Bancshares, Inc.	8.38%	123	Finance
MCEM	The Monarch Cement Co.	34.11%	326	Non-Energy Materials
RSKIA	George Risk Industries, Inc.	9.36%	88	Technology
UGI	UGI Corp.	0.00%	NEW	Energy
WEYS	Weyco Group, Inc.	32.55%	263	Consumer Cyclical
WKC	World Kinect Corp.	0.00%	NEW	Energy



## Not So Bullied Up

The last couple of weeks I talked about how bullied up both advisors and individual investors have become.

Furthermore, investors...speculators really, are levered up to their eyeballs making bullish bets on stocks.

All of these are contrary indicators.

Do the opposite of most people and you'll get much better results.

I've detailed that idea in my book *Unbounded Wealth*.

There's one group that is not bullish, however.

That group are insiders.

Obviously, insiders know more about their company than outsiders.

Often, a massive percentage of their net worth is tied to the performance of the company stock.

Insiders may sell for all sorts of reasons.

An insider may want to diversify away from the performance of the stock.

They may have a college tuition bill to pay or purchase a new home.

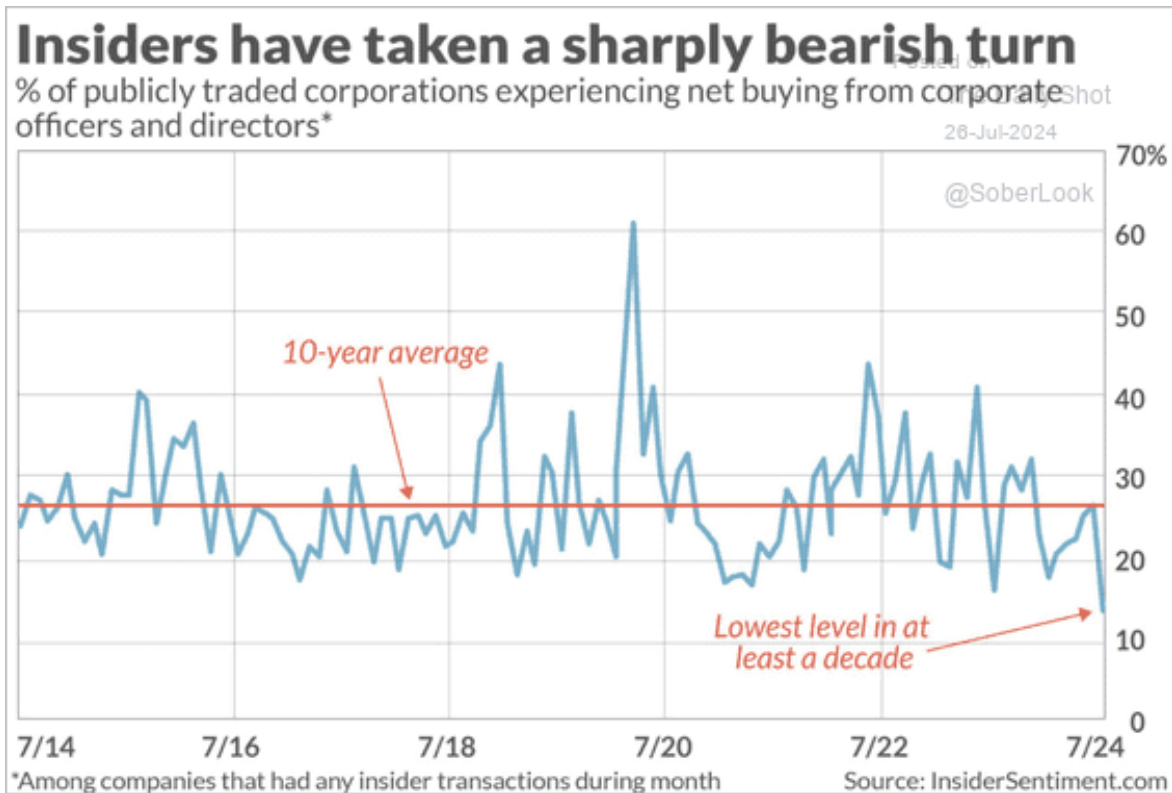
No one knows for sure.

That said, when insider selling moves to extreme levels it's worth noting.

We are at that point.

Collectively, insiders are dumping stock with reckless abandon.

They want out...

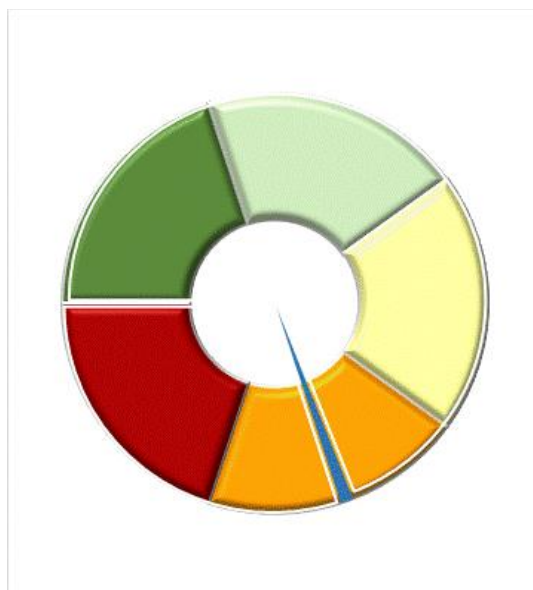


Insiders are selling at a level not seen in at least ten years and significantly higher than the average of that period.

As I always caution, this does not mean the market is going to crash.

It does mean more indicators are suggesting we are at the higher end of the risk spectrum and caution is warranted here.

Fools rush in where angels fear to tread...



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