

Chartbook Review

(charts as of 03/15/2023)

The FRED Report

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Chartbook: Stocks of Interest

Sym	Company	trkPrice	Sector ▲	Industry
MOS	The Mosaic Company	44.74	Basic Materials Sector	Agricultural Inputs
VMC	Vulcan Materials Co	162.81	Basic Materials Sector	Building Materials
DOW	Dow Inc	50.48	Basic Materials Sector	Chemicals
FCX	Freeport-McMoran Inc	35.51	Basic Materials Sector	Copper
MP	MP Materials Corp	27.73	Basic Materials Sector	Industrial Metals & Minerals
VALE	Vale SA ADR	15.42	Basic Materials Sector	Industrial Metals & Minerals
LYB	Lyondellbasell Industries Nv O	84.16	Basic Materials Sector	Specialty Chemicals
SHW	Sherwin-Williams Co	216.55	Basic Materials Sector	Specialty Chemicals
CLF	Cleveland-Cliffs Inc	17.66	Basic Materials Sector	Steel
GM	General Motors Company	34.33	Consumer Cyclical Sector	Auto Manufacturers
HD	Home Depot Inc	287.97	Consumer Cyclical Sector	Home Improvement Stores
GRBK	Green Brick Partners Inc	31.29	Consumer Cyclical Sector	Residential Construction
LEN	Lennar Corp Cl A	100.19	Consumer Cyclical Sector	Residential Construction
PENN	Penn National Gaming Inc.	26.56	Consumer Cyclical Sector	Resorts & Casinos
RRR	Red Rock Resorts	41.53	Consumer Cyclical Sector	Resorts & Casinos
SBUX	Starbucks Corporation	99.34	Consumer Cyclical Sector	Restaurants
ASO	Academy Sports and Outdoors Inc	59.91	Consumer Cyclical Sector	Specialty Retail
DEO	Diageo Plc Ads	169.90	Consumer Defensive Sector	Beverages - Wineries & Distilleries
COST	Costco Wholesale Corp	485.66	Consumer Defensive Sector	Discount Stores
WMT	Walmart Inc	139.64	Consumer Defensive Sector	Discount Stores
CAG	Conagra Brands Inc	35.67	Consumer Defensive Sector	Packaged Foods
KOS	Kosmos Energy Ltd	6.21	Energy Sector	Oil & Gas E&P
SWN	Southwestern Energy Co	4.72	Energy Sector	Oil & Gas E&P
HAL	Halliburton Co	30.41	Energy Sector	Oil & Gas Equipment & Services
CVX	Chevron Corp	153.80	Energy Sector	Oil & Gas Integrated
XOM	Exxon Mobil Corporation	101.62	Energy Sector	Oil & Gas Integrated
LNG	Cheniere Energy Inc	144.09	Energy Sector	Oil & Gas Midstream
VNOM	Viper Energy Partners LP	26.42	Energy Sector	Oil & Gas Midstream
VLO	Valero Energy Corp	124.33	Energy Sector	Oil & Gas Refining & Marketing

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BAC	Bank Of America Corp	28.49	Financial Services Sector	Banks - Global
FRC	First Republic Bank	31.16	Financial Services Sector	Banks - Regional
GGAL	Grupo Financiero Galicia	10.31	Financial Services Sector	Banks - Regional
TFC	Truist Financial Corporation	32.10	Financial Services Sector	Banks - Regional
WAL	Western Alliance Bancorporation	32.35	Financial Services Sector	Banks - Regional
SCHW	Charles Schwab Corp	59.55	Financial Services Sector	Capital Markets
BRKB	Berkshire Hathaway Cl B	297.88	Financial Services Sector	Insurance - Diversified
FDMT	4D Molecular Therapeutics Inc	17.37	Healthcare Sector	Biotechnology
QURE	uniQure N.V.	19.28	Healthcare Sector	Biotechnology
DHR	Danaher Corp	242.11	Healthcare Sector	Diagnostics & Research
DXCM	DexCom Inc	113.72	Healthcare Sector	Diagnostics & Research
TMO	Thermo Fisher Scientific Inc	542.70	Healthcare Sector	Diagnostics & Research
ABBV	AbbVie Inc	154.06	Healthcare Sector	Drug Manufacturers - Major
PFE	Pfizer Inc	40.28	Healthcare Sector	Drug Manufacturers - Major
HUM	Humana Inc	483.87	Healthcare Sector	Health Care Plans
UNH	UnitedHealth Group Inc.	465.43	Healthcare Sector	Health Care Plans
ABT	Abbott Laboratories	97.80	Healthcare Sector	Medical Devices
SYK	Stryker Corp	273.03	Healthcare Sector	Medical Devices
ABC	AmerisourceBergen Corp	149.61	Healthcare Sector	Medical Distribution
NVCR	NovoCure Limited	65.56	Healthcare Sector	Medical Instruments & Supplies
BA	Boeing Co	198.21	Industrials Sector	Aerospace & Defense
RTX	Raytheon Technologies Corporatio	95.83	Industrials Sector	Aerospace & Defense
GXO	GXO Logistics Inc	45.13	Industrials Sector	Business Services
ROK	Rockwell Automation Inc	276.66	Industrials Sector	Diversified Industrials
TT	Trane Technologies	178.58	Industrials Sector	Diversified Industrials
DE	Deere & Co	390.48	Industrials Sector	Farm & Heavy Construction Machinery
WCC	WESCO International Inc	144.60	Industrials Sector	Industrial Distribution
LECO	Lincoln Electric Hldgs	163.02	Industrials Sector	Tools & Accessories
WM	Waste Management Inc	155.06	Industrials Sector	Waste Management

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GEO	The Geo Group Inc	7.91	Real Estate Sector	REIT - Healthcare Facilities
ARE	Alexandria Real Est Eqts	126.95	Real Estate Sector	REIT - Office
CSCO	Cisco Systems Inc	49.06	Technology Sector	Communication Equipment
GLW	Corning Inc	32.81	Technology Sector	Electronic Components
FLT	FleetCor Technologies Inc	189.22	Technology Sector	Information Technology Services
AMAT	Applied Materials Inc	118.48	Technology Sector	Semiconductor Equipment & Materials
MCHP	Microchip Technology Inc	80.51	Technology Sector	Semiconductors
TSM	Taiwan Semiconductor Manufactu	86.70	Technology Sector	Semiconductors
CRM	Salesforce Inc	182.91	Technology Sector	Software - Application
LAZR	Luminar Technologies Inc	8.26	Technology Sector	Software - Application
NOW	ServiceNow, Inc	422.26	Technology Sector	Software - Application
PCG	Pacific Gas & Electric Co	15.86	Utilities Sector	Utilities - Regulated Electric
SO	Southern Company The	67.65	Utilities Sector	Utilities - Regulated Electric
GLD	SPDR Gold Trust	178.21		
IAT	iShares Dow Jones US Regional Bi	34.94		
PDI	Pimco Dynamic Income Fund	18.21		
SMH	VanEck Vectors Semiconductor ET	241.92		
VBR	Vanguard Small Cap Value ETF	153.30		
XBI	SPDR S&P Biotech ETF	78.05		
XLE	SPDRs Select Sector Energy ETF	77.36		

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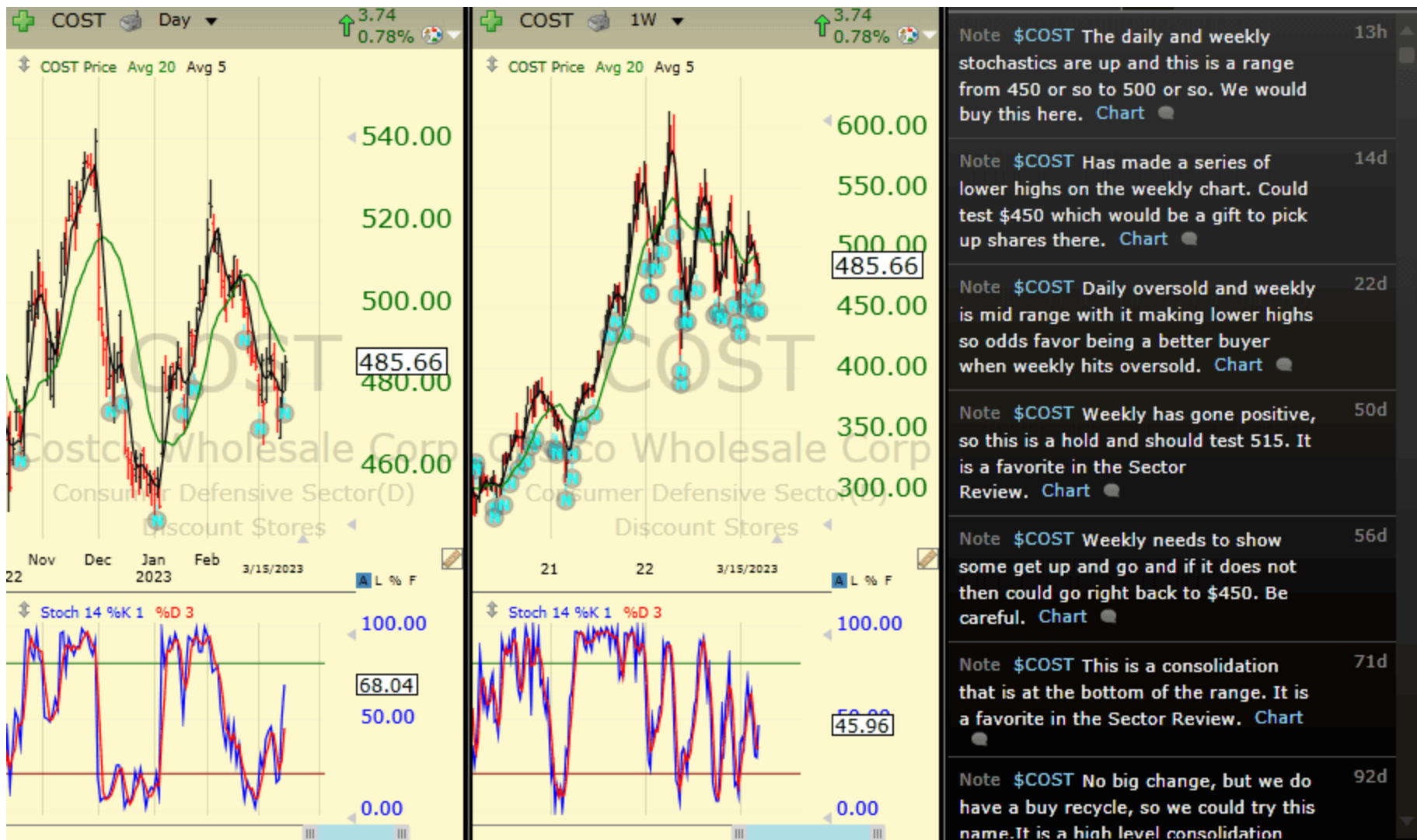
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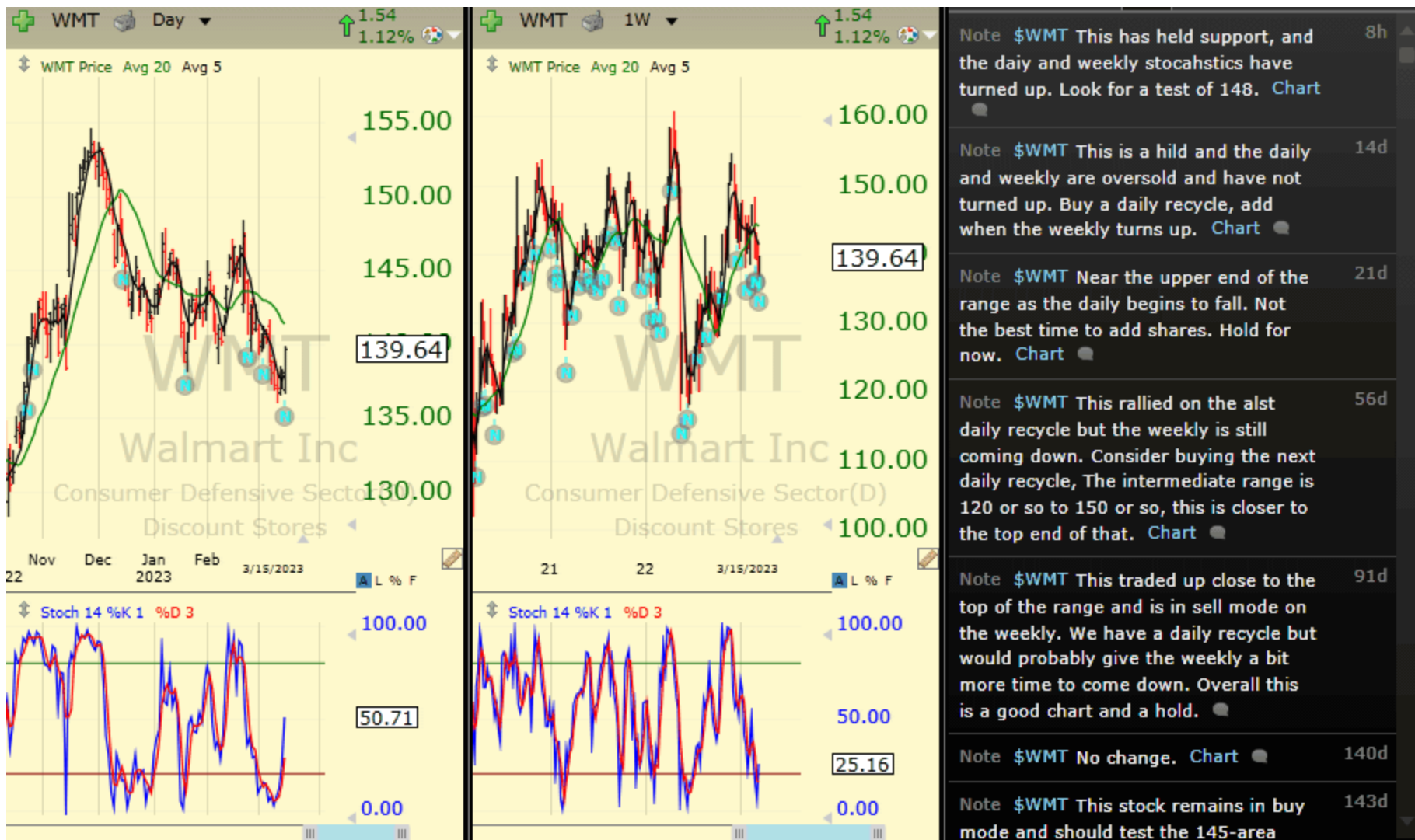
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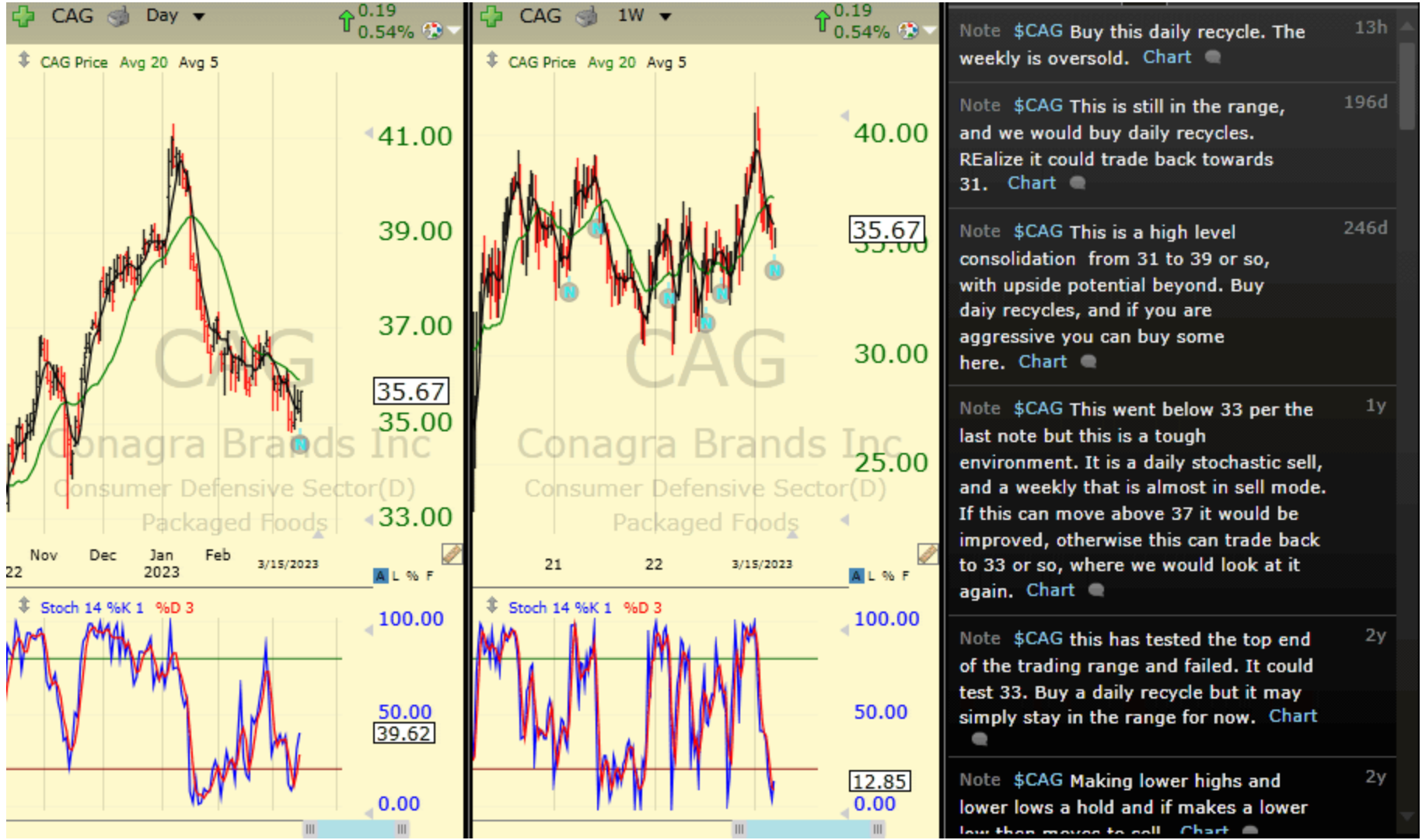
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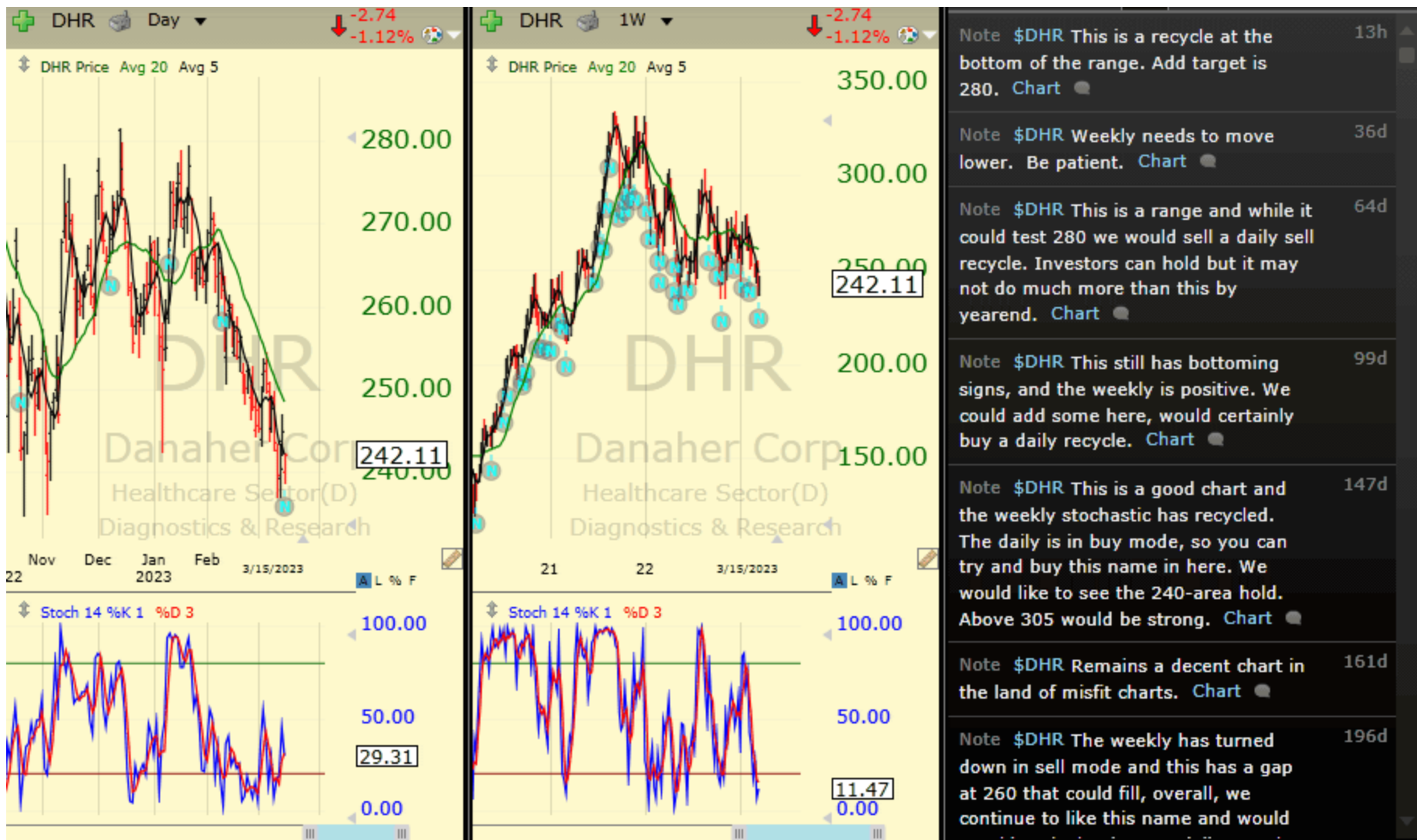
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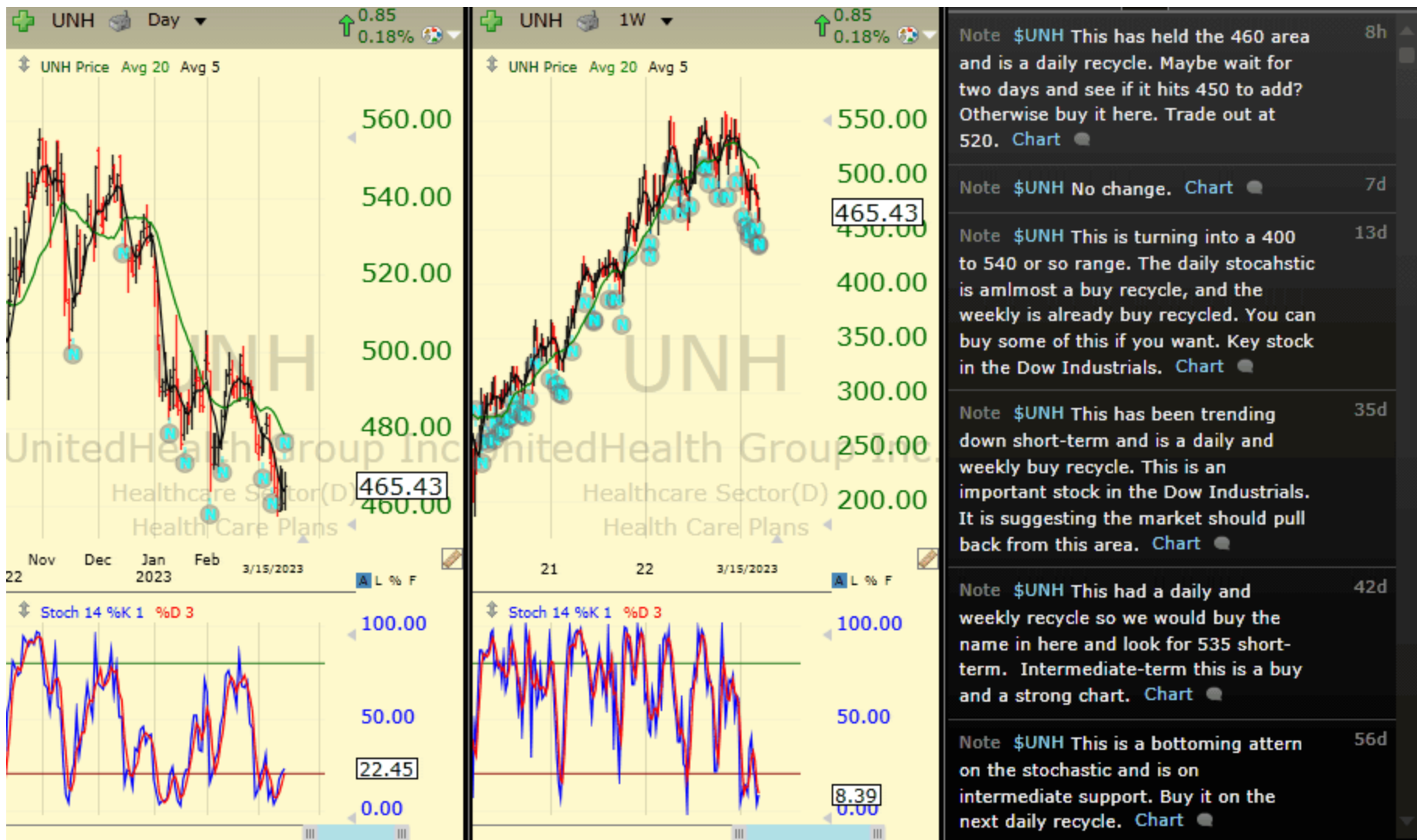
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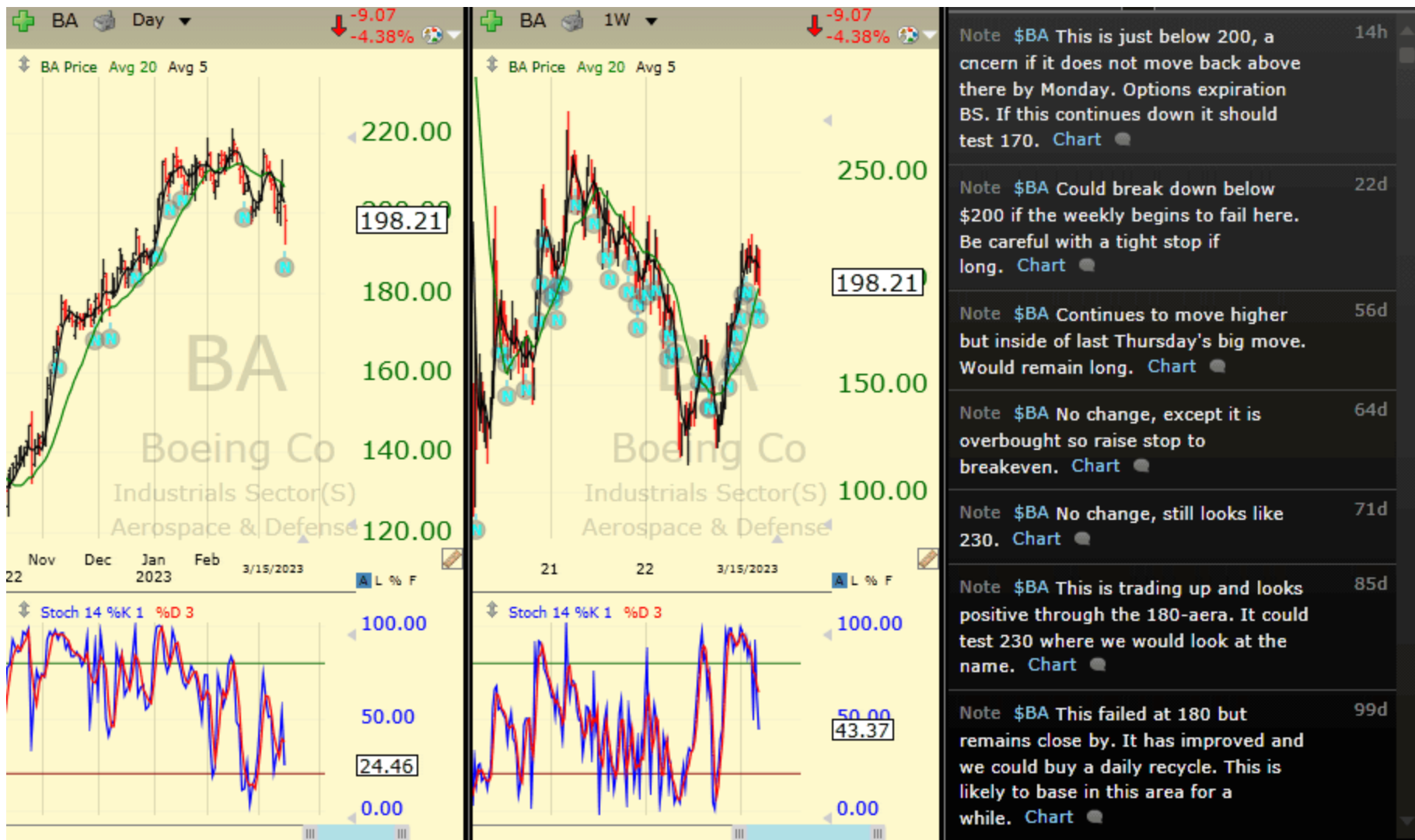
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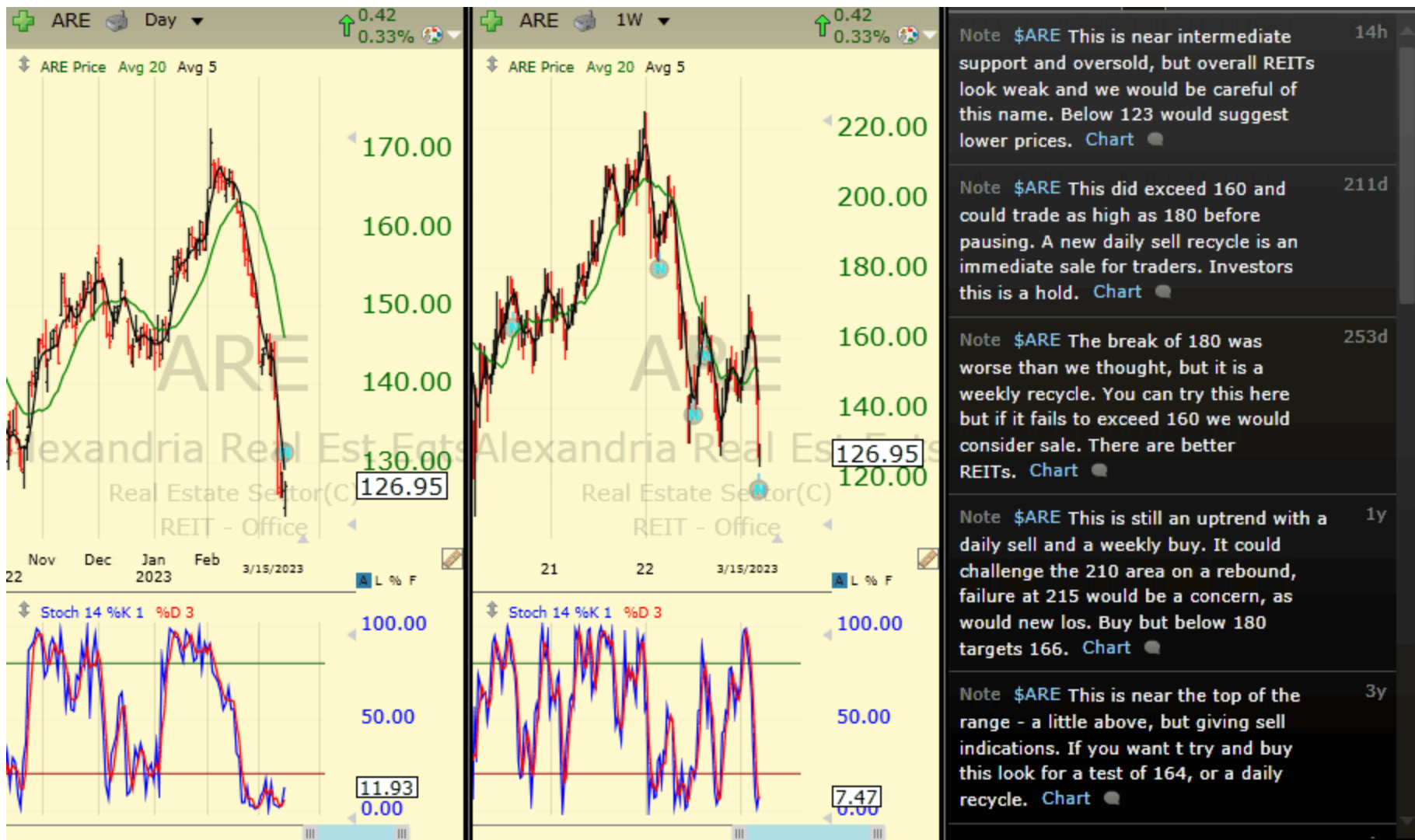
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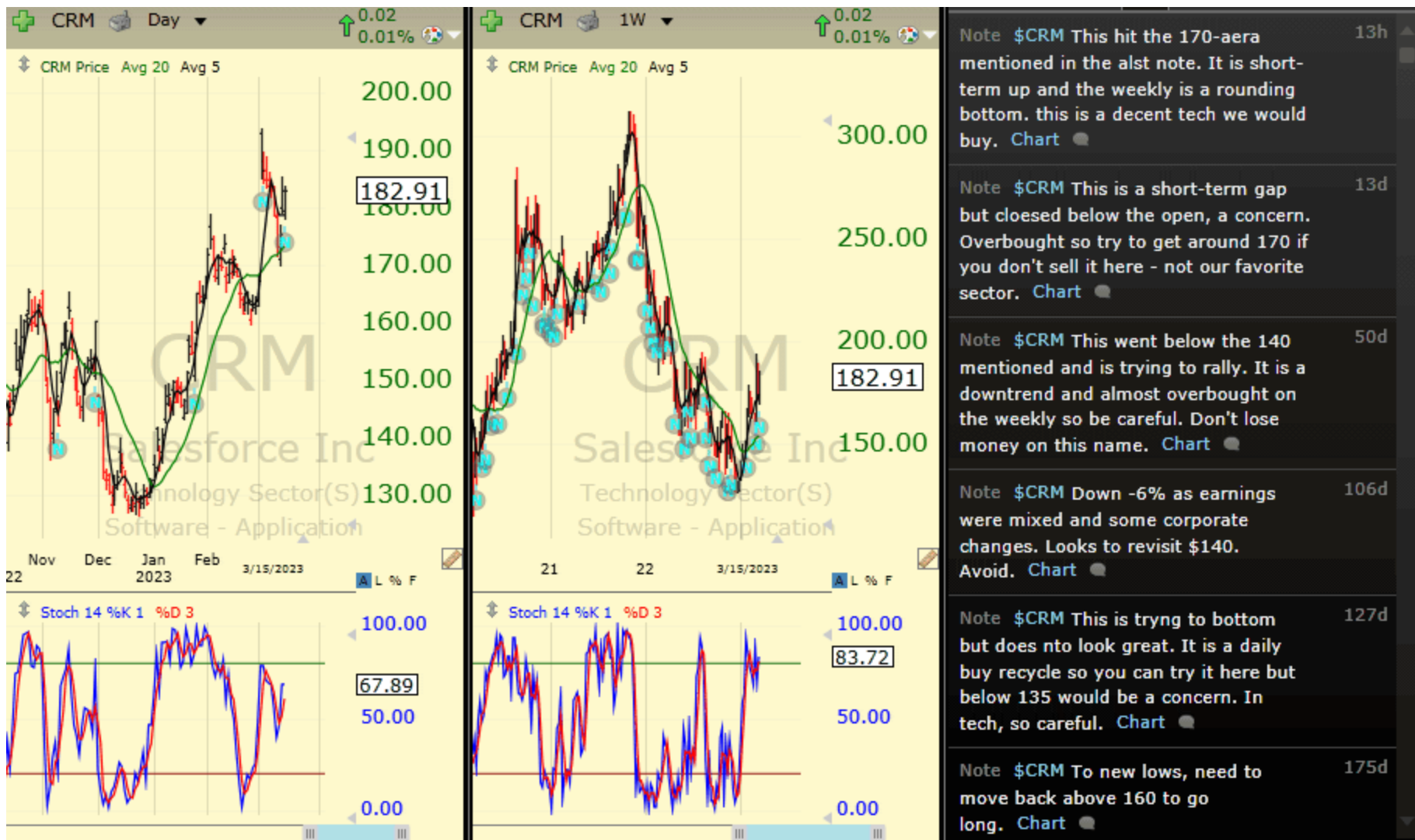
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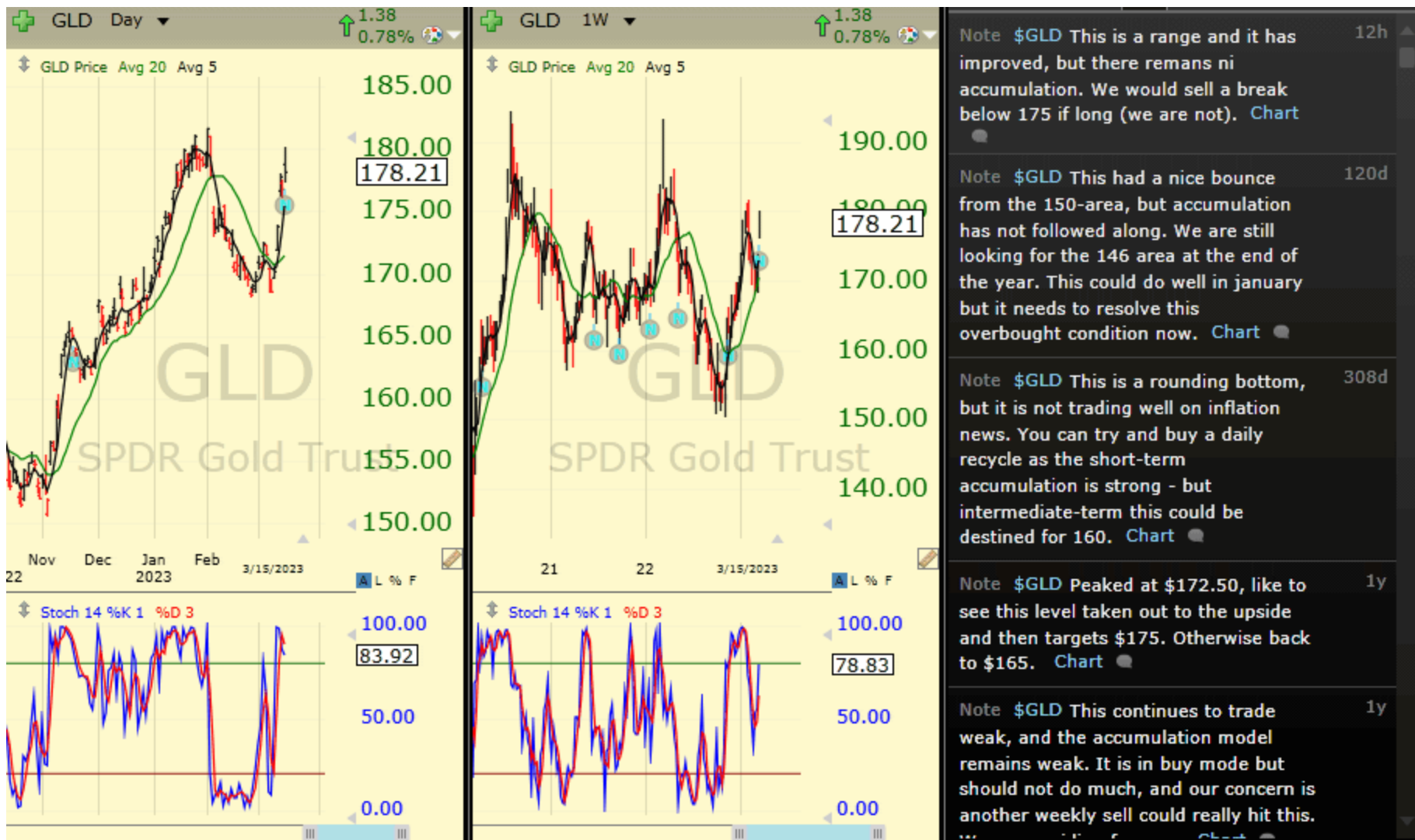
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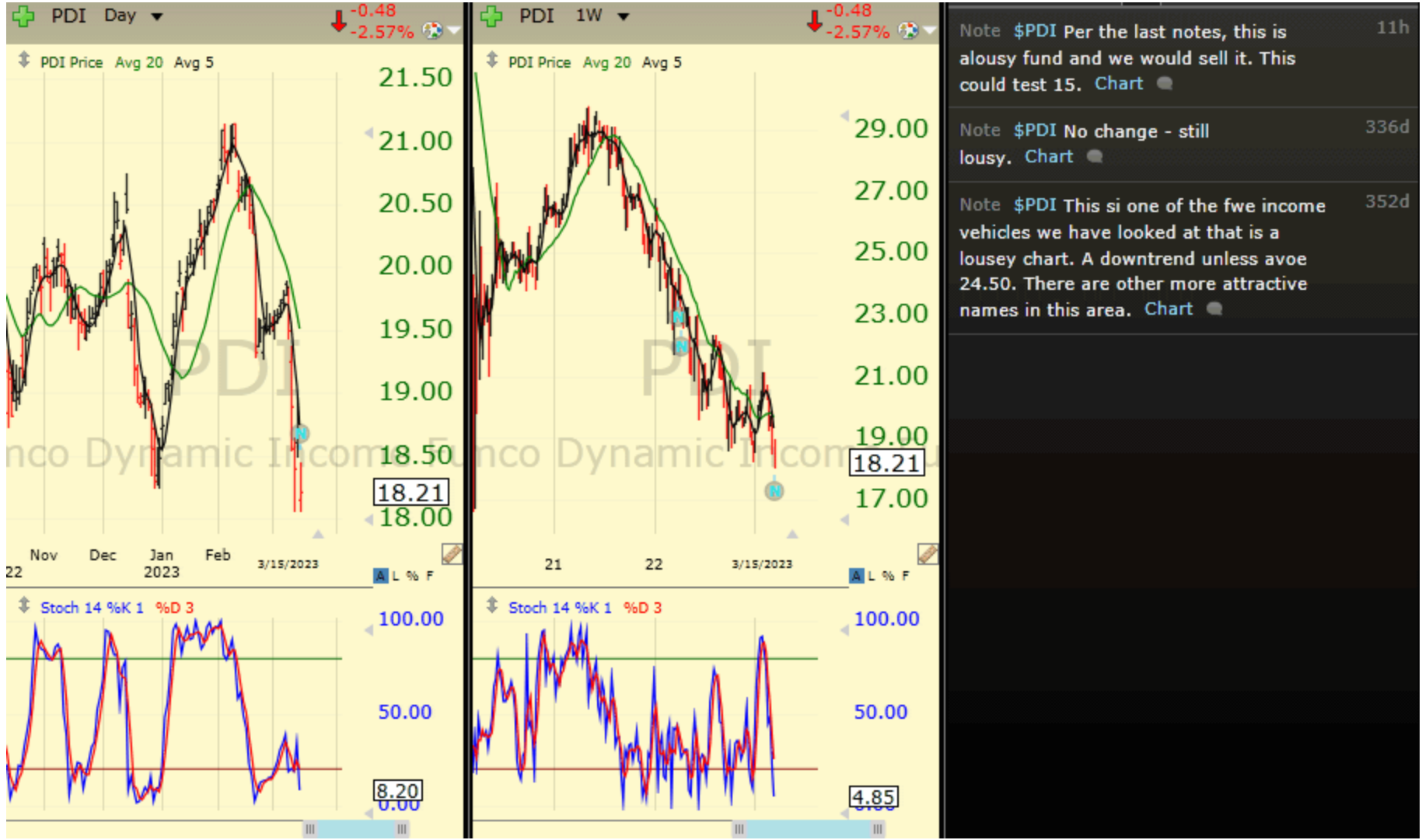
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Technical Indicators

Readers will note that we use the same indicators on all of the charts in this presentation. We append definitions of these indicators and are available via the website: [Education and Training Center](#).

Technicals Defined

Moving Averages:

Moving averages are one of the building blocks of Technical Analysis, and there are almost as many ways to use this indicator as there are technicians.

At the FRED report we teach and use a dual moving average crossover system to determine trend. Our favorites are the 5 period and 20 period moving averages. We consider the trend to be up if the 5 is above the 20, and down if below it.

Stochastics:

The Stochastic Oscillator is one of the commonly used momentum oscillators and is standard on charting programs. There are two lines on the chart below, %K and %D.

%K is the faster of the two lines, and represents a mathematical formula that *measures where the current close is in relation to the trading range of the last "X" periods of time*. We use a 14 period look-back, so in plain English %K says where the current close is in the trading range of the last 14 days, expressed as a %.

At the FRED report we use it somewhat differently than is commonly taught. The standard way to use the indicator is to register a buy signal when it moves below, and then above, 20 (the lowest 20% of closing prices in the last 14 days). A sell signal is when the indicator moves above, and then below 80 (the highest 80% of closes over the last 14 days).

The other line, %D, is a 3 period moving average of %K. We have found that the Stochastic is sensitive, so we advocate taking signals only in the direction of the trend. When looking at the standard FRED report chart, this would mean taking buy signals when the 5 is above the 20, and sell signals when the 5 is below the 20, but using a different technique to exit positions. The reason for this is the Stochastic is quite sensitive, and can give early indications, especially in new trends. It also can get "stuck" in the direction of trends, which connotes strength and not weakness. Another, preferred interpretation, is to use the indicator to measure risk. An example: buy in an uptrend, not when the stochastic is at 90% but rather wait until it falls below 50%, This way, even if a stock, commodity, or ETF does not give one of the "classic" signals, you can still use the indicator to assess risk, and leg into positions.

The FRED Report

Financial Research, Education & Data

The FRED Report (www.theFREDreport.com) was started to provide Financial Advisors and investors access to unbiased market research. The President of The Fred Report, **Fred Meissner, CMT** has been practicing Technical Market Analysis since 1983 and has worked in the research departments of Merrill Lynch and Robinson – Humphrey /Smith Barney. In addition he has served the public as a portfolio manager and financial advisor. We know the problems investors face and have devoted our career to helping find the best possible investments in all environments.

