

March 14, 2016
Market Strategies Newsletter - Sample Issue

MARKET STRATEGIES

**Balanced Investing Strategies To
Make Money In Up Or Down Markets**

A Publication of Princeton Research, Inc. (www.PrincetonResearch.com)
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Where To Invest In 2016 Newsletter Covering:

**Where to Invest March 2016
Best Stocks To Buy March 2016
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Stock Options Trade Alerts
Options Trading Strategies
How To Trade Options**

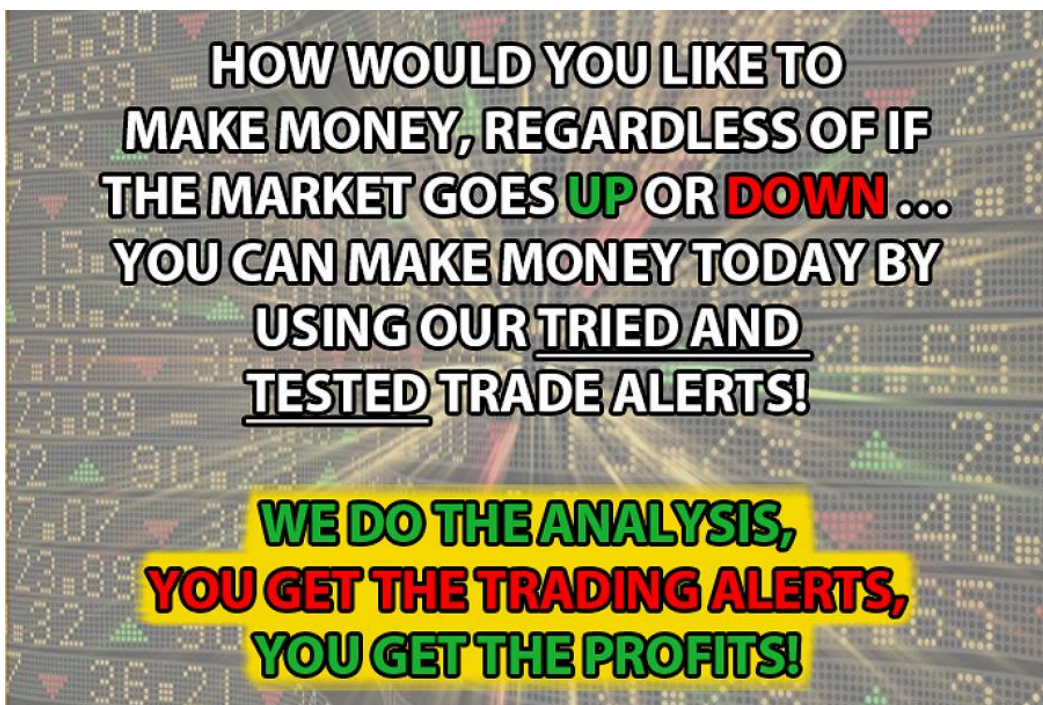
Proven Profits Trading Success

Results From Some of Our Recent Trade Alerts

**47% Profits on SPY Puts In 3 Days
64% Profits on BAC Calls in 2 Days
60% Profits on QQQ Puts in 2 Days
150% Profits on SIG Puts in 3 Days
48% Profits on SPY Calls in 2 Days
92% Profits on VA Calls in 6 Days
100% Profits on NE Calls in 2 Days
100% Profits on TWTR Calls in 2 Days
223% Profits on XLF Calls in 10 Days
133% Profits on FEYE Calls in 3 Days**

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\$10,000 Trading Portfolio **Charles Moskowitz Discussion**

Gain For The Week \$ 216

2016 YTD Profits \$ 2633

Over 26% Returns

We have no positions

Funds In Use = \$0

Week 10 was yet another small gain of \$216 and brings our YTD gain to \$2633. Also again, we have no carryover positions so no funds in use.

My analysis of the position of the major indexes remains the same but my level of conviction has increased. After the fourth week of gains the markets are more overbought, the stochastics and on balance volume are stretched even further. While many see the process as the return to a healthier market with good rotation I see it as a shift to the more defensive industries and the traditional "non-traditional uncorrelated" asset groups. This clearly includes all of the commodities (stuff) as described here in the last several months. The two most obvious are the gold and oil markets. Gold is easy to explain since it is a haven for despair and the concerns of political unrest. The oil is less so since it has been driven by those same concerns plus the issue that the high prices can choke off economic growth and as we've seen can also cause dramatic overproduction and supply excesses.

One of the main differences is that the gold has been a "store of value" for an extended period of history while the oil is an industrial commodity that is consumed and must be replaced or an alternative found to serve the same purpose. The movement to find and utilize alternatives continues with the main issues being price and storage ability the biggest hurdles.

Another issue for the commodities markets is the fact that they can be played with dramatically small margin requirements. A contract for 100 ounces of gold worth roughly \$125,000 can be traded for only \$4000. That's 3% margin as opposed to the 50% requirement for stocks and 100% for options. This means that once trending, these markets become money-driven instead of fundamentally driven. As we gain participants the price is driven in the direction of the trend. Gold here looks higher over the mid to longer term and we will look for a place to initiate a new position.

As far as new trades for this week, I favor the SPY 3/24 200 puts @ \$1.50 ob. This is a quick trade and I will issue a stop or sell via text.....**CAM**

Market Strategies \$10,000 Trading Account Trade Table

47% Profits on SPY Puts In 3 Days

DATE	TRADES	PRICE	COST	PROCEEDS	RESULTS
03/10	Sold 4 SPY March 11 th 199 Puts	1.69		676	216 Gain
03/07	Bought 4 SPY March 11 th 199 Puts	1.15	460		

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SEE HOW TO INVEST LIKE THIS

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150% Profits on SIG Puts in 3 Days

48% Profits on SPY Calls in 2 Days

92% Profits on VA Calls in 6 Days

157% Profits on TBT Calls in 17 Days

100% Profits on NE Calls in 2 Days

100% Profits on TWTR Calls in 2 Days

223% Profits on XLF Calls in 10 Days

133% Profits on FEYE Calls in 3 Days

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New Stock and Options Recommendations

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MARKET LABORATORY – WEEKLY CHANGES

Prices are copied from [Barron's Weekly](#) and [Yahoo Finance](#) and may be incorrect.

Dow 17,213.31 +206.54 +1.21%	Nasdaq 4748.97 +31.45 +0.67%	S&P 500 2022.19 +22.20 +1.18%	Transportation 7693.09 +41.24 +0.54%	Russell 2000 1067.56 +5.62 +0.52%	Nasdaq100 4361.83 +32.83 +0.76%
Gold (spot) 1258.70 -11.20 -0.9%	Silver 1560.5 -8.9 -0.6%	Crude 38.50 +2.58 +7.2%	Heating Oil 121.80 +5.67 +4.9%	Unleaded Gas 1.4443 +0.1122 +8.4%	Natural Gas 1.822 +0.156 +9.4%
VIX 16.50 -0.36 -2.1%	Put/Call Ratios S&P 100 119/100's -17/100's	Put/Call Ratios CBOE Equity 70/100's +9/100's	Bonds 161-07 -1-01 2.75%+0.11%	10 Yr. Note 128-11 -24 1.98%+0.04%	Copper 224.10 -3.35 -1.5%
CRB Inflation Index 173.53 +4.98 +3.0%	Barron's* Confidence 69.6 +0.8	S&P100 896.55 +8.69 +0.98%	5 Yr. Note 119-202-155 1.48% +0.05%	Dollar 96.20 -1.02 -1.1%	DJ Utilities 647.14 +14.09 +2.23%
AAII Confidence Index Long Term Average	Bullish 37.4% +5.4% 38.74%	Bearish 24.4% -4.9% 30.30%	Neutral 38.2% -0.5% 30.96%	M1 Money Supply +5.18% Feb 29 th	M-2 Money Supply +5.62% Feb 29 th ..

* Component Change in the Confidence Index

M1...all money in hands of the public, Time Deposits Traveler's Checks, Demand Deposits

M2.. adds Savings and Money Market Accounts both compared with the previous year.

Market Strategies Technical Information

Support/Resistance Levels:	SUPPORT	RESISTANCE
S&P 500	1958	2047
Dow	16,860	17,353
QQQ	101.10	106.90
Transports	74.48	7787
NASDAQ	4580	4780

Stocks broke through, the S&P 2010 resistance led by value type stocks as opposed to growth stocks. As a result the Nasdaq and QQQ lagged both the Dow and S&P 500 and failed to get to our suggested upside resistance levels. Transports and Russell were also relatively sluggish. .

Markets appear overbought excepting those stocks with huge short positions. A bullish March cycle ends this week.

\$100,000 Trading Portfolio Stock Positions and Trades

Each stock is allocated a theoretical \$ 5,000 share of the portfolio unless otherwise indicated.

Stock	Purchase Price	Purchase Date	Stop/Loss	Price/Date Sold	Profit/ (Loss)
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	8.25	02/24		Sold 5 -\$9 Calls	\$225 credit
	29.50	02/23		Sold 3 32.50 Calls	\$ 900 credit
	6.02	02/22			
	6.49	12/28			
	51.21	12/10			
	36.50	12/08			
	53.53	12/07			
	50.81	11/23			
	28.51	10/28			
	7.58	09/28			
	43.55	08/14			
	1.40	02/17			
	0.7411	12/26			
	4.84	12/18			
	3.75				
	8.40	12/16			

	14.21	10/16			
	2.95	05/19			
	4.08	8/12			
	6.56	7/11			
	0.22	10/22/12			

SCO means Stop Close Only

Additional New Options Trades will be texted

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For those of you who do not buy puts to protect your portfolio, there are many ETF's that are the inverse of the DOW. The symbols are **DOG, DXD, SDS, TZA and RWM**, which go up when the DOW, S&P 500 and Russell 2000 go **down and down when they go up. The DZZ goes up double when gold goes down.**

Market Strategies \$100,000 Trading Account

There was one closed out option position:

S&P March 11th 199 Puts were sold at \$ 1.69 for a profit of \$ 432.

There was one closed stock position:

DECK was sold short on Monday, March 7th at \$ 57.64 at \$ 57.94 and covered on March 10th at \$ 56.44 for gain of \$ 240.

The result for the entire week was a net gain of \$ 672.

For the entire year on closed out trades, our profits increased to \$ 7,503.

The options expire on the third Friday of each Month unless otherwise posted.

The Stock table has the following 23 positions: AA(2), APC(2), BAC.B.WS, BSB(2), CUBA, EYES, LVL, MOS, NBGGY (3), REPR, SAN, STNG,SUN,TEXQY, TWTR, VA: Short 5 AA Calls and 3 SUN Calls

The options call for a \$ 2,500 investment unless otherwise stated; each stock position requires \$5,000 unless otherwise mentioned specifically.

The three SUN March \$ 27.50 Puts require \$ 285.

We are basing money management on a hypothetical \$ 100,000, and are using a total of \$84,684 for the 21 open long stock positions plus a credit of \$1125 for the AA and SUN written Calls, which reduces the requirement to \$ 83,844. This leaves \$ 16,156 in cash.

The only option positions are those related to SUN and AA stock positions.

These figures are approximate and there might be errors.

We have not counted the dividends received from many previous trades such as Apple, Colgate Palmolive, JP Morgan, North American Tankers, Santander, their Brazil affiliate BSB and Blue Capital Reinsurance which was sold for a profit and many others. STNG went ex-dividend last Tuesday.

Executions that have occurred at or near the open or close of trading sometimes vary from our actual numbers. For example, when something opens down and it is through our price, we take the next trade whether it is an uptick or continues lower. This sometimes results in a 50% trade that is slightly above or below the exact number.

Previous Week's Recommendations and Rules for the Market Strategies \$100,000 Portfolio Trading Account

- All options count for about \$ 2,500.00 for model portfolio calculations unless otherwise stated
- When the option has doubled sell half the position
- Stop Loss protection is either half or offered with each trade
- The cost of the option is the asking price (or the price between the bid and ask, whichever is more realistic)
- The options will be followed until closed out.
- Option Symbols are stock symbol with expiration month and strike price

Option		Date	Sold	Date	Profit/(Loss)
COST					

SPY Mar 11 th 199 8 lots	Puts 1.15	03/17/16	1.69	03/10/2016	\$ 432
AA March 9 5 lots written	Calls		0.45	02/26/2016	\$ 225 credit Covered write
SUN Mar 27.50 3 lots	Puts 0.95	02/23/16			
SUN June 32.50 3 lots written	Calls		3.00	02/23/2016	\$ 900 credit Covered write

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This Weeks' Economic Numbers Earnings Releases and Media Data

**Before the Open on top of the Row;
After the close below the Economics Information**

MONDAY	3D Systems DDD (0.06 vs 0.21) Travel Centers of America TA (0.05 vs 0.91) China's statistics on Industrial production and retail sales are released. Opec Publishes its monthly oil-market report. Talks on Syria are due to resume in Geneva Amaya AYA (0.43) Ducommun DCO (0.41 vs 0.46) Rosetta Stone RST (-0.66 vs -1.01) Oncothyreon ONTY (-0.111 vs -0.30) Tele Tech TTEC (0.51 vs 0.46)
TUESDAY	Bon-Ton Stores BONT (n 2.79 vs 3.02) Constellium CSTM (0.08 vs -0.17) FactSet FDS (1.66 vs 1.46) JA Solar JASO (0.68 vs 0.28) Valeant Pharma VRX (2.62 vs 2.58) 08:30 hrs Retail Sales Feb (-0.1% vs + 0.2%) Retail Sales Less Autos (-0.2% vs + 0.1%) 08:30 hrs Empire Manufacturing March) -9.5 vs -16.6) 10:00 hrs Business Inventories Jan (0.0% vs +0.1%) 10:00 hrs NAHB Housing Market Index March (59 vs 58) 16:00 hrs Net Long Term TIC Flows Jan (NA vs -\$29.0 Bln) Abraxas Petroleum AXAS (-0.03 vs 0.06) Fogo de Chao FOGO (0.28) magicJack VocalTec CALL (0.30 vs 0.15) Oracle ORCL (0.62 vs 0.68) Vectus VEC 0.54

WEDNESDAY	<p> Actuant ATU (0.21 vs 0.28) Cheetah Mobile CMCM (0.83 vs 0.59) 07:00 hrs MBA Mortgage Index 03/12 (NA vs +0.2%) 08:30 hrs CPI Feb (-0.2% vs 0.0) CORE CPI (+0.1% vs +0.3%) 08:30 hrs Housing Starts Feb (1137K vs 1099K) Building Permits (1204K vs 1202K) 09:15 hrs Industrial Production Feb (-0.3% vs 0.9%) Capacity Utilization Feb (76.9% vs 77.1%) 10:30 hrs Crude Inventories 03/12 (NA vs +3.88 Mln Bbls) 14:00 hrs FOMC Rate Decision for March (0.375%) The Fed ends its two-day meeting and is not expected to tighten interest rates. The statements given at a conference by Chairman Yellen will give clues to their thinking. FedEx FDX (2.35 vs 2.01) Herman Miller MLHR (0.39 vs 0.37) Jabil Circuit JBL (0.59 vs 0.50) Silver Wheaton SLW (0.13 vs 0.14) CLARCOR CLC (0.40 vs 0.53) </p>
THURSDAY	<p> Intl Gaming Technology PLC (0.45 vs 0.19) Land's End LE (0.73 vs 1.12) . 08:30 hrs Initial Claims 03/12 (266K vs 259K) 08:30 hrs Continuing Claims 03/05 (NA vs 2225K) 08:30 hrs Philadelphia Fed March (-1.4 vs -2/8) 08:30 hrs Current Account Balance (-\$116.0Bln vs -\$ 124.1Bln) 10:00 hrs Leading Economic Indicators (Feb + 0.2% vs -0.2%) 10:30 hrs Natural Gas Inventories 03/05 (NA vs -57bcf) Bank of Japan Governor Haruhiko Kuroda speaks at a bank forum. </p> <p> Adobe Systems ADBE (0.61 vs 0.44) Paranaense de Energia ELP (0.26) New York & Co NWY (0.03 vs -0.01) Shoe Carnival SCVL (0.14 vs 0.15) The Fresh Market TFM .48 vs .55 </p>
FRIDAY	<p> Gordmans Stores GMAN (0.06 vs 0.12) Tiffany & Co TIF (1.40 vs 1.51) 10:00 hrs Michigan Sentiment 03/12 (92.2 vs 91.7) St louis Fed President James Bullard discusses monetary policy at the International Research Forum on Monetary Policy. New York Fed president William Dudley gives opening remarks at the bank. The Baker Hughes Rig count for oil and gas is released. Last week the oil rig count fell to 392 and total rig counts for both oil and gas fell to 480, nearly the lowest level seen since tracking began in 1948. </p>

Market Strategies Fundamentals

The Dow and S&P made their best close of the year and highest high since early January 4th for the Dow and Jan 5th for the S&P, both moving near the close. The Dow moved up 206.54 points or 1.21%, while the S&P 500 added 22.20 points for the week or plus 1.18%. The Nasdaq lagged growing by a meager 31 points to 4749 up 0.67%. Transports were also mild up 41 points or 0.54%. The Russell was barely changed just plus 5.62 or 0.52%. The markets made most of their gains near Friday's close.

There was no major domestic economic news to cause such a jolt. The European Central Bank gave investors plenty to digest last Thursday when it outdid market expectations for further monetary stimulus. The Fed meets next Wednesday and investors will watch closely for clues as to what attitude they have. Their accompanying statement will be watched closely for clues regarding the future of policy normalization. The Fed's attitude was likely made more dovish by virtue of the U.S. dollar Index, which ended near a multi week low at 96.18. The strong dollar has been weighing on U.S. exporters for at least a year keeping Fed policy lower for longer. Most of the Fed's officers would be better suited to teaching school than making economic policy.

Treasuries made a substantial move from Tuesday's close of 26.36 to Friday at 27.48 all the way to its 50 day moving average. It was the highest close on the basis of yield since February 2nd. Every Treasury yield moved higher regardless of maturity. The TLT, 20+ Treasury ETF fell below its 13 day price moving average at about 130 to plummet all the way to its 50 day M.A. at 127.36. It was a nice move especially if

you bought TLT Puts. The yield curve flattened as the long bond struggled to find a bid while shorter term yields were firm. This is a prognostication that the economy will improve.

The dollar Index traded poorly just like the bonds closing at 96.20, At the beginning of the month it was trading above 98. The Fed will get some inflation from all of this.

No one will want to buy a ten year treasury yielding 1.9% before taxes and inflation, in an environment where inflation could be trending up and the economy still in expansion. It would take 38 years for money to double at 1.9% before taxes and inflation.

Interest rates are going to stay accommodative for the foreseeable future, which should help investors continue to see the value in owning stocks. Total consumer credit reported by the Federal Reserve showed revolving credit falling \$12.6 billion and non-revolving rising \$139.05 billion, both at a seasonally adjusted annual rate.

What is clear from the report is that US consumers' spending is not going on to credit cards, and mortgage debt is, if anything is decelerating. When you add in low interest rates, the picture gets even rosier in terms of the strength of the household's balance sheet. Real disposable income continues to rise. The European stimulus can only be a benefit to U.S. equities.

The most heavily shorted stocks continue to trounce the market. As shown at the bottom of the table, on an equally-weighted basis the most heavily shorted are up an average of 15.67% (median: 5.59%) compared to a gain of 3.01% for the S&P 500. Of the 46 names listed, just 12 are down so far in March and only three of those are down more than 5%. Conversely, 34 of the stocks listed are up for the month. The extra 22 billion in USD terms is going to find its way to US based risk assets via carry trades from European stimulus measures. 2060 is the next upside target for the S&P 500 Index; we will have pullbacks and retracements along the way, but we should be considerably higher over the next 6 weeks in risk on assets like equities

S&P 1500 Most Heavily Shorted Stocks a/o 2/29/16

Ticker	Name	Market Cap	Sector	Price	Short Interest	Performance (%)
					vs. Float (%)	MTD
CALM	Cal-Maine Foods	Small Cap	Cons Staples	51.36	60.32	-3.78
ADPT	Adeptus Health	Small Cap	Health Care	59.03	48.68	3.71
OUTR	Outerwall	Small Cap	Cons Discret.	33.18	48.43	6.38
WRLD	World Acceptance	Small Cap	Financials	36.11	46.17	-1.69
BOFI	Bofi Holding	Small Cap	Financials	18.11	45.24	-2.27
BAS	Basic Energy Services	Small Cap	Energy	2.92	42.09	66.86
CRR	CARBO Ceramics	Small Cap	Energy	19.64	42.02	-1.75
BCEI	Bonanza Creek Energy	Small Cap	Energy	2.42	41.55	30.11
REXX	Rex Energy	Small Cap	Energy	1.23	40.98	108.33
EBIX	Ebix	Small Cap	Technology	38.98	40.11	5.27
RIG	Transocean	Large Cap	Energy	10.96	38.34	26.71
GME	GameStop	Large Cap	Cons Discret.	30.44	38.08	-1.23
LL	Lumber Liquidators	Small Cap	Cons Discret.	11.48	37.47	1.32
NSR	NeuStar	Mid Cap	Technology	25.70	37.25	3.34
SGMS	Scientific Games	Small Cap	Cons Discret.	9.72	36.84	14.22
ECPG	Encore Capital Group	Small Cap	Financials	26.70	36.39	14.84
X	United States Steel	Mid Cap	Materials	14.37	36.25	57.57
ICON	Iconix Brand Group	Small Cap	Cons Discret.	8.34	35.70	-4.14
CHK	Chesapeake Energy	Large Cap	Energy	4.61	35.18	76.63
ATW	Atwood Oceanics	Small Cap	Energy	9.08	33.88	31.98
HOS	Hornbeck Offshore	Small Cap	Energy	9.75	33.42	13.50
NOG	Northern Oil and Gas	Small Cap	Energy	4.04	33.22	20.96
ANF	Abercrombie & Fitch	Mid Cap	Cons Discret.	32.21	32.57	10.88
JCP	JC Penney Co	Mid Cap	Cons Discret.	11.55	32.41	13.24
AIRM	Air Methods	Small Cap	Health Care	39.18	31.83	7.84
LCI	Lannett Co	Small Cap	Health Care	22.08	31.80	-12.24
ENTA	Enanta Pharmaceuticals	Small Cap	Health Care	28.84	30.87	1.59
LNN	Lindsay	Small Cap	Industrials	74.30	29.96	2.62
SUNE	SunEdison	Mid Cap	Technology	1.80	29.65	-9.09
WWE	World Wrestling Enter.	Small Cap	Cons Discret.	17.48	29.31	4.55
KBH	KB Home	Mid Cap	Cons Discret.	13.14	28.98	7.70
DO	Diamond Offshore	Large Cap	Energy	21.83	28.69	9.10
SM	SM Energy	Mid Cap	Energy	15.57	28.64	72.23
SAFM	Sanderson Farms	Small Cap	Cons Staples	88.96	28.50	-2.52
TREE	LendingTree	Small Cap	Financials	82.17	27.99	-7.02
GLF	Gulfmark Offshore	Small Cap	Energy	6.32	27.67	76.04
LGND	Ligand Pharmaceuticals	Small Cap	Health Care	97.09	27.51	5.21
DDD	3D Systems	Mid Cap	Technology	11.35	27.14	6.37
SLCA	US Silica Holdings	Small Cap	Energy	19.77	26.76	3.02
GEOS	Geospace Technologies	Small Cap	Energy	11.62	26.69	4.03
CNX	CONSOL Energy	Mid Cap	Energy	11.09	26.40	28.51
ZUMZ	Zumiez	Small Cap	Cons Discret.	21.88	26.36	5.91
GBX	Greenbrier	Small Cap	Industrials	25.83	26.33	1.49
BKE	Buckle	Small Cap	Cons Discret.	31.59	26.17	-0.66
MAR	Marriott International	Large Cap	Cons Discret.	67.96	25.86	-0.28
SWN	Southwestern Energy	Large Cap	Energy	7.26	25.12	25.61
					Average	15.67

You should anticipate ultimately putting in a new high some time over the next 6 months conservatively in the S&P 500, i.e., think in terms of the 2150 area, with a more aggressive upside target of the nice round number of possibly 2200 in an Election Year.

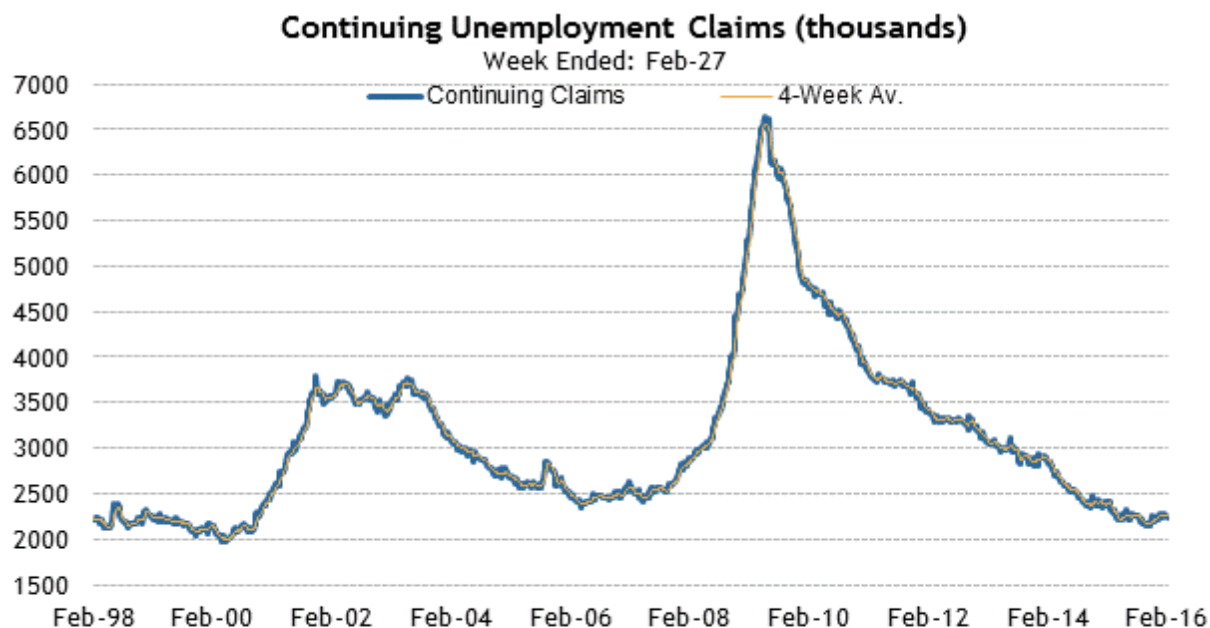
Market Strategies Economic Data

Initial claims for the week ending March 5 were 259,000 (Briefing.com consensus 275,000), a decrease of 18,000 from the prior week. **Continuing claims** for the week ending February 27 were 2.225 million (Briefing.com consensus 2.251 million), a decrease of 32,000 from the prior week, the lowest levels in 16 years..

There were no special factors behind the drop in claims, which are at the lower end of the 250,000 to 300,000 range that has persisted since July 2014. The four-week moving average for initial claims fell to 267,500 from 270,000.

The four-week moving average for continuing claims fell to at 2.252 million versus 2.257 million previously.

Category	Mar 5	Feb 27	Feb 20	Feb 13	Feb 6
Initial Claims	259K	277K	272K	262K	269K
4-Wk Moving Avg	268K	270K	272K	273K	281K
Continued Benefits		2225K	2257K	2254K	2272K
4-Wk Moving Avg		2252K	2257K	2257K	2263K



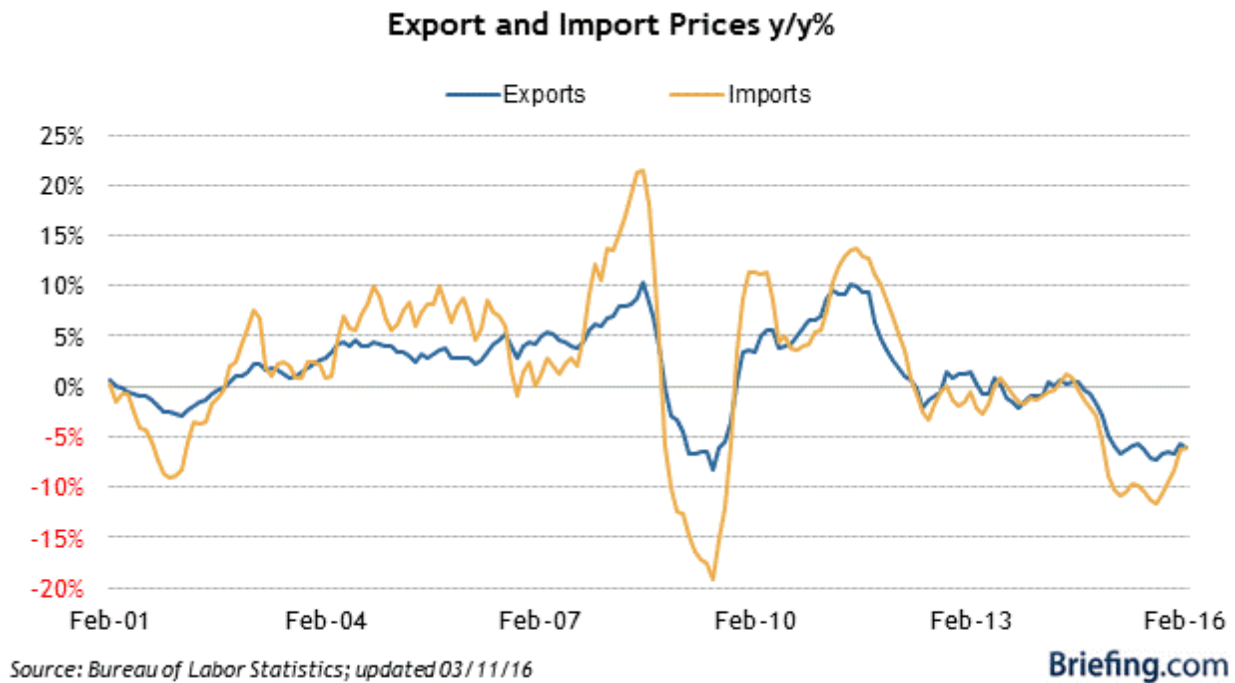
Source: Department of Labor; updated 03/10/16

Briefing.com

Import prices fell 0.3% in February following a 1.0% drop in January. That left import prices down 6.1% year-over-year. Excluding fuel, import prices edged down 0.1% month-over-month and are down 2.7% year-over-year. The prices declines are not just energy driven. In fact, non-fuel import prices haven't recorded a monthly increase since July 2014.

Export prices, meanwhile, declined 0.4% month-to-month in February with declining non-agriculture prices more than offsetting rising agricultural prices. Export prices are down 6% year-over-year.

Category	FEB	JAN	DEC	NOV	OCT
Imports	-0.3%	-1.0%	-1.2%	-0.6%	-0.3%
Imports, ex-petrol	-0.1%	0.0%	-0.3%	-0.3%	-0.3%
Imports, Petrol	-3.9%	-13.3%	-10.0%	-4.0%	-0.4%
Exports	-0.4%	-0.8%	-1.1%	-0.7%	-0.2%
Exports, ex-agricultural	-0.4%	-0.9%	-1.1%	-0.7%	-0.3%



Market Strategies Cycles

Earlier today the European Central Bank (ECB) took further action to foster inflation and spur growth in the Euro zone. The ECB cut its main interest rate to 0% and lowered the bank deposit rate to negative 0.4%. It also expanded its quantitative easing (QE) program by a sizable 33%, from €60 billion to €80 billion per month. As part of the expansion of the program, investment-grade corporate debt will now be eligible for purchase. The ECB expects its QE program will run until at least the end of March 2017.

The ECB's actions and course are in line with numerous other central banks around the globe, except one major one. Our central bank, the Fed, is on hold not able to go in the opposite direction as they think they should by historical standards. As a result of their not tightening, inflation expectations should abound.

DJIA Performance During Major Fed Tightening Cycles Since 1973													
Before Tightening				First Action			After Tightening						
1 Year Before	6 Months Before	3 Months Before	1 Month Before	Date	Rate	Dow	1 Month After	3 Months After	6 Months After	1 Year After			
911.12 12.6%	914.96 12.1%	921.66 11.3%	1027.25 -0.2%	15-Jan-73	5.875	1025.59	973.13 -5.1%	956.73 -6.7%	888.55 -13.4%	843.09 -17.8%			
968.92 -11.4%	944.73 -9.1%	898.66 -4.4%	891.81 -3.7%	30-Aug-77	6.000	858.89	847.11 -1.4%	829.70 -3.4%	746.45 -13.1%	880.72 2.5%			
3416.74 13.3%	3552.05 9.0%	3624.98 6.8%	3783.90 2.3%	4-Feb-94	3.250	3871.42	3832.3 -1.0%	3697.75 -4.5%	3765.79 -2.7%	3928.64 1.5%			
9048.67 21.2%	9184.27 19.5%	9832.51 11.6%	10596.26 3.5%	30-Jun-99	5.000	10970.80	10645.96 -3.0%	10273.00 -6.4%	11357.51 3.5%	10447.89 -4.8%			
8985.44 16.1%	10450.00 -0.1%	10329.63 1.0%	10117.62 3.1%	30-Jun-04	1.250	10435.48	10,129.24 -2.9%	10136.24 -2.9%	10829.19 3.8%	10374.48 -0.6%			
Avg 10.4%	Avg 6.3%	Avg 5.3%	Avg 1.0%				Avg -2.7%	Avg -4.8%	Avg -4.4%	Avg -3.8%			
17068.87 4.0%	17904.48 -0.9%	16739.95 6.0%	17483.01 1.5%	12/16/2015*	0.375	17749.09	15988.08 -9.9%	17000.36 -4.2%					

* Using 12/16/15 Close, Not in averages. Rate is midpoint of new range. As of 3/9/2016 closes.

Before and after periods in the table above refer to first action date by the Fed in a tightening cycle. The percent change is the change in the Dow in that time period using the first Fed action as a reference point.

In the table above, the date of the first action in the cycle is always the reference point. For example, for the 12 months before the first Fed rate increase on 15 Jan 73 the Dow moved up 12.6% between 15 Jan 72 and 15 Jan 73, 12.1% between 15 Jul 72 and 15 Jan 73, 11.3% between 15 Oct 72 and 15 Jan 73, and so on. The after periods work the same way.

Source: StockTradersAlmanac.com. All rights reserved.

From the Stock Trader's Analyst research, when rates were raised the DJIA was generally positive ahead of the first hike and then weak afterwards. The above table is updated through yesterday's close and it shows DJIA's initial response to the first increase ("1 Month After" column) was worse this time than during any of the previous five tightening cycles. The 3 Months Later mark arrives March 16 and assuming the market does not make a major move in either direction between now and then, DJIA's performance would be on par with past cycles at that point. Looking ahead to 6-Months and 1-Year After, more weakness is suggested. The exact timing of market trends will depend upon the pace that the Fed ultimately takes when increasing rates.

Earlier this month in the [ETF Trades Alert](#), the STA presented a new trade idea which was aimed at taking advantage of seasonal strength in Computer Tech, which usually begins in April and runs through July. **iShares US Technology (IYW)** has not traded under its buy limit yet. As a result of recent strength, IYW's buy limit is being raised up to \$100.00.

This month's [Seasonal Sector Trades](#), connected to natural gas, have both been added to the ETF Portfolio. **First Trust ISE-Revere Natural Gas (FCG)** was added on March 8 at \$4.30. FCG first closed above \$4.22 on March 4, but did not trade under its buy limit until two trading days later. **United States Natural Gas (UNG)** was also added on the eighth. This was the day after its MACD indicator turned positive. UNG was added to the portfolio at \$6.05, its opening price on March 8.

FCG should still be considered at current prices with a buy limit of \$4.30. UNG could also still be considered on dips below \$6.25. New and/or updated stop losses for FCG and UNG appear in the table below.

Precious metals, gold and silver, have not succumbed to typical seasonal weakness yet this year. Gold and silver are likely responding to deflation fears and negative interest rates. **DB Gold Double Short (DZZ)** was stopped out on March 3, when it closed below \$6.04. **ProShares UltraShort Silver (ZSL)** has not been stopped out and is on Hold

Almanac Investor ETF Portfolio									
Ticker	Exchange Traded Fund	Presented	3/9/2016	Buy	Stop	Auto			
		Date	Price	Price	Return	Limit ¹	Loss ¹	Sell*	Current Advice ¹
XLK	SPDR Technology	9/22/15	42.20	42.26	0.1%	40.50	37.98	52.08	Buy Dips
VNQ	Vanguard REIT	9/22/15	76.65	79.70	4.0%		71.73	95.44	Hold
JJC	iPath Bloomberg Copper TR Sub-Index ET	12/3/15	23.45	25.87	10.3%		24.00		Hold
USO	United States Oil	1/19/16	8.49	10.15	19.6%		9.00		Hold
XLU	SPDR Utilities	2/2/16	45.50	48.06	5.6%		40.95	55.00	Hold
DZZ	DB Gold Double Short	2/4/16	7.10	6.07	-14.9%				Stopped Out 3/3 @ 6.04
ZSL	ProShares UltraShort Silver	2/4/16	52.50	51.12	-2.6%		44.63		Hold
DIA	SPDR DJIA	2/18/16	163.44	170.02	4.0%		156.80		Hold
IWM	iShares Russell 2000	2/18/16	99.95	106.80	6.9%		94.79		Hold
QQQ	PowerShares QQQ	2/18/16	101.35	104.82	3.4%		96.55		Hold
SPY	SPDR S&P 500	2/18/16	192.09	199.38	3.8%		182.86		Hold
HDGE	Ranger Equity Bear	2/18/16	12.07	11.20	Not Yet				Buy If DIA, SPY, QQQ or IWM Stopped Out
IYW	iShares U.S. Technology	3/1/16	100.00	103.14	Not Yet	100.00	92.95	117.81	Buy Dips
FCG	First Trust ISE-Revere Natural Gas	3/3/16	4.30	4.29	-0.2%	4.30	3.80		Buy Current, Added 3/8 @ 4.30
UNG	United States Natural Gas	3/3/16	6.05	6.24	3.1%	6.25	5.78		Buy Dips, MACD Trigger 3/7, Added 3/8 @ 6.05
Open Position Average % Return				3.3%					
Average Total % Return				2.5%					
¹ STANDARD POLICY: SELL HALF ON A DOUBLE, Buy Limits good til cancel, Stop only if closed below Stop Loss, (S) = Short Trade, *** Spilt adjusted Current Advice is based upon closing prices as they appear in table. *Auto Sell price based upon historical sector returns plus 10%. ** Average purchase price.									



The trade scenario using the July natural gas contract has a holding period of approximately 41 trading days beginning on or about the 16th trading day of February and lasts until about April 23.

FEB LONG NATURAL GAS (JULY) TRADING DAY: 16 – HOLD : 41 DAYS						
Year	Entry		Exit		Profit/Loss	
	Date	Close	Date	Close	Loss	
1991	2/25	1.446	4/24	1.399	-\$470	
1992	2/25	1.205	4/23	1.400	1,950	
1993	2/23	1.725	4/23	2.453	7,280	
1994	2/23	2.130	4/22	2.169	390	
1995	2/23	1.590	4/24	1.727	1,370	
1996	2/23	1.949	4/23	2.300	3,510	
1997	2/25	1.950	4/24	2.137	1,870	
1998	2/24	2.308	4/23	2.408	1,000	
1999	2/23	1.813	4/22	2.271	4,580	
2000	2/23	2.605	4/20	3.102	4,970	
2001	2/23	5.265	4/24	5.177	-880	
2002	2/25	2.536	4/24	3.465	9,290	
2003	2/25	5.529	4/24	5.630	1,010	
2004	2/24	5.179	4/22	5.773	5,940	
2005	2/23	6.628	4/22	7.359	7,310	
2006	2/23	7.973	4/24	8.031	580	
2007	2/23	8.059	4/24	7.863	-1,960	
2008	2/25	9.353	4/23	11.084	17,310	
2009	2/24	4.500	4/23	3.662	-8,380	
2010	2/23	5.032	4/22	4.330	-7,020	
2011	2/23	4.126	4/21	4.535	4,090	
2012	2/24	2.980	4/24	2.180	-8,000	
2013	2/25	3.625	4/24	4.246	6,210	
2014	2/25	4.618	4/24	4.755	1,370	
2015	2/24	3.001	4/23	2.629	-3,720	
25-Year Gain					\$49,600	
# Wins					18	
# Losses					7	

First Trust ISE-Revere Natural Gas (FCG: \$ 4.39) and **United States Natural Gas (UNG: \$ 6.43)** are two popular ETFs that correlate with natural gas. UNG holds natural gas futures and swaps and FCG holds stocks of oil and gas producing companies that are exposed to both crude oil and natural gas prices. Similar to the performance of crude oil, shares of FCG have been declining since June of 2014. Recent crude strength has begun to aid the FCG. It's January low held in February and its Stochastic, relative strength and MACD indicators have turned positive confirming the shift in momentum. A break out above \$4.22 by FCG would be further evidence that the current bounce is sustainable. FCG could be considered a buy on any close above \$4.22 with a buy limit of \$4.30. If purchased a stop loss of \$3.75 is suggested.

In the short-term, natural gas had a decent rally last week, still remaining well below historical averages for this time of year. If the trend of global warming and above average temperatures persists into spring and beyond, electrical demand could rise earlier and sharper than usual. This would likely cause a spike in natural gas prices. Over the longer-term, the U.S. has begun to export natural gas and analysts expect exports could reach 10%-15% of current output by the end of this decade.
















MARCH 2016

Sector Seasonalities: Long = (L); Short = (S)

Start: High-Tech (L), Utilities (L)

In Play: Banking (L), Broker/Dealer (L), Consumer Disc (L), Consumer Staples (L), Healthcare (L), Materials (L), Real Estate (L), Transports (L), Oil (L), Natural Gas (L)

Finish: Computer Tech (S), Biotech (L)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1  First Trading Day, Dow Down 5 of Last 9 Construction Spending ISM Index Vehicle Sales	2  Beige Book	3  March Historically Strong Early in the Month Chain Store Sales Factory Orders ISM Non-Mfg. Index Productivity and Costs	4 ECRI Future Inflation Index Employment Rate Int'l Trade Deficit	5	6
7  Consumer Credit Semiconductor Billings Wholesale Trade	8 Average March Gains Last 21 Years: Dow: 1.5% Up 15 Down 6 Rank #4	9 S&P: 1.6% Up 14 Down 7 Rank #4	10 NAS: 0.9% Up 13 Down 8 Rank #7	11  Treasury Budget Import/Export Prices	12	13 Daylight Saving Time Begins
14 Monday of Triple Witching Week, Dow Up 21 of Last 28	15  Business Inventories NAHB Housing Mkt Index PPI Retail Sales	16 Dow Down 1469 Points March 9-22 in 2001 CPI FOMC Meeting Housing Starts Industrial Production	17   St. Patrick's Day Leading Indicators Philadelphia Fed Survey SEMI Book to Bill Ratio	18  Triple Witching Day, Dow Down 5 of Last 7 U Mich Consumer Sentiment	19	20
21 Week After March Triple Witching Dow Down 17 of Last 28, But Up 8 of Last 12 Existing Home Sales	22  March Historically Weak Later in the Month	23  New Home Sales	24  NASDAQ Up 15 Staright Day Before Good Friday Durable Goods	25 Good Friday (Market Closed) GDP - Q4 Final	26	27 Easter
28  Day After Easter, Second Worst Post-Holiday Personal Income/Spending	29 Consumer Confidence	30 Agricultural Prices	31 Last Day of Q1 Dow Down 16 of Last 27 But, Russell 2000 Up 15 of Last 21 ISM-Chicago	*Tuesdays: Weekly Chain Store Sales & Avg Hourly Earnings *Wednesdays: Oil & Gas Inventories *Thursdays: Wkly Unemployment Report, Wkly Mutual Fund Flows & Weekly Natural Gas Storage Report *Fridays: Weekly Leading Economic Index *Except holidays		
Economic release dates obtained from sources believed to be reliable. All dates subject to change.		 Bull symbol signifies a favorable day based on the S&P 500 Rising 60% or more of the time on a particular trading day 1995-2015	 Bear symbol signifies an unfavorable day based on the S&P 500 Falling 60% or more of the time on a particular trading day 1995-2015			

Undervalued Small Cap Stocks

Lower Priced stocks that look to be a buy:

Repro-Med Systems, Inc (OTCQX: REPR 0.38)*

Repro Med Systems, Inc. dba RMS Medical Products (OTCQX: REPR) has been one of the best performing stocks in 2016. They announced that its net revenues for the third quarter ended November 30 for fiscal 2016 increased 18% over the previous year's Q3, led by the Company's sales of proprietary infusion products. The Company's current fiscal year ends February 29, 2016.

Revenues for the third quarter of fiscal 2016 were \$3,145,000 compared with \$2,655,000 for the third quarter of fiscal 2015. Revenues for the first nine months of the fiscal 2016 were \$8,942,000 compared with \$7,797,000 for the same period last year, an increase of 15%.

RMS continues to benefit from recent lean manufacturing initiatives, which have resulted in increased capacity and decreased direct assembly labor costs compared to last year. Gross margin improved in fiscal Q3 to 67% from 60% in the same quarter last year, and from 63% in fiscal Q2.

Driven by the strong sales in the quarter, net income for the third quarter was \$168,000, an improvement of 81% compared with the same period last year. In addition, net income was negatively impacted due to costs associated with several trade shows in the quarter, the hiring of new sales representatives, and continued legal and consulting fees, all of which reflect an investment for growth in future periods. Excluding certain of these non-recurring items, net income margin would have been in excess of 10% for the quarter.

"We continue to see growth in all sectors of the homecare infusion market both domestically and internationally," commented Andy Sealfon, President and CEO of the company. "I am also very excited about our newest board member, Cyril N. Narishkin and have appointed him as Interim Chief Operating Office to support our expanded management team and accelerate our growth opportunities. Cyril brings a wealth of experience consulting with companies of all sizes, and will also be instrumental in assisting the Company on its lean initiatives and growth plans," Mr. Sealfon added.

The Company manufactures medical products used for infusions and suctioning. The Infusion product portfolio currently includes the FREEDOM60(R) and our latest FreedomEdge(TM) Syringe Infusion Pumps, RMS Precision Flow Rate Tubing(TM) and RMS HIgH-Flo(TM) Subcutaneous Safety Needle Sets. These devices are used for infusions administered in professional healthcare settings as well as at home. The company's RES-Q-VAC line of medical suctioning products is used by emergency medical service providers in addition to a variety of other healthcare providers.

The Company's website may be visited at www.rmsmedicalproducts.com.

Repro-Med Systems, Inc has had an increase in sales each of the last four years. They finished the year of 2014 with \$ 11.2 million in sales reflecting top line growth of 29% from 2013. In each of the previous two years they had a 12% increase in sales. The company has had at least \$ 700 thousand of net income in each of the past four years and has no debt. The patented needle sets alone can give the company a huge growth potential. In my opinion, with new products coming on stream, the stock should trade between \$ 3 and \$ 8 in the next two years.

Immune Therapeutics (OTCQB: IMUN \$ 0.17)*

Use of Naltrexone as an immune modulator was recognized by Dr. Ian Zagon at the University of Pennsylvania.^{2,3} The late Dr. Bernard Bihari, a Neurophysician from New York, USA (who passed away on May 16th, 2010) began treating his patients in the late 1980s^{4,5}. Since that time, many doctors throughout the United States prescribe LDN for a number of indications including Multiple Sclerosis (MS), Parkinson's disease, Crohn's disease, HIV/AIDS, cancer and other autoimmune and inflammatory diseases. A number of research and clinical trials have been completed and undergone in regards to LDN immunotherapies, with phase I and phase II clinical trials successfully run at a number of universities in the United States and Europe, including Pennsylvania State University Medical School at Hershey; University of Chicago; State University of New York; SUNY Upstate Medical University; London Health Sciences Centre - University Hospital, USA; Alpert Medical School of Brown University; Department of Neurology, San Raffaele Scientific Institute; Division of Rheumatology, St. Louis College of Pharmacy; Department of Internal Medicine, University of Utah; Jondi-Shapoor University of Medical Sciences; Department of Psychiatry & Behavioral Sciences, Duke University Medical Center; and Multiple Sclerosis Center at UCSF⁶. These efforts were pioneered by leading immunologists Dr. Nicholas Plotnikoff, Dr. Ronald Herberman, Dr. Bernard Bihari, Dr. Angus Dalgleish, Dr. Ian S. Zagon, Dr. Jill Smith, Dr. McLaughlin, Dr. Jacqueline McCandless, and Moshe Rogosnitzky, among others.

Clinical trials have gone well and should be released soon.

Oakridge Global Energy Solutions, Inc. (OTCQB: OGES 0.64) *

Oakridge global energy is a developer, designer and manufacturer of proprietary energy storage solutions. The Company is based out of Florida's "space coast" near Kennedy Space Center. They make premium quality, proprietary batteries, battery systems and lithium ion cells that are built for maximum performance over the traditional lead/acid batteries. OGES, proudly manufacturing in America since 1986, produces batteries for military, consumer, government, and industrial applications. Target market priorities include golf cars and other recreational vehicles, electronics, and devices requiring rechargeable batteries.

Oakridge Energy produces highly reliable, sustainable and dependable batteries for mobile power sources. Based on size and weight, OGES products deliver a higher capacity than comparable competitor batteries. OGES batteries are higher in quality, longer lasting and safer to use. These batteries have undergone and passed rigorous military testing in underwater and aerial vehicles proving to be high/low pressure tolerant. Most significant, OGES batteries are superior performing yet competitive in the market.

Martac Maritime Tactical Systems, Inc., MARTAC recently conducted very successful field trials on the Inter-coastal waterway in Palm Bay, Florida. MARTAC is a Melbourne, Florida based company that designs and produces the Man-Portable Tactical Autonomous Systems (MANTAS) that can reach extreme high speeds and operate anywhere in the world. These vehicles are designed to be used in numerous applications including naval fleet protection, mine warfare, port and harbor security patrol, antipiracy, search and rescue, and many others. shows our high quality and high performance gets us into the military space at a time when made in USA is of critical strategic importance.

Freedom Trucks shows that Oakridge can outperform Tesla and the "Tesla of trucks" - trucks are much more difficult and laborious to power than cars - because of the Oakridge high power high energy dense batteries, we need only 180 OGES batteries to power the interstate truck that pulls an 80,000 lb trailer, whereas it would take 208,000 Tesla/Panasonic batteries, which is simply not feasible.

Lithium ion batteries, deliver twice the energy of nickel cadmium batteries and are the fastest growing battery segment. Their growth and demand dynamically forward trending. They are lightweight and easy to maintain. They deliver superior electro-chemical output and provide highest energy density for weight, non-metallic and are rechargeable. In 2015, the OGES ProSeries golf car was launched at the annual PGA show, the largest golf show in the world. OGES plans to have a new factory producing its patented thin film solid state lithium ion batteries by 2017. OGES is commencing delivery of small format prismatics to help several smart card customers reach the next generation. Their growth will be serviced by the new factory. These batteries are also in a rapidly growing demand for a variety of p loss 11.36.applications.

Oakridge has recently continued expansion of its ISO certified manufacturing facility and warehouse in Palm Bay, with the support of Florida Governor Rick Scott. The new facility represents a \$270 million investment, increasing the size of the manufacturing plant to 70,000 sq-ft to accommodate the growing demand for OGES batteries. Production is expected to increase from 250,000 to 25 million cells per year by 2018. The company's growth will provide 1000 Americans with new jobs; this is part of the company's commitment to support domestic employment.

Overseas, Oakridge Global Energy Solutions Limited (Hong Kong) is a subsidiary company that operates for sales and service in Asia.

Tree Top Industries, Inc (OTC Pink: TTII 1.72)*

The Go Fun Group Holdings, Ltd, which operates in the retail restaurant and online food service sectors and is based in Hong Kong. Go Fun also is engaged in the Green Food sourcing and logistics business, working with sustainable local companies to further the science of healthy food preparation. Go Fun's retail entities include traditional Chinese, Italian, and Japanese Steakhouse restaurants. TTII entered into a non-binding letter of intent to move forward in partnership configurations. More info to come.

Fundamental Analysis Stocks To Buy with Stops

Using fundamentals the following are stocks to buy and they have done well. Now it is your decision whether to take profits in these uncertain times.

We still like Sunoco for its fundamental value.

We added Harley Davidson to our buy list.

Enzo was bought last week for a lower price to buy. We had originally bought at \$ 2.78, now at 4.15. It is by no means a lock.

Church and Dwight is looking solid and should be bought any two days down.

Alcoa has made nice profits and is worth \$ 10. Buy dips.

The HDGE goes up when the market goes down. The HDGE fell to its 200 day moving average at about 1099, before rebounding to 11.06.has been a major success for those who believe in hedging. It was bought last week at our limit price of 11.62.and stopped out for a loss at 11.36, the 13 day M.A. The loss was very small considering huge gains on the long AT&T, Alcoa and Bank of America. We would be willing to take profits on further rallies.

Symbol	Name	Business Description	PE	P/S	MV mln	Price	Buy Limit	Stop Loss Or sold
FFIC	Flushing Financial	Bank Holding company Savings and loans	13	3,5	592Mln	21.65	19.50	18x
SUN	Sunoco	Oil and Gas Refining and marketing	10	0.2	2.1B	33.26	26	23.50x
AA	Alcoa	Aluminum Processing and Technology	N/A	0.4	9.5B	9.52	7.05	6.97X
SBH	Sally Beauty Holdings	Specialty Retailer and distributor beauty supplies	16	1	4B	31.74	27.30	26x
HOG	Harley Davidson	Motorcycles and related products	11	1.32	8B	48.93	39.84	36x
CHD	Church & Dwight	Consumer Products Sodium bicarbonate Arm and Hammer	25	3	10.6B	90.98	79.80 01/26/16	Take Profits
T	AT&T	Communications	36	1.54	211.7B	38.36	34.10	32x
MSFT	Microsoft	Technology Software, Services, Devices	17	4.7	431B	53.07	50.90	49.50x
VA	Virgin Air	Regional Airlines	7.2	0.9	1.5B	30.06	30.30 <i>Suggested buy</i>	28.50x
ENZ	Enzo Biochem	Life Sciences	NA	1.35	134M	4.23	4.15 Suggested buy	3.98x
BAC	Bank of America	Commercial Bank	10	2.02	165.3B	13.54	11.86	10.90x
HDGE	Advisor Shares	Ranger Bear ETF				11.06	Buy 11.62	11.36x Stopped out

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When there is no movement in penny stocks, even though there is none or very small losses, we will liquidate (sold AIVN on stop) even though we like the company, if money is needed for better opportunities.

We now believe REPR represents upside opportunity. The Target ADR trades at about \$ 4.50 in U.S. vs 0.05 in Australia. Princeton owns 400,000 Australia shares and about 900 U.S. ADR's.

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