

NRG
36.20 ▲

PLTR
25.92 ▲

PTON
56.42 ▼

ALK
59.60 ▲

F
19.56 ▼

ZM
263.14 ▲

WMT
150.07 ▲

MA
348.15 ▲

One Bar Ahead NOVEMBER 2021 TM

BY KEITH FITZ-GERALD

Get ahead of the next

SPACE RACE

Income investors will
LOVE this company

The company that wants to rewrite
aging using breakthrough
mitochondrial science

SHARES UNDER \$0.75

Bitcoin:

***THIS* changes
everything!**

Simple charts

Powerful profit potential

**3 Rules for Big Bets
on Small Stocks**



High Performance Over 50
3 Brain Hacks
for
Better Living
&
Bigger Profits

Disclaimers

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Chapter 0

Letter from Keith

Chapter 1

Get ahead of the NEXT “Space Race”

Chapter 2

3 rules for big bets on small stocks

And a company that could rewrite mitochondrial science

Chapter 3

Bitcoin: Why this changes everything

Chapter 4

Portfolio review / OBA 50 / Fund Folio

Plus, introducing “Vegas Money”

Chapter 5

New Feature! - Master Market Indicator™ Charts

Chapter 6

High Performance Over 50:

3 Brain Hacks for Better Living and Bigger Profits



At one of our favorite tea gardens in Kyoto, Nanzenji, which is beautiful in the fall. Obviously a pre-COVID shot, but I'm looking forward to going back.

Letter from Keith

Dear Reader,

There's one thing that stands out whenever I meet a successful investor...

And it's not their stock picking skills.

Or the size of their portfolio.

Or even their analysis.

It's something that catches many people by surprise.

Can you guess what that is?

It's their coffee ... just kidding.

It's actually their *attitude*.

You notice that it permeates everything they do. Who they are. How they treat others. What they look for. Even the questions they ask.

At first glance, it's easy to think that these folks know everything, but nothing could be farther from the truth. What they do better than almost everybody else is "play forward."

Truly successful investors constantly look at where the world is going rather than where it's been. Critically, they don't take setbacks or negative news personally but view those things as opportunities.

Tesla's CEO Elon Musk has this down to a science.

Like us – Musk plays to win, in life, in business and especially in the financial markets. The vast majority of people, by contrast, play not to lose. But, unfortunately, many do anyway.

A decade ago, Musk said that the single biggest piece of advice he could offer is to encourage people to “constantly think about how you can be doing things better and questioning yourself.”

I agree and very strongly at that!

Being successful in today’s financial markets requires a unique blend of courage, vision, and the drive. Even if it means the occasional blast of stinging criticism.

The world’s best and most successful investors are constantly asking, “how am I doing?” There is no failure to their way of thinking or mine. Just a continuous series of chances to improve, adjust, or change course.

We’re doing the same thing with One Bar Ahead™ and you play an incredible role in making that happen.

Together, we are ...

- *empowering an entirely new generation of investment analysis.*
- *creating a path forward for everybody who wants one.*
- *building a blueprint for extraordinary results and sustainable wealth under some of the most challenging financial conditions in recorded history.*

Speaking of which, I’m super excited to share this month’s issue with you.

Not only have I got some terrific new research and some fabulous choices on deck as usual, but I’m also sharing several new tools with you for the very first time.

The first and most significant upgrade is one that’s hard to explain but which will be self-evident when you see it.

I’ve added a 3rd dimension in the Value Spectrum™. This gives us the ability to examine liquidity, price action and quality more accurately than you can using any other fundamental or technical indicators I’m aware of.

There’s also a new charting section incorporating the Master Market Indicator™ (MMI). This will help you identify optimum buying points if you want to establish or add to positions.

With a little practice, you'll also be able to use it the same way I do - to instantly recognize potential turnarounds and possible reversals ahead of time.

New subscribers can also use this information to answer which stocks to buy first based on whether a recommendation's MMI reading is low (which favours buying) or high (which favours selling, taking profits and risk management).

And finally, I'm introducing a new portfolio segment I'm calling "Vegas Money." I want you to have the ability to participate in super-speculative stocks yet not have the risk of stopping out or getting bounced out prematurely by the money management rules that would otherwise apply in the regular One Bar Ahead™ model portfolio.

Let's get cracking, shall we!

My first recommendation is a fabulous American company that's been beaten down for all the wrong reasons. It could well be the only player in its industry capable of mounting an immediate defence against hypersonic Chinese missiles and winning the next Space Race. I think it's an incredible buy for those with the right perspective and I'm thrilled to include it in the portfolio.

Then we'll move on to a company that wants to rewrite aging using breakthrough mitochondrial science. Admittedly, the risks are sky-high and it's controversial as heck. But don't let that dissuade you if you can stomach the volatility. Treatments based on the patents this company owns and has filed could literally rewrite what we know about mitochondrial genome therapy.

On a related note, I'll be sharing three simple rules I use to guide my thinking when it comes to speculative small cap stocks like the one I've just mentioned. There's also a story about one of Wall Street's truly legendary traders that makes the point nicely.

Plus, Bitcoin. What I have to share with you changes everything!

And finally, I've got 3 super simple "brain hacks" that could make for better living and bigger profits!

Thanks, as always, for being part of the One Bar Ahead™ Family.

You rock!

Best regards for health and wealth,





KF

One last thing before we get rolling...

We read every email, note, and message we receive, so please don't hesitate to share what you're up to. Please send your questions, suggestions, comments, and ideas – we love the feedback. Send pictures if you can!




The address is magazine@onebarahead.com

Other ways to keep in touch

-  youtube.com/channel/UCeNYMU7yzjLqGHkApJEUvKA
-  [@keith.fitz.gerald](https://www.instagram.com/keith.fitz.gerald)
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Upcoming Show:

MoneyShow/TradersEXPO

-  February 24-26, 2022
-  Bally's/Paris Las Vegas
-  moneyshow.com



Chapter 1



SPUTNIK 2.0

Conditions have never been so
sinister, and this company could be
America's best defense

GET AHEAD OF THE NEXT SPACE RACE

● It was a hot summer day...

...and like plenty of other hot summer days, there was a lot of traffic on the road. Suddenly my buddy got a super serious look on his face as six lanes of cars came to an unceremonious and inexplicable halt.

“Put this on NOW,” he said sternly while throwing a baseball hat in my direction from the driver’s seat. “And whatever you do, do NOT pick up your smartphone!!!”

I’ve travelled widely in some pretty unusual places over the years, so I am used to sudden instructions, especially when they keep me alive.

I immediately tried to make myself as small as possible in the passenger seat while also whipping up my collar and throwing on a pair of sunglasses for good measure.

Our car had stopped directly at the tail end of a top-secret military runway ... in mainland China ... outside Xian which is one of that country’s fastest growing aerospace and defence research hubs.

And there to my right, not 100 yards away, was a top secret J-31 stealth aircraft taxiing for take-off.

The airplane wasn’t supposed to exist, at least according to the Pentagon officials I’d watched on CNN International earlier that morning in the Sofitel as I got ready to go out for the day.

“China,” said General so and so, “was at least a decade away from operational stealth technology.”

Yet, there it was ... and there I was.

Han told me that evening over a beer or three that he was never so glad to have a car with tinted windows. While I sat doing my impression of the invisible man, his brain was in overdrive trying to figure out how he was going to explain having a red-blooded American in his car watching one of China’s newest front-line fighters take to the air if we were discovered.



This is pretty much what I saw, the very same day Pentagon officials said China was a decade away from operational stealth technology

Long story short, traffic started moving again about 30 minutes later and nobody was the wiser much to our mutual relief.

Which brings to where we are today.

The *Financial Times* reported on October 16th that China successfully tested a nuclear-capable, hypersonic missile. True to form, the Pentagon initially declined to confirm the event. Then, when it did, General Mark Milley, Chairman of the Joint Chiefs of Staff called it, “a very significant technological event that occurred.” Noting, “it has all of our attention.”

That’s putting it mildly!!

China’s hypersonic missile circled the world at low-altitude and 5X the speed of sound and, in doing so, caught the entire Western defence network flatfooted. Again.

Western critics, of course, say the test was a bust because the warhead missed its target by 19 miles, but I disagree. China’s missile reached speeds more than 6,115 kmh and landed close enough that it counts with a nuke on board.

● Forget lasers and gee-whiz stuff.

Hypersonic missiles are very challenging to defend against because they fly lower, faster and are orders of magnitude harder to detect than conventional intercontinental missiles. They’re also very, very manoeuvrable.

GET AHEAD OF THE NEXT SPACE RACE

Here's the part that really stinks, though.

China reportedly used American software to get the job done. According to the *Washington Post*, Phytium Technology, a Chinese front company, used the software to develop missile-sized chips that were then put into production via a Taiwanese chip factory equipped with American precision machinery.

The sense of *déjà vu* I feel is overwhelming.

Thankfully, though, things can't get much worse. In fact, history suggests they'll get less bad. Then they'll get better.

That's the exact moment you want to be buying.

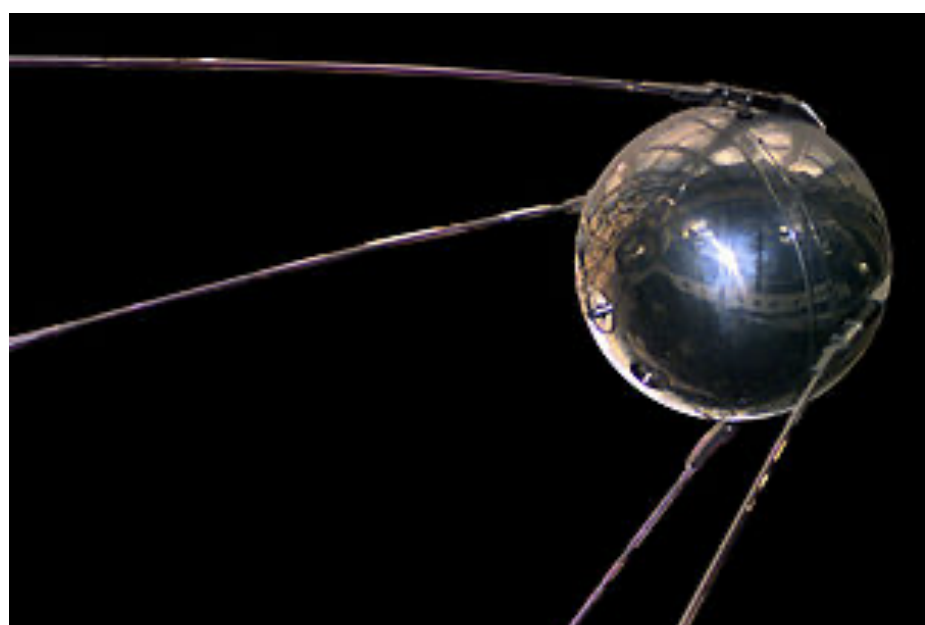
China's hypersonic test is a gross intelligence failure of the highest order that I'm calling "Sputnik 2.0."

● Sputnik 2.0

That term – Sputnik – may not mean anything to you but it should.

America was coasting on the heels of WWII when Russia launched the original Sputnik in 1957 from the Baikonur Cosmodrome.

Then, as now, the launch was a complete surprise and a terrifying awakening.



*Sputnik 1 started the original
Space Race in the 1960s*

Sputnik caused the formation of NASA and launched the so-called Space Race in which the two superpowers – America and Soviet Union – competed for scientific and practical superiority.

Sputnik's surprise launch also caused a complete realignment of federal resources, education, and national security programs worth billions of dollars in an era when that amount of money actually meant something.

Why?

Simple really.

America realized in an instant that the very same rocket used to launch Sputnik could also be used to deliver a Soviet nuke anywhere in the world in minutes. Not only that, but Russia, we learned almost simultaneously, was training three scientists for every one trained in the US.

The reaction was swift and very profitable for the right companies.

America didn't yet have a long-range missile defence capability so that got built in a hurry. Our military began several crash programmes but significantly also implemented policies that allowed various government agencies and the armed forces to choose contractors capable of constructing the best components and systems (a structure that still plays a vital role in defence spending today).

Things will be similar this time around and there's only one company capable of meeting the threat head on.

Lockheed Martin Corporation (LMT).

The stock has been pummelled in recent weeks for a variety of reasons including lower revenue forecasts, sales declines, supply bottlenecks, production delays and legions of analysts in a rush to cut ratings or write click bait articles intended to make you believe it'll crash to earth.

All of which makes me like the stock even more!

GET AHEAD OF THE NEXT SPACE RACE

Contrary to what many people believe, defence is not a winner take all scenario. It is a symbiotic relationship in which the “best” companies frequently rise together at times when the broader public cannot connect the dots.

The biggest profit potential is usually created when the “best” companies are ignored, dismissed or otherwise cheap (as was the case for Tesla, Microsoft and Nvidia when I recommended ‘em earlier this year.)

That’s where I think we are with Lockheed Martin. Consider:

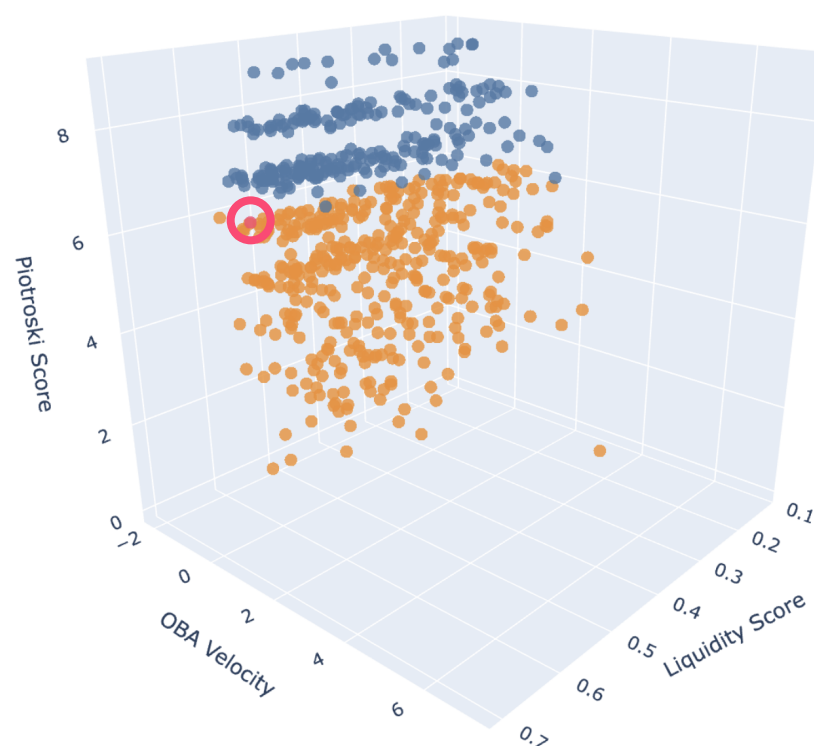
- Lockheed has six hypersonic missiles in development. Production is expected to begin between 2023 and 2026 but I think that will be accelerated under the circumstances.
- The company makes the F-35, one of the most lethal air superiority and strike aircraft in the world. The F-35 is expected to serve well into the 2050s which means that Lockheed is going to enjoy a nearly unstoppable upgrade and maintenance path for decades. Various versions are also sold to allies which only broadens the revenue potential.
- Lockheed’s “Skunk Works” is undoubtedly well into a 6th generation fighter, missile and defence technologies. All of which are being accelerated.
- The company just won a \$250 million IQ/ID contract for Integrated Mission Systems engineering and integration support for special operations from USSOCOM. It’s a five-year gig with three one year options.
- Lockheed is reportedly in the running to provide next generation helicopters for the US Army, a new Air Force fighter, new tanker aircraft and missile interceptor systems ... all of which mean entirely new streams of revenue that the markets don’t yet recognize.
- There’s a \$6 billion stock buyback plan in progress, of which roughly \$2 billion has been consummated.
- Recent share pressure has pushed the company’s yield to 3.43%, a figure not seen since 2013.

Here’s what the proprietary One Bar Ahead™ analytics suite says about Lockheed Martin.

● The Universe

Lockheed is smack dab in the middle of the Value Spectrum™ (marked in red). That’s a near picture perfect starting point which, in keeping with our research, suggests the stock will track up and to the right over time. Lockheed will also track “towards” you using a special 3rd dimension I’m calling OBA “Velocity.”

The 2D Value Spectrum™ model we’ve used historically worked well but the new, upgraded 3D version you’re seeing today for the first time allows us a better, deeper and more accurate understanding of price action. And critically, what that suggests about future price performance!



● The Fundamentals

Lockheed Martin currently sports a Piotroski Score that’s 7 of 9 possible points which suggests a company in excellent health. I expect this to fall slightly in the next quarter or two as the sales pipeline stabilizes. Then, to climb again.

GET AHEAD OF THE NEXT SPACE RACE

The company's beta is 0.91 which means price action is slightly less volatile than broader markets which should provide some much-valued stability in the months ahead.

Yield is an impressive 3.43%, which makes it an appealing choice for income-starved investors.

Company Fundamentals

The current Piotroski Score is: **7 - Good Health**

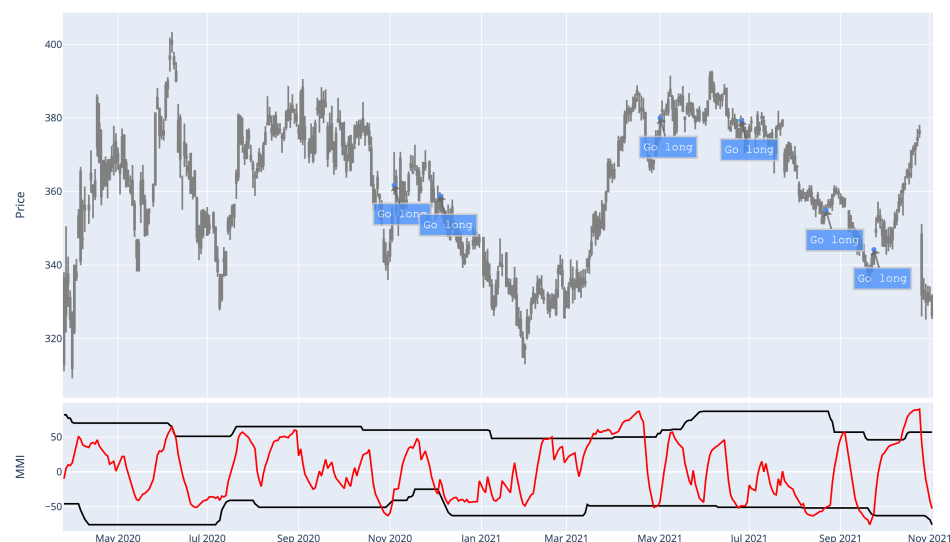


The Master Market Indicator™ (MMI)

LMT's MMI reading is consistent with a stock experiencing a pullback but, critically, also one ready for a rebound.

Any sort of upside price action could produce a rapid run higher in keeping what our research suggests about stocks trading in similar territory.

In fact, the run may have begun this morning as I type. Shares are up as we go to press.



Action to Take

There are several ways to approach Lockheed Martin.

Buy Lockheed Martin (LMT) for \$340 a share or less. Tuck shares in the Global Growth and Income segment of your portfolio. Implement a protective trailing stop that's 25% below your purchase price or \$255. Feel free to tighten that stop if doing so is more to your liking and meets your personal risk tolerance, investment objectives and situation. Plan on adding to shares on dips.

If you fancy options or LEAPS because they're lower cost, consider buying the 20Jan23 \$330 calls, which are currently trading at \$30.20. Be prepared for a potentially much bumpier ride if you go this route, however, because you're dealing with time decay and volatility in addition to garden variety price movement. Here, too, be sure to run any trailing stops on the stock, not the option.

If you'd like to buy shares at a discount, consider selling cash secured puts like the 17DEC21 \$330 puts, which are trading at \$10.50ish as I type. That means your effective entry will be about roughly \$319.50 per share if you're "put". As always, never use this strategy unless you have the capital needed to buy 100 shares for every put you sell at the strike price you sell them. In this case, that's \$33,000 per 100 shares.



Lockheed Martin is on the forefront of offense and defense - exactly what we want as investors

BIG BETS ON SMALL STOCKS

Plus, a stock so off-the-radar
not even the memers have caught on!



BIG BETS ON SMALL STOCKS

Many investors fancy big profits on small stocks.

But ... how?

We've all heard stories about traders who have placed a seemingly inconsequential bet on a small company and made out big time.

Imagine being Brandon Smith who took just \$10,000 and purchased a highly controversial little EV car company named Tesla run by a flamboyant CEO that was hemorrhaging billions at the time. And becoming a millionaire.

Or being Stewart Horejsi who, according to Forbes, purchased shares of Warren Buffett's Berkshire Hathaway for just \$265 each in 1980. Bloomberg reported that he was worth a cool \$1.5 billion in 2019 but I have to imagine that figure could be north of \$2.1 billion today if he's still holding.

Then there's the "Lord of the Roths," Peter Thiel. He made headlines recently for transforming a ROTH retirement account worth just \$2,000 in 1999 into a \$5+ billion monster, a move that will go down as one of the all-time savviest investment moves in history.

Kobe Bryant spent \$6 million to buy a 10% share of BodyArmor sports drink in 2014. Coke's recent acquisition at \$5.6 billion makes that stake worth \$400 million.... a 6,566.67% return on investment in just 7 years.

Now, you might be thinking to yourself: "Okay Keith, I get where you're going with this but I'm not any of those individuals"

Because you're on a fixed income ...

struggling with a limited budget ...

or just starting out ...

Think again!!!

The common thread – and the one I want you to focus on – is that anybody can buy little known stocks on the cheap and, with a little luck and some diligent risk management, laugh all the way to the proverbial bank.



*The "Lord of the Roths"
You're more like him than you think!*

YOU are more like Brandon, Stewart, Peter and Kobe than you may think.

The challenge is threefold:

1. You've got to find stocks worth buying
2. You've got to control risk before you buy
3. You've got to have the guts to hold on.

Let's talk about how you do each of those things.

#1: Finding great inexpensive stocks requires thinking differently

Big stocks with outstanding profit potential are relatively simple to identify using a combination of fundamental and technical analysis. In fact, that's something we do regularly together using the specialized analytics that power One Bar Ahead™ behind the scenes.

Small caps are considerably more nuanced. You definitely have to develop a "feel" for 'em.

More often than not, small inexpensive stocks are driven by sentiment and nothing more than a great story. That's why you want to pay careful attention to who is telling the story and why they're telling it.

BIG BETS ON SMALL STOCKS

Silicon Valley, for example, is great at cooking up nonsense when it's in their interest to do so.

Somebody like Elon Musk cooks up vision, a very different proposition.

To paraphrase my grandmother Virginia "Mimi" Gruner, your "BS meter" has to be fine-tuned.

Common wisdom is that you have to be aware of the false ones, but Mimi always stressed that the more profitable nuance is learning who's telling the truth. Things will fall into place after that, she'd say.

The other thing that Mimi made super clear was that most investors fail because they introduce confirmation bias in their thinking. If people are bullish, they'll find data that supports their contention. If people are bearish, they'll find data that supports that line of thinking.

The news is often identical which catches people by surprise. It's perception that changes, especially when it comes to small stocks.

Buying inexpensive stocks successfully often requires you to take a position when others have sold out and taken losses or don't understand the situation *a la* Palantir. Or selling out when the crowd jumps in for all the wrong reasons *a la* GameStop or AMC.

#2: The Rule of Heroes and Zeros (controlling risk)

Every stock has the possibility of being a "hero or a zero" – meaning it can make you a fortune or completely blow out.

You can reasonably control this with large stocks using a combination of trailing stops, profit targets and options.

Small stocks are a different story.

Spreads can be wide enough to drive a truck between the bid and ask prices. Volume is often limited or non-existent. Many times, there are no options available.

Position sizing is critical, especially when you're talking sub-\$10 stocks or penny stocks.

Investors and traders typically use position sizing based on dollars at risk, account size or volatility-based metrics. I'm a big fan of keeping things simple and the easiest way to handle that is to limit risk by placing no more than 1-2% of your portfolio in any given speculative position.

People tell me all the time that they'll "never make any money" if they do that but often reconsider when I explain that limiting losses to 1% of your portfolio gives you the "freedom" to screw up 100 times in a row without blowing up your portfolio! (The math whizzes among you will know that number is closer to 1,200 times you can screw up in a row without blowing up a \$100k portfolio if you limit risk to 1% in a sequence - but that's a story for another time.)

Remember, we play to win!

#3: Have the guts to hang on

People don't talk about this as much as they probably should.

Having the guts to hang on can be one of the single toughest parts of investing or trading. Especially when you're talking about small inexpensive stocks with huge profit potential.

You've either got to stick with your rules or HODL, an acronym commonly associated with meme stock investors and taken to mean "Hold On for Dear Life."

Small inexpensive stocks can be notoriously volatile. What's more, they're often meme-driven which means that they can and do move for reasons that are completely detached from fundamental underpinnings or technical analysis.

You have to have conviction because small inexpensive stocks will test your patience and intestinal fortitude, often at the same time.

Keeping your cool is vital.

BIG BETS ON SMALL STOCKS



Position sizing is the #1 way to control risk on small stocks

Few people these days have heard of Larry McCarthy, a bigger than life bond trader famous for maintaining his cool. He reportedly purchased \$750 million worth of Delta's bonds while the company was bankrupt for \$0.12 each; a year later those same bonds were trading over \$60 each.

I recall hearing about a night at the poker tables back in the day when the cards ran against him while he played '21. McCarthy was quickly down \$15,000 then \$100,000 ... then \$165,000 ... and still the cards ran against him. He took over the tables, got more credit and halted the entire casino in the process.

Ultimately the dealer "busted" a few hands and ... with the flip of a card, McCarthy was up \$25,000. If my memory is correct, he walked out of the casino with nearly \$500,000 in profits!

Larry McDonald, who was with him that night, summed up the evening in his New York Times bestseller, *A Colossal Failure of Common Sense*:

"Never blow your powder too early," [McCarthy] said. "Start nice and slow, nice and low. Get the feel of the market, get centered, make sure you got a ton of ammunition, and don't quit too early. Never do that. When they're running against you, keep going, because they're gonna turn. And in the split-second they make that turn, hit it, buddy, hit it real hard. Because that's when you're gonna WIN."

Indeed!

Hit me ...

Many of you have asked for speculative stock recommendations that can make a killing yet be run without stops or ongoing management rules for our core holdings.

I think the timing is perfect!

Volatility is rising, money's moving and the world is reopening ... all of which suggests there's a lot of inbound cash looking for a home. And presumably, higher returns too.

Finding a super inexpensive stock could be just the play - pun absolutely intended.

My first recommendation is **CohBar Inc. (CWBR)**.

Never heard of it?

I hadn't either until my friend and colleague Michael Murphy suggested I take a look.

Michael, by the way, is super sharp and has been writing about breakthrough technology in his newsletter the *New World Investor* for as long as I can remember.

I like what I see.

As you know from last month's issue and my story on UBX, I think immortality research will be the next investing "gold rush" for lack of a better term.



Cohbar focuses on anti-aging therapies derived from mitochondria

BIG BETS ON SMALL STOCKS

Playing the odds seems reasonable, especially if you get there first.

As much as I hate the comparison, I can see companies engaged in anti-aging research drawing comparisons to lithium, cryptocurrencies and cannabis stocks ... and a comparable amount of money.

CohBar is a clinical stage biotech company focused exclusively on the development of therapeutic peptides derived from mitochondria that will be used to treat a wide variety of chronic diseases associated with aging.

In contrast to most clinical stage companies that are operating on a wing and a prayer, CohBar has already been granted 13 related patents and has another 65 filed. Rule #1: check.

Control risk on the “way in” by limiting the amount of money invested to money you can afford to live without if the company fails to achieve success. Rule #2: check.

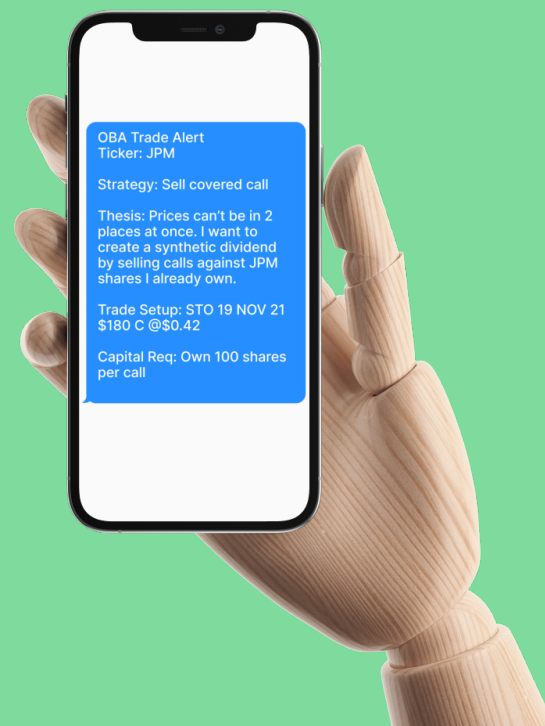
Do not pay more than \$0.75 a share under any circumstances and do not chase prices higher.

It's better to wait for the next “Vegas Money” trade - and there will be plenty ahead.

Plan on converting to a “FreeTrade” at the first available opportunity by selling half of the shares you buy to recover your initial cost.

Then, let the remainder run for “free” with dramatically less risk. Rule #3: check.

KF



Introducing Trade with Keith

What is it?

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forever by using the code
OBAMEMBER)

BITCOIN: THIS CHANGES EVERYTHING!



BITCOIN... THIS CHANGES EVERYTHING!

If you think bitcoin's run is over, think again!

According to the *Wall Street Journal*, the Houston Firefighters' Relief and Retirement Fund, which has \$5.5 billion in assets under management and more than 6,600 benefactors recently purchased \$25 million worth of Bitcoin and Ethereum through NYDIG, a subsidiary of Stone Ridge, an alternative-asset manager.

This is a BIG deal and one that sets the stage for far higher prices.

Let me explain.

Pension plans like the Houston Firefighters' Relief and Retirement Fund do not buy anything for their portfolio unless it passes what's called the "Prudent Person" Rule.

Most individual investors have never heard the term but that's to be expected. You wouldn't have a reason to unless you're an institutional manager or responsible for somebody else's money.

Here's why you should care.

The prudent person rule is a standard applied to pension fund managers, guardians, trustees, family offices, investment advisors, endowments, and others with fiduciary responsibility.

That's a \$5 way of saying that you're on the hook for somebody else's financial assets.



The prudent person rule is an important barometer for large-scale fund managers

● Who this rule is made for

Bluntly, the prudent person rule is intended to protect those who are having their money managed from stupid decisions and questionable investments made by those doing the managing.

Historically the prudent person rule has largely prevented or at least significantly restricted pension plans, endowments, retirement plans and trusts along with their investment advisors from investing in questionable choices like penny stocks, exotic derivatives and other high-risk, off the radar offerings that could be construed as reckless ... including cryptocurrencies.

The fact that a prominent pension plan like the Houston Firefighters' Relief and Retirement Fund has purchased means that *a) both Bitcoin and Ethereum now meet the prudent person standard and b) are no longer considered reckless investments.*

I cannot understate the significance.

Imagine you're the Chief Investment Officer for the XYZ Retirement System and have a few billion dollars you're responsible for managing.

The fact that another major pension plan – in this case the Houston Firefighters' Relief and Retirement Fund – has made the decision to invest in cryptocurrencies now gives you the incentive to do the same thing.

It changes the calculus because the prudent person rule also works in reverse.

If enough funds start to buy, then the rest of the "herd" will follow suit because not buying would suddenly be imprudent.

This is an area I happen to know a thing or two about.

BITCOIN... THIS CHANGES EVERYTHING!

I began my career in earnest at Wilshire Associates, one of the world's premier pension consulting firms, in the late 1980s. My job was to help senior consultants do exactly the kind of analysis that likely led the Houston Firefighters' Relief and Retirement Fund to make the decision to buy cryptocurrencies and to ensure doing so was prudent under the circumstances and consistent with the needs of the plan.

● What's next

As of September 2021, there are an estimated \$37.2 trillion in retirement plan assets in the United States according to the Investment Company Institute. Even a tiny 1% allocation to cryptocurrencies – which would not be out of line for many pension plans or endowments making alternative asset investments – translates into \$372 billion.

In other words, the potential investment in cryptocurrencies may already tally 32% of the existing combined market cap of both Bitcoin and Ethereum at current prices. Talk about a tailwind!

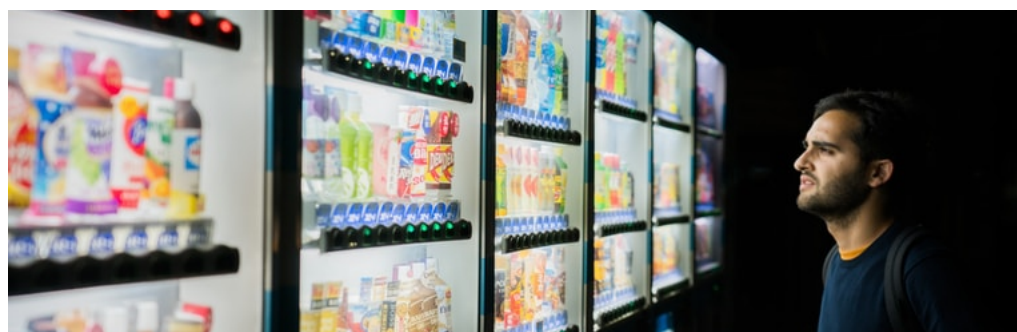
I realize that's hard to put in context so here's an example that may help.

Imagine there are 1,000 eggs at the grocery store but only 100 buyers ... egg prices will drop. That's been the situation with cryptocurrencies for years. Now flip that around and imagine there are 1,000 buyers but only 100 eggs ... egg prices will skyrocket.

That's the situation I see developing right now.

Which is why you want to move before the opportunity gets away.

The odds really do favour "going long", a comment billionaire investing genius Peter Thiel made this recently in Miami after lamenting that he is probably "underinvested."



Now you have a lot of choices

Choices were pretty limited back in March when I first recommended Bitcoin and subsequently Ethereum. Now, though, there are a few more options on the table including:

- **ProShares Bitcoin Strategy ETF (BITO)**, a futures-based product trading on the Chicago Mercantile Exchange
- **The Valkyrie Bitcoin Strategy ETF (BTF)** an actively traded ETF launched on the Nasdaq
- **Greyscale Bitcoin Trust (GBTC)** which is technically a closed-end grantor trust but has filed for ETF status
- **Amplify Transformational Data Sharing ETF (BLOK)**, which invests in companies developing blockchain technologies
- **Marathon Digital Holdings, Inc. (MARA)**, a bitcoin miner based in Canada and the United States
- **Coinstar kiosks** placed in roughly 200 **Walmart** stores around the country as part of a pilot program
- **Your favourite bank (soon)**. US Bank has already partnered with NYDIG – the same firm the Houston Firefighters' Relief and Retirement Fund is using – to custody digital wallets. I must imagine plenty more will follow and very quickly at that
- **Directly** through dozens of cryptocurrency exchanges
- **Mining** which is fun but increasingly challenging for a variety of reasons not the least of which is your power bill which could rise to levels that make your local law enforcement officials curious about what you're doing.

Now for the fun part!

BITCOIN... THIS CHANGES EVERYTHING!

How high could bitcoin prices go?

Nobody knows.

Tom Lee of Fundstrat is on record saying \$168,000 a coin. His assumptions, like mine, are also based – like mine – on capital flows. He reasons that BITO, the new Bitcoin futures ETF, could attract more than \$50 million a day at a time when miners are producing roughly \$10 million a day.

That puts the newly minted ETF on track for \$50+ billion in year one which is nearly double the \$36 billion Invesco's QQQ product brought in over the same time frame in 1999 when it launched. And, bingo, \$168,000 a coin.

What's the "best" way to buy?

I get that question frequently. The answer depends on what you want to accomplish, your risk tolerance and objectives. None of which I know.

I've personally chosen to work with Gemini for reasons I outlined last March and have been happy with the relationship so far. I am also toying with the idea of my own mining set up for fun (and to heat my garage).

How "much" to buy?

This too is a uniquely personal question with more than one answer.

My latest research suggests that a 0.5% - 1% allocation may be appropriate for most investors. Dollar cost averaging in over time is probably prudent as a way to maximize returns and minimize risk.

I also suggest splitting your money equally between Bitcoin and Ethereum until you have achieved your target allocation. Then, simply rebalance as you would with any other investment in your portfolio.

We'll talk more as the situation continues to develop!



Tell us what you think of One Bar Ahead™!

Have you tried any of the techniques and tactics from previous issues, or have you learned something new? Made a great buy? Discovered a new stock or fund? Tried Noriko's recipes? Started travelling again?

Drop us a line at magazine@onebarahead.com



PORTFOLIO REVIEW

Plus the Fund Folio™

&

OBA 50™



PORTFOLIO REVIEW (NOVEMBER 2021)

The One Bar Ahead™ advantage is beginning to show itself in earnest.

Approximately 56% of S&P 500 companies have reported results as we go to press. Of that, 82% have reported positive earnings surprises while 75% have reported positive revenue surprises.

At the same time, the blended earnings growth rate - meaning the growth rate year over year - is 36-41%. If the numbers hold through the end of this earnings season like I think they will, this quarter's numbers will be the 2nd or 3rd highest earnings growth rates reported since 2010.

Several of our recommendations are doing considerably better which is, of course, why we own 'em!

Tesla (TSLA) for example, is up a jaw-dropping 84.2% since I recommended it in the May issue versus just 10.35% from the S&P 500 over the same time frame. Nvidia (NVDA) went on a tear just yesterday and has tacked on 49.6% since adding it to the OBA portfolio last month versus just 7.29% from the S&P 500 over the same time frame. Microsoft (MSFT) has added 47.8% versus the S&P 500 which has turned in a very respectable 21.4% since March. Costco (COST) has run an incredible 18.0% since August versus 5.29% from the S&P 500 over the same period.

I am particularly proud of the fact that 17 of 19 recommendations are in the green as I type during some of the most challenging financial conditions in history.

Buy the best, ignore the rest!

● **Foundation Stones (50%)**

This category contains companies intended to be the base around which all other choices are built and will account for roughly 50% of overall investable capital. The intent is to create stability that gives you the freedom to pursue more aggressive choices in the other two tiers over time. There will be some turnover here but, odds are, not much over time because the emphasis is on fundamental underpinnings.

● **Global Growth & Income (40%)**

This category houses companies offering a unique twist on one or more of the "5 Ds" or which are technically of interest and will represent roughly 40% of overall investable capital. The goal with this segment is appreciation potential AND an income boost so expect to see dividend payers and players here. Turnover here may be based on a combination of technical and fundamental data and may be slightly higher. Market action could also trigger entries and exits.

● **Zingers (10%)**

This category is home to the most speculative choices and will account for roughly 10% of overall investable capital.

Zingers are fundamentally compelling but are going to be selected based on a higher relative technical analysis weighting using the OBA engine and the MMI specifically. Expect turnover to be highest in this tier based on technical market action. The probability of losses is highest in this segment.

Position Sizing Guidelines	
Foundation Stones	50%
Global Growth and Income	40%
Zingers	10%
Hedges/Inverse	1-3%
Vegas Money	Investor's discretion

PORTFOLIO REVIEW (NOVEMBER 2021)

● Introducing “Vegas Money”

I promised you when we launched One Bar Ahead™ that you'd have immediate and ongoing access to my research. Especially when I found something new.

Today I'm going to keep that promise by introducing a new portfolio segment called “Vegas Money.”

The thinking is super simple.

Volatility has changed dramatically in recent years. My research shows beyond any shadow of a doubt that stocks that could once be counted on for long-sustained runs now move in the blink of an eye.

You really do have to play to win (like we do) or you will get left behind (which is increasingly what's happening to everybody who's following along using conventional diversification models).

Tesla's a great example. You would be amazed at how many people I hear from who don't own shares and who have now been left so far in the proverbial dust that it's astounding even though they've diligently diversified their portfolios like they've been told or taught.

Computerization compounds the problem. Last time I looked, 75%-85% of all trading activity is machine-driven which means that huge swathes of the market are trading for reasons that can be completely divorced from fundamentals and technical alike. So, you've gotta have a way around that, which I'll come back to in a moment.

Here's the thing.

Back when dinosaurs roamed the earth and I started in this business, humans ran the pits so you could count on pullbacks, confirmation, and a decidedly more civilized approach to things.

These days the situation is more like a dogpile in cyberspace; you've got to be in the scrum when the fight starts or you risk missing a substantial part of any move higher.

Large stocks like Microsoft, Apple and McDonald's remain comparatively simple to model if you have a strategy like we do. Small stocks are another story entirely.

The trick is that you must allow a reasonable amount of leeway for downside volatility as opposed to the garden variety price action we grew up with. Otherwise, you get bounced out too early or when you really don't want to as was the case with Affirm recently.

When you get right down to it, there are two ways to beat Wall Street at its own game.

The first is the pick battles they don't have an interest in fighting.

The second is to get into stocks that are likely to attract their attention as early in the game as possible but before they make their move.

That's why I'm introducing the “Vegas Money” segment now. My goal from the very beginning has been to help you maximize your success and carving off a section of our portfolios for super-speculative choices can help.

Besides, many of you have asked for 'em!

Not every stock will be a winner; in fact, quite a few probably won't to be blunt. There may be more losers than winners in this segment frankly. We simply don't know yet and it's impossible to forecast that because this is something entirely new.

We'll control risk management by position sizing once we've identified an opportunity that interests us and plan on using trade management to manage the position going forward.

Keep in mind that these are going to be ultra-speculative stocks.

This means keeping positions small enough that you don't care if they flame out completely but big enough that you'll feel good if and when they do take off. Or, simply passing on the recommendation.

PORTFOLIO REVIEW (NOVEMBER 2021)

Research suggests that's 1%-2% per stock for the Zingers but I'm talking about even smaller position sizing of 0.5% - 1.0% here. Perhaps less. I'm not trying to be a party-pooper; that's just what the numbers suggest is prudent.

Now, if you're rolling your eyeballs because that sounds hopelessly "small" – I get that but there is no need whatsoever to rush and the last thing you want to do is take on too much risk!

Small caps can and do pay off when they hit.

Had you invested just \$10,000 in Tesla just 10 years ago, you'd be sitting on \$1,800,000 today.

Tesla was small once, too. Same with Apple, Microsoft and many of the big names we take for granted.

Speaking of which ...

Action to Take: 1) Buy shares of CWBR as outlined in Chapter 2. 2) "Move" GOEV and UBX into the "Vegas Money" segment. 3) Immediately enter GTC orders – Good till Cancelled – orders to sell ½ of your existing positions in both stocks if and when they double your initial cost (whatever that may be).

Then, HODL

Now ... back to our regularly scheduled review!

● **Foundation Stones (50%)**

Apple Inc. (AAPL) – I received a few emails asking what to do after Apple missed on its latest earnings report. Frankly, that's an easy one – continue to buy shares. Respectfully, the company didn't miss at all. Apple reported revenue of \$83.36 billion and EPS of \$1.24 versus expectations of \$84.85 and \$1.24. It's the analysts who got it wrong (again), not Team Cook.

The key takeaway and the one you want to focus on is this ... demand for every product Apple makes in every category is UP. Overall revenue is up +29% year over year. Gross margin expanded to 42.2%.

Apple has 745 million paid subscribers including Apple's App Store and Apple Music. That's 160 million more users this year than last year and the fifth consecutive annual increase in as many years.

Not a "miss" in my book by any stretch of the imagination.

Yield is 0.58%

Price Target: \$200 by year end barring a general market meltdown, in which case all bets are off.

JPMorgan Chase (JPM) – CEO Jamie Dimon continues to blast Bitcoin but I "guaran-freaking-tee" you that he knows how to turn a buck from it. The bank is moving quickly and seriously into digital money, and that's the real play here. Keep in mind that JP Morgan has consistently delivered strong earnings results and is ideally positioned to benefit from rising rates. Both point to higher, fatter profit margins down the road. There's no better bank to own as far as I'm concerned.

Yield is 2.39%.

Price target: \$200 by year end 2021

Microsoft (MSFT) – Frankly, the biggest problem facing most investors is that they don't own enough (shares)! Microsoft crushed earnings when it reported EPS of \$2.27 per share and revenue of \$45.32 billion versus expectations of \$2.07 and \$43.97 respectively. That's the fastest growth – 22% YoY – on record.

Keep in mind that the company is becoming stickier which means that every customer who gets sucked into Microsoft's orbit is likely to stay there.

Microsoft's Intelligent Cloud segment is particularly impressive reporting \$16.96 billion in revenue, an increase of 31% YoY. This is the Azure public cloud, enterprise services, GitHub, SQL Server, System Center, Visual Studio, and Windows Server.

Yield is 0.74%.

Price target: \$400 within the next 12-24 months

PORTFOLIO REVIEW (NOVEMBER 2021)

Strategic Global Government Fund, Inc. (RCS) –

Bond markets remain far more resilient than people expected given Fed Chair J. Powell's recent "dovish hawkish" statement. That means that RCS could continue to provide both the stability and income it's known for well into 2022.

Yield is 8.06%

Price Target: \$8.25

Global Growth and Income (40%)

Amazon (AMZN) — Amazon reported \$110.8 billion in sales for the third quarter, a 15% increase from the same quarter last year. This marked Amazon's fourth consecutive quarter with \$100 billion-plus in revenue. To help meet that demand, Amazon has nearly doubled its operations capacity in the last two years as expected. It's not an easy task fulfilling consecutive quarters of \$100 billion in sales. But an enviable position to be in, nonetheless.

Amazon's management expects more of the same in Q4. The company is projecting revenue from \$130 billion to \$140 billion, suggesting revenue growth between 4% and 12% from the same quarter last year.

On the employee front, Amazon is setting a new benchmark for all hourly employers by paying \$18 per hour to start, up from \$15. At the same time, the company is offering to cover a wide range of educational expenses for all frontline workers. While that isn't a new corporate benefit, it's happening on such a large scale that other companies (and their employees) are taking notice.

Price target: \$3,850 a share within the next 12 months.

BlackRock Science and Technology Trust (BSTZ) — BSTZ increased its distribution last year by 15%. Then took it up another notch by nearly 49% this year. That's a 71% increase from \$0.10 to \$0.171 paid monthly!

Plus, you get a slew of nascent tech companies doing great things including, for example, Tesla (TSLA), Square (SQ) and Mercado Libre (MELI).

Yield: 5.43%.

Price target: \$55

Chevron (CVX) — No surprise that Chevron just posted the highest free cash flow on record. CNBC's Jim Cramer recently said that Chevron (CVX) is a favourite when it comes to beating inflation, and his blessing will provide some strong support. Love him or hate him, Jim's super sharp so this is great news. Thing is ... I recommended CVX to One Bar Ahead™ subscribers two+ months ago. The stock is up 16.8% since then, compared to just 2.83% on the SPX. And, best of all it still pays a healthy 4.68% yield which means it's a great choice for income starved investors AND an inflation hedge.

Yield: 4.68%

Target: \$115 within 12-24 months

Costco Wholesale Corp. (COST) — I'm still seeing people walking out of Costco with carts full of toilet paper. That just reinforces the fact that companies that sell essentials—and in bulk—are among shoppers' favorites in good times and bad alike. The retailer also makes great use of its warehouse space. For example, Costco generates greater sales per square foot than Walmart (about \$1,400 in 2020, or double Walmart). That's like a discount retailer operating as efficiently as a high-margin retail business like Lululemon Athletica (LULU).

Yield is 0.61%.

Price Target: \$540 within 12-24 months.

General Mills, Inc. (GIS) – Happy 100th birthday Betty Crocker! General Mills' Gold Medal flour created the Betty Crocker personality in 1921 to answer consumer inquiries on baking.

PORTFOLIO REVIEW (NOVEMBER 2021)

Betty's popularity grew through the decades. According to Fortune magazine's April 1945 issue, Betty was the second best-known woman in America, following First Lady Eleanor Roosevelt. That's just one of many beloved General Mills' brands that contributed to its fiscal 2021 net US sales of \$18.1 billion.

Yield is 3.25%.

Price target: \$70 by year end

Gilead Sciences, Inc. (GILD) – I was asked recently if I thought Gilead Sciences may reduce or eliminate its dividend; that's certainly a possibility, but I don't think it's very likely. GILD's free cash flow has declined in recent years, but projections for \$7.6 billion are still on the table this year. Seems to me that's more than enough to cover the dividend and even raise it into 2022 if top-line projections are accurate. Remember that GILD is not just about current results but about the key role it will play as a "Virus+" choice years from now. Like Pfizer, it's what the company does next that counts! And it's just had a "beat and raise" quarter, too!

Yield is 4.30%

Price target: \$88

McDonald's Corporation (MCD) – I'm still lovin' MCD and trust you are too. Our thesis that inflation would boost revenues and earnings is apparently spot on. The company reported a "double beat" with top (revenue) and bottom lines (net income) coming in at \$6.2 billion and \$2.15 billion. People think of McDonald's (MCD) as just burgers and fries. What most are missing is that the company is investing heavily in technology that improves orders, boosts margins, and generates more sales more accurately than human counter workers. The app has more than 20+ million users today and is a raving success. And I'm still lovin' the 2.17% dividend. Talk about a value meal for savvy investors - sorry I couldn't resist!

Yield is 2.17%.

Price target: \$270

Nvidia Corp. (NVDA) – Everything I know about Nvidia suggests that it's perfectly positioned for the next bull market, which is why I recommended buying shares in last month's issue. Here are three reasons why: First, NVDA controls 80%-83% of the PC gaming hardware market at a time when the segment is growing 20-25% a year, according to various estimates and could hit \$54 billion just three years from now.

Second, data center growth represents 36% of income and is increasing at 25% a year. Amazon, Alphabet, Microsoft and Google are all Nvidia customers.

Third, AI interfaces are not typically thought of as data center products but that's something I expect to see changing in the near future given that AI chip-related sales may be growing at 50% a year for the next decade.

And, not for nothing, it's a HUGE "metaverse" play.

Price Target: a "Stupid silly" \$385

Palantir Technologies Inc (PLTR) - Palantir announced a mixed-shelf offering and the usual suspects are ranting and raving about dilution, reduced value, insider sales and the like. Pay them no attention.

The company is still growing at start-up rates, and it's only a matter of time before the bulls overwhelm the increasingly few bears willing to put up a fight.

"Dilution" happens all the time when companies are growing. Sometimes it's debt, as was the case for Amazon in 2002 when it sold \$1.2 billion to institutional investors. Or Apple which has split five times since going public, effectively diluting shares. Growing companies need capital, and people simply forget that.

My read on the situation is that Palantir will use the capital to announce an attractive acquisition, anchor some major new product development effort or finance a dramatic sales force expansion.

PORTFOLIO REVIEW (NOVEMBER 2021)

I continue to believe buying shares is a good thing, especially at present levels, and especially if you are playing a longer game like we are! My \$50 a share target stands but, admittedly, we may have to wait a bit longer to achieve it.

There is no yield.

Price target: \$50 within 12 months; \$100 a share in five years or less.

Pfizer Inc. (PFE) - People are acting as if vaccines will go away, but that's not true. Prevention is always better than treatment. Pfizer is working on mRNA related flu vaccines, anticoagulants, cancer drugs, and its own oral antiviral treatment for Covid. The \$244 billion company is growing at 50% a year, and the dividend yield is a healthy 3.59%. I hear from investors who tell me "But Pfizer's done nothing for the past 20 years" when they hear me suggest buying it.

So what!

Two things: 1) the legacy company they're talking about no longer exists. Pfizer unloaded all the traditional low margin businesses via Viartis, which it spun off in 2020. 2) mRNA-based treatments will change the face of modern medical treatment the way the iPhone changed communication. It's on the cusp of being truly programmable medicine.

Yield is 3.59%.

Price target: \$65

Raytheon Technologies Corp (RTX) - We all know that \$131 billion Raytheon gets a big chunk of business—some 45%—from government contracts, but the rest comes from aviation giants like Boeing and Airbus. The split between manufacturing products for military defense as well as the commercial sector makes it a great diversity play in this arena.

RTX also plays a key role in our hypersonic missile exposure, especially when combined with our newest recommendation, LMT (Chapter 1).

Something to keep an eye on is that the company stands to lose thousands of workers who refuse to comply with the government vaccine mandate. Deadline to become immunized is Dec. 8. Only time will tell what impact this might have on production.

Meanwhile, shares are up 22% year to date.

Yield: 2.30%

Price Target: \$140 within 12-24 months.

Visa Inc. (V) - When news broke that Visa was the subject of an antitrust probe, shares went off a cliff. Our trailing stops worked perfectly, kicking us out of the trade at \$214.66 a share at a small loss before continuing to drift to still lower levels. That happens from time to time and it's frustrating, but try not to let it bother you too much. If you're following along as directed — and I hope you are — you also took a huge amount of risk off the table while sticking to your discipline.

Both are huge wins in the scheme of things.

What's next?

Re-enter on our terms. See the Oct. 29 OBA AMA #43 for what to do now.

Yield: 0.71%.

Price target: \$260 by year end

Waste Management, Inc. (WM) - Third-quarter 2021 earnings results for \$67 billion Waste Management proved yet again that it can turn trash into cash. Adjusted earnings per share improved 15.6% year over year, while total revenues increased 20.8%. Nearly \$300 million of that revenue came from the acquisition of Advanced Disposal.

So far this year, shares of WM have gained 36.6% against a 2% industry-wide decline.

Yield is 1.43%.

Price target: \$185 within 12 months

PORTFOLIO REVIEW (NOVEMBER 2021)

● Zingers (10%)

Tesla (TSLA) – CEO Elon Musk, continues to scorch critics and may become the world's first trillionaire.

Tesla blew through my \$1,000 target (which I first set in 2017 and reiterated several times to more than a few skeptics). Now I'm thinking \$2,500 within the next 24-36 months. If I'm right, that puts Tesla in true 10X territory, and you simply don't see that very often!

There is absolutely nothing wrong with taking some money off the table if you own shares. In fact, I encourage that.

Doing so puts a little bling in your pocket, and it also lowers risk.

Most investors will be hesitant to do this but that's a mistake. Taking profits and selling into strength are an important part of the investing process!

Price Target: \$2,500 within the next 24-36 months.

● Vegas Money

Canoo Inc. (GOEV) – This is a tale of two companies if I've ever seen one. Shares of GOEV peaked last December, then they tumbled as much as 75% into August. Since then, shares have rallied as much as 50% on a few occasions. Of course, its highest point came when talks of a partnership with Apple made headlines. Now, it's a matter of seeing its future as a leader in the "Transportation-as-a-Service," arena. And that could be just over the horizon. The company will announce Q3 earnings on the 15th of November.

Cohbar Inc. (CWBR) – New

Unity Biotechnology Inc. (UBX) – The company has been pretty quiet lately but that's to be expected with a breakthrough player like this one. It's granted a few stock options as compensation but other than that has stayed out of the news.

● Cash Alternatives

Bitcoin – True to form, we got a great rally in Bitcoin after the Chinese banned it for the 7th time. Now though, the game has shifted - crypto now passes the "prudent person" rule as outlined in Chapter 3, which opens the door to huge institutional participation.

Ethereum - October has been metaverse month, with Facebook's new rebranding and the shift of attention to virtual worlds. Ethereum has been the logical beneficiary as people begin to understand smart contracts and all things digital.

Stuff we've been talking about for over a year because we're one bar ahead ... bada-bing!!!



Got something on your mind?

That's what the Friday Ask Me Anythings are for. So ask away!

There's no such thing as a stupid question unless, of course, you don't ask it.

My goal is to ensure YOU succeed!

Shoot me an email:

askkeith@onebarahead.com

PORTFOLIO REVIEW (NOVEMBER 2021)

One Bar Ahead™ Model Portfolio

PORTFOLIO DETAILS											
As of 11/4/2021	STOCK	REC DATE	ENTRY \$	CURRENT	BETA	YIELD	Profit/Loss	STOP	12-24mo Target	Last Instruction	
FOUNDATION STONES	AAPL	1/8/21	\$ 132.05	\$ 151.20	1.07	0.58%	14.5%	\$ 131.59	\$ 200.00	Buy/Accumulate	
	JPM	1/14/21	\$ 141.17	\$ 167.08	1.2	2.39%	18.4%	\$ 144.44	\$ 200.00	Buy/Accumulate	
	MSFT	3/5/21	\$ 226.73	\$ 335.01	0.87	0.74%	47.8%	\$ 271.12	\$ 400.00	Buy/Accumulate	
	RCS	10/1/21	\$ 6.99	\$ 7.59	0.78	8.06%	8.5%	\$ 5.13	\$ 8.25	Buy/Accumulate	
GROWTH AND INCOME	AMZN	8/23/21	\$ 3,265.87	\$ 3,459.82	0.72	0.00%	5.9%	\$ 3,079.96	\$ 3,850.00	Buy/Accumulate	
	BSTZ	2/5/21	\$ 39.31	\$ 42.43	1.43	5.43%	7.9%	\$ 36.69	\$ 55.00	Buy/Accumulate	
	COST	8/6/21	\$ 439.63	\$ 518.97	0.6	0.61%	18.0%	\$ 415.09	\$ 540.00	Buy/Accumulate	
	CVX	9/3/21	\$ 97.06	\$ 113.40	1.23	4.73%	16.8%	\$ 92.78	\$ 115.00	Buy/Accumulate	
	GILD	1/11/21	\$ 62.51	\$ 66.17	0.34	4.30%	5.9%	\$ 61.92	\$ 88.00	Buy/Accumulate	
	GIS	6/4/21	\$ 63.72	\$ 62.78	0.24	3.25%	-1.5%	\$ 48.02	\$ 70.00	Buy/Accumulate	
	MCD	6/4/21	\$ 231.69	\$ 253.76	0.82	2.17%	9.5%	\$ 217.88	\$ 270.00	Buy/Accumulate	
	NVDA	10/1/21	\$ 196.97	\$ 294.70	1.38	0.00%	49.6%	\$ 181.34	\$ 280.00	Buy/Accumulate	
	PFE	2/5/21	\$ 34.92	\$ 43.52	0.65	3.59%	24.6%	\$ 37.18	\$ 65.00	Buy/Accumulate	
	PLTR	1/8/21	\$ 25.20	\$ 26.43	0.67	0%	4.9%	none	\$ 50.00	Buy/Accumulate	
	RTX	8/6/21	\$ 87.58	\$ 88.48	1.46	2.30%	1.0%	\$ 79.35	\$ 140.00	Buy/Accumulate	
	V	Stopped out; standing orders to reenter in place from weekly update on 11/1/2021									Buy/Accumulate
	WM	4/7/21	\$ 132.41	\$ 161.25	0.68	1.43%	21.8%	\$ 142.86	\$ 185.00	Buy/Accumulate	
Zingers	TSLA	5/7/21	\$ 672.37	\$ 1,238.84	1.82	0%	84.2%	\$ 675.96	\$ 2,500.00	Buy/Accumulate	

OBA 50

As of November 4th, 2021

Ticker	Name	Ticker	Name	Ticker	Name
AAPL	Apple Inc	FTNT	Fortinet Inc	PFE	Pfizer Inc
ADBE	Adobe Inc	GILD	Gilead Sciences Inc	PLTR	Palantir Technologies Inc
AFRM	Affirm Holdings Inc	GOOGL	Alphabet Inc	PYPL	PayPal Holdings Inc
ALGN	Align Technologies	HCA	HCA Healthcare Inc	QCOM	Qualcomm Inc
AMAT	Applied Materials Inc	HUBS	Hubspot Inc	ROKU	Roku Inc
AMD	Advanced Micro Devices Inc	JNJ	Johnson & Johnson	RTX	Raytheon Technologies Inc
AMZN	Amazon Com Inc	JPM	JPMorgan Chase & Co	SQ	Square Inc
CAT	Caterpillar Inc	LOW	Lowes Companies Inc	TGT	Target Corp
COST	Costco Wholesale Corp	LRCX	Lam Research Corp	TMO	Thermo Fisher Scientific Inc
CRWD	CrowdStrike Holdings Inc	MA	Mastercard Inc	TMUS	T-Mobile US Inc
DE	Deere & Co	MCD	McDonald's Corp	TSLA	Tesla Inc
DHR	Danaher Corp	MRNA	Moderna Inc	TWLO	Twilio Inc
DIS	Walt Disney Co	MSFT	Microsoft Corp	V	Visa Inc
F	Ford Motor Company	MU	Micron Technology Inc	W	Wayfair Inc
FANG	Diamondback Energy Inc	NET	Cloudflare Inc	WM	Waste Management Inc
FB	Facebook Inc	NOW	ServiceNow Inc	WMT	Walmart Inc
FDX	Fedex Corp	NVDA	Nvidia Corp		

PORTFOLIO REVIEW (NOVEMBER 2021)



Foundation Stones

PORTFOLIO WEIGHT

Vanguard Wellington Fund (VWELX)	32%
Pimco Strategic Income Fund (RCS)	16%
SPDR Gold Trust (GLD)	2%

Global Growth and Income

BlackRock Science and Technology Fund (BST)	32%
Pfizer Inc. (PFE)	4%
Altria Group Inc. (MO)	4%

Zingers

BlackRock Science and Technology Fund (BSTZ)	10%
--	-----

***There are no changes to the Fund Folio™ this month**

Hedges/cash alternatives

Keep position sizes in these instruments small. Use hedges opportunistically, when you want that extra bit of protection.

Cash alternatives	
BTC	1.00%
ETH	
Inverse funds/hedges	
RYURX	Opportunistic
SH	Opportunistic
UVXY	Opportunistic

“Vegas Money” Portfolio

This is where we'll stash the most speculative stocks. Manage risk on the way in by position sizing. Use ONLY money you can afford to lose entirely if the worst happens.

Vegas Money					
Stock	Rec Date	Entry \$	Current	Profit/Loss	Last Instruction
UBX	10/1/21	\$ 2.93	\$ 2.51	-14.3%	Buy/Accumulate
CWBR	11/4/21	New	\$ 0.64	NEW	Buy/Accumulate
GOEV	8/13/21	\$ 7.01	\$ 8.36	19.2%	Buy Under \$7.50

NEW FEATURE! CHARTS

Increase results, reduce risk, find opportunity
Gain confidence!



SIMPLE, UNDERSTANDABLE, ACTIONABLE

I've spent 40 years in global markets and if there's one thing I've learned in all that time it's that simplicity counts when it comes to making money. Knowing how to find great stocks, manage risk and which strategies matter is important but knowing *when* conditions favour buying or selling is critical if you want to be in the winner's circle.

I created the Master Market Indicator™ (MMI) to help me do that. And starting this month, I'll be sharing it with you for each recommendation in the One Bar Ahead™ Model Portfolio. Note: I've included SPX and the QQQs for reference so you can gauge broader market activity.

Reading the MMI is easy.

Lower readings suggest stocks that are positioned for maximum upside when the risk/reward ratio is highest. This is the time to add to positions, sell cash-secured puts or even rebalance into core positions you don't yet own. If you're a new subscriber, it answers the question of which stocks to buy first. If you're adding new money, the MMI can help you make that choice too.

Higher readings are typically associated with stocks that are at risk of flattening out, slowing or otherwise breaking down. This is the time to consider taking profits, raising trailing stops, or even rebalancing into positions with lower MMI readings.

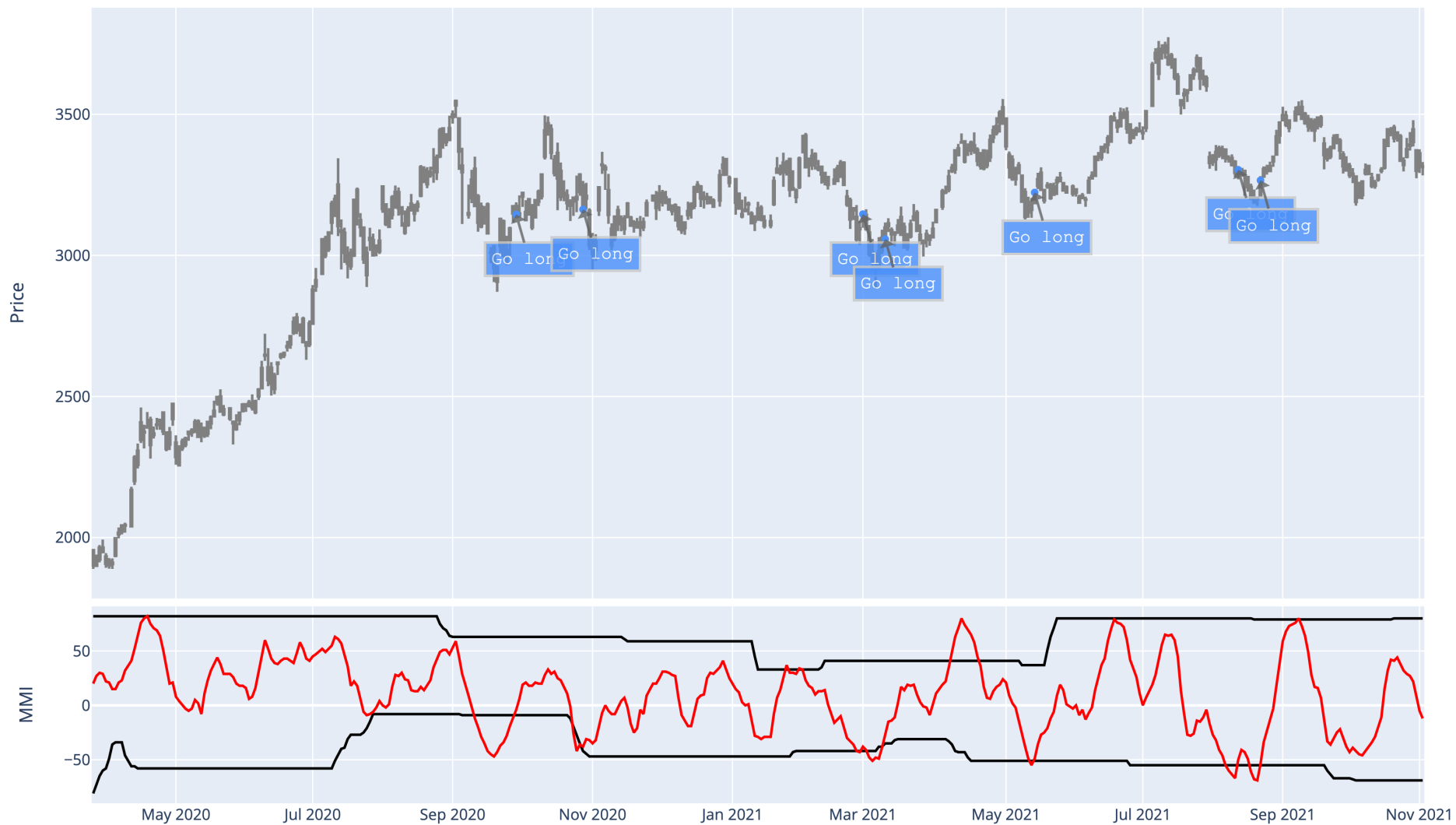
We'll talk more in the months ahead about how to use these charts most effectively!

KF

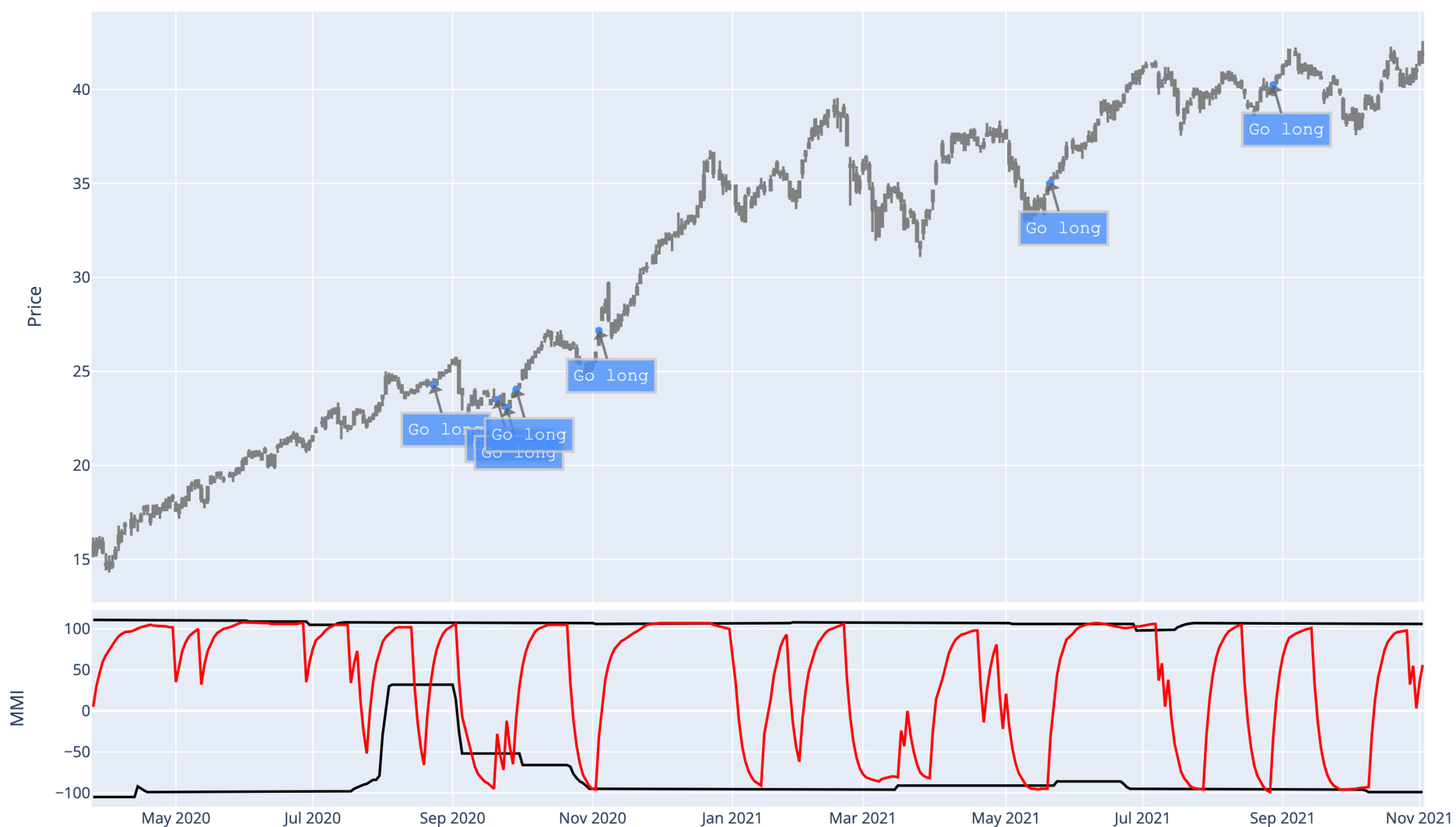


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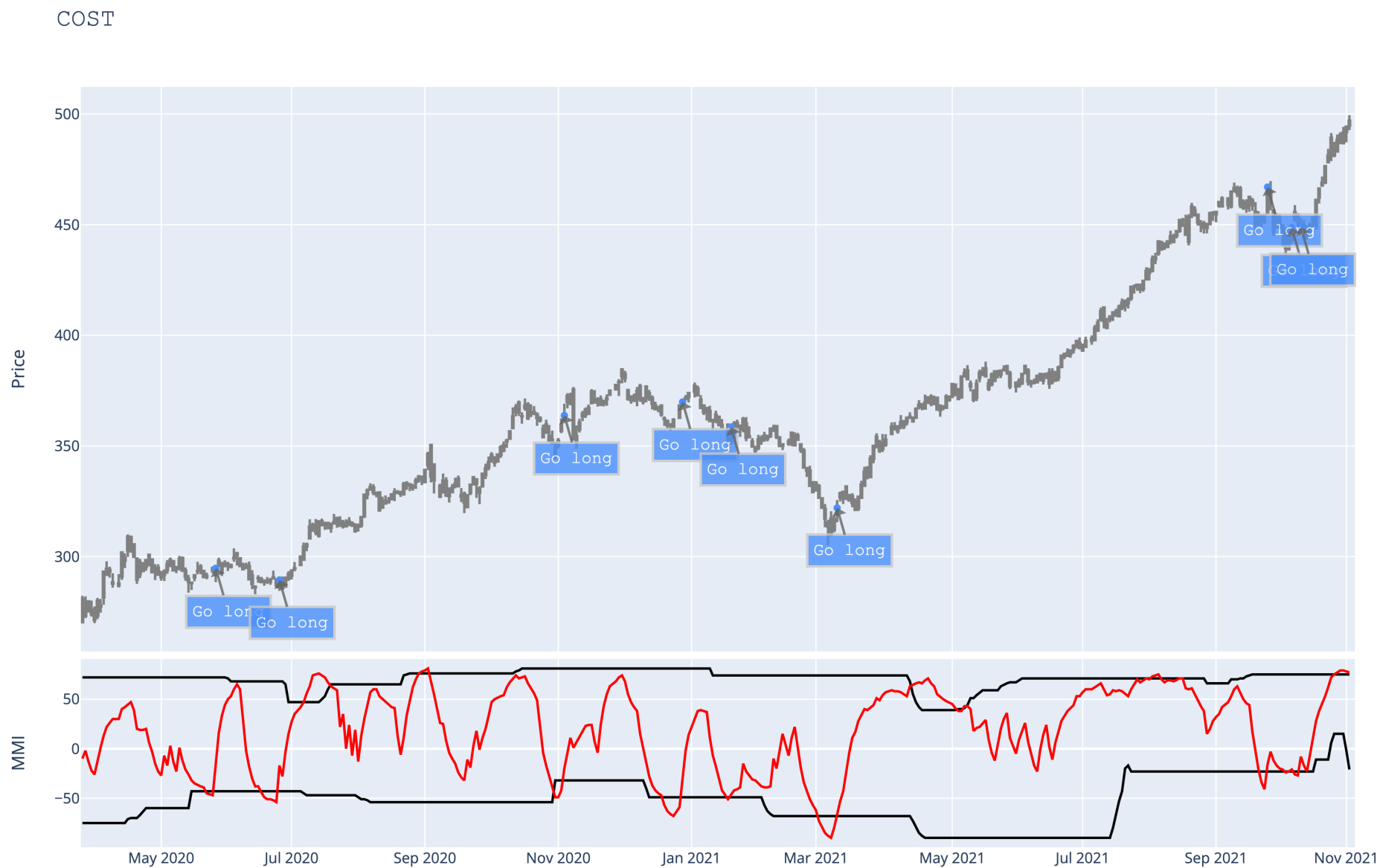
AMZN



BSTZ

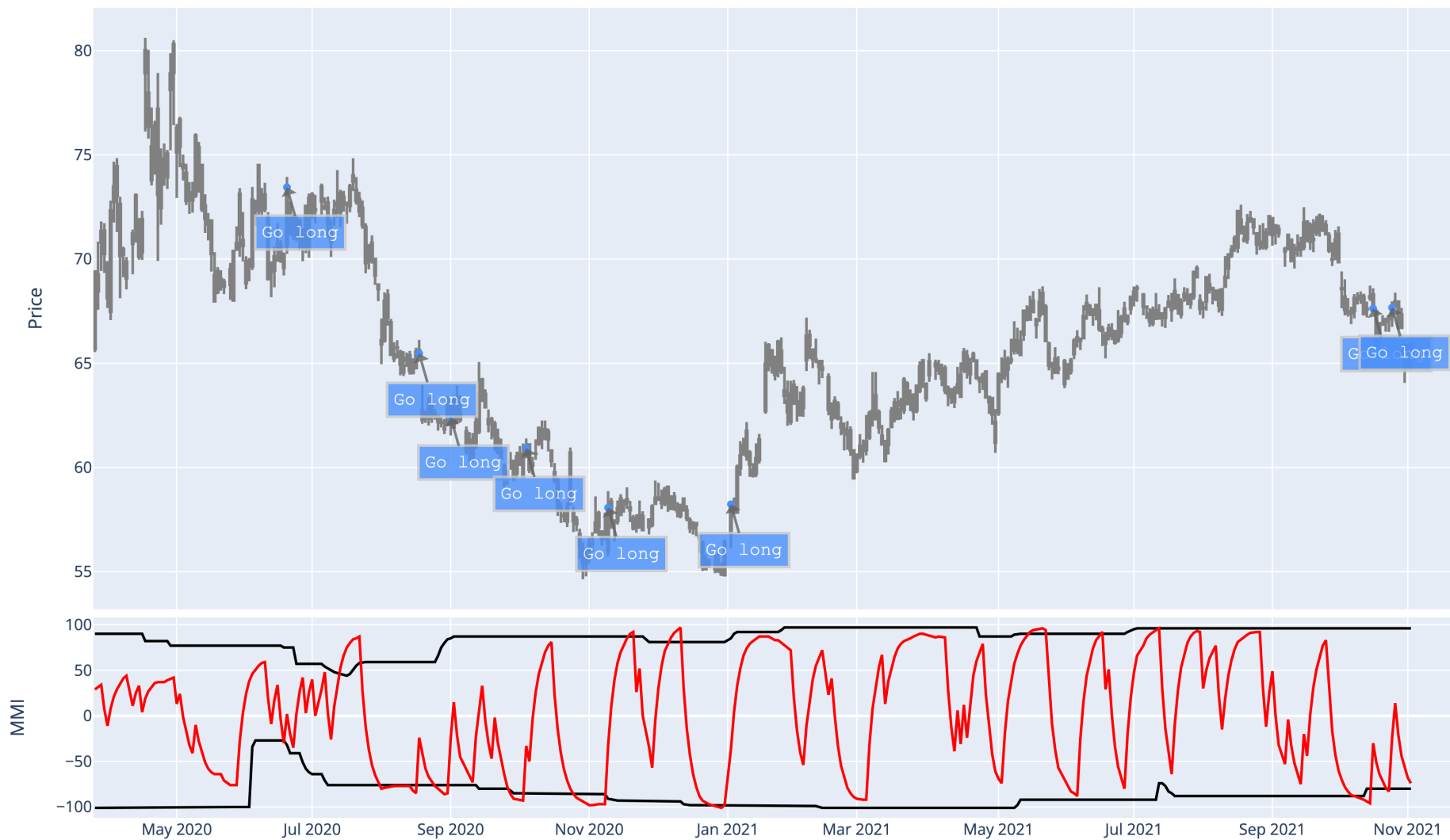


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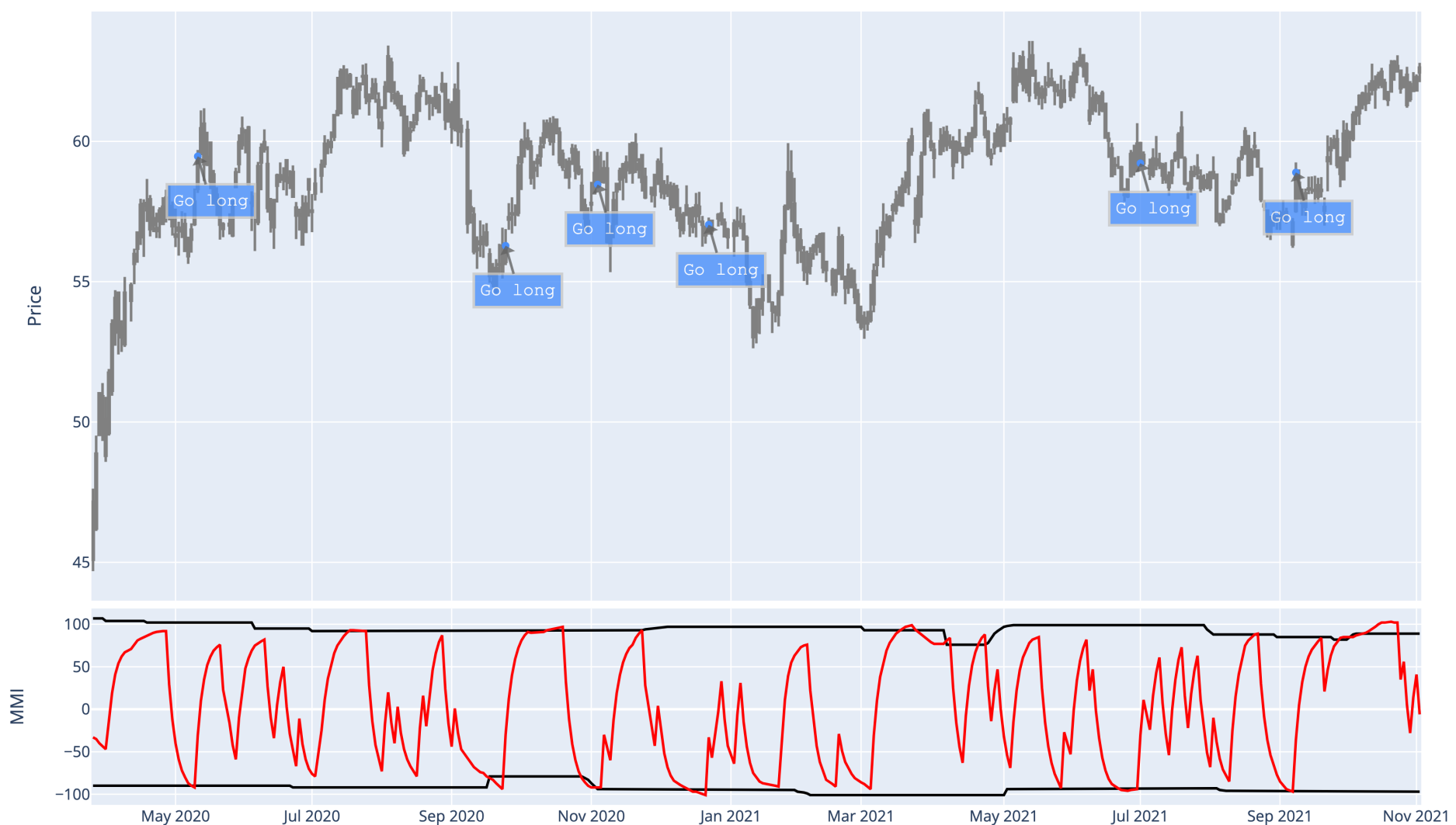


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GILD

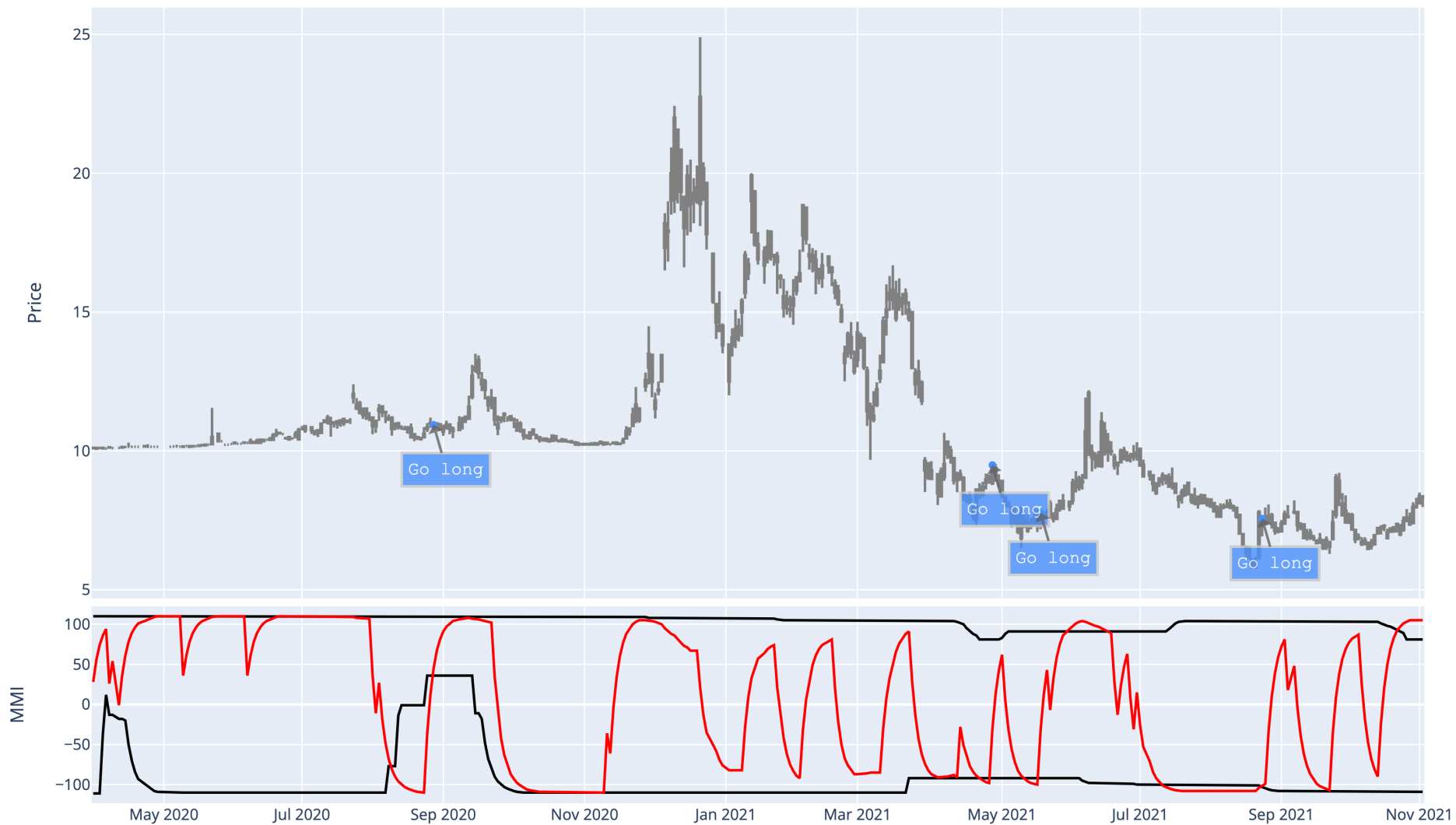


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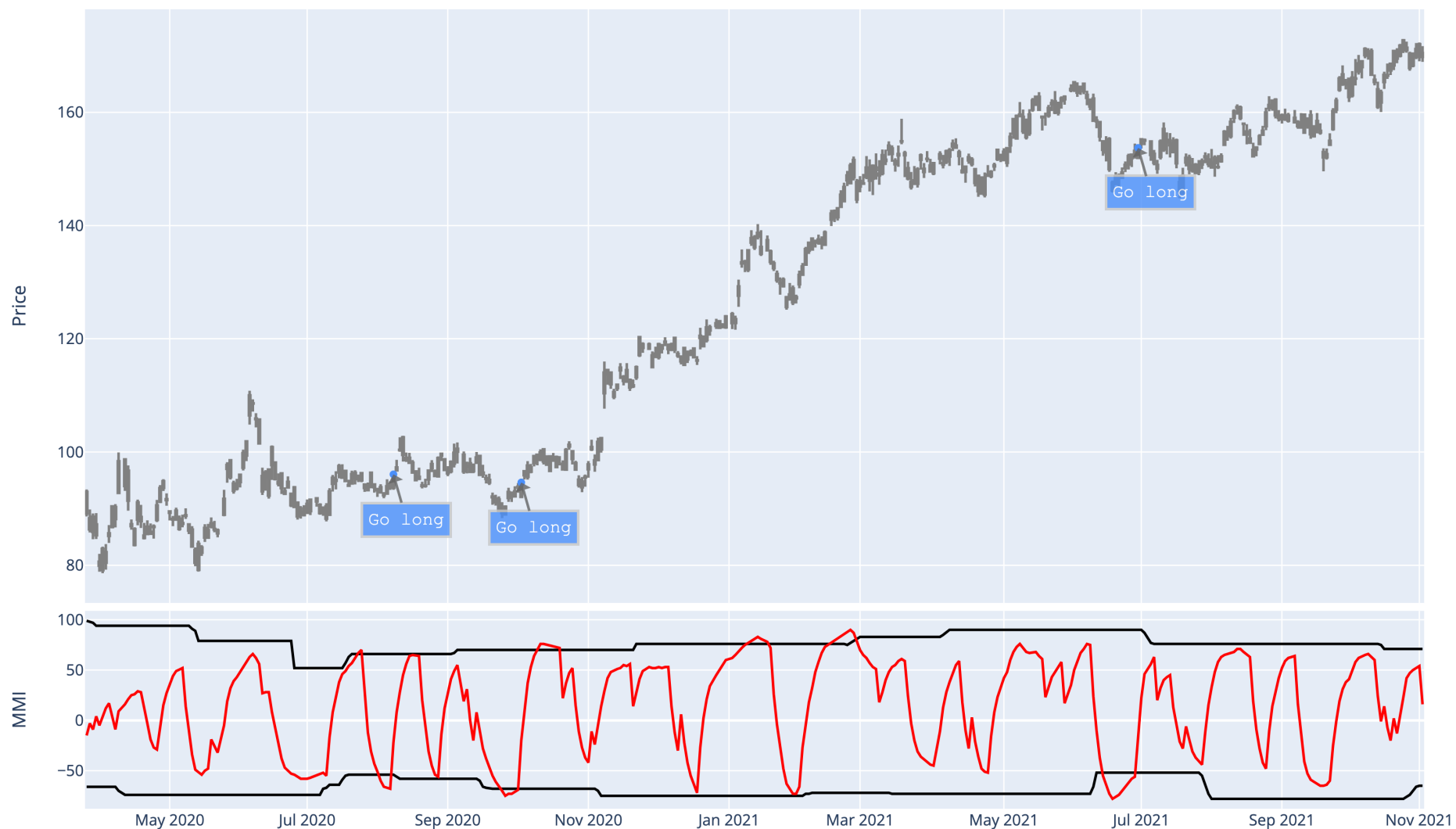


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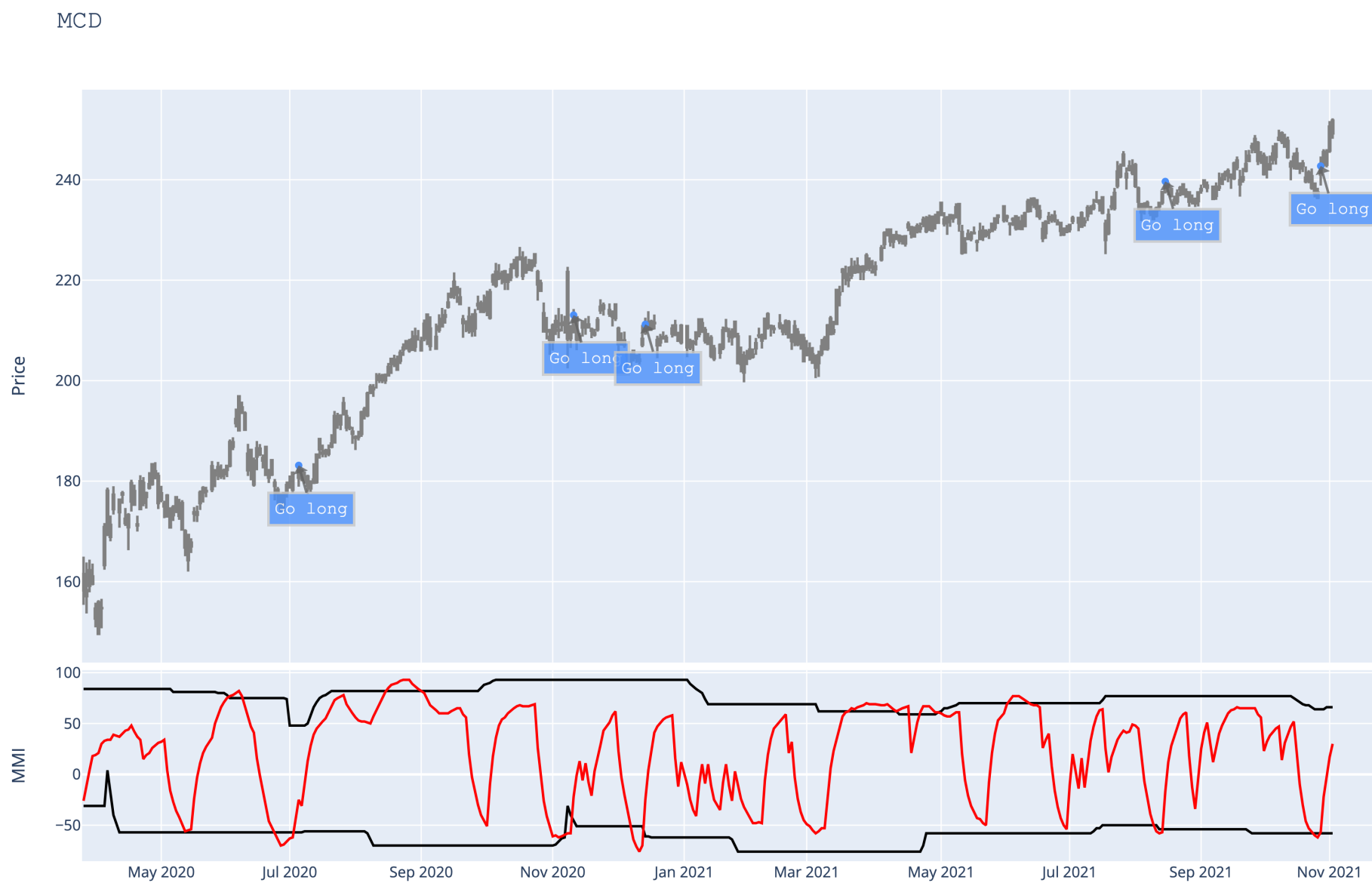
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JPM

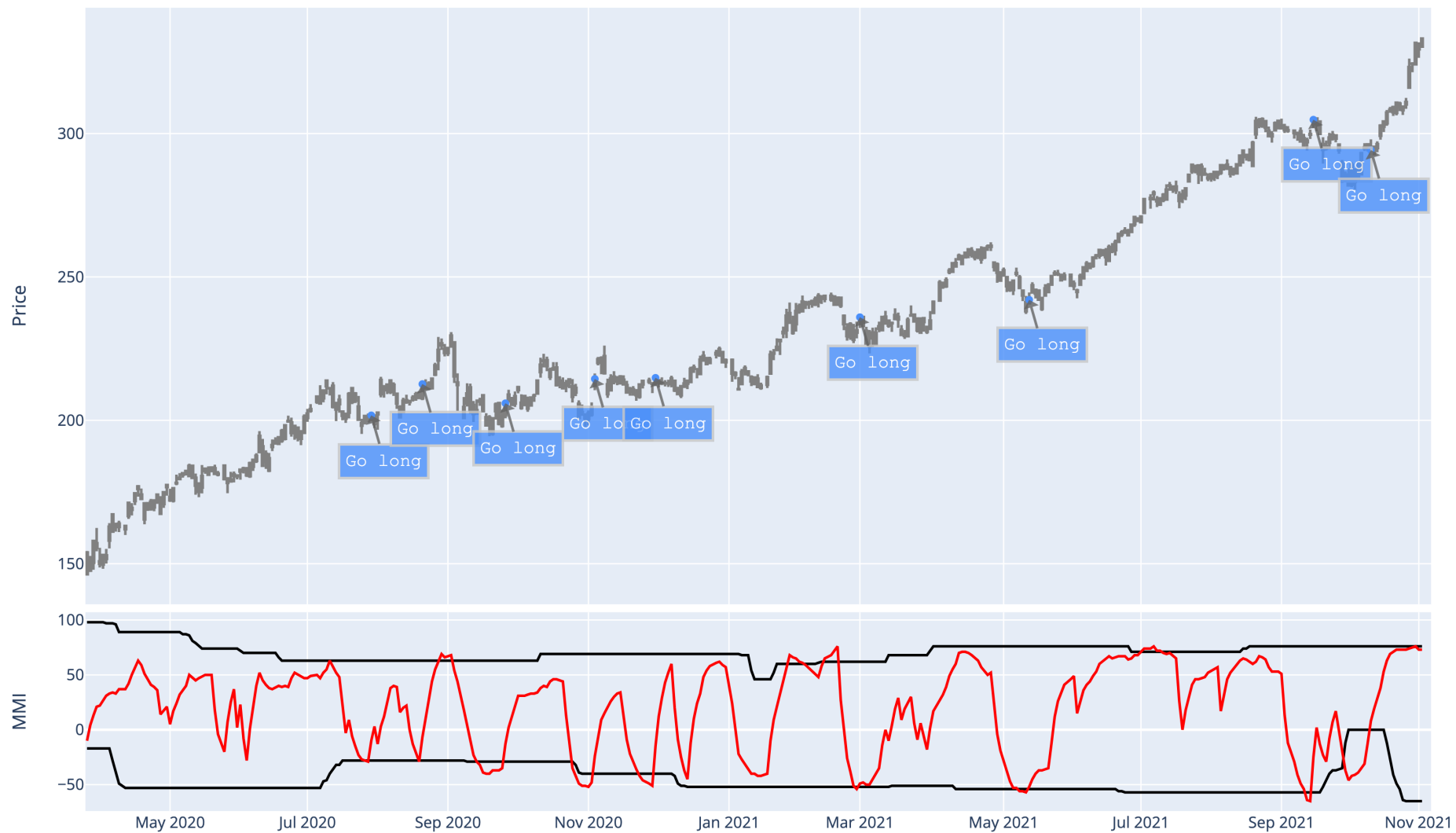


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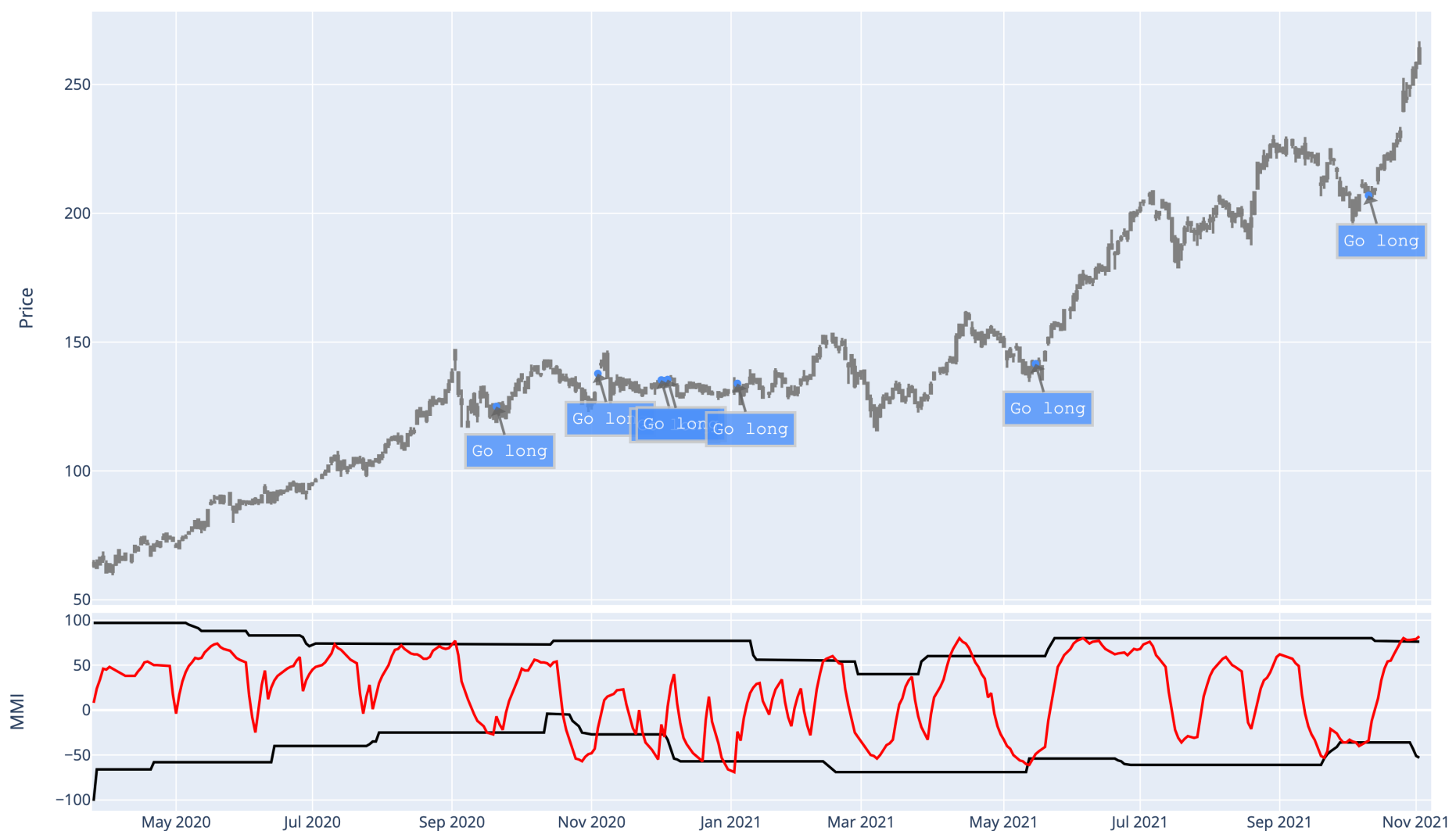


SIMPLE, UNDERSTANDABLE, ACTIONABLE

MSFT

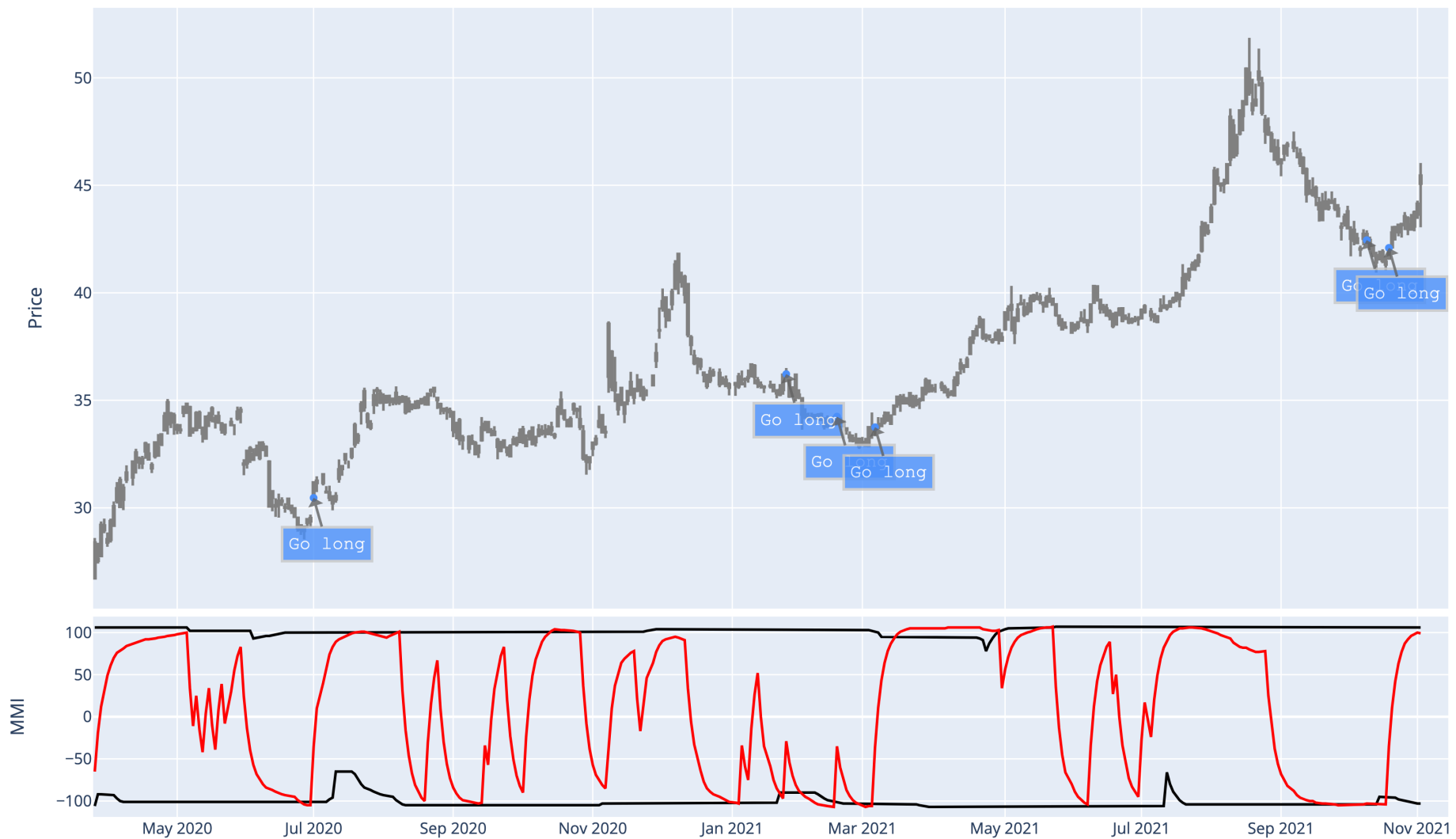


NVDA



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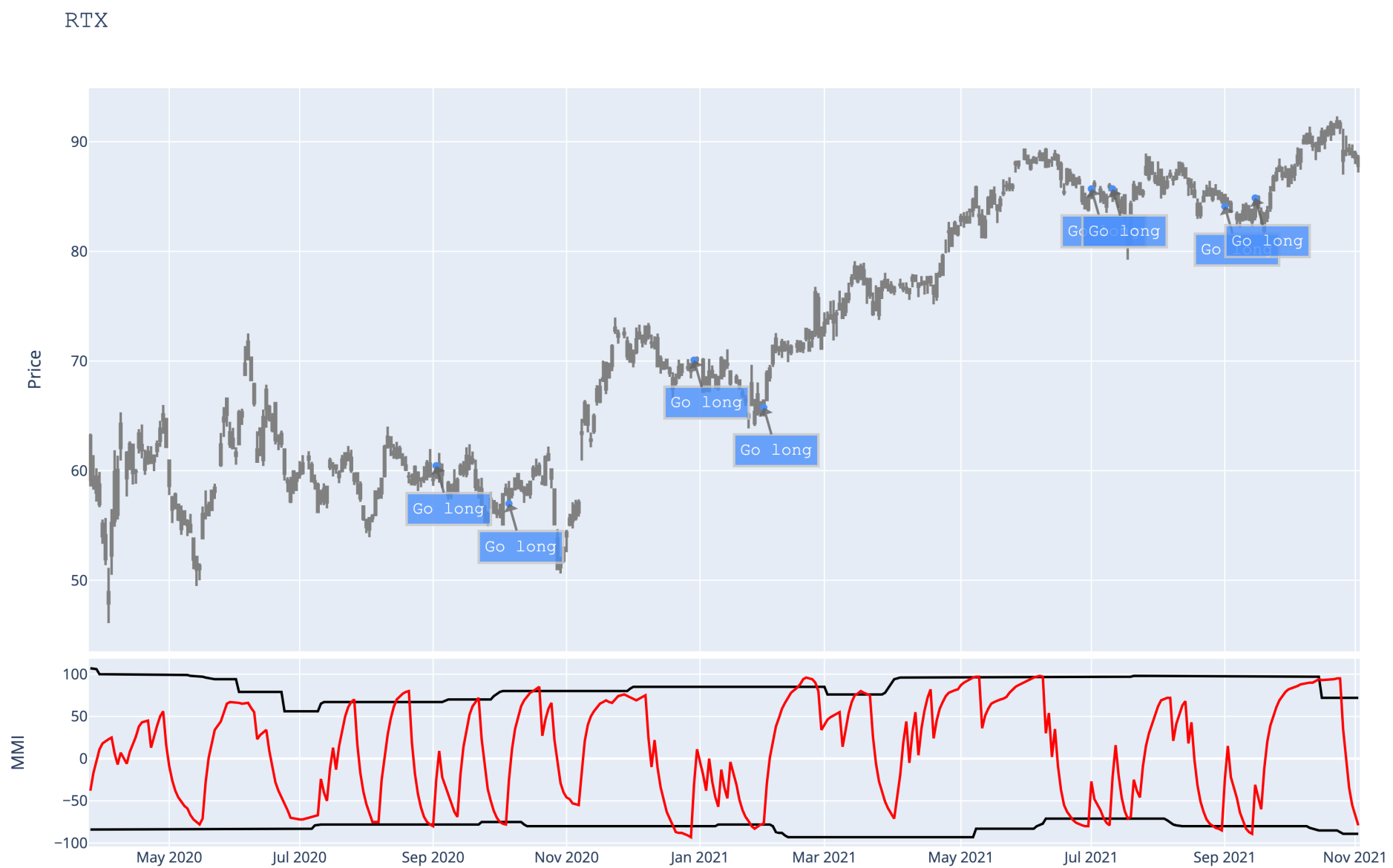
PFE



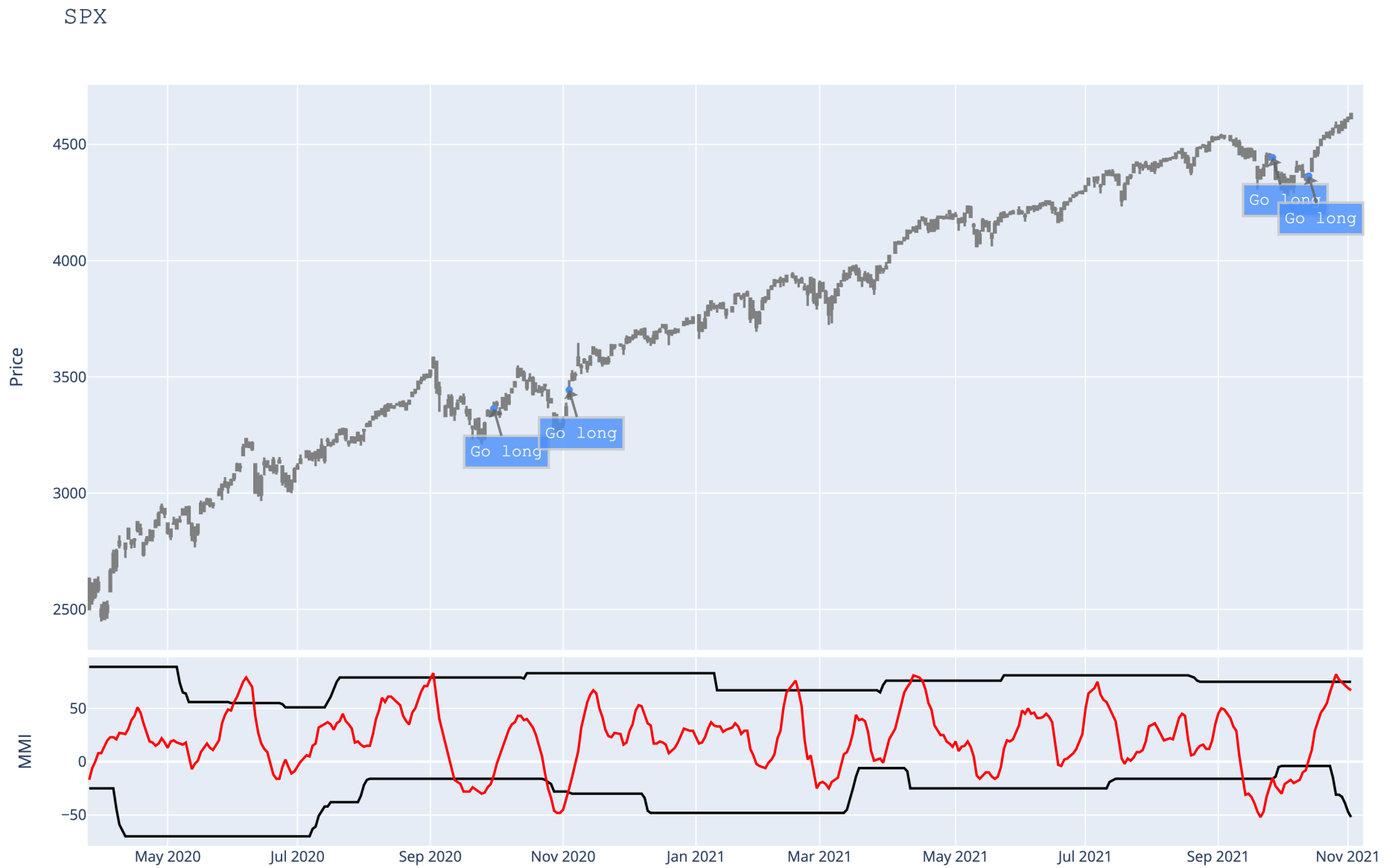
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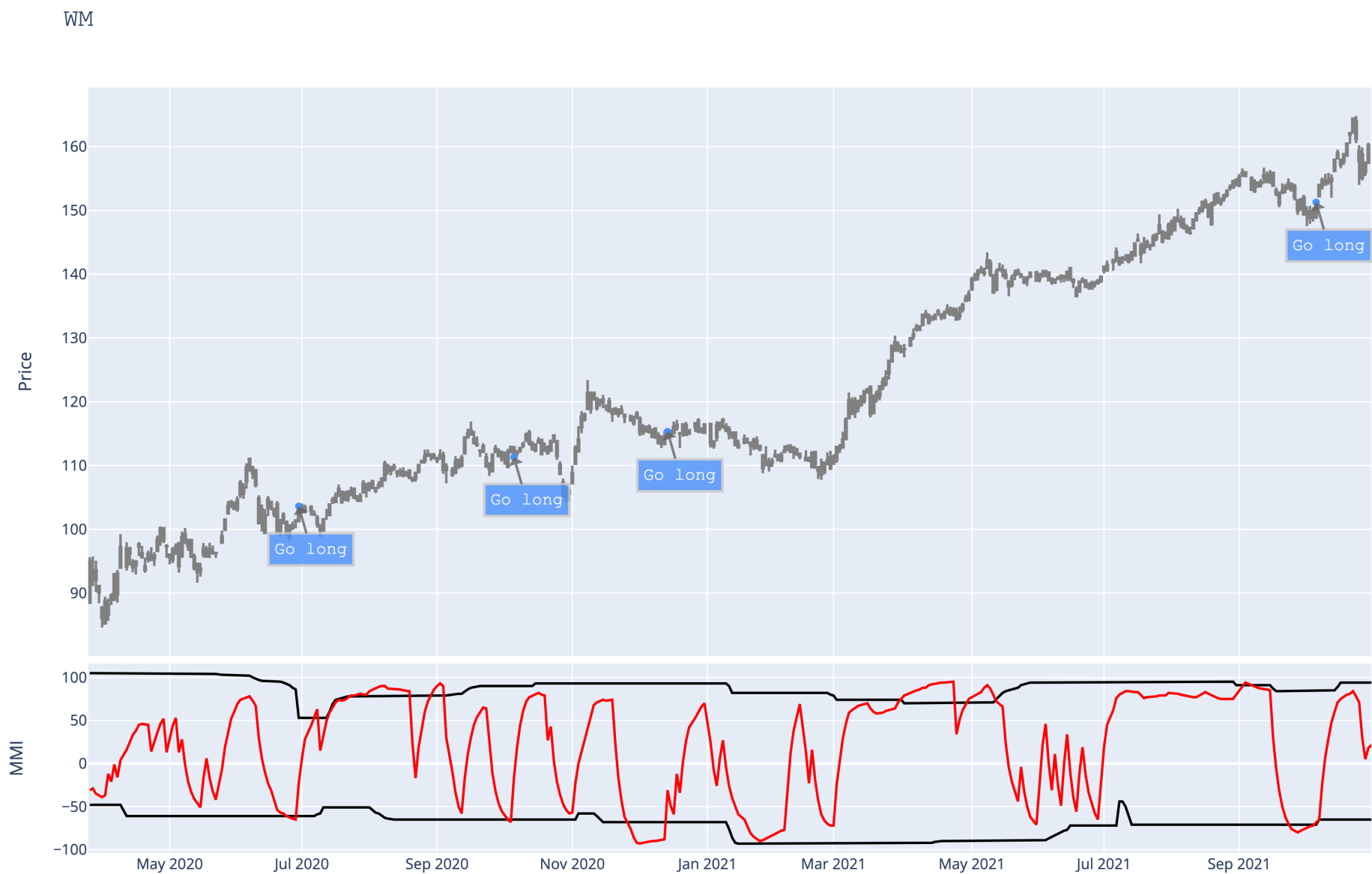
SIMPLE, UNDERSTANDABLE, ACTIONABLE



SIMPLE, UNDERSTANDABLE, ACTIONABLE

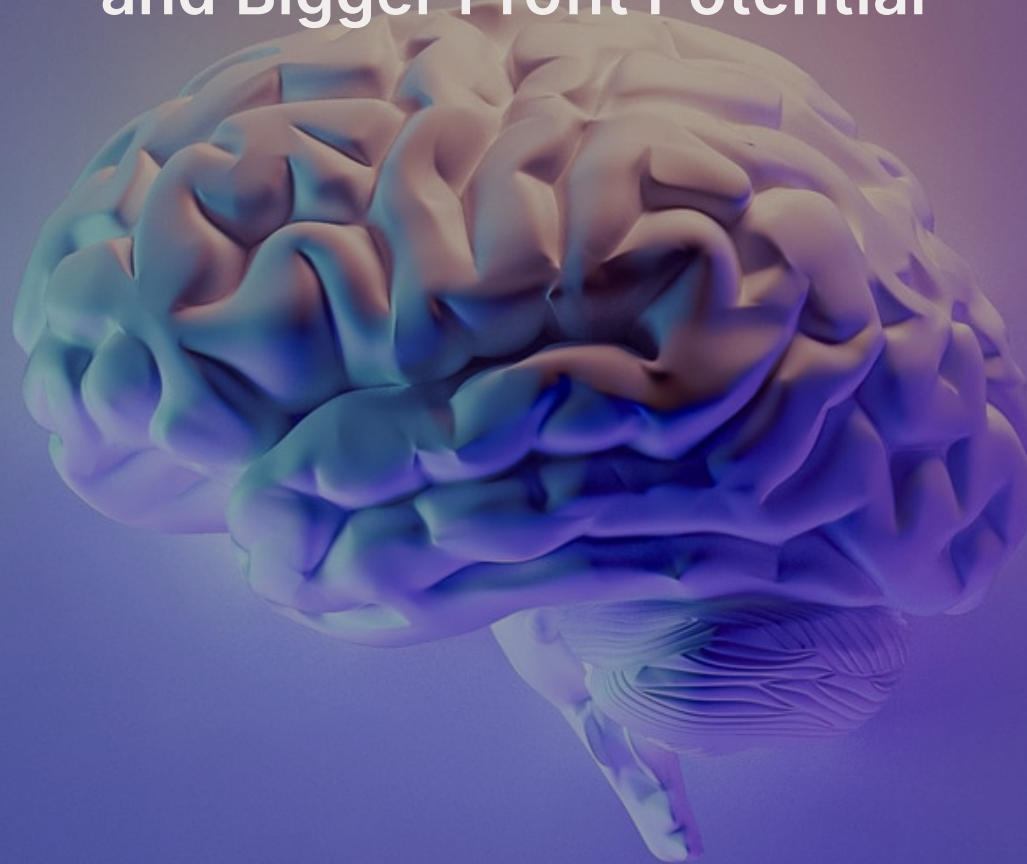


SIMPLE, UNDERSTANDABLE, ACTIONABLE



HIGH PERFORMANCE OVER 50™

3 Brain Hacks for Better Living
and Bigger Profit Potential



HIGH PERFORMANCE OVER 50

Scientists have staked their reputation on the brain being hardwired for generations. Like many people, I grew up believing that.

Imagine my surprise when I learned recently that's not the case.

Turns out what scientists thought they knew – and much of the information we've been taught – about our brains having a finite number of cells or limited functionality may be entirely wrong.

How else, for example, would you explain stroke victims making miraculous recoveries or people who have had traumatic brain injuries suddenly blessed with spectacular skills like being able to speak new languages or becoming a mathematical savant?

Kinda makes sense when you think about it – but why?

That's exactly the question I asked myself recently when I met up with a long-time friend and research client who's been reading my investment analysis for the better part of 20 years.

Keep in mind that this is a guy who outpaced me during tours to Vienna and Venice when we travelled together.

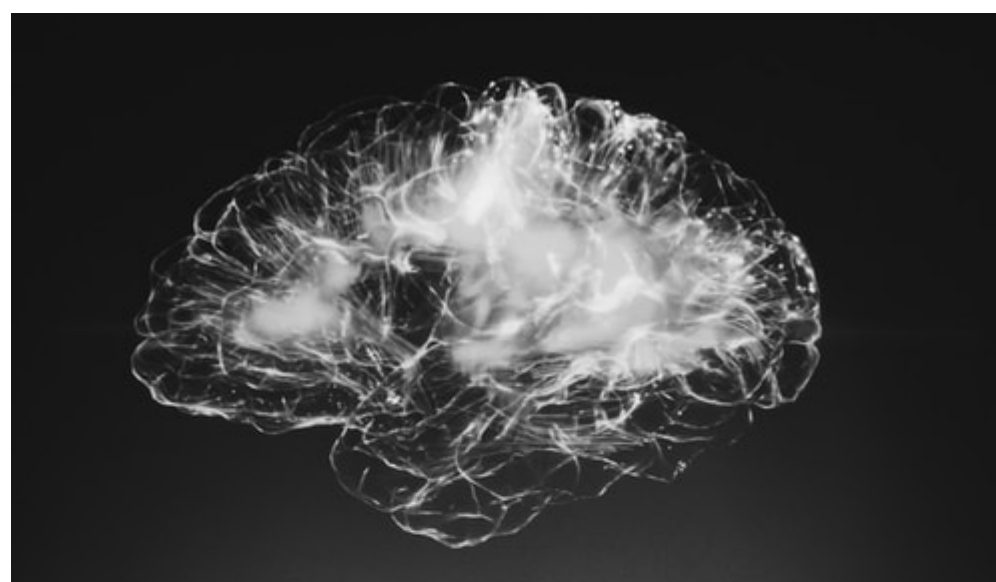
I'd heard through the grapevine that Ron had suffered a catastrophic stroke a few years ago and was expecting the worst. Yet, there he was ... attending the Las Vegas MoneyShow last month at his best!

Clear answers are hard to come by.

Some chalk recoveries like Ron's up to the Almighty while others are a little more earth-bound in their thinking.

I believe the answer is a little of both.

Scientists say it comes down to something called *neuroplasticity*. That's a \$5 word used to describe the physiological changes in our brain resulting from environmental inputs and stimuli.



Rewiring the brain is absolutely possible!

Technically speaking, the term has been around since 1948 when Polish neuroscientist Jerzy Konorski used it to describe changes in the neuronal structure that makes up our brains. However, the concept may actually date back to the turn of the last century when Santiago Ramon y Cajal posited that brains can change well into adulthood.

Writing in 1894, Ramon y Cajal argued that intellectual power and prowess do not depend on the size nor number of neural connections. Instead, he believed that *“adaptation and professional dexterity, or rather the perfecting of function by exercise (physical education, speech, writing, piano-playing, mastery in fencing, and other activities) were explained by either a progressive thickening of the nervous pathways ... excited by the passage of the impulse or the formation of new cell processes (non-congenital growth of new dendrites and extension and branching of axone collaterals).”*

Researchers in the 1960s found that neurons not only changed like Ramon y Cajal thought, but were also capable of forming entirely new connections. And, in doing so, rewiring the human brain.

Here's where it gets interesting.

Researchers working in the 1990s found that stress can kill brain cells. Some scientists will tell you that has yet to be definitively proven but there's no doubt in my mind that's the case.

HIGH PERFORMANCE OVER 50

The latest brain studies suggest that's exactly what could be happening. In other words, you may not be imagining things if you've ever felt you've "aged" after a particularly traumatic or stressful event in your life like the death of a loved one, a divorce, getting fired, being in combat, losing a pet, an accident or injury or even having the stock markets go against you for an extended period of time.

Covid hasn't helped. More than half of Americans surveyed told researchers from the University of North Carolina Chapel Hill and Harvard Medical School in 2020 that they were more stressed than before COVID was perceived as a global threat. The numbers, as you might expect, are particularly higher for people over 50.

At the same time, scientists are increasingly identifying "COVID brain" – a medical condition also called "long COVID" that includes a staggering 200+ symptoms spanning 10 body systems. The most common are cognitive dysfunction and memory related but also include breathlessness and fatigue.

Which brings me to where we are today and why I am sharing this.

Neuroplasticity, learning, and better health are increasingly, more directly, and clearly linked with each new study. I believe scientists will prove very shortly that approaching life positively helps purposefully rewire our brains because it enhances neuroplasticity.

Two qualities I talk about a lot are key to making this happen: optimism and determination.

Just like a musician who gets better with practice or a stroke victim making a recovery, investors and traders get better at what they do through sustained effort. So, it makes sense to approach life like you mean it.

The brain adapts.

Here are three simple "brain hacks" to get you started.

1 – Stop checking your email and social media so much

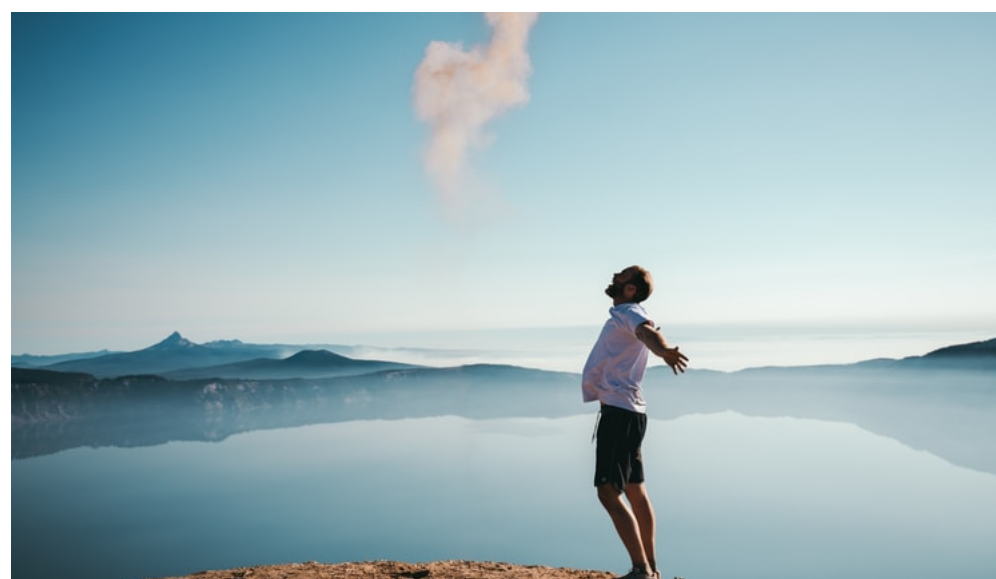
I have long maintained that Silicon Valley is inhabited by a bunch of spoiled brats who have foisted technology upon the rest of us without acknowledging the negative impact doing so has created in our world. Pressure is mounting on Facebook but that's just the tip of the proverbial iceberg.

You'll sleep better and your anxiety levels will go down ... after you get through the sense of withdrawal that – mark my words – is deliberately built into applications like Facebook, Instagram, Twitter, and dozens of other social platforms.

No more "nerd neck" either ... and yes, that is a thing!

2 – Learn to breathe mindfully

We talked about diaphragmatic breathing in the January issue. That's a term meaning breathing with your dominant breathing muscle – the diaphragm. Doing so can help create relaxed mindfulness almost immediately. And that, in turn, can create structural changes in your brain in as little as 8 weeks if you set aside a few minutes to do it consistently every day.



*Not checking email and social media
can be a breath of fresh air*

HIGH PERFORMANCE OVER 50

I particularly like that given the nature of what I do because mindful breathing helps me spot opportunities others may miss, remain focused longer and avoid risk earlier.

Not for nothing, but being mindful also goes a long way towards simply being “nice” which, in my humble opinion, is something the world could work on at the moment!

3 – Replace self-limiting beliefs with a “can do” attitude

Being “in to win” isn’t just something I came up with because it’s a great sound bite. I’ve lived my life this way for years because that’s exactly what I want to do ... win.

Many people start with “I’ll never be able to do that” or “that’s not for me.” Stop right there if that’s you. Reframe your thinking by asking why can’t I do this?! Then chart a course of specific actions, goals and resources that will get you where you want to go. You’ll be surprised how often you hit the mark.

Thing is ...

You really do got this – I promise!

KF

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We need your help

You’ve probably noticed that we’re trying out new formats, features, and content constantly. We’re firm believers in continuous improvement - so we don’t like to sit still.

Thing is, we also need to hear if you like what you see. We need to know if we’re headed in the right direction. So, we have a small request.

Please let us know!

Do you like the new things, or do you hate ‘em? Do you have new ideas or topics you’d like covered?

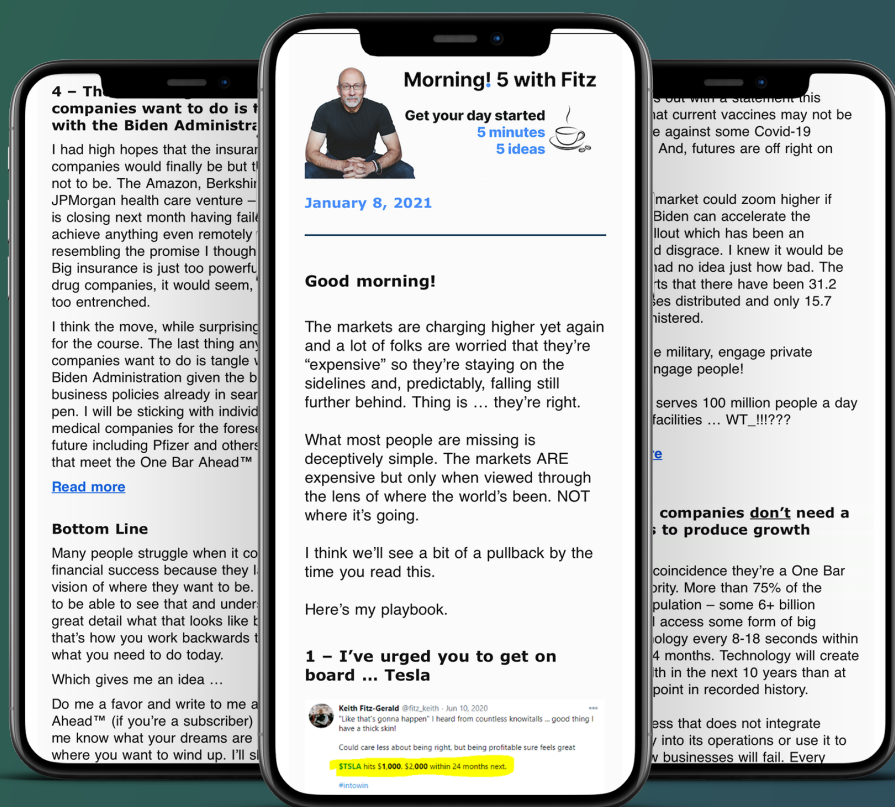
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