



Market in a Minute

September 29, 2026

Index Performance: As of September 25, 2026

Index	Price	Last Week	YTD
S&P 500	7,743.41	1.21%	13.12%
Dow Jones	51,828.62	0.28%	7.83%
NASDAQ	27,068.72	2.06%	16.46%
Russell 2000	15,687.14	-0.79%	15.31%
Russell 2000 Growth	13,619.46	-0.51%	11.19%
Russell 2000 Value	23,577.68	-1.06%	17.98%
Russell 1000 Growth Total Return	5,296.77	2.38%	6.42%
SPDR Gold Shares	393.41	-1.93%	-0.73%
Powershares US \$ Index	28.62	0.81%	5.88%
iShares EAFE Index	105.56	0.56%	9.92%
Barclays Aggregate Bond Index	95.12	-0.88%	-4.77%
iShares Barclays 20+ Yr Treasury Bond	79.32	-2.38%	-8.99%
Utilities Select Sector ETF	39.51	-3.16%	-7.45%
Vanguard REIT ETF	90.99	-2.07%	2.83%
iShares Mortgage Real Estate	18.9	-3.47%	-14.79%
Alerian MLP ETF	53.05	-3.51%	12.82%
iShares Global Telecom	120.38	1.58%	-0.69%
ETFMG Alternative Harvest ETF	27.24	4.45%	-8.56%
Grayscale Bitcoin Trust	64.9	3.33%	-5.06%
Shanghai SE Index	3,888.37	-0.60%	-2.03%

A Word on the Market

By: Patrick Adams, CFA



Diesel Cost Issue:

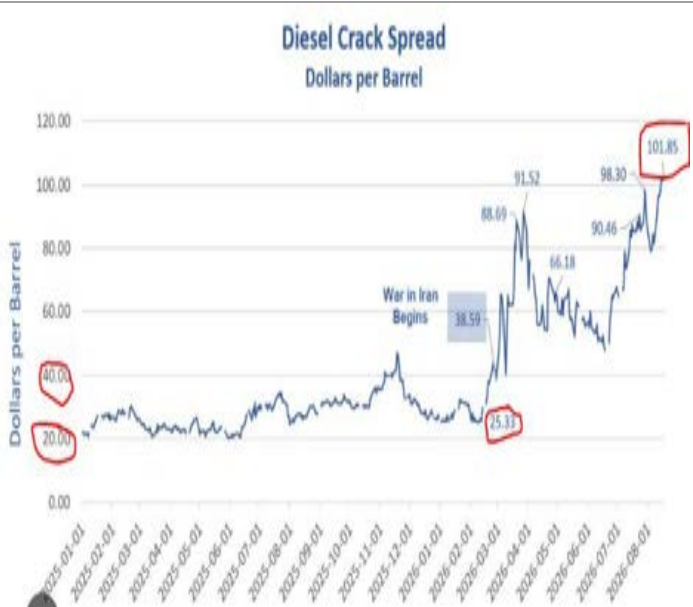
- A diesel crack spread is the gross profit margin a refinery makes from converting a barrel of crude oil into diesel fuel.
- **Normal is about \$20-\$30 per barrel, and is at a record high over \$100.**
- The reason is capacity has dropped by around 5 million barrels per day (estimates that we see) due to the two wars and refinery outages. The U.S. is largely self-sufficient. **Trump's plan of limiting exports does make sense, as the U.S. consumes roughly 4 million barrels per day and produces roughly 5.6 million barrels, the remaining is exported.**
- **The high cost of diesel fuel margins impacts freight and shipping costs.**
- The Federal Reserve is beating the inflation issue with a wet paper towel, nothing they do will bring down inflation caused by energy, the more they increase rates in a supply crisis the **more likely the Fed will cause a major policy mistake.** **Additionally, the demand by AI for capital is not rate sensitive.**
- **For the Fed to kill off AI borrowing demand they will need to kill AI stocks, to kill off the aggressive capital spend.**

Source: Bloomberg & Yahoo.com, Returns are appreciation only.

S&P Sector Performance: As of Sept 25, 2026			
Index	Price	Last Week	YTD
Information Technology	7,295.25	3.11%	28.35%
Consumer Disc.	1,832.82	-0.54%	-4.96%
Consumer Staples	917.18	0.20%	6.05%
Health Care	1,992.06	1.70%	10.31%
Financials	912.96	-1.59%	0.15%
Industrials	170.43	0.67%	9.87%
Energy	951.21	-2.99%	38.39%
Communications Services	476.49	2.15%	5.33%
Utilities	401.64	-3.20%	-7.42%
Materials	630.94	0.31%	9.84%
Real Estate	266.46	-1.36%	4.48%

Source: Bloomberg website, Returns are appreciation only

PVG Strategies			
Tactical Strategies	QTD	YTD	Average Annual Return as of 6/30/26
Tactical Total Return	-2.46%	2.30%	9.53%
Dynamic Core	1.33%	8.94%	9.87%
Tactical Growth	-1.00%	-2.75%	19.33%
			9.01%
Loss Averse			
Loss Averse Equity Income	-0.98%	8.06%	4.51%
Specialty			
Emerging Healthcare	4.31%	-9.70%	64.91%
Focus			
High Income Focus 10	-0.73%	1.42%	7.22%
Growth Focus 10	-5.36%	-3.22%	13.78%



Market Update:

- We believe there is a strong relationship between the 10-Year Treasury yield and valuations for equities. There are times the market will ignore rates that are unusually low or unusually high if the market does not believe these unusual yields are not sustainable or are being manipulated.
- How the market is valued by strategists we compare the earnings yield of the S&P 500 with the normalized 10-Year Treasury yield. Just keep in mind the market can adjust quickly like in October 1987 when the S&P 500 fell about -24% in a day.
- With no risk premium added for the risks of owning stocks versus bonds, the P/E multiple would be 19.3x given the current 10-Year yield versus on a forward 12-month P/E for the S&P 500 of currently 19x.
- The earnings growth of the S&P 500 has been straight up vertical, this is a function of commodity memory chip price increases, which is not sustainable, in our opinion. A very important earnings report will be Micron Technology (MU) on Wednesday.
- The P/E of the market has dropped from 23x to 19x, due to bond yields rising and the market not paying for these low quality commodity chip driven earnings. You have to ask how much of the \$100 in earnings growth is from these types of earnings, if it is \$50 earnings there is meaningful risk.

Emerging Healthcare Focus 10	4.87%	-17.20%	12.36%
Strategic			
Tactical Aggressive	-0.23%	-0.21%	15.15%
Tactical Moderate	-0.08%	3.97%	12.00%
Tactical Conservative	-0.98%	3.54%	8.88%
Tactical Income	-2.82%	1.06%	7.83%

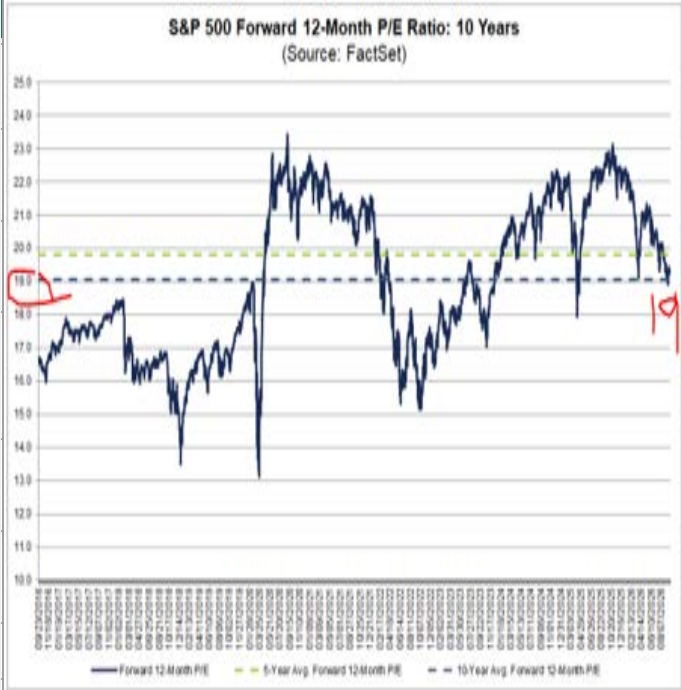
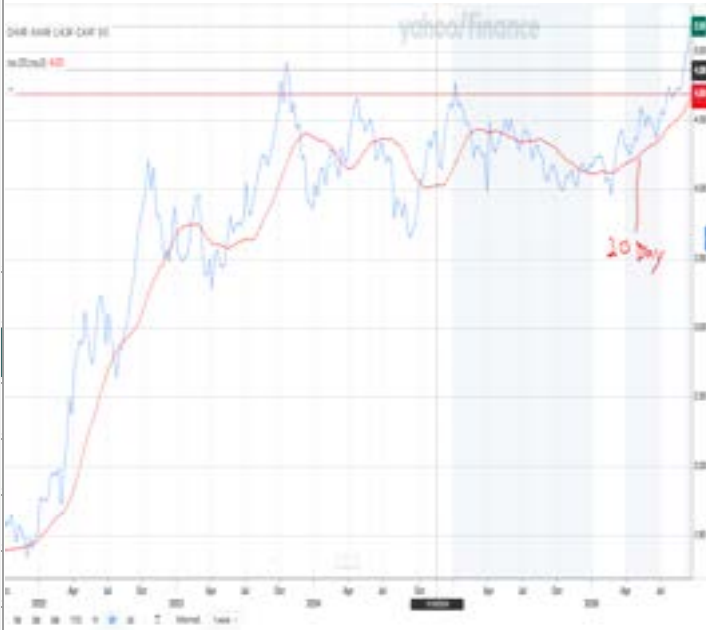
Interest Rates			
Fed Fund	3.88 %	5-Year	5.03%
3-Month	4.24%	10-Year	5.18%
6-Month	4.34%	30-Year	5.47%
2-Year	4.87%		

Source: Bloomberg.com

Economic Events This Week			
Date	Report	Forecast	Previous
Sept 29	Consumer Confidence	90	89.4
Sept 29	JOLTs – Job Openings	7.150M	7.271M
Sept 30	ADP Employment Change	58K	38K
Sept 30	Personal Income	0.4%	0.4%
Sept 30	Personal Spending	0.7%	0.2%
Sept 30	PCE Prices	0.4%	0.2%
Sept 30	PCE Prices – Core	0.3%	0.2%
Sept 30	Chicago PMI	53.2	47.1
Sept 30	S&P Global U.S. Manufacturing PMI Final	55.3	57.0

- We think the Iran war is standing in front of a potentially very strong stock and bond market rally, as energy prices would fall, inflation would fall, bond yields would fall and stocks would go up.

10-Year Treasury Yield



Sept 30	ISM Manufacturing	55.2%	54.6%
Sept 30	Nonfarm Payrolls	100K	162K
Sept 30	Unemployment Rate	4.1%	4.1%

Economic Events Last Week	
Sept 23	S&P Global Flash PMIs post a strong beat
Sept 24	Initial jobless claims dropped slightly
Sept 24	New Home Sales rose 6.4% to 684,000
Sept 25	Durable goods orders are unchanged

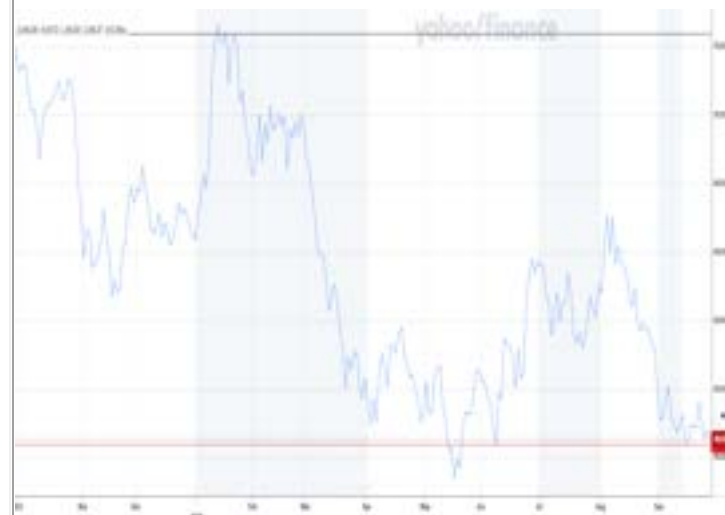
Black Line is the Forward 12-Month S&P 500 Earnings

Forward 12M P/E Ratio: 10-Years



- Opportunities:**
- GRAL- had their FDA Advisory Committee meeting and it was a favorable decision. I watched the important part of the all-day meeting and think the FDA needs to have some serious reforms. **The test will highly likely get approved around year-end. This could break the back of insurance and Medicare. Our near-term objective for the stock is \$160.**
 - VKTX- had very compelling maintenance data last week. Next is their phase 3 trials data around the third quarter of 2027. It would not surprise us if a large pharma would acquire them.
 - We want to buy the stocks that have been crushed by higher bond yields or energy prices, like LOW, FND, yield oriented stocks, we have a nice long list.
 - Lastly the 2-Year Treasury is particularly attractive with a yield of 4.9% rather than holding cash or money in the bank, UTWO.

FND



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