



03/19/2026

Weekly Webinar

INTRODUCTION – FOCUS ON FUNDAMENTAL ANALYSIS

An analyst for several decades

Senior Analyst - Value Notes

CFO - CPA firm, business consulting

Analyst - Motley Fool and Seeking Alpha

CFO - L Capital, family office, project analysis and capital allocation

At Fountainhead, we believe that investing in businesses, whether it's a massive Google or a startup with \$200Mn in revenues. Every business must be valued based on their fundamentals, irrespective of their daily price movements over which we have little control. But we do have analytical ability to analyze and value businesses and base our decisions on how well they perform. If you've been familiar with my work in the past year and a half, I really like to go for businesses which are market leaders, and have strong, competitive advantages, very strong balance sheets, and great margins which allows them to price their products or services way higher than the competition. To me the biggest incentive to invest in a company is its "moat" or significant competitive advantages. The term "moat" was coined by the great Warren Buffett signifying an unbreachable competitive advantage, like a deep moat surrounding a castle to keep out intruders. The hugely successful Peter Lynch, also placed a tremendous emphasis on investing only in great businesses and not worrying about the market.

Four examples of companies with great moats are Nvidia with its high-powered GPUs, Google with search, Taiwan Semiconductor with its manufacturing operations, and ASML with its EUV lithography machines, without which you cannot create a high-powered GPU.

CORRECTION OVERDUE – TECHNICALS LOOKING WEAK

- U.S. equities came under renewed pressure on Thursday morning, with the S&P 500 ([SP500](#)) falling 0.8% at the open to trade near 6,570, slipping below its closely watched 200-day moving average for the first time in 10 months.
 - The breach marks a notable technical shift, as the index has not closed beneath this level since May 9, 2025, and had only briefly dipped below it on an intraday basis back on May 23, 2025.
 - The decline follows a sharp rise in Treasury yields across the curve, driven by the Federal Reserve's decision on Wednesday to hold interest rates steady, reinforcing a higher-for-longer policy outlook. The 10-year is at 4.28% today.
 - During Thursday's session, the S&P 500 also touched an intraday low of 6,557.82, its weakest level since November 21, signaling mounting downside momentum in the broader market.
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CORRECTION OVERDUE – TECHNICALS LOOKING WEAK

The 200 Day Moving Average is an important support level and very closely observed. It was breached this morning and if broken decisively, often leads to a further correction.

At 6,587 we're currently 5.7% lower; the 10% correction goes all the way lower to 6,287.70.

The Nasdaq Composite at an 8.35% drop from the high suggests that the 10% correction is likely to happen.

Could the S&P 500 follow suit – its always less volatile than the Nasdaq and still has about 4% to go if it can't sustain above the 200DMA.

Simply, we shouldn't be looking for a quick or easy rebound.

	3/13/2026	03/19/2026	Change	All Time High	Difference from high	10% drop from high
S&P 500	6,632.21	6,587.32	-0.68%	6,986.33	-5.71%	6,287.70
Nasdaq Comp	22,105.36	22,008.71	-0.44%	24,014.99	-8.35%	21,613.49
200 DMA		6,570				

CORRECTION OVERDUE – TECHNICALS LOOKING WEAK

I posted about the disparity between the index and individual stocks last week from Mike Wilson's podcast:

Mike Wilson had this to say a couple of days ago: <https://podcasts.apple.com/us/podcast/thoughts-on-the-market/id1466686717?i=1000754107472>

He too made a point about the correction; the 10% drop gets us to a support level of 6,300 from the October 31st high of 7,000. There is a 200Day Moving Average of 6,560, which may provide initial support, and if it holds great, but at 6,300 stocks become attractive again. Wilson still has a 7,700 target for 2026; I have not seen any changes in that target yet.

His point about dispersion is totally correct, it's the largest he's seen in 20 years.

And to his point about higher corrections in individual stocks is spot on, for example a good company like Reddit has corrected 53% from \$283. It was massively overpriced but that's overdone. I agree with his prognosis that some money will find its way into beaten down individual stocks. See the M-7 declines for an illustration of how much individual stocks have fallen.

THE CORRECTION IN M-7 STOCKS HAS BEEN MUCH HIGHER THAN THE INDEX

The M-7 drops

These are good steady defensives and have a limited downside from here.

Symbol	Company	52 Week High	Price	Drop %
GOOG	Alphabet	350.15	303.94	-13.20%
AAPL	Apple	288.62	247.99	-14.08%
AMZN	Amazon	258.6	206.85	-20.01%
META	Meta	796.25	604.99	-24.02%
MSFT	Microsoft	555.45	387.8	-30.18%
NVDA	Nvidia	212.19	177.84	-16.19%
TSLA	Tesla	498.83	380.76	-23.67%
AVGO	Broadcom	414.61	317.55	-23.41%

STRATEGIC RETREAT - IS IT STILL POSSIBLE?

The Iran war has driven investor sentiment, and I had hoped to see a strategic retreat from the US. However, in week 3 with hostilities increasing that is looking difficult.

- Attacking Iran's Sars natural gas facility is a big catalyst in drawing this out further, because Iran retaliated by attacking Qatar's fuel hub, a key US ally.
 - What analysts are realizing that even if this doesn't escalate into a long drawn-out war, a lot of the economic damage has already been done.
 - Asia is facing shortages everywhere.
 - The gulf's storage capacity is getting full.
 - Distribution backlog will take months to clear.
 - All suggest that economic damage world-wide could be about a full quarter's worth of economic slowdown. In the US, so much inflation is entrenched and adding higher petrol, diesel and natural gas prices to this mix means hurting the consumer. It would be a mistake to under estimate the damage to the economy.
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THE IRAN WAR – WEEKS COULD BECOME MONTHS

- **Key Takeaways:** The current Middle East conflict could escalate rapidly, potentially driving oil prices ([CO1:COM](#)), ([CL1:COM](#)) above \$200 per barrel if disruptions persist for multiple months, according to Francisco Blanch, head of Commodities and Derivatives Research at Bank of America Global Research.
 - In an interview with CNBC, Blanch emphasized that high energy prices and supply disruptions are creating significant risks of a global recession, with current estimates showing an eight-percentage-point gap in global energy supplies.
 - Blanch identified two critical factors that must be addressed to prevent a global economic downturn: protecting critical energy infrastructure from further strikes and immediately reopening the Strait of Hormuz.
 - **“When I say quickly, I mean days, not weeks or months,” Blanch said, underscoring the urgency of the situation. He noted that roughly one percentage point of energy is needed for every percentage point of global GDP, making the current supply gap particularly alarming.**
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THE IRAN WAR – WEEKS COULD BECOME MONTHS

- The analyst explained that soaring commodity prices are essentially forcing what he called “demand destruction” across the global economy.
 - “Demand destruction is essentially another term for economic activity contraction or recession, whichever way you want to call it,” Blanch stated.
 - Prices, he said, are serving as a signal to effectively force people and businesses out of their normal consumption patterns.
 - **The crisis is already triggering widespread industrial and agricultural fallouts beyond the oil markets. Blanch pointed to factories in Asia shutting down on the petrochemical front, the Philippines moving to a four-day work week, and Thailand instructing workers to stay home, while overnight strikes at a GTL plant connected to fertilizer production are putting additional pressure on agriculture. Aluminum ([SPGSIA](#)), the most energy-intensive metal, is particularly vulnerable to the energy price surge.**
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THE IRAN WAR – WEEKS COULD BECOME MONTHS

- While the U.S. is somewhat more insulated as a net energy exporter, Blanch cautioned that the situation remains “frail” for American consumers. Dubai crude has already spiked to \$170 per barrel, and Japanese natural gas has reached \$26 per MMBtu, though domestic measures like waiving the Jones Act are being implemented to mitigate impacts on U.S. consumers.
 - Blanch’s baseline scenario assumes a relatively quick resolution to the conflict, but he warned that a prolonged crisis would push prices even higher.
 - “We can see prices spiking over \$200 a barrel as soon as the market believes that this can be a multi-month operation,” he said, adding that without the return of disrupted supplies, very high prices will be necessary to continue rationing global demand.
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THE IRAN WAR – WEEKS COULD BECOME MONTHS

- In a video to clients, [UBS](#) strategist Bhanu Baweja cautioned that markets have become accustomed to U.S. policies being reversed when they rattle market. “They aren’t prepared for this conflict to be a long one,” Baweja said, adding that oil could hit \$150 a barrel if the conflict doesn’t end by April. Prices could climb even more sharply for natural gas and petroleum products, he said.
 - In a note to clients, Christopher Granville, managing director for global political research at TS Lombard, said he is shifting his base case scenario for how long the shock could last from four to five weeks—something the market could ride through—to five months more like the shock from Russia’s invasion of Ukraine in 2022. One big problem: The various solutions to reopening the Strait of Hormuz are risky and may fail.
 - That said, Trump doesn’t want high energy prices in an election year, and the Iran regime sees surviving as a victory, Granville says. Earlier in the conflict, Granville expected both sides would de-escalate more quickly and the U.S. and Israeli attacks on Iran would end.
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MARKET STRATEGY - WHY IT'S NOT TIME TO BUY YET.

Attack on Energy Infrastructure Make Strategists Rethink Iran War Timeline. Why It's Not Time To Buy Yet.

- The duration of the Iran war and how long the Strait of Hormuz is closed have been key in assessing how much pain the global economy could take—and how the market should react.
 - Israel attacked an [Iranian gas field](#), the largest of its kind, overnight. Iran attacked a major Qatari fuel hub following Iran's threats it would strike energy facilities in the Gulf. [These attacks](#) are nudging strategists on Wednesday to rethink their [timeline](#) for the conflict, reducing the odds it could be over by April, with the strait reopened and oil prices retreating.
 - Jitania Kandhari, head of macro and thematic research for the Emerging Markets Equity team at Morgan Stanley Investment Management, has been keeping tabs on attacks on energy infrastructure because it could take time to restore production.
 - While [certain markets in Asia](#) and emerging markets have seen steep selloffs, the [S&P 500](#) is only down about 4% since the conflict began.
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MARKET STRATEGY - WHY IT'S NOT TIME TO BUY YET.

- The closure of the Strait of Hormuz is mainly a problem for other countries rather than the U.S “There is clearly a chance now that Trump’s probes toward his market-friendly goal of early exit either blow up badly or just don’t work,” Granville writes, noting the risk the latter results in an unknown period of an energy shock. “Either of those outcomes would shift the balance of probability from an ignorable four-to-five-week blip towards what we had previously identified as the worst case of a 2022-style energy shock lasting half a year.”
 - There will be a messy intermediate situation in which traveling through the Gulf becomes safer than in recent weeks but not nearly as safe as it was before the start of the conflict. “This means a much longer boost to energy prices, which raises the odds of recession,” Smart says, adding that investors can’t ignore the possibility that tensions will cause the strait to close again. “Even if the conflict magically ends tomorrow, the world now understands that the free passage of 20% of its oil consumption now depends on the goodwill of whatever government ends up running Iran. ”
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MARKET STRATEGY - WHY IT'S NOT TIME TO BUY YET

- Others are also rethinking the timeline for the conflict. The range of outcomes stretches from the more benign with Iran's rulers agreeing to open the strait as part of a negotiated settlement with the U.S. and Israel to the extreme where the U.S. must protect oil tankers for a long period, says Christopher Smart, managing partner at Arbroath Group.
 - While U.S. stocks have held up better than those abroad during past energy shocks, high valuations could mean they are more at risk this time. Stocks went into this supply shock trading at an average of 22 times earnings compared with 14.9 in previous supply shocks.
 - It would be prudent to look for deep discounts without an end game in sight.
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FOMC MEETING

Fed Holds Rates Steady, Still Projects One Rate Cut in 2026

Here are the immediate takeaways from the statement:

- Federal Open Market Committee votes 11-1 to leave its benchmark interest rate in a target range of 3.5%-3.75%
 - “Dot plot” of rate projections shows the median official expected to lower rates by a quarter-point in 2026 and another quarter-point in 2027, the same as they projected in December
 - Median Fed official sees core inflation rate at 2.7% by end of 2026, up from 2.5% forecast in December; sees GDP growth of 2.4%, compared with 2.3% previously
 - Fed says “the implications of developments in the Middle East for the US economy are uncertain”
 - Fed Governor Stephen Miran voted against the decision in favor of lowering rates by a quarter-point
 - Fed repeats “job gains have remained low” and says the jobless rate “has been little changed in recent months”
 - Fed repeats available indicators suggest economic activity “has been expanding at a solid pace,” and inflation “remains somewhat elevated”
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FOMC MEETING

The Powell press event post FOMC meeting didn't offer any clues or direction, simply because the war makes forecasting or analysis difficult with so many variables.

Still there there were a few takeaways:

- 1) There is still hope for one cut this year, nobody has become a hawk yet.
- 2) Tariffs have still added to goods inflation, which they felt have shouldn't have lasted this long - Jan and Feb inflation pre-Iran war was still on the higher side.
- 3) Oil prices could be transitory but if it lasts longer, it will affect consumption
- 4) 4.4% unemployment doesn't have them in panic over job losses so far. Really no surprises - and Powell was candid to the point where he admitted they could have even done away with this meeting, too much guess work at this point.

Oil is the new Fed chair for now, with a war-induced surge in energy prices stoking stagflation fears, said Peter Boockvar, Chief officer of Bleakpoint BFG Wealth Partners

NVIDIA GTC KEYNOTE

The "Inference Inflection" & \$1 Trillion Forecast:

Jensen declared that the era of AI training is being overtaken by an "inference inflection."

He projected that demand for Nvidia's Blackwell and the new Vera Rubin chips will drive over **\$1 trillion in revenue** through 2027, as data centers transform into "AI factories" that produce intelligence (tokens) rather than just storing data.

Vera Rubin Architecture & Groq Integration:

Nvidia officially unveiled the **Vera Rubin** platform, purpose-built for agentic AI.

A major highlight was the **Nvidia Groq 3 LPU** (the first chip resulting from Nvidia's acquisition of Groq), designed to deliver ultra-high-speed inference. This architecture reportedly lowers inference costs by 10x while offering a 5x performance leap.

OpenClaw & NemoClaw (The AI "Operating System"):

Nvidia introduced **OpenClaw**, an open-source framework for autonomous AI agents (or "claws").

Huang compared OpenClaw's importance to the launch of Windows, calling it the "operating system for the agent era."

Physical AI & Robotics Expansion:

The keynote featured a major push into "Physical AI," where AI models (like the new **Cosmos 3**) learn in simulations before entering the real world.

Huang showcased 110 robots on stage, including a conversation with a humanoid version of **Disney's Olaf**, and announced that seven major automakers are now using the Nvidia Robotaxi platform.

Absolutely dazzling in many ways but no effect on the stock price with all eyes on the gulf!!

STOCKS – AMERICAN EXPRESS

American Express (AXP) \$300

AXP's biggest positives are its fee income from its credit card network from merchants, and its premium brand which has survived decades - a premium credit card which also gives it credit risk protection from lower risk, higher income customers.

Travel services, travel branding and global recognition is another positive.

I don't see its premium multiple declining, it deserves a higher-than-average multiple.

American Express too has fallen 20% from its highs but has performed well with a 14% increase in the past year, 108% increase in 5 years and 396% in the past 10.

This is a solid all - weather buy and hold defensive, 10-12% annual returns + a 1.5% dividend yield are very likely. One can buy and average lower on declines. The big challenge will remain revenue growth at only 9%, which is lower than Capital One and more aggressive players, but earnings growth of over 14-15% a year is higher. Amex quotes 17x earnings growing at 15% so the valuation is OK, I don't see it coming down too much from here.

STOCKS – TO BUY ON DECLINES

M-7 stocks to buy on declines

Symbol	Company	52 Week High	Price	Drop %	LIMIT
GOOG	Alphabet	350.15	304.96	-12.91%	275-280
AAPL	Apple	288.62	248.52	-13.89%	225-230
AMZN	Amazon	258.6	207.58	-19.73%	190-195
META	Meta	796.25	604.74	-24.05%	550-555
MSFT	Microsoft	555.45	388.37	-30.08%	370-375
NVDA	Nvidia	212.19	178.64	-15.81%	160-165
TSLA	Tesla	498.83	381.51	-23.52%	*****
AVGO	Broadcom	414.61	321.11	-22.55%	310-315

STOCKS – TO BUY ON DECLINES

Other Stocks To Buy On D... ▾		📅					
Symbol ▾	Company ▾	📅	52 Week High ▾	📅	Price ▾	% Drop % ▾	LIMIT ▾
ABBNY	ABB		\$93.40		\$84.33	-9.71%	80-85
ANET	Arista Networks		\$164.91		\$136.17	-17.43%	125-130
ATEYY	Advantest		\$195.42		\$153.18	-21.61%	140-145
AXP	American Expre		\$387.49		\$295.99	-23.61%	280-285
BE	Bloom Energy		\$180.84		\$165.75	-8.34%	155-160
DASH	DoorDash		\$285.50		\$159.91	-43.99%	145-150
DUOL	Duolingo		\$544.93		\$100.97	-81.47%	90-100
FIG	Figma		\$142.92		\$24.94	-82.55%	24-25
GEV	GE Verona		\$894.93		\$876.70	-2.04%	850-860
GME	GameStop		\$35.81		\$23.27	-35.02%	23-24
JPM	JP Morgan Cha		\$337.24		\$288.36	-14.49%	325-330

STOCKS – TO BUY ON DECLINES

Other Stocks To Buy On D... 									
Symbol	Company	52 Week High	Price	% Drop	LIMIT				
MU	Micron	\$471.34	\$449.57	-4.62%	400-410				
NBIS	Nebius	\$141.10	\$120.09	-14.89%	115-120				
NET	Cloudflare	\$260.00	\$221.73	-14.72%	210-215				
NFLX	Netflix	\$134.12	\$91.91	-31.47%	85-90				
RYCEY	Rolls Royce	\$18.98	\$16.25	-14.38%	15.75-16				
SHOP	Shopify	\$182.19	\$122.01	-33.03%	115-120				
TSM	Taiwan semi	\$390.21	\$338.17	-13.34%	315-325				
VRT	Vertiv	\$276.78	\$267.94	-3.19%	260-265				
ZS	ZScaler	\$336.99	\$155.81	-53.76%	150-155				

STOCKS - MICRON

Micron blew the doors off with revenue growth of 196.3% YoY and up 75% QoQ for a beat of 22.3% on a massive revenue base of about \$24 billion a quarter. The forward fiscal Q3 growth is eye-watering at 260.2% YoY and 40.4% QoQ. This is nearly 100 points higher than what analysts had slated for fiscal Q3 with consensus at 150.2% growth YoY.

The \$10.2 billion sequential increase is nearly unprecedented outside of Nvidia's most recent quarter posting \$11 billion QoQ growth – yet, let's not forget that Nvidia is the world's most valuable company.

As incredible as the revenue growth is; the margins are arguably even more incredible at an 81% gross margin and 76% operating margin guide for the next quarter.

So, why would the market be selling the report after hours? Well, to be prudent, Micron was reporting a steep, negative gross margin of (9%) in FY2023 with one quarter as low as (32.7%) in FY23. Thus, the question of whether we are seeing a cyclical top or a structural shift in memory is a very valuable question to answer, and the importance of this broader question is only further reinforced by the results we saw this evening.

STOCKS-MICRON

Multi Year Agreements – Strategic Customer Agreements . How different is it from an LTA? Is this a multi-year volume and price commitment, or does the price get negotiated every year? And also, how to think about cancellation terms on the SCA in case the cycle slows down during the timeframe?

Thank you for recognizing us for the first SCA that we have completed here. And as you noted, SCA is multi-year agreement, and we noted that in our remarks as well. LTAs have tended to be typically 1-year agreement. And of course, in this environment of extremely tight supply outlook in the foreseeable timeframe as well, of course, our customers are very motivated in order for their own planning purposes and for their better predictability to have these structural strategic agreements with us. **And of course, these agreements are really meant to bring stability and greater visibility into our business model as well.** We have completed 1 SCA, so we are not going to be getting into the specifics here or these agreements. I'm sure you can appreciate that these SCAs are confidential in nature. But of course, these SCAs are meant to achieve the objectives for the customers in terms of their ability to plan and be able to count on supply commitments that are in the agreements, but also for us to be able to count on specific commitments that are there from the customers. And these are meant to go across the periods when the industry is very tight versus other parts of the industry environment as well. **So that's why they're long-term agreements, and they have robust terms in them for us as well as for our customers.”**

The correct readthrough, if I had to guess, is that Micron is in the driver's seat and is able to lengthen the LTA commitments to now 5-year terms for the company's benefit. It helps cushion volatility.

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