

Symbol	Description	Qty	Cost Basis	Avg Price	Price	Change	Change %	Total Gain/Loss	Market Value	Portfolio %
AAPL	Apple Inc	16	\$1,756.67	\$109.79	\$171.18	\$5.86	3.54	\$982.21	\$2,738.88	9.1%
ABBV	Abbvie Inc	1	\$107.15	\$107.15	\$121.51	\$0.16	0.13	\$14.36	\$121.51	0.4%
AMGN	Amgen Inc	1	\$244.59	\$244.59	\$211.32	\$2.53	1.21	(\$33.27)	\$211.32	0.7%
AVGO	Broadcom Inc	2	\$819.63	\$409.82	\$590.40	\$25.42	4.5	\$361.17	\$1,180.80	3.9%
AXP	American Express Company	7	\$880.18	\$125.74	\$166.95	\$6.27	3.9	\$288.47	\$1,168.65	3.9%
BA	Boeing Co	1	\$178.10	\$178.10	\$208.83	\$2.95	1.43	\$30.73	\$208.83	0.7%
BAC	Bank Of America Corp	26	\$832.32	\$32.01	\$44.71	\$0.56	1.27	\$330.14	\$1,162.46	3.9%
BNS	Bank Of Nova Scotia	5	\$217.55	\$43.51	\$67.56	\$1.14	1.72	\$120.25	\$337.80	1.1%
CCI	Crown Castle International	1	\$167.17	\$167.17	\$192.15	\$4.33	2.31	\$24.98	\$192.15	0.6%
CMI	Cummins Inc	1	\$213.51	\$213.51	\$219.77	\$0.50	0.23	\$6.26	\$219.77	0.7%
CNP	Centerpoint Energy Inc	29	\$615.63	\$21.23	\$27.88	\$0.16	0.58	\$192.89	\$808.52	2.7%
COST	Costco Wholesale Corp-New	3	\$1,110.10	\$370.03	\$542.02	\$8.82	1.65	\$515.96	\$1,626.06	5.4%
CVX	Chevron Corporation	1	\$90.35	\$90.35	\$117.92	\$1.72	1.48	\$27.57	\$117.92	0.4%
D	Dominion Energy Inc	2	\$150.12	\$75.06	\$75.46	\$1.17	1.57	\$0.80	\$150.92	0.5%
DIN	Dine Brands Global Inc	2	\$162.84	\$81.42	\$79.14	\$0.45	0.57	(\$4.56)	\$158.28	0.5%
DUK	Duke Energy Corporation	2	\$173.65	\$86.83	\$101.17	(\$0.04)	-0.04	\$28.69	\$202.34	0.7%
EFC	Ellington Financial Inc	55	\$997.15	\$18.13	\$17.49	\$0.28	1.63	(\$35.20)	\$961.95	3.2%
EMN	Eastman Chemical Co	1	\$73.12	\$73.12	\$113.57	\$4.23	3.87	\$40.45	\$113.57	0.4%
ENB	Enbridge Inc	4	\$131.48	\$32.87	\$38.70	\$0.83	2.19	\$23.32	\$154.80	0.5%
FLO	Flowers Foods Inc	5	\$122.50	\$24.50	\$25.90	\$0.22	0.86	\$7.00	\$129.50	0.4%
GIS	General Mills Inc	9	\$560.67	\$62.30	\$64.57	\$0.13	0.2	\$20.46	\$581.13	1.9%
GSK	Glaxosmithkline Plc	5	\$184.74	\$36.95	\$42.38	\$0.62	1.48	\$27.16	\$211.90	0.7%
HD	Home Depot Inc	1	\$285.86	\$285.86	\$416.18	\$0.48	0.12	\$130.32	\$416.18	1.4%
HRL	Hormel Foods Corp	3	\$139.83	\$46.61	\$42.43	(\$0.60)	-1.39	(\$12.54)	\$127.29	0.4%
JNJ	Johnson & Johnson	1	\$148.90	\$148.90	\$163.36	\$0.42	0.26	\$14.46	\$163.36	0.5%
JPM	Jpmorgan Chase & Co	7	\$960.61	\$137.23	\$162.57	\$2.41	1.5	\$177.38	\$1,137.99	3.8%
KHC	Kraft Heinz Company (the)	8	\$271.01	\$33.88	\$34.51	\$0.24	0.7	\$5.07	\$276.08	0.9%
KMI	Kinder Morgan Inc	7	\$94.09	\$13.44	\$16.23	\$0.45	2.85	\$19.52	\$113.61	0.4%
KO	Coca Cola Company	15	\$742.38	\$49.49	\$55.21	\$0.30	0.55	\$85.77	\$828.15	2.8%
LMT	Lockheed Martin Corp	1	\$391.51	\$391.51	\$339.17	(\$0.79)	-0.23	(\$52.34)	\$339.17	1.1%
LTC	Ltc Properties Inc	10	\$375.16	\$37.52	\$33.46	\$0.01	0.03	(\$40.56)	\$334.60	1.1%
LYB	Lyondellbasell Industries	1	\$69.01	\$69.01	\$90.11	\$1.19	1.34	\$21.10	\$90.11	0.3%
MDLZ	Mondelez International Inc	4	\$232.78	\$58.20	\$61.41	(\$0.01)	-0.02	\$12.86	\$245.64	0.8%
MDT	Medtronic Plc	3	\$323.10	\$107.70	\$112.27	\$2.03	1.84	\$13.71	\$336.81	1.1%
MRK	Merck & Co Inc	2	\$163.03	\$81.52	\$72.28	(\$1.14)	-1.55	(\$18.47)	\$144.56	0.5%
MSFT	Microsoft Corp	1	\$227.10	\$227.10	\$334.92	\$8.73	2.68	\$107.82	\$334.92	1.1%
NEE	Nextera Energy Inc	7	\$525.64	\$75.09	\$90.41	\$1.26	1.41	\$107.23	\$632.87	2.1%
NLY	Annaly Capital Management Inc	29	\$244.94	\$8.45	\$8.46	\$0.11	1.32	\$0.40	\$245.34	0.8%
NNN	National Retail Properties Inc	4	\$164.50	\$41.13	\$45.98	\$0.20	0.44	\$19.42	\$183.92	0.6%
NRZ	New Residential Investment	39	\$340.45	\$8.73	\$11.33	\$0.23	2.07	\$101.42	\$441.87	1.5%
NYMT	New York Mortgage Trust Inc	400	\$2,499.32	\$6.25	\$3.89	\$0.04	1.04	(\$943.32)	\$1,556.00	5.2%
O	Realty Income Corp	2	\$123.24	\$61.62	\$68.39	\$0.31	0.46	\$13.54	\$136.78	0.5%
OHI	Omega Healthcare Investors Inc	10	\$322.88	\$32.29	\$28.51	(\$0.10)	-0.35	(\$37.78)	\$285.10	0.9%
OKE	Oneok Inc	5	\$233.40	\$46.68	\$62.68	\$1.79	2.94	\$80.00	\$313.40	1.0%
PFE	Pfizer Inc	4	\$138.81	\$34.70	\$51.72	\$0.24	0.47	\$68.07	\$206.88	0.7%
PM	Philip Morris International	7	\$546.90	\$78.13	\$90.41	(\$0.98)	-1.07	\$85.97	\$632.87	2.1%
PPL	Ppl Corporation	10	\$290.30	\$29.03	\$29.32	\$0.10	0.34	\$2.90	\$293.20	1.0%
PSX	Phillips 66	3	\$188.10	\$62.70	\$72.48	\$1.41	1.98	\$29.34	\$217.44	0.7%
QSR	Restaurant Brands	2	\$127.64	\$63.82	\$60.03	\$2.49	4.33	(\$7.58)	\$120.06	0.4%
RY	Royal Bank Of Canada	3	\$246.00	\$82.00	\$103.09	\$1.92	1.9	\$63.27	\$309.27	1.0%
SO	Southern Co	15	\$910.64	\$60.71	\$64.47	(\$0.19)	-0.29	\$56.41	\$967.05	3.2%
STOR	Store Capital Corporation	21	\$594.81	\$28.32	\$34.24	\$0.34	1	\$124.23	\$719.04	2.4%
SU	Suncor Energy Inc	15	\$232.55	\$15.50	\$25.07	\$0.70	2.87	\$143.50	\$376.05	1.2%
T	At&t Inc	39	\$1,487.07	\$38.13	\$23.08	(\$0.20)	-0.86	(\$586.95)	\$900.12	3.0%
TD	Toronto-Dominion Bank	2	\$118.22	\$59.11	\$75.04	\$1.02	1.38	\$31.86	\$150.08	0.5%
TROW	Price T Rowe Group Inc	3	\$410.85	\$136.95	\$204.22	\$6.89	3.49	\$201.81	\$612.66	2.0%
TRV	The Travelers Companies Inc	2	\$280.74	\$140.37	\$153.09	\$1.27	0.84	\$25.44	\$306.18	1.0%
UNH	Unitedhealth Group Inc	3	\$973.53	\$324.51	\$464.73	\$4.62	1	\$420.66	\$1,394.19	4.6%
USB	Us Bancorp Del	12	\$480.96	\$40.08	\$57.69	\$0.81	1.42	\$211.32	\$692.28	2.3%
V	Visa Inc	3	\$609.44	\$203.15	\$207.37	\$4.69	2.31	\$12.67	\$622.11	2.1%
WRK	Westrock Company	3	\$116.79	\$38.93	\$45.19	(\$0.29)	-0.64	\$18.78	\$135.57	0.5%

Total Securities	\$30,097.86
Money	\$71.14
Total Account Value	\$30,169.00