

Symbol	Description	Qty	Cost Basis	Avg Price	Current Price	Total G/L	Market Value	Port %
AAPL	Apple Inc	16	\$1,756.67	\$109.79	\$129.93	\$322.21	\$2,078.88	7.19%
ABBV	Abbvie Inc	1	\$107.15	\$107.15	\$161.61	\$54.46	\$161.61	0.56%
AMGN	Amgen Inc	1	\$244.59	\$244.59	\$262.64	\$18.05	\$262.64	0.91%
AVGO	Broadcom Inc	2	\$819.63	\$409.82	\$559.13	\$298.63	\$1,118.26	3.87%
AXP	American Express Company	7	\$880.18	\$125.74	\$147.75	\$154.07	\$1,034.25	3.58%
BA	Boeing Co	1	\$178.10	\$178.10	\$190.49	\$12.39	\$190.49	0.66%
BAC	Bank Of America Corp	31	\$1,003.16	\$32.36	\$33.12	\$23.56	\$1,026.72	3.55%
BK	Bank New York Mellon Corp	3	\$127.16	\$42.39	\$45.52	\$9.40	\$136.56	0.47%
BNDX	Vanguard Total International	2	\$104.98	\$52.49	\$47.43	(\$10.12)	\$94.86	0.33%
BNS	Bank Of Nova Scotia	5	\$217.55	\$43.51	\$48.98	\$27.35	\$244.90	0.85%
CCI	Crown Castle Inc	1	\$167.17	\$167.17	\$135.64	(\$31.53)	\$135.64	0.47%
CMI	Cummins Inc	1	\$213.51	\$213.51	\$242.29	\$28.78	\$242.29	0.84%
CNP	Centerpoint Energy Inc	29	\$615.63	\$21.23	\$29.99	\$254.08	\$869.71	3.01%
COST	Costco Wholesale Corp-New	3	\$1,110.10	\$370.03	\$456.50	\$259.40	\$1,369.50	4.74%
CVX	Chevron Corporation	1	\$90.35	\$90.35	\$179.49	\$89.14	\$179.49	0.62%
D	Dominion Energy Inc	2	\$150.12	\$75.06	\$61.32	(\$27.48)	\$122.64	0.42%
DIN	Dine Brands Global Inc	2	\$162.84	\$81.42	\$64.60	(\$33.64)	\$129.20	0.45%
DUK	Duke Energy Corporation	2	\$173.65	\$86.83	\$102.99	\$32.33	\$205.98	0.71%
EFC	Ellington Financial Inc	55	\$997.15	\$18.13	\$12.37	(\$316.80)	\$680.35	2.35%
EMN	Eastman Chemical Co	1	\$73.12	\$73.12	\$81.44	\$8.32	\$81.44	0.28%
ENB	Enbridge Inc	4	\$131.48	\$32.87	\$39.10	\$24.92	\$156.40	0.54%
FLO	Flowers Foods Inc	5	\$122.50	\$24.50	\$28.74	\$21.20	\$143.70	0.50%
GIS	General Mills Inc	9	\$560.67	\$62.30	\$83.85	\$193.98	\$754.65	2.61%
GSK	Gsk Plc	4	\$157.08	\$39.27	\$35.14	(\$16.52)	\$140.56	0.49%
HD	Home Depot Inc	1	\$285.86	\$285.86	\$315.86	\$30.00	\$315.86	1.09%
HRL	Hormel Foods Corp	3	\$139.83	\$46.61	\$45.55	(\$3.18)	\$136.65	0.47%
JNJ	Johnson & Johnson	1	\$148.90	\$148.90	\$176.65	\$27.75	\$176.65	0.61%
JPM	Jpmorgan Chase & Co	7	\$960.61	\$137.23	\$134.10	(\$21.91)	\$938.70	3.25%
KEY	Keycorp New	3	\$50.98	\$16.99	\$17.42	\$1.28	\$52.26	0.18%
KHC	Kraft Heinz Company (the)	8	\$271.01	\$33.88	\$40.71	\$54.67	\$325.68	1.13%
KMI	Kinder Morgan Inc	7	\$94.09	\$13.44	\$18.08	\$32.47	\$126.56	0.44%
KO	Coca Cola Company	15	\$742.38	\$49.49	\$63.61	\$211.77	\$954.15	3.30%
LMT	Lockheed Martin Corp	1	\$391.51	\$391.51	\$486.49	\$94.98	\$486.49	1.68%
LTC	Ltc Properties Inc	10	\$375.16	\$37.52	\$35.53	(\$19.86)	\$355.30	1.23%
LYB	Lyondellbasell Industries	1	\$69.01	\$69.01	\$83.03	\$14.02	\$83.03	0.29%
MDLZ	Mondelez International Inc	4	\$232.78	\$58.20	\$66.65	\$33.82	\$266.60	0.92%
MDT	Medtronic Plc	3	\$323.10	\$107.70	\$77.72	(\$89.94)	\$233.16	0.81%
MRK	Merck & Co Inc	2	\$171.20	\$85.60	\$110.95	\$50.70	\$221.90	0.77%
MSFT	Microsoft Corp	1	\$227.10	\$227.10	\$239.82	\$12.72	\$239.82	0.83%
NEE	Nextera Energy Inc	7	\$525.64	\$75.09	\$83.60	\$59.56	\$585.20	2.02%
NLY	Annaly Capital Management Inc	23	\$611.56	\$26.59	\$21.08	(\$126.72)	\$484.84	1.68%
NNN	National Retail Properties Inc	6	\$247.54	\$41.26	\$45.76	\$27.02	\$274.56	0.95%
NYMT	New York Mortgage Trust Inc	400	\$2,499.32	\$6.25	\$2.56	(\$1,475.32)	\$1,024.00	3.54%
O	Realty Income Corp	5	\$338.97	\$67.79	\$63.43	(\$21.82)	\$317.15	1.10%
OHI	Omega Healthcare Investors Inc	14	\$438.16	\$31.30	\$27.95	(\$46.86)	\$391.30	1.35%
OKE	Oneok Inc	5	\$233.40	\$46.68	\$65.70	\$95.10	\$328.50	1.14%
PFE	Pfizer Inc	4	\$138.81	\$34.70	\$51.24	\$66.15	\$204.96	0.71%
PM	Philip Morris International	7	\$546.90	\$78.13	\$101.21	\$161.57	\$708.47	2.45%
PPL	Ppl Corporation	10	\$290.30	\$29.03	\$29.22	\$1.90	\$292.20	1.01%
PSX	Phillips 66	3	\$188.10	\$62.70	\$104.08	\$124.14	\$312.24	1.08%
QSR	Restaurant Brands	2	\$127.64	\$63.82	\$64.67	\$1.70	\$129.34	0.45%
RITM	Rithm Capital Corp	44	\$385.69	\$8.77	\$8.17	(\$26.21)	\$359.48	1.24%
RY	Royal Bank Of Canada	3	\$246.00	\$82.00	\$94.02	\$36.06	\$282.06	0.98%

SIRI	Sirius Xm Holdings Inc	6	\$36.70	\$6.12	\$5.84	(\$1.66)	\$35.04	0.12%
SO	Southern Co	15	\$910.64	\$60.71	\$71.41	\$160.51	\$1,071.15	3.70%
STAG	Stag Industrial Inc	3	\$109.00	\$36.33	\$32.31	(\$12.07)	\$96.93	0.34%
STOR	Store Capital Corporation	21	\$594.81	\$28.32	\$32.06	\$78.45	\$673.26	2.33%
SU	Suncor Energy Inc	15	\$232.55	\$15.50	\$31.73	\$243.40	\$475.95	1.65%
T	At&t Inc	39	\$1,132.37	\$29.04	\$18.41	(\$414.38)	\$717.99	2.48%
TD	Toronto-Dominion Bank	2	\$118.22	\$59.11	\$64.76	\$11.30	\$129.52	0.45%
TROW	Price T Rowe Group Inc	3	\$410.85	\$136.95	\$109.06	(\$83.67)	\$327.18	1.13%
TRV	The Travelers Companies Inc	2	\$280.74	\$140.37	\$187.49	\$94.24	\$374.98	1.30%
UNH	Unitedhealth Group Inc	3	\$973.53	\$324.51	\$530.18	\$617.01	\$1,590.54	5.50%
USB	Us Bancorp Del	12	\$480.96	\$40.08	\$43.61	\$42.36	\$523.32	1.81%
V	Visa Inc	3	\$609.44	\$203.15	\$207.76	\$13.84	\$623.28	2.16%
WRK	Westrock Company	3	\$116.79	\$38.93	\$35.16	(\$11.31)	\$105.48	0.36%

Total Securities	\$28,912.45
Money	\$46.61
Total Account Value	\$28,959.06