

Symbol	Description	Qty	Cost Basis	Avg Price	Price*	Total G/L	Gains/Loss	Market Value	Port %
AAPL	Apple Inc	15	\$1,646.85	\$109.79	\$250.42	\$2,109.45	128.1%	\$3,756.30	9.40%
ABBV	Abbvie Inc	1	\$107.15	\$107.15	\$177.70	\$70.55	65.8%	\$177.70	0.44%
AMGN	Amgen Inc	1	\$244.59	\$244.59	\$260.64	\$16.05	6.6%	\$260.64	0.65%
AVGO	Broadcom Inc	18	\$737.64	\$40.98	\$231.84	\$3,435.48	465.7%	\$4,173.12	10.45%
AXP	American Express Company	7	\$880.18	\$125.74	\$296.79	\$1,197.35	136.0%	\$2,077.53	5.20%
BAC	Bank Of America Corp	31	\$1,003.16	\$32.36	\$43.95	\$359.29	35.8%	\$1,362.45	3.41%
BK	Bank New York Mellon Corp	5	\$212.45	\$42.49	\$76.83	\$171.70	80.8%	\$384.15	0.96%
BNDX	Vanguard Total International	3	\$153.42	\$51.14	\$49.05	(\$6.27)	-4.1%	\$147.15	0.37%
BNS	Bank Of Nova Scotia	5	\$217.55	\$43.51	\$53.72	\$51.05	23.5%	\$268.60	0.67%
CCI	Crown Castle Inc	5	\$648.00	\$129.60	\$90.76	(\$194.20)	-30.0%	\$453.80	1.14%
CMI	Cummins Inc	1	\$213.51	\$213.51	\$348.60	\$135.09	63.3%	\$348.60	0.87%
CNP	Centerpoint Energy Inc	29	\$615.67	\$21.23	\$31.73	\$304.50	49.5%	\$920.17	2.30%
COST	Costco Wholesale Corp-New	3	\$1,110.09	\$370.03	\$916.27	\$1,638.72	147.6%	\$2,748.81	6.88%
CSCO	Cisco Systems Inc	1	\$48.90	\$48.90	\$29.20	(\$19.70)	-40.3%	\$29.20	0.07%
CVX	Chevron Corporation	1	\$90.35	\$90.35	\$144.84	\$54.49	60.3%	\$144.84	0.36%
D	Dominion Energy Inc	4	\$240.52	\$60.13	\$53.86	(\$25.08)	-10.4%	\$215.44	0.54%
DIN	Dine Brands Global Inc	2	\$162.84	\$81.42	\$30.10	(\$102.64)	-63.0%	\$60.20	0.15%
DUK	Duke Energy Corporation	2	\$173.66	\$86.83	\$107.74	\$41.82	24.1%	\$215.48	0.54%
EFC	Ellington Financial Inc	55	\$997.15	\$18.13	\$12.12	(\$330.55)	-33.1%	\$666.60	1.67%
EMN	Eastman Chemical Co	2	\$175.79	\$87.90	\$91.32	\$6.85	3.9%	\$182.64	0.46%
ENB	Enbridge Inc	4	\$131.48	\$32.87	\$42.43	\$38.24	29.1%	\$169.72	0.42%
FLO	Flowers Foods Inc	5	\$122.50	\$24.50	\$20.66	(\$19.20)	-15.7%	\$103.30	0.26%
GIS	General Mills Inc	9	\$560.70	\$62.30	\$63.77	\$13.23	2.4%	\$573.93	1.44%
GSK	Gsk Plc	5	\$176.50	\$35.30	\$33.82	(\$7.40)	-4.2%	\$169.10	0.42%
HD	Home Depot Inc	1	\$285.86	\$285.86	\$388.99	\$103.13	36.1%	\$388.99	0.97%
JNJ	Johnson & Johnson	1	\$148.90	\$148.90	\$144.62	(\$4.28)	-2.9%	\$144.62	0.36%
JPM	Jpmorgan Chase & Co	7	\$960.61	\$137.23	\$239.71	\$717.36	74.7%	\$1,677.97	4.20%
KEY	Keycorp New	15	\$184.65	\$12.31	\$17.14	\$72.45	39.2%	\$257.10	0.64%
KHC	Kraft Heinz Company (the)	8	\$271.04	\$33.88	\$30.71	(\$25.36)	-9.4%	\$245.68	0.62%
KMI	Kinder Morgan Inc	7	\$94.08	\$13.44	\$27.40	\$97.72	103.9%	\$191.80	0.48%
KO	Coca Cola Company	15	\$742.35	\$49.49	\$62.26	\$191.55	25.8%	\$933.90	2.34%
LMT	Lockheed Martin Corp	1	\$391.51	\$391.51	\$485.94	\$94.43	24.1%	\$485.94	1.22%
LTC	Ltc Properties Inc	10	\$375.20	\$37.52	\$34.55	(\$29.70)	-7.9%	\$345.50	0.87%
LYB	Lyondellbasell Industries	1	\$69.01	\$69.01	\$74.27	\$5.26	7.6%	\$74.27	0.19%
MDLZ	Mondelez International Inc	4	\$232.80	\$58.20	\$59.73	\$6.12	2.6%	\$238.92	0.60%
MDT	Medtronic Plc	3	\$323.10	\$107.70	\$79.88	(\$83.46)	-25.8%	\$239.64	0.60%
MRK	Merck & Co Inc	2	\$171.20	\$85.60	\$99.48	\$27.76	16.2%	\$198.96	0.50%
MSFT	Microsoft Corp	1	\$227.10	\$227.10	\$421.50	\$194.40	85.6%	\$421.50	1.06%
NEE	Nextera Energy Inc	7	\$525.63	\$75.09	\$71.69	(\$23.80)	-4.5%	\$501.83	1.26%
NLY	Annaly Capital Management Inc	50	\$1,146.71	\$22.93	\$18.30	(\$231.71)	-20.2%	\$915.00	2.29%
NNN	Nnn Reit Inc	12	\$478.33	\$39.86	\$40.85	\$11.87	2.5%	\$490.20	1.23%
NYMT	New York Mortgage Trust Inc	50	\$1,249.50	\$24.99	\$6.06	(\$946.50)	-75.8%	\$303.00	0.76%
O	Realty Income Corp	11	\$671.66	\$61.06	\$53.41	(\$84.15)	-12.5%	\$587.51	1.47%
OHI	Omega Healthcare Investors Inc	26	\$781.04	\$30.04	\$37.85	\$203.06	26.0%	\$984.10	2.46%
OKE	Oneok Inc	5	\$233.40	\$46.68	\$100.40	\$268.60	115.1%	\$502.00	1.26%
PFE	Pfizer Inc	5	\$167.65	\$33.53	\$26.53	(\$35.00)	-20.9%	\$132.65	0.33%
PM	Philip Morris International	7	\$546.91	\$78.13	\$120.35	\$295.54	54.0%	\$842.45	2.11%
PPL	Ppl Corporation	15	\$421.95	\$28.13	\$32.46	\$64.95	15.4%	\$486.90	1.22%
PSX	Phillips 66	3	\$188.10	\$62.70	\$113.93	\$153.69	81.7%	\$341.79	0.86%
QSR	Restaurant Brands	2	\$127.64	\$63.82	\$65.18	\$2.72	2.1%	\$130.36	0.33%
RITM	Rithm Capital Corp	66	\$619.18	\$9.38	\$10.83	\$95.60	15.4%	\$714.78	1.79%
RY	Royal Bank Of Canada	3	\$246.00	\$82.00	\$120.51	\$115.53	47.0%	\$361.53	0.91%
SIRI	Sirius Xm Holdings Inc	1	\$43.46	\$43.46	\$22.80	(\$20.66)	-47.5%	\$22.80	0.06%
SO	Southern Co	15	\$910.65	\$60.71	\$82.32	\$324.15	35.6%	\$1,234.80	3.09%

STAG	Stag Industrial Inc	8	\$293.92	\$36.74	\$33.82	(\$23.36)	-7.9%	\$270.56	0.68%
SU	Suncor Energy Inc	15	\$232.50	\$15.50	\$35.68	\$302.70	130.2%	\$535.20	1.34%
T	At&t Inc	39	\$1,132.56	\$29.04	\$22.77	(\$244.53)	-21.6%	\$888.03	2.22%
TD	Toronto-Dominion Bank	3	\$180.45	\$60.15	\$53.24	(\$1.43)	-0.8%	\$159.72	0.40%
TROW	Price T Rowe Group Inc	3	\$410.85	\$136.95	\$113.09	(\$71.58)	-17.4%	\$339.27	0.85%
TRV	The Travelers Companies Inc	2	\$280.74	\$140.37	\$240.89	\$201.04	71.6%	\$481.78	1.21%
UNH	Unitedhealth Group Inc	3	\$973.53	\$324.51	\$505.89	\$544.14	55.9%	\$1,517.67	3.80%
USB	Us Bancorp Del	16	\$613.60	\$38.35	\$47.83	\$151.68	24.7%	\$765.28	1.92%
V	Visa Inc	3	\$609.45	\$203.15	\$316.06	\$338.73	55.6%	\$948.18	2.37%

Total Securities	\$39,941.50
Cash on Hand	\$58.97
Total Account Value	\$40,000.47