

GROWTH AND INCOME

	current price	12 month expected price	expected gain	yield	5yr div growth%
ABBV	176.59	177	0.23%	3.56	12.75
GLW	32.04	35	9.24%	3.5	10.25
VLO	142	150	5.63%	2.99	5.9
EMN	85.25	94.25	10.56%	3.93	7.4
BMJ	49.44	56.55	14.38%	4.82	7.2
NEWT	11.6	15.75	35.78%	6.45	8.2
JNJ	157.92	179	13.35%	2.74	5.79
AMGN	289.07	307.5	6.38%	3.43	10.4
MCD	290	325	12.07%	2.4	8.1
VLO	142	151	6.34%	2.99	5.9
MDT	85	92	8.24%	2.75	7.52
AFL	80.17	84	4.78%	2.56	11.5
F	12.5	12.84	2.72%	4.8	0
MKC	65.55	73.5	12.13%	2.6	11.7
HD	361	356	-1.39%	2.33	15
	1980.13	2109.39	6.53%	3.46	

INCOME

	current price	12 month expected price	expected gain	yield	
BST	37.59	ETF		8.05	covered calls
JEPJ	56.35	ETF		8.26	covered calls
VPU	132.75			3.66	utilities
CTRE	22.7	24.5	7.93%	4.98	nursing
DLR	148.61	135.55	-8.79%	4.88	data centers
STAG	39.12	38.6	-1.33%	3.87	industrial prop
PLD	133.1	144	8.19%	3.48	warehouses
EXR	141.77	162	14.27%	4.52	self storage
ENB	34.01	39.68	16.67%	7.86	gas/pipeline
ET	14.42	18.13	25.73%	9.06	nat gas/transport
GSL	20.25	26.25	29.63%	7.31	shipping
HTGC	17.74	18	1.47%	11.1	venture cap \$
FSK	20.2	21.65	7.18%	13.99	credit
VICI	29.49	36.1	22.41%	5.6	
AM	12.4	13.07	5.40%	7.74	nat gas transport
FAGIX	9.75			5.29	
NVG	11.87			5.15	munis
				6.52	