

OLLI Investment Forum

Buy & Sell List Compendium (6 months)

for weeks ending
04/25/25 through 10/24/25



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10/29/2025

[Buy & Sell List Compendium \(6 months\)](#)

(Scroll to “Forum Series Presentations of Continuing . . . “)

Disclaimer

- No recommendations or investment advice is given at the OLLI Investment Forum.
- Always perform your own “Due Diligence” on any information you hear or see before making any investment decisions.

Purpose and Ground Rules

- The OLLI Investment Forum is a venue to discuss ideas, insights, information and sources, by long-time investors, that may be helpful in making investment decisions.
- The Buy and Sell Segment is intended for educational purposes only regarding members' Buy, Sell, and Thinking-About activity from the previous week.
- We are not investment advisors, and no investment decisions should be made solely on what you see or hear at the Forum.
- We do not discuss politics or political opinions.
- We do not discuss amounts of money or share counts in our portfolios or associated with trading activity.

Objectives

- Learn from one another.
- Respect that Forum members have their own investing preferences, approaches and risk tolerances.
- Demonstrate use of online tools and resources for examining stocks and funds under discussion.
- Encourage dialogue from all Forum members.

Etiquette

- Be non-judgmental and non-critical of what others are currently doing, have done, or thinking about doing.
- Use Zoom Chat to ask questions on stocks and funds under discussion.
- Keep Chat messages on-topic and in-context; avoid off-topic messages.

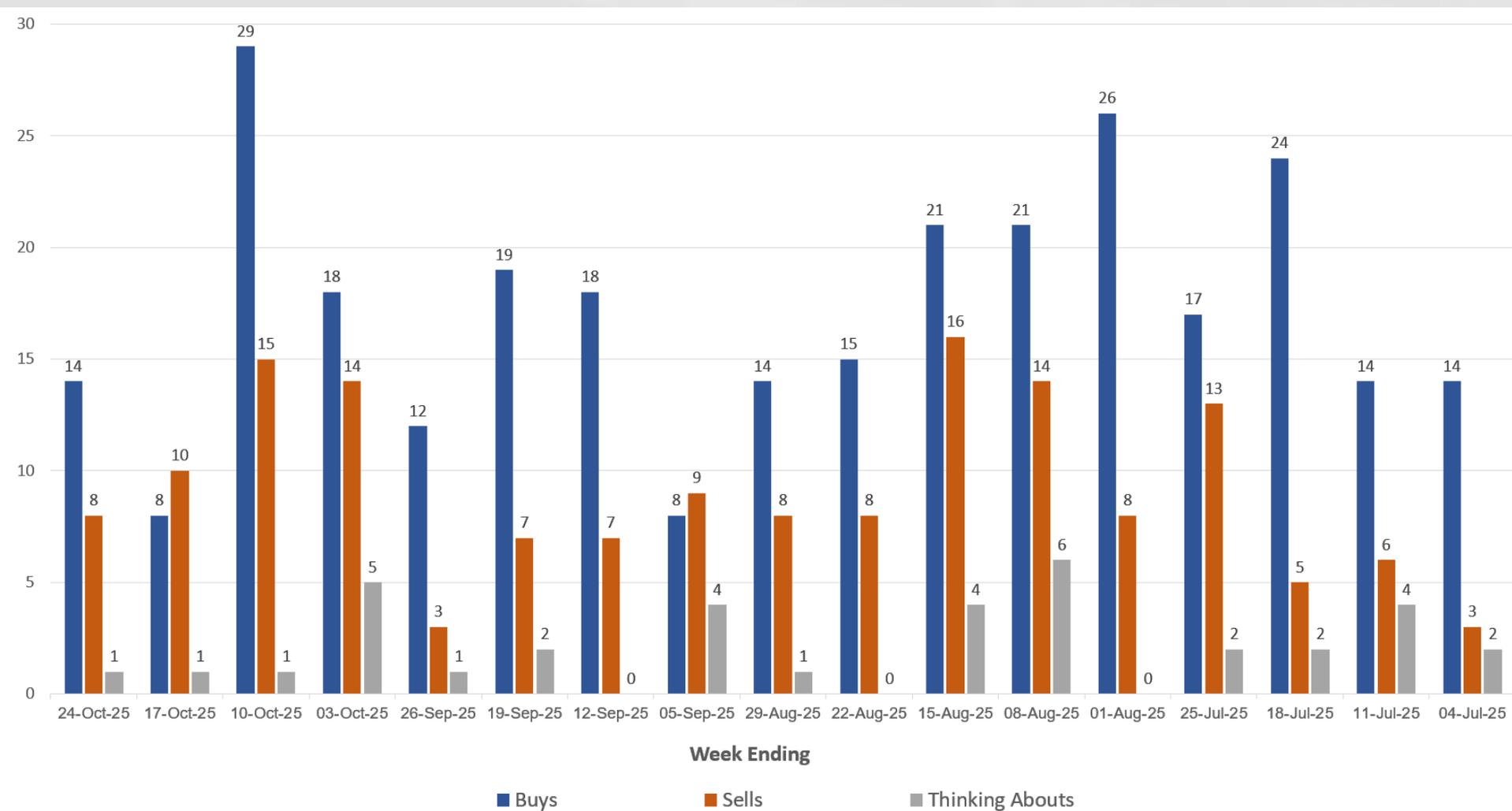
Research and Analysis Resources

- Brokerages: Schwab, Fidelity, Vanguard, your own
- Schwab “thinkorswim” trading platform (used in Forum)
- Morningstar (free access via county libraries)
- FinViz (finviz.com; free & subscription)
- Simply Safe Dividends (simplysafedividends.com; subscription)
- Seeking Alpha (seekingalpha.com; free & subscription)
- Yahoo Finance (finance.yahoo.com; free)
- ETF.com (free & subscription)
- BDC Investor (bdcinvestor.com; free)
- TipRanks (tipranks.com; free & subscription)
- CFRA, Argus (typically free via brokerage websites)
- Wall Street Journal (free access via county libraries)
- Barron’s (subscription).

Screens and Terminology

- Forum employs multiple websites and online tools to examine stocks and funds.
- Some terminology may be new or unfamiliar.
- Investopedia ([Investopedia.com](https://www.investopedia.com)) and Google are helpful resources for terminology or concepts.
- Others: ChatGPT, Copilot, or Perplexity AI tools.
- Goal is to understand how to examine stocks or funds using available online tools and resources.

Buy, Sell, Thinking About: w/e 10/24/25



Buy, Sell, Thinking About: w/e 10/24/25

BUY		SELL	
	iShares MSCI Japan ETF (EWJ)		Capital Southwest Corp. (CSWC) [C]
	GS Nasdaq-100 Prem Inc ETF (GPIQ)		Dime Comm Bancs 5.5% PFD callable (DCOMP)
	Invesco S&P 500 Momentum ETF (SPMO) [+]		Hercules Capital, Inc. (HTGC) [C]
FA	Vanguard Int-Term Inv Grd Fund (VFIDX) [+]		Main Street Capital Corp. (MAIN) [C]
	Schwab Prime Advtg Money Fd Inv Shr (SWVXX)		Visa Inc. (V) [-]
	Colgate-Palmolive Co. (CL)		Danaher Corp. (DHR) [-]
	Critical Metals Corp. (CRML) [+]		Apple, Inc. (AAPL) [-]
	National Grid Plc ADR (NGG)		Microsoft Corp. (MSFT) [-]
	CD 3.9% Jan 2026		
	CD 3.8% Apr 2026		
	CD 3.8% Jul 2026		
	CD 3.7% Oct 2026		
	5-yr Treasury Note GTC order	THINKING ABOUT	
	1-yr T-Bill GTC order		VanEck Junior Gold Miners ETF (GDXJ)

Buy, Sell, Thinking About: w/e 10/17/25

BUY		SELL	
	Oneok, Inc. (OKE) [+]		iShares Ethereum Trust (ETHA) [C]
	Erie Indemnity Company (ERIE)		Vanguard Total Stk Mkt Indx Fund ETF (VTI) [-]
	iShares South Korea ETF (EWY)		Amazon.com, Inc. ([-]
	Micron Technology, Inc. (MU)		ConocoPhillips (COP) [C]
	Nvidia Corp. (NVDA) [+]		Chevron Corporation (CVX) [C]
	Taiwan Semiconductor ADR (TSM)		Exxon Mobil Corp. (XOM) [C]
	USA Rare Earth, Inc. (USAR)		GE Vernova Inc. (GEV) [C]
	Vale S.A. (VALE)		Check Point Software Tech Ltd. (CHKP) [C]
	5-yr TIPS (GTC order) (auction date 10/23)		400 Bu Soybeans (in the field)
			600 Bu Corn (from storage)
		THINKING ABOUT	
			SPDR® Gold MiniShares ETF (GLDM)

Buy, Sell, Thinking About: w/e 10/10/25

BUY	BUY
iShares MSCI Mexico ETF (EWW)	Moelis & Company (MC)
SPDR® Gold Shares ETF (GLD)	Bristol-Myers Squibb (BMY) [+]
GS Nasdaq-100 Prem Inc ETF (GPIQ) [+] [X2]	Gilead Sciences, Inc. (GILD)
Defiance Quantum ETF (QTUM)	NuScale Power Corp. (SMR)
Schwab U.S. Large-Cap Growth ETF (SCHG) [+]	Broadcom, Inc. (AVGO) [+]
Invesco S&P 500 Momentum ETF (SPMO) [+]	Dell Technologies, Inc. (DELL)
Vanguard Growth ETF (VUG) [+]	Nvidia Corp. (NVDA) [+]
Meta Platforms Inc. (META)	Red Cat Holdings Inc. (RCAT) [+]
Amazon.com, Inc. (AMZN) [+]	Critical Metals Corp. (CRML)
Phillips 66 (PSX) [+]	NioCorp Developments Ltd. (NB)
Capital Southwest Corp. (CSWC) [+]	Perpetua Resources Corp. (PPTA)
FactSet Research Systems, Inc. (FDS) [+]	USA Rare Earth, Inc. (USAR)
Fifth Third Bancorp (FITB) [+]	Alexandria Real Estate Equities, Inc. (ARE) [+]

Buy, Sell, Thinking About: w/e 10/10/25

BUY		SELL	
	U.S. Treas Note, 08/31/28 mat, 3.6965% YTM		Pfizer, Inc. (PFE) [C]
	Delta A/L Bond, 07/10/28 mat, 4.5165% YTM		Novo Nordisk A/S (NVO) [C]
SELL			CareTrust REIT, Inc. (CTRE) [-]
	Invesco Solar ETF (TAN) [C]	THINKING ABOUT	
	Janus Henderson B-BBB CLO ETF (JBBB) [C]		Gilead Sciences, Inc. (GILD)
	Vanguard S&P 500 ETF (VOO) [C]		
	Alphabet Inc. (GOOGL) [-] [X2]		
	Amazon.com, Inc. (AMZN) [-]		
	Comerica Incorporated (CMA) [C]		
	Visa Inc. (V) [-]		
	Salesforce, Inc. (CRM) [-]		
	Microsoft Corp. (MSFT) [-]		
	Nvidia Corp. (NVDA) [-] [X2]		

Buy, Sell, Thinking About: w/e 10/03/25

BUY	BUY
SPDR® Gold Shares ETF (GLD)	3-Mo T-Bill
NEOS NASDAQ-100 High Income ETF (QQQI)	6-Mo T-Bill
Invesco S&P 500 Momentum ETF (SPMO) [X2]	3-Yr T-Bill
Vanguard S&P 500 ETF (VOO)	Jeffries Fin Grp Bnd, mat 07/21/28, 4.5996% YTM
Oneok, Inc. (OKE) [+]	
Phillips 66 (PSX)	
Blackstone Secured Lending Fund (BXSL) [+]	
Capital Southwest Corp. (CSWC) [+]	
FactSet Research Systems, Inc. (FDS) [+]	
Trinity Capital, Inc. (TRIN) [+]	
Merck & Co., Inc. (MRK)	
Alexandria Real Estate Equities, Inc. (ARE) [+]	
Getty Realty Corp. (GTY) [+]	

Buy, Sell, Thinking About: w/e 10/03/25

SELL		SELL	
Fidelity Inter Treas Bond Index Fund (FUAMX)			Wisdom Tree S&P 500 3X Daily Leveraged (3USL)
Fidelity U.S. Bond Index Fund (FXNAX)			
JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [C]			
Vanguard S&P 500 ETF (VOO) [C]		THINKING ABOUT	
Comcast Corp. (CMCSA) [C]			Fidelity U.S. Bond Index Fund (FXNAX)
Citizens Financial Group, Inc. (CFG) [C]			Moelis & Company (MC)
JPMorgan Chase & Co. (JPM) [C]			1-Yr T-Bill
Thermo Fisher Scientific Inc. (TMO) [C]			5-Yr Treasury Note
Arm Holdings plc (ARM) [-]			5-Yr Treasury Inflation-Protected Securities (TIPS)
ASML Holding N.V. (ASML) [-]			
Broadcom, Inc. (AVGO) [-]			
Nvidia Corp. (NVDA) [-]			
WEC Energy Group Inc. (WEC) [C]			

Buy, Sell, Thinking About: w/e 09/26/25

BUY		SELL	
	Agree Realty Corp. 4.250% PFD A (ADC.PR.A)		JPMorgan Equity Prem Inc ETF (JEPI) [C]
	Alerian MLP ETF (AMLP) [+]		JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [-]
	GS Nasdaq-100 Prem Inc ETF (GPIQ) [+]		Nestle SA – ADR (NSRGY) [C]
	GS S&P 500 Prem Inc ETF (GPIX) [+]		
	Build-A-Bear Workshop, Inc. (BBW)		
	D.R. Horton, Inc. (DHI) [+]		
	Capital Southwest Corp. (CSWC) [+]		
	UBS Group AG (UBS) [+]		
	Pfizer, Inc. (PFE)	THINKING ABOUT	
	PACCAR Inc. (PCAR) [+]		Phillips 66 (PSX)
	Lithium Americas Corp. (LAC)		
	PG&E Corp Bond, 06/15/28 mat, 4.7477% YTM		

Buy, Sell, Thinking About: w/e 09/19/25

BUY		BUY	
	GS Nasdaq-100 Prem Inc ETF (GPIQ) [+] [X2]		
	GS S&P 500 Prem Inc ETF (GPIX) [+]		
	Invesco QQQ Trust ETF (QQQ)		
	Vanguard Value ETF (VTV) [+]	SELL	
	SPDR S&P 500 ETF Trust (SPY)		JPMorgan Equity Prem Inc ETF (JEPI) [C]
	Verizon Communications, Inc. (VZ) [+]		JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [C]
	Amazon.com, Inc. (AMZN) [+]	FA	Alphabet Inc. (GOOGL) [-]
	Nvidia Corp. (NVDA) [+]		FS KKR Capital Corp. (FSK) [C]
	Amcor Plc. (AMCR) [+]		Pfizer, Inc. (PFE) [C]
			Kratos Def & Security Solutions Inc. (KTOS) [-]
		FA	Oracle Corp. (ORCL) [C]

Buy, Sell, Thinking About: w/e 09/19/25

BUY		SELL	
	U.S. Treasury Note, 3-yr, 3.6%		
FA	U.S. Treasury Note, 4-yr, 3.6%		
FA	U.S. Treasury Note, 5-yr, 3.75%		
	CDs:		
FA	Bank of America 10/16/25, coupon 4,0%, YTM 4.32%		
FA	Bank of Ozarks 10/14/25 coupon 4.0%, YTM 4.35%	THINKING ABOUT	
FA	Mizrahi Tefahot Bank 10/21/25, cp 4.35%, YTM 4.30%		Nvidia Corp. (NVDA) [GTC limit order sale in Roth IRA]
FA	Goldman Sachs Bank 12/02/25, cp 4.10%, YTM 4.29%		iShares Bitcoin Trust ETF (IBIT) [GTC limit sale/Roth IRA]
FA	Key Bank due 11/06/25, coupon 4.35%, YTM 4.36%		
FA	Norway Savings Bank 10/07/25, cp 4.20%, YTM 4.30%		

Buy, Sell, Thinking About: w/e 09/12/25

BUY		BUY	
iShares MSCI Canada ETF (EWC)			IREN Ltd. (IREN)
Fidelity Multi-Asset Index Fund (FFNOX)			Amcor Plc. (AMCR)
GS Nasdaq-100 Prem Inc ETF (GPIQ) [+] [X3]			OKLO, Inc. (OKLO)
JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [+]		SELL	
iShares MSCI China ETF (MCHI)			JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [-]
Invesco S&P 500 Momentum ETF (SPMO) [+]			Trade Desk, Inc. (TTD) [-]
Vanguard Small Cap ETF (VB) [+]			Salesforce, Inc. (CRM) [-]
Digital Brands Group Inc. (DBGI)			Corning, Inc. (GLW) [-]
Hercules Capital, Inc. (HTGC) [+]			Oracle Corp. (ORCL) [-]
Blue Owl Capital Corporation (OBDC) [+]			Petroleos Mexicanos 6.49% bond, due 1/2027, at 6.9% price gain. Bought 6/2024
AeroVironment Inc. (AVAV) [+]			
Axon Enterprise, Inc. (AXON) [+]			Edison Int'l 5.25% bond, due 11/2028, at 5.8% price gain. Bought 2/2025
Rocket Lab Corp. (RKLB) [+]			

Buy, Sell, Thinking About: w/e 09/05/25

BUY		SELL	
	Fidelity Contrafund (FCNTX)		JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [-]
	GS Nasdaq-100 Prem Inc ETF (GPIQ) [new] [+] [X2]		Alphabet Inc. (GOOGL) [-]
	Schwab U.S. Large-Cap Growth ETF (SCHG) [+]		Amazon.com, Inc. (AMZN) [-]
	Amazon.com, Inc. (AMZN) [+]		Salesforce, Inc. (CRM) [-]
	Bank of America Corp. (BAC)		Intel Corp. (INTC) [C]
	Pfizer, Inc. (PFE) [+]		Nvidia Corp. (NVDA) [-] [C] [X2]
	IREN Ltd. (IREN)		Taiwan Semiconductor ADR (TSM) [C]
			Digital Realty Trust Inc. (DLR) [C]
		THINKING ABOUT	
			iShares MSCI Canada ETF (EWC)
			Vanguard Total Int'l Stock ETF (VXUS)
			The Toronto-Dominion Bank (TD)
			Sanofi (SNY)

Buy, Sell, Thinking About: w/e 08/29/25

BUY		BUY	
Alerian MLP ETF (AMLP) [+]			Nvidia Corp. (NVDA)
GS Nasdaq-100 Prem Inc ETF (GPIQ) [+]			
GS S&P 500 Prem Inc ETF (GPIX) [+]		SELL	
Vanguard Small Cap ETF (VB) [+]			Invesco QQQ Trust ETF (QQQ) [-]
Vanguard S&P 500 ETF (VOO) [+]			AT&T, Inc. (T) [-]
Vanguard Growth ETF (VUG) [+]			Exxon Mobil Corp. (XOM) [-]
Alphabet Inc. (GOOGL) [+]			U.S. Bancorp (USB) [C]
Chevron Corp. (CVX) [+]			Marvell Technology Inc. (MRVL) [C]
Capital Southwest Corp. (CSWC) [+]			Digital Realty Trust Inc. (DLR) [C]
Blue Owl Capital Corporation (OBDC) [+]			Southern Co. (SO) [C]
Novo Nordisk A/S (NVO)			Bank United bond, 5.125%, due 8/2030
Phreesia, Inc. (PHR)		THINKING ABOUT	
UnitedHealth Group Inc. (UNH)			Anheuser-Busch InBev SA/NV ADR (BUD)

Buy, Sell, Thinking About: w/e 08/22/25

BUY		SELL	
	Alerian MLP ETF (AMLP)	FA	First Trust US Equity Oppty ETF (FPX) [-]
FA	Fidelity Investments Money Market - Class I (FMPXX)	FA	iShares MSCI India ETF (INDA) [C]
	GS Nasdaq-100 Prem Inc ETF (GPIQ) [X3]		Janus Henderson AAA CLO ETF (JAAA) [-]
	GS S&P 500 Prem Inc ETF (GPIX) [X3]		JPMorgan Equity Prem Inc ETF (JEPI) [-]
	Janus Henderson B-BBB CLO ETF (JBBB) [+]		JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [-]
	Royal Caribbean Cruises Ltd. (RCL)		Southern Co. (SO) [C]
	Celsius Holdings, Inc. (CELH)		400 Bu Soybeans (in the field)
	Federal Nat'l Mortgage Association (FNMA) [+]		1000 Bu Corn (in storage)
	Shopify Inc. (SHOP) [+]	THINKING ABOUT	
	NNN REIT, Inc. (NNN) [+]		
FA	Municipal Bond: Virginia ST PUB BLDG AUTH PUB FACS REV BDS, issued 04/23/20, SER A 5 pct		

Buy, Sell, Thinking About: w/e 08/15/25

BUY		BUY	
Dodge & Cox Global Bond Fund Class I (DODLX)		FA	Erie Indemnity Company (ERIE)
GS Nasdaq-100 Prem Inc ETF (GPIQ)			Elevance Health Inc. (ELV) [+]
GS S&P 500 Prem Inc ETF (GPIX)			Amrize Ltd. (AMRZ) [+]
iShares MSCI India ETF (INDA) [+]			30-day T-Bill, 4.354% (Treasury Direct)
Schwab U.S. Large-Cap Growth ETF (SCHG) [+]			Ally Fin'l Bond, 4.9248% YTM, 06/09/2027 mat
Invesco S&P 500 Momentum ETF (SPMO) [+]			BXSL bond, 5.4491% YTM, 04/13/2028 mat
Vanguard Growth ETF (VUG) [+]			
Vanguard Total Int'l Stock ETF (VXUS) [+]			
Amazon.com, Inc. (AMZN) [+] [X2]			
Marathon Petroleum Corp. (MPC)			
Berkshire Hathaway Inc. (BRK-B) [+] [X2]			
Commerzbank AG (CRZBY) [+]			
Deutsche Bank AG (DB) [+]			

Buy, Sell, Thinking About: w/e 08/15/25

SELL		SELL	
	Janus Henderson AAA CLO ETF (JAAA) [-]		Qualcomm, Inc. (QCOM) [C]
	JPMorgan Nasdaq Equity Prem ETF (JEPQ) [-]		Duke Energy Corp. (DUK) [-]
	T. Rowe Price Health Sciences Fund (PRHSX) [C]		FCX covered call, exp 11/21/25 (sell to open)
	Vanguard Cap Oppty Fund Adm Sh (VHCAX) [C]	THINKING ABOUT	
	Vanguard PRIMECAP Fund Inv Sh (VPMCX) [-]		GS Nasdaq-100 Prem Inc ETF (GPIQ) [X2]
	Vanguard Wellington Fund Adm Sh (VWENX) [-]		GS S&P 500 Prem Inc ETF (GPIX)
	Hanesbrands Inc. (HBI) [C]		iShares Edge MSCI Intl Val Factor ETF (IVLU)
	Nestle SA – ADR (NSRGY) [C]		Vanguard Intl Hi Div Yld Idx Fund ETF (VYMI)
	Eli Lilly and Co. (LLY) [-]		
	Chart Industries, Inc. (GTLS) [C]		
	Apple, Inc. (AAPL) [-]		
FA	Oracle Corp. (ORCL) [-]		
	Nvidia Corp. (NVDA) [-]		

Buy, Sell, Thinking About: w/e 08/08/25

BUY		BUY	
Janus Henderson AAA CLO ETF (JAAA) [+]		Pfizer, Inc. (PFE) [+]	
JPMorgan Nasdaq Equity Prem ETF (JEPQ) [+]		Advanced Micro Devices, Inc. (AMD) [+]	
Vanguard Inter-Term Corp Bond ETF (VCIT) [+]		Broadcom, Inc. (AVGO)	
Vanguard Fed Money Mkt Fund Inv (VMFXX) [+]		Nvidia Corp. (NVDA)	
Alphabet Inc. (GOOGL) [+]		Palantir Technologies Inc (PLTR) [+]	
Meta Platforms Inc. (META) [+] [X2]			
Verizon Communications, Inc. (VZ) [+] [X3]			
Amazon.com, Inc. (AMZN) [+]			
Chevron Corp. (CVX) [+]			
Capital Southwest Corp. (CSWC) [+]			
Federal Nat'l Mortgage Association (FNMA)			
Goldman Sachs Group, Inc. (GS)			
Hercules Capital, Inc. (HTGC) [+]			

Buy, Sell, Thinking About: w/e 08/08/25

SELL		SELL	
FA	Vanguard Tot Bond Mkt Index Fund ETF (BND) [-]		KeyCorp 4.10% Bond, mat 04/30/2028, purchased 10/2024, at 7.5% gain (sold early)
	Dodge & Cox Inc Fund Class I (DODIX) [C]		
	Victory Sycamore Estab Value Fund Cl I (VEVIX) [C]		
	Amazon.com, Inc. (AMZN) [-]	THINKING ABOUT	
	Diamondback Energy, Inc. (FANG) [C]		JPMorgan Nasdaq Equity Prem ETF (JEPQ)
	Vertex Pharmaceuticals, Inc. (VRTX) [C]		Vanguard Cap Oppty Fund Adm Sh (VHCAX)
	Applied Digital Corp. (APLD) [C]		Vanguard PRIMECAP Fund Adm Sh (VPMAX)
	Int'l Business Machines Corp. (IBM) [-]		BlackRock Inc. (BLK)
	Nvidia Corp. (NVDA) [-]		Main Street Capital Corp. (MAIN)
	Southern Co. (SO) [-]		Phreesia, Inc. (PHR)
	400 Bu Soybeans in the field		
	1000 Bu Corn in storage		
	General Motors 3.60% Bond, mat 06/21/2030, purchased 10/2024, at 6.5% gain (sold early)		

Buy, Sell, Thinking About: w/e 08/01/25

BUY		BUY	
	Alerian MLP ETF (AMLP) [+]		Energy Transfer LP (ET)
	JPMorgan Equity Prem Income ETF (JEPI) [+]		Berkshire Hathaway Inc. (BRK-B)
	Invesco QQQ Trust ETF (QQQ) [+]	FA	Goldman Sachs Group, Inc. (GS)
	Schwab U.S. Large-Cap Growth ETF (SCHG) [+]		Blue Owl Capital Corporation (OBDC) [+]
	Invesco S&P 500 Momentum ETF (SPMO) [+]		Trinity Capital, Inc. (TRIN) [+]
	Vanguard S&P 500 ETF (VOO) [+]		Broadcom, Inc. (AVGO) [+]
	Vanguard Growth ETF (VUG) [+]		Marvell Technology Inc. (MRVL)
	Vanguard Int'l Core Stk Fd Adm Sh (VZICX) [+]		Suburban Propane Partners LP (SPH)
	Meta Platforms Inc. (META) [+]	FA	CD: 4.513%, 10/27/25, Umpqua Bank
	Verizon Communications, Inc. (VZ) [+]	FA	CD: 4.53%, 09/12/25, United Bank
	American Eagle Outfitters Inc. (AEO)	FA	CD: 4.61%, 08/22/25, Barclays Bank
	Amazon.com, Inc. (AMZN) [+]	FA	CD: 4.55%, 09/11/25, Goldman Sachs Bank
FA	Gentex Corp. (GNTX) [+]	FA	CD: 4.50%, 09/12/25, Zions Bank

FA: Financial Advisor Trade

[+] Add

[X2] Two Buys

[-] Trim

[C] Close

Buy, Sell, Thinking About: w/e 08/01/25

SELL		SELL	
	Victory 500 Index Fund Member Shares (USSPX) [-]		
	Vanguard Federal Money Mkt Fund Inv (VMFXX) [-]		
	Arbor Realty Trust, Inc. (ABR) [C]		
	FS KKR Capital Corp. (FSK) [C]		
	Hercules Capital, Inc. (HTGC) [C]		
	AbbVie Inc. (ABBV) [-]		
FA	Novo Nordisk A/S (NVO) [C]		
	Broadcom, Inc. (AVGO) [-]		
		THINKING ABOUT	

Buy, Sell, Thinking About: w/e 07/25/25

BUY		BUY	
	ARK Innovation ETF (ARKK)		Joby Aviation Inc. (JOBY) [+]
	Fidelity Select Biotechnology Portfolio (FBIOX)		Advanced Micro Devices, Inc. (AMD) [+]
	Fidelity Low-Priced Stock Fund (FLPSX)		MP Materials Corporation (MP)
FA	Vanguard Int-Term Inv Grd Fund (VFIDX) [+]		Exelon Corp. (EXC) [+]
	Vanguard Total Int'l Stk Indx Fund Adm (VTIAX)		
	Verizon Communications, Inc. (VZ) [+]		
	Amazon.com, Inc. (AMZN) [+]		
FA	Procter & Gamble Co. (PG) [+]		
	Bank Of New York Mellon Corp (BK)		
	Trinity Capital, Inc. (TRIN) [+]		
	Pfizer, Inc. (PFE) [+]		
	The Boeing Company (BA) [+]		
	CSX Corp. (CSX)		

Buy, Sell, Thinking About: w/e 07/25/25

SELL		SELL	
FA	Fidelity Telecom and Utilities Fund (FIUIX) [C]		
FA	Fidelity Select Utilities Portfolio (FSUTX) [C]		
	JPMorgan Income ETF (JPIE) [-]		
	Schwab S&P 500 Index Fund (SWPPX) [-]		
	AT&T, Inc. (T) [-]		
	Citizens Financial Group Inc. (CFG) [-]		
	Amgen, Inc. (AMGN) [-]		
	Apple, Inc. (AAPL) [-]		
FA	Fair Isaac Corp. (FICO) [C]	THINKING ABOUT	
	Nvidia Corp. (NVDA) [-]		Vanguard Total Bond Mkt Idx Fund (VBTLX)
	TMC The Metals Company Inc. (TMC) [C]		Berkshire Hathaway Inc. (BRK-B)
	Dominion Energy Inc. (D) [C]		
	Southern Co. (SO) [-]		

Buy, Sell, Thinking About: w/e 07/18/25

BUY		BUY	
Alerian MLP ETF (AMLP) [+]		Eos Energy Enterprises Inc. (EOSE)	
iShares Ethereum Trust (ETHA)		Kratos Def & Security Solutions Inc. (KTOS)	
iShares Silver Trust ETF (SLV)		Primoris Services Corp. (PRIM)	
Vanguard Small Cap ETF (VB)		Amrize Ltd. (AMRZ)	
Amazon.com, Inc. (AMZN) [+]		MP Materials Corporation (MP)	
Bank Of New York Mellon Corp (BK) [+]		Marvell Technology Inc. (MRVL) [+]	
FS KKR Capital Corp. (FSK)		Microsoft Corp. (MSFT) [+]	
Trinity Capital, Inc. (TRIN) [+]		Red Cat Holdings Inc. (RCAT)	
Abbott Laboratories (ABT) [+]		4-mo CD, 4.2%, Wells Fargo	
Pfizer, Inc. (PFE) [+]		L3 Tech Bond, 6/16/28 mat, YTM 4.6642%	
AeroVironment Inc. (AVAV)		Marvell Tech Bond, 4/15/28 mat, YTM 4.8174%	
The Boeing Company (BA)			
Canadian Pacific Kansas City Limited (CP) [+]			

Buy, Sell, Thinking About: w/e 07/18/25

SELL		SELL	
	JPMorgan Income ETF (JPIE) [-]		
	Vanguard Mid-Cap ETF (VO) [-]		
	Vanguard Total Stk Mkt Indx Fund ETF (VTI) [-]		
	Citigroup Inc. (C) [-]		
	Nvidia Corp. (NVDA) [-]		
	Vanguard Total Int'l Stock Index Fund Adm Shrs (VTIAX)		
		THINKING ABOUT	
			Vanguard S&P 500 ETF (VOO)
			Cintas Corporation (CTAS)

Buy, Sell, Thinking About: w/e 07/11/25

BUY		BUY	
MS Emerging Markets Domestic Fund (EDD) [+]			4-week T-Bill, 4.308% (Treas Direct)
JPMorgan Nasdaq Equity Prem ETF (JEPQ) [+]		SELL	
JPMorgan Equity Premium Income ETF (JEPI) [+]			Schwab® S&P 500 Index Fund (SWPPX)
Thornburg Inc Builder Opportunities Trust (TBLD) [+]			Hercules Capital, Inc. (HTGC) [-]
Vanguard Cash Rsrvs Fed MnyMkt Fund (VMRXX) [+]			Main Street Capital Corp. (MAIN) [-]
Alphabet Inc. (GOOGL) [+]			Verizon Communications, Inc. (VZ) [C]
Verizon Communications, Inc. (VZ) [+]			ProKidney Corp. (PROK) [C]
Blue Owl Capital Corporation (OBDC) [+]			Nvidia Corp. (NVDA) [-]
ProKidney Corp. (PROK) [C]		THINKING ABOUT	
Pfizer, Inc. (PFE)			Alerian MLP ETF (AMLP)
Elevance Health Inc. (ELV)			Petroleo Brasil S.A. Petrobras ADR (PBR)
Advanced Micro Devices, Inc. (AMD) [+]			Eli Lilly and Co. (LLY)
Taiwan Semiconductor Mfg ADR (TSM) [+]			The Boeing Company (BA)

Buy, Sell, Thinking About: w/e 07/04/25

BUY	SELL
Alerian MLP ETF (AMLP) [+]	JPMorgan Nasdaq Equity Prem ETF (JEPQ) [-]
Select STOXX Euro Aero/Def ETF (EUAD) [+]	Schwab® S&P 500 Index Fund (SWPPX) [C]
Nuveen Pref'd & Inc Opport'ies Fund (JPC)	Archer Aviation Inc. (ACHR) [C]
Vanguard Cash Rsrvs Fed MnyMkt Fund (VMRXX)	
Alphabet Inc. (GOOGL) [+]	
Verizon Communications, Inc. (VZ) [+]	
JPMorgan Chase & Co. (JPM)	
Merck & Co Inc. (MRK) [X2] [+] [new]	
Pfizer, Inc. (PFE) [+]	
Alpha Architect Freedom 100 EM ETF (FRDM) [+]	THINKING ABOUT
Series I U.S. Savings Bond	Palantir Technologies Inc (PLTR)
CD 4-yr 4.05% Non-Callable	Cloudatastructure Inc (CSAI)
CD 5-yr 4.05% Non-Callable	

Buy, Sell, Thinking About: w/e 06/27/25

BUY		BUY	
	Select STOXX Euro Aero/Def ETF (EUAD) [+]		TMC The Metals Company Inc. (TMC)
	JPMorgan Nasdaq Equity Premium ETF (JEPQ) [+]		Portland General Electric Co. (POR)
	Defiance Quantum ETF (QTUM)		
	Schwab U.S. Large-Cap Growth ETF (SCHG) [+]		
	Alphabet Inc. (GOOGL) [+]		
FA	Live Nation Entertainment Inc. (LYV)		
	BP plc ADR (BP)		
	Capital Southwest Corp. (CSWC) [+]		
FA	RTX Corp. (RTX)		
FA	Vertiv Holdings Co. (VRT)		
	Advanced Micro Devices, Inc. (AMD) [+]		
	CommScope Holding Company Inc. (COMM)		
	Thermo Fisher Scientific Inc. (TMO)		

Buy, Sell, Thinking About: w/e 06/27/25

SELL		SELL	
	SPDR S&P Regional Banking ETF (KRE) [C]		
	NETLease Corporate Real Estate ETF (KRE) [C]		
	Schwab Prm Adv Mon Fd Inv Shr (SWVXX) [-]		
	Alimentation Couche-Tard Inc. (ANCTF) [C]		
	Williams Cos Inc. (WMB) [-]		
	Main Street Capital Corporation (MAIN) [-]		
FA	Zoetis Inc. (ZTS) [C]		
	Int'l Business Machines Corp. (IBM) [-]		
	Nvidia Corp. (NVDA) [-]		
	Adobe Inc. (ADBE) [C]		
	CTO Realty Growth, Inc. (CTO) [C]		
		THINKING ABOUT	

Buy, Sell, Thinking About: w/e 06/20/25

BUY		SELL	
Fidelity Wise Origin Bitcoin Fund (FBTC) [+]		Nuveen High Yld Municipal Bond A (NHMAX)	
Janus Henderson B-BBB CLO ETF (JBBB) [+]		Alphabet Inc. (GOOGL) [-]	
Schwab U.S. Dividend Equity ETF (SCHD) [+]		Verizon Communications, Inc. (VZ) [-]	
Thornburg Inc Builder Opportunities Trust (TBLD)		Amazon.com, Inc. (AMZN) [-]	
T. Rowe Price Floating Rate ETF (TFLR)		Caterpillar Inc. (CAT) [C]	
Invesco Variable Rate Preferred ETF (VRP)		Nvidia Corp. (NVDA) [-]	
Alphabet Inc. (GOOGL) [+]		Duke Energy Corp. (DUK) [C]	
Trinity Capital, Inc. (TRIN) [+]			
Pfizer, Inc. (PFE) [+]			
Taiwan Semiconductor Mfg ADR (TSM) [+]		THINKING ABOUT	
TMC the metals company Inc. (TMC)		Realty Income Corp. (O) [+]	
Getty Realty Corp. (GTY) [+]			
Southern Co. (SO)			

Buy, Sell, Thinking About: w/e 06/13/25

BUY		BUY	
Alerian MLP ETF (AMLPL) [+]			CHRW bond, 04/15/28 mat, 4.9745% YTM
Amazon.com, Inc. (AMZN) [+]			VLO bond, 06/01/28 mat, 4.8174% YTM
BP plc ADR (BP) [+]			Bank of the Ozarks CD, 4.00%, 07/07/25 mat
Chevron Corp. (CVX) [+]			Cross River Bank CD, 5.30%, 07/18/25 mat
Capital Southwest Corp. (CSWC) [+]			Northpointe Bank CD, 4.30%, 08/18/25 mat
Trinity Capital, Inc. (TRIN) [+]			Northpointe Bank, 4.25%, 07/21/25 mat
Deere & Co. (DE) [+]			Charles Schwab Bank CD, 4.35%, 09/2/25 mat
Salesforce Inc. (CRM) [+]			First Citizens Bank CD, 5.10%, 06/27/25 mat
Oracle Corp. (ORCL) [+]			U.S. Treasury Note, 4-year, 4.0% YTM
Taiwan Semiconductor Mfg ADR (TSM) [+]			
CTO Realty Growth, Inc. (CTO) [+]			

Buy, Sell, Thinking About: w/e 06/06/25

BUY		BUY	
	Alerian MLP ETF (AMLP) [+]		Axon Enterprise, Inc. (AXON) [+]
	Flaherty & Crumrine Pref'd Sec Inc Fund (FFC) [+]		Int'l Consolidated Airlines Grp ADR (ICAGY)
	JPMorgan Nasdaq Equity Premium ETF (JEPQ) [+]	FA	Marubeni Corp. (MARUY)
	iShares Silver Trust ETF (SLV)		Uber Technologies, Inc. (UBER) [+]
	Invesco S&P 500 Momentum ETF (SPMO) [+]		Applied Digital Corp. (APLD)
	Vanguard Int'l Core Stock Fd Adm Sh (VZICX)		ServiceNow Inc. (NOW) [+]
	Amazon.com, Inc. (AMZN) [+]		Nvidia Corp. (NVDA) [+]
	Chevron Corp. (CVX) [+]		Taiwan Semiconductor Mfg ADR (TSM)
	Capital Southwest Corp. (CSWC) [+]		CTO Realty Growth, Inc. (CTO) [+]
	Blue Owl Capital Corporation (OBDC) [+]		
	Rithm Capital Corp. (RITM)		
	Trinity Capital, Inc. (TRIN) [+]		
	Wells Fargo & Company (WFC) [+]		

Buy, Sell, Thinking About: w/e 05/30/25

BUY		SELL	
	Alphabet Inc. (GOOGL) [+]		Schwab Prm Adv Mon Fd Inv Shr (SWVXX) [-]
	Amazon.com, Inc. (AMZN) [+]		Capital Southwest Corp. (CSWC) [-]
	Becton Dickinson & Co. (BDX) [+]		Federal Nat'l Mortgage Assoc'n (FNMA) [C]
	iShares MSCI Poland ETF (EPOL) [+]		Fidelity Sel Retailing Portfolio (FSRPX) [C] [-]
	Nvidia Corp. (NVDA) [+]		Novo Nordisk A/S (NVO) [C]
	Taiwan Semiconductor Mfg ADR (TSM) [+] [X2]		
	Trinity Capital, Inc. (TRIN) [+]		
	Western Asset Infl-Lnkd Opps & Inc Fund (WIW) [+]		
	4-yr U.S. Treasury Note, 4.03% YTM	THINKING ABOUT	
			Canadian Natural Resources Ltd. (CNQ)
			Direxion Daily Nvda Bull 2X ETF (NVDU)
			Vanguard Int'l Core Stock Fd Adm Sh (VZICX)

Buy, Sell, Thinking About: w/e 05/23/25

BUY		BUY	
	Global X DAX Germany ETF (DAX) [+]		General Dynamics Corp. (GD) [+]
	Select STOXX Euro Aero/Def ETF (EUAD) [+] [X2]	FA	Mitsubishi Heavy Inds ADR (MHVIY) [+]
	JPMorgan Nasdaq Equity Premium ETF (JEPQ) [+]	FA	Safran SA (SAFRY)
	Schwab U.S. Large-Cap Growth ETF (SCHG) [+]		Salesforce Inc. (CRM) [+]
	Invesco S&P 500 Momentum ETF (SPMO) [X2]		Dell Technologies, Inc. (DELL)
	Alphabet Inc. (GOOGL) [+] [X2]		Oracle Corp. (ORCL)
	Verizon Communications, Inc. (VZ)		Palo Alto Networks, Inc. (PANW) [+]
	Amazon.com, Inc. (AMZN) [+]		Taiwan Semiconductor Mfg ADR (TSM) [+]
FA	ANZ Group Holdings Ltd (ANZGY)		CTO Realty Growth, Inc. (CTO)
FA	Deutsche Bank AG (DB)	FA	4.25% 1-yr CD
FA	Hong Kong Exchanges & Clearing Ltd (HKXCY)	FA	4.55% 2-yr CD
	Blue Owl Capital Corporation (OBDC) [+]		STZ Bond, 4.6512% YTM, Mat 02/15/2028
	Airbus SE (EADSY) [+]		

Buy, Sell, Thinking About: w/e 05/23/25

SELL		SELL	
	Fidelity 500 Index Fund (FXAIX) [-]		Microsoft Corp. (MSFT) [-]
	Janus Henderson AAA CLO ETF (JAAA) [-]	FA	Nvidia Corp. (NVDA) [-] [X2]
	JPMorgan Income ETF (JPIE) [-]	FA	Oracle Corp. (ORCL) [-]
FA	Schwab Gov't Money Inv Shr (SNVXX) [C]		Qualcomm, Inc. (QCOM) [C]
	Schwab Prm Adv Money Fd Inv Shr (SWVXX) [-]		
	Vanguard Dividend Appreciation ETF (VIG) [C]		
FA	JPMorgan Chase & Co. (JPM) [-]		
	Zions Bancorp. NA (ZION) [C]		
FA	Edwards Lifesciences Corp. (EW) [C]		
FA	Eli Lilly and Co. (LLY) [-]		
	Pfizer, Inc. (PFE) [C]		
	UnitedHealth Group Inc. (UNH) [C]		
	Broadcom, Inc. (AVGO) [-]	THINKING ABOUT	
FA	Salesforce Inc. (CRM) [-]		Fidelity Select Retailing Portfolio (FSRPX) [C]

Buy, Sell, Thinking About: w/e 05/16/25

BUY		SELL	
	Invesco S&P 500 Momentum ETF (SPMO)		Dodge & Cox Inc Fund Class I (DODIX) [-]
	SPDR S&P 500 ETF Trust (SPY) [+]		Invesco QQQ Trust ETF (QQQ) [-]
	Vanguard ST Infl Prt Sec Indx Fd ETF (VTIP)		Walmart, Inc. (WMT) [-]
	Western Asset Infl-Linked Opps & Income Fund (WIW)		Ares Capital Corp. (ARCC) [C]
	Amazon.com, Inc. (AMZN) [+]		S&P Global, Inc. (SPGI) [-]
	BP plc ADR (BP) [+]		CRISPR Therapeutics AG (CRSP) [C]
	Hercules Capital, Inc. (HTGC)		UnitedHealth Group Inc. (UNH) [C]
	Becton Dickinson & Co. (BDX) [+]		Archer Aviation Inc. (ACHR) [-]
	Schneider Electric S.E. (SBGSY) [+]	FA	United Parcel Service (UPS) [C]
	Nvidia Corp. (NVDA) [+]		Apple, Inc. (AAPL) [-]
	Taiwan Semiconductor Mfg ADR (TSM) [+]		Int'l Business Machines Corp. (IBM) [-]
	Ares Mgt Corp Bond, 5.1020% YTM, Mat 06/15/2028		Medical Properties Trust Inc. (MPW) [C]
	CVS Health Corp Bond, 4.7616% YTM, Mat 03/25/2028	THINKING ABOUT	
			The Boeing Company (BA)

Buy, Sell, Thinking About: w/e 05/09/25

BUY		SELL	
	MS Emerging Markets Domestic Fund (EDD) [+]		Merck & Co Inc. (MRK) [C]
	Flaherty & Crumrine Pref'd Securities Inc Fund (FFC)		Oracle Corp. (ORCL) [-]
	JPMorgan Equity Premium Income ETF (JEPI) [+]		
	JPMorgan Nasdaq Equity Premium ETF (JEPQ) [+]		
	FS KKR Capital Corp. (FSK) [+]		
	Goldman Sachs Group, Inc. (GS) [+]		
	5-yr U.S. Treasury Note, 3.95% YTM		
	4-wk T-Bill, 4.298%, Treasury Direct		
	8-wk T-Bill, 4.225%, Treasury Direct	THINKING ABOUT	

Buy, Sell, Thinking About: w/e 05/02/25

BUY		SELL	
	Alerian MLP ETF (AMLP) [+]		Vanguard Small Cap Value ETF (VBR) [-]
	MS Emerging Markets Domestic Fund (EDD)		Vanguard Total Stk Mkt Indx Fund ETF (VTI) [-]
	JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [+]		Exxon Mobil Corp. (XOM) [-]
	JPMorgan Income ETF (JPIE) [+]		S&P Global, Inc. (SPGI) [-]
	SPDR Portfolio ST Corp Bond ETF (SPSB) [+]		
	Alphabet Inc. (GOOGL) [+]		
	Amazon.com, Inc. (AMZN) [+]		
	Chevron Corp. (CVX) [+]		
	Berkshire Hathaway Inc. (BRK/B) [+]	THINKING ABOUT	
	Blue Owl Capital Corporation (OBDC) [+]		Apex Critical Metals Corp. (APXCF)
	Visa Inc. (V) [+]		AT&T Inc. 5.35% Global Notes due 2066 (TBB)
	Salesforce Inc. (CRM) [+]		NextEra Energy Inc. (NEE)
FA	4.85% YTM CD, mat 05/22/25, Bank of America		Southern Co. (SO) [-]

Buy, Sell, Thinking About: w/e 04/25/25

BUY		BUY	
	MS Emerging Markets Domestic Fund (EDD)		Amazon.com, Inc. (AMZN) [X2] [+ , new]
	JPMorgan Nasdaq Eqty Prem ETF (JEPQ) [+]		SharkNinja, Inc. (SN)
	JPMorgan Income ETF (JPIE) [+]		Nvidia Corp. (NVDA) [+]
	SPDR® Portfolio ST Corp Bond ETF (SPSB)		Linde plc (LIN)
FA	Vanguard Total Bond Market Index Fund (VBTLX)		
	Vanguard ST Treasury Index Fund ETF (VGSH) [+]		
FA	Vanguard Federal Money Mkt Fund Inv (VMFXX)		
FA	Vanguard Total Int'l Bond Index Fund (VTABX)		
	Vanguard Tax-Exempt Bnd Indx Fnd ETF (VTEB) [+]		
	Vanguard ST Infl Prt Sec Indx Fd ETF (VTIP)		
FA	Vanguard Int'l Core Stock Fund Inv (VWICX)		
	Spotify Technology S.A (SPOT)		
	Verizon Communications, Inc. (VZ) [+]		

Buy, Sell, Thinking About: w/e 04/25/25

SELL		THINKING ABOUT	
	Vanguard Small Cap ETF (VB) [C]		Arbor Realty Trust, Inc. (ABR)
	Vanguard Small Cap Value ETF (VBR) [-]		
FA	Vanguard Int Term Treasury Fund (VFITX) [C]		
FA	Vanguard U.S. Value Factor ETF (VFVA) [C]		
	Vanguard Total Stk Mkt Indx Fund ETF (VTI) [-]		
	AllianceBernstein Hldg LP Ltd Ptnrshp (AB) [C]		
	Arbor Realty Trust, Inc. (ABR) [-]		
	Capital One Financial Corp. (COF) [-]		
	CRISPR Therapeutics AG (CRSP) [C]		
	FTAI Aviation Ltd. (FTAI)		
	Accenture plc (ACN) [C]		
	1,000 Bu Corn (in storage)		
	300 Bu Soybeans (yet to be planted)		

Buy, Sell, Thinking About: w/e 04/18/25

BUY		SELL	
	Janus Henderson B-BBB CLO ETF (JBBS)		Vanguard S&P 500 ETF (VOO) [-]
	JPMorgan Nasdaq Eqty Prem ETF (JEPM)		Amazon.com, Inc. (AMZN) [-]
	JPMorgan Income ETF (JPIE)		Annaly Capital Management, Inc. (NLY) [C]
	Vanguard Fed Money Market Fund (VMFXX) [+]		Amgen, Inc. (AMGN) [-]
	Trade Desk, Inc. (TTD)		Int'l Business Machines Corp. (IBM) [-]
	Capital Southwest Corp. (CSWC) [+]		Duke Energy Corp. (DUK) [-]
	HA Sustainable Infrastructure Capital (HASI) [+]		Southern Co. (SO) [-]
	Hercules Capital, Inc. (HTGC) [+]		
	E-Trade Premium Savings Account 4.00% APY		
		THINKING ABOUT	
			Vanguard Total Int'l Stock ETF (VXUS)
			Amazon.com, Inc. (AMZN)

Suggested Listening Goals

Does my listening:

1. Teach me something new?
2. Help strengthen a weakness?
3. Help to expand beyond my current approach?
4. Help me learn to do better research for Due Diligence?
5. Help reduce or remove emotions from investing?
6. Help me learn when to take profits?
7. Help me with redeploying capital gains and/or income?
8. Help me learn when to accept a loss and move on?
9. Help me seek qualitative before quantitative data?
10. Teach me how, when and why to rebalance my portfolio?