Invest "equal \$\$ amounts" in stock of the 20 different companies on this page -- or choose 20 companies from the pages that follow this page. This process is usually easier to accomplish at a fractional-share brokerage.

We suggest the following: www.fidelity.com, or www.Stash.com;

and for accounts larger than \$20,000 consider

www.interactivebrokers.com. *

BuySellDoNothing.com

Stocks to BUY and HOLD long-term (15 yrs++) for Div. Grwth investors **20 ticker/company PORTFOLIO: 11/30/2022** (per instructions below) *WARNING: past results are NO GUARANTEE OF FUTURE PERFORMANCE

IMPORTANT: Know the maintenance costs for low activity accounts.

	А	В	С	D	E	F	G	Н	1	J
1	EXCEED the S&P500 over any period	of 6 years or lo	nger - AN	ID - approximate	the S&P500 pe	rformance in the	e next 12 mos I	Invest equal am	ounts in a minin	num of 20 st
2	1) Of the ten economic Sector gr	oups, per Colum	n L ,- fron	n the attached C	OMPLETE SECO	NDARY SCREEN p	ages - select the	e top two stocks	; from Column B	3 with POSITI
3	2) If a Sector, such as Energy, or	Healthcare, is r	nissing o	r doesn't have tv	vo stocks with p	ositive values up	to 2.75, then Al	DD THE NEXT QU	JALIFYING STOCI	K from the C
4	(also: Basic Materials or Financials, when r	necessary) for repla	cement s	tocks, until you	have selected a	t least 20 stocks				
5										
		"ST Perf Indicator" Positive Range: 0.00 to 2.75			% Estimated 5 yrs. forward Yield on Price Last Week	% Current Indicated Div Yld on Price 6	% Gain/(Loss) in Stock Price	% Gain/(Loss) in Stock Price from previous calendar	% Dividend	Ratio of Current Indicated D <i>divided by</i> 5 calendar y
		Negative		% Yield on	(from our	, , ,	over the	yearend to end	-	ago (prev.
		Range: > 2.75		Price at end of		calendar yr is	previous 6 full	of Update	for previous	<mark>calendar yr</mark>
6	Company name	or <0.00	Ticker	Update Month	algorithm)	yr 1)*	calendar yrs.*	Month*	calendar year	<mark>yr 1)*</mark>
7	To approximate the S&P50 Invest equal amounts in th					CTED FRON	1 THE <u>CON</u>	IPLETE SEC	ONDARY SC	<u>CREEN</u> "I
9										
10	Air Products & Chemicals, Inc.	0.03	APD	2.1	2.2	5.4	152.9	1.9	62.6	
11	Ufp Industries Inc	0.02	UFPI	1.2	3.6	4.4	303.7	(11.0)	7.5	
12										
13	KB Home	0.20	КВН	1.9	10.9	4.9	262.8	(29.8)	9.6	
14	Standard Motor Products, Inc.	0.20	SMP	2.8	3.5	2.8	37.7	(26.7)	24.9	
15										
16	Fresh Del Monte Produce Inc	1.80		2.7	2.8	1.9	(29.0)		32.7	
17	Balchem Corp	0.16	BCPC	0.5	0.7	1.1	177.3	(16.5)	21.5	
18										
19										
	♦ Lennar Corp		LEN	1.7	4.2	3.1	141.6	(24.4)		
21	◊ Ameren Corp	0.25	AEE	2.6	2.5	5.5	105.9	0.3	57.0	
22										
23	CNO Financial Group Inc		CNO	2.4	3.6	2.9	24.9	(1.5)		
24	Northfield Bancorp Inc	0.64	NFBK	3.3	4.2	3.3	1.5	(1.3)	34.3	
25		0.22		0.6	1.2	0.7	0.5			
26	Universal Health Services, Inc		UHS	0.6	1.2	0.7	8.5	0.9	0.0	
27 28	Abbott Laboratories	0.06	ABT	1.7	2.3	4.2	213.4	(23.6)	45.2	
20		0.96	WAB	0.6	0.9	0.8	29.5	9.7	16.2	
20 29	Westinghouse Air Brake Technol Korn Ferry	0.86		0.6	0.8	0.8	128.2	(24.7)	16.2 7.9	
30		0.21		1.1	1.0	1.0	120.2	(24.7)	7.5	
	Universal Display Corporation	0.16	OLED	1.1	9.9	2.2	203.1	(31.8)	20.7	1
	Monolithic Power Systems Inc		MPWR	0.8	9.9 2.4	4.7	674.3	(31.8) (22.6)		
≺ ≺	♦ CRA International, Inc.		CRAI	1.2	2.6	7.7	400.6	32.0	19.5	
		0.17		1.2	2.0	1.1		52.0	15.5	<u> </u>
34 35										
34 35			1.70	2.4	3.1	2.7	48.7	(25.0)	18.5	
34 35 36	♦ La-Z-Boy Incorporated	0.08	LZB							4
34 35 36 37		0.08		3.4	3.3	5.7	52.7	8.8	60.3	
34 35 36 37 38	 ◊ La-Z-Boy Incorporated ◊ American Electric Power Compan 				3.3	5.7	52.7	8.8	60.3	
34 35 36 37 38 39	 ◊ La-Z-Boy Incorporated ◊ American Electric Power Compan 	0.22			3.3 3.0	5.7 4.9	52.7	8.8	60.3 60.2	

What Column J reflects*:

	Κ	L	N	Р	Q	R
stocks	; , se	lected in the following manner:				
ITIVE V	/ALL	JES that don't exceed 2.75 and are si	ubjected to your personal investment s	tandards.		
Cons	ume	er Cyclicals - Or - the Utilities - Or - th	e Industrials "Sector" by alternating be	otween those th	ree "Sectors"	
00110						
Div						
y Div						
r yrs.					Pricehigh 52	Pricelow 52
, , ,,,,				Price at end	weeks, as of	weeks, as of
					-	
<mark>yr is</mark>				of Update	end of Update	end of Update
	-	Sector	Industry	Month	Month	Month
"RII	vı	ist" (the attached names) r	per the instructions on lines	1_5 above		
00		ist (the attached pages) p		1-5 ubove	•	
4 5				240.46	244.42	246.24
1.5		Basic Materials	Chemicals - Commodity	310.16	311.13	216.24
3.1		Basic Materials	Forest & Wood Products	81.86	94.80	64.13
					-	
6.0		Consumer Cyclicals	Homebuilding	31.39	50.20	24.78
1.4		Consumer Cyclicals	Auto, Truck & Motorcycle Parts	38.41	55.09	31.61
1.3		Consumer Non-Cyclicals	Fishing & Farming	27.68	31.44	22.63
1.5		Consumer Non-Cyclicals	Food Processing	140.80	173.80	110.15
		Energy				
9.4		Consumer Cyclicals	Homebuilding	87.83	117.54	62.54
1.3		Utilities	Utilities - Multiline	89.32	99.20	73.28
1.5		otilities		05.52	55.20	75.20
1.0		Time a stale	la suma a su life Quille site	22.40	26.74	10.50
1.6		Financials	Insurance - Life & Health	23.48	26.74	16.56
1.5		Financials	Banks	15.95	17.50	11.87
2.0		Healthcare	Healthcare Facilities & Services	130.85	158.28	82.50
1.8		Healthcare	Medical Equipment, Supplies & Distr	107.58	142.60	93.25
1.4		Industrials	Heavy Machinery & Vehicles	101.09	102.11	78.26
1.5		Industrials	Employment Services	57.03	78.49	46.47
10.0		Technology	Semiconductors	112.62	178.75	89.41
3.8		Technology	Semiconductors	<u> </u>	<u> </u>	<u> </u>
2.4		Industrials	Business Support Services	123.26	125.80	78.35
۲.4				123.20	123.00	70.33
		Telecommunications Services				
1.4		Consumer Cyclicals	Home Furnishings	27.23	38.16	21.92
1.4		Utilities	Utilities - Electric	96.80	105.60	80.22
1.5		Utilities	Utilities - Natural Gas	86.95	92.26	64.37
1.5		Utilities	Utilities - Natural Gas	120.20	122.96	88.96

BuySellDoNothing.com

Stocks to BUY and HOLD long-term (15 yrs++) for Div. Grwth investors.

SECTOR sort of COMPLETE SECONDARY Screen

11/30/2022

11/30/2022														
А	В	С	D	E	F	* WARNING	past results are	NO GUARANTE		RMANCE	Ν	Р	Q	R
1 EXCEED the S&P500 BY 50%, or mo	ore, over any perio	od of 6 y	ears or longer - /	AND - approxim	ate the S&P500	performance in t	he next 12 mos -	- Invest equal a	mounts in a minim	um of 20 stocks , selected in the fol	lowing manner:			-
		-								-				
2 1) From each of the ten econ	omic Sector group	os, per C	olumn L, select t	he top two stoc	ks from Column	B with POSITIVE	VALUES that do	n't exceed 2.75 -	- and are subjected	I to your personal investment stan	dards.			
3 2) If a Sector, such as Energy	or Healthcare , is	s missing	g or doesn't have	e two stocks wit	h positive values	s up to 2.75, then	ADD THE NEXT	QUALIFYING STO	CK from the Consu	Imer Cyclicals - Or - the Utilities				
4 - Or - the Industrials "			-		-									-
									d have selected at					
5														
									Ratio of					
	"ST Perf			% Estimated 5			% Gain/(Loss)		Current					
	Indicator"			yrs. forward	% Current		in Stock Price		Indicated Div					
	Positive Range:	:		Yield on Price	Indicated Div	% Gain/(Loss)	from previous		divided by Div					
	0.00 to 2.75			Last Week	Yld on Price 6	in Stock Price	calendar	% Dividend	5 calendar yrs.				Pricehigh 52	Pricelow 52
	Negative		% Yield on	(from our	yrs. ago (prev.	over the	yearend to end	Payout to EPS	ago (prev.				weeks, as of	weeks, as of
	Range: > 2.75		Price at end of	proprietary	calendar yr is	previous 6 full	of Update	for previous	calendar yr is			Price at end of	end of Update	end of Update
6 Company name	or <0.00	Ticker	Update Month	algorithm)	yr 1)*	calendar yrs.*	Month*	calendar year	yr 1)* -	Sector	Industry	Update Month	Month	Month
7 Air Products & Chemicals, Inc.	0.03	APD	2.1	2.2	5.4		1.9		1.5	Basic Materials	Chemicals - Commodity	310.16	311.13	216.24
8 Ufp Industries Inc		UFPI	1.2	3.6			(11.0)		3.1	Basic Materials	Forest & Wood Products	81.86	94.80	
9 Commercial Metals Company) CMC	1.2	1.7			35.6		1.3	Basic Materials	Metals & Mining - Iron & Steel	49.22	49.41	31.23
10 RPM International Inc.) RPM	1.5	1.7					1.3	Basic Materials	Chemicals - Commodity	103.62	104.00	
11 Valvoline Inc	(0.08)		1.5	1.7		123.2	(11.6)		1.4	Basic Materials	Chemicals - Specialty	32.98	37.97	
12 Huntsman Corporation						206.8			1 7	Basic Materials	Chemicals - Specialty Chemicals - Diversified	27.78	41.65	
· · · · · · · · · · · · · · · · · · ·) HUN	3.1	4.9			. ,		1.7					
13 Southern Copper Corp			3.3	7.1					3.4	Basic Materials	Metals & Mining - Specialty	61.02	79.32	
14 Sealed Air Corp	(0.14)		1.5	1.7					1.3	Basic Materials	Non-Paper Containers & Packaging	53.23	70.73	
15 KB Home		KBH	1.9				· · · ·		1 1	Consumer Cyclicals	Homebuilding	31.39	50.20	
16 Standard Motor Products, Inc.		SMP	2.8				, ,	24.9	1.4	Consumer Cyclicals	Auto, Truck & Motorcycle Parts	38.41	55.09	
17 Lennar Corp		LEN	1.7	4.2			. ,	7.0	9.4	Consumer Cyclicals	Homebuilding	87.83	117.54	
18 La-Z-Boy Incorporated	0.08		2.4	3.1	2.7	48.7	. ,		1.4	Consumer Cyclicals	Home Furnishings	27.23	38.16	21.9
19 Group 1 Automotive, Inc.	0.00	GPI	0.8	1.3	2.1	157.9	(1.0)	4.4	1.6	Consumer Cyclicals	Retailers - Auto Vehicles, Parts &	193.34	212.23	136.1
20 Simpson Manufacturing Co, Inc.	0.00	SSD	1.1	1.4	3.1	307.2	(33.1)	15.6	1.3	Consumer Cyclicals	Construction Supplies & Fixtures	93.05	141.26	75.2
21 PulteGroup, Inc.	(0.03)) PHM	1.3	2.1	3.4	220.8	(21.7)	7.5	1.7	Consumer Cyclicals	Homebuilding	44.78	58.09	35.0
22 Williams-Sonoma, Inc.	(0.15)) WSM	2.7	5.0	5.3	189.6	(30.9)	16.0	2.0	Consumer Cyclicals	Retailers - Home Furnishings	116.90	197.33	101.5
23 Costco Wholesale Corporation	(0.20)) COST	0.7	1.1	2.2	251.5	(5.0)	24.8	1.7	Consumer Cyclicals	Retailers - Discount Stores	539.25	612.27	406.5
24 Tractor Supply Co) TSCO	1.6				(5.2)		3.5	Consumer Cyclicals	Retailers - Miscellaneous Specialty	226.31	241.54	
25 Fresh Del Monte Produce Inc		FDP	2.7	2.8					1.3	Consumer Non-Cyclicals	Fishing & Farming	27.68	31.44	
26 Balchem Corp		BCPC	0.5	0.7			(16.5)		1.5	Consumer Non-Cyclicals	Food Processing	140.80	173.80	
27	0.10	Dere	0.5	0.7	1.1	177.5	(10.5)	21.5	1.5	Energy		140.00	175.00	110.1
28 CNO Financial Group Inc	0.90	CNO	2.4	3.6	2.9	24.9	(1.5)	14.8	1.6	Financials	Insurance - Life & Health	23.48	26.74	16.5
29 Northfield Bancorp Inc		NFBK	3.3	4.2			(1.3)		1.5	Financials	Banks	15.95	17.50	
30 National Bank Holdings Corp		NBHC	2.2	5.5			5.8		2.9	Financials	Banks	46.51	50.00	36.04
		_									Insurance - Life & Health		46.64	
· · · · · · · · · · · · · · · · · · ·		UNM	3.1	4.1		. ,			1.5	Financials		42.18		
32 Community Bank System, Inc.		CBU	2.7	2.8			, ,		1.4	Financials	Banks	65.14	78.00	
33 Glacier Bancorp, Inc.		GBCI	2.3	2.3			2.1	44.3	1.3	Financials	Banks	57.90	60.69	
34 Sierra Bancorp		BSRR	4.3	6.0			. ,		1.6	Financials	Banks	21.64	28.92	
35 Goldman Sachs Group Inc	0.30		2.6	8.5			0.9		3.5	Financials	Investment Banking & Brokerage Ser		412.66	
36 Morgan Stanley	0.30		3.3	9.9			(5.2)		3.4	Financials	Investment Banking & Brokerage Ser		109.73	
37 CME Group Inc		CME	2.3	2.6			(22.7)		1.5	Financials	Financial & Commodity Market Oper		256.94	
38 CVB Financial Corp.	0.23	CVBF	2.8	3.3	4.7	26.5	34.0	46.0	1.5	Financials	Banks	28.68	29.25	19.1
39 Travelers Companies Inc	0.19	TRV	2.0	2.4	3.3	38.6	21.3	23.7	1.3	Financials	Insurance - Property & Casualty	189.81	190.21	145.4
40 BlackRock Inc	0.18	BLK	2.7	4.1	5.7	168.9	(21.8)	42.6	2.0	Financials	Investment Management & Fund Op	716.00	933.06	503.1
41 Independent Bank Corp (Michiga	0.12	IBCP	3.6	6.5	5.8	56.7	2.8		2.1	Financials	Banks	24.54	26.00	17.8
42 Evercore Inc	(0.14)		2.5	4.7	5.3		(15.2)		2.0	Financials	Investment Banking & Brokerage Ser		143.25	
43 Marsh & McLennan Companies Inc	. ,) MMC	1.4	1.9					1.7	Financials	Insurance - Multiline & Brokers	173.18	183.14	142.8
44 Universal Health Services, Inc	. ,	UHS	0.6				. ,		2.0	Healthcare	Healthcare Facilities & Services	130.85	158.28	
45 Abbott Laboratories	0.06	_	1.7	2.3			(23.6)		1.8	Healthcare	Medical Equipment, Supplies & Distr		190.20	
46 Agilent Technologies Inc	0.00	_	0.6	1.0			(23.0)		1.8	Healthcare	Advanced Medical Equipment & Tecl		142.00	112.5
47 Quest Diagnostics Inc	(0.01)	_	1.7	2.3			(12.2)	15.2	1.5	Healthcare	Healthcare Facilities & Services	151.83	174.16	
	. ,	·							1.5					
48 HCA Healthcare Inc	(0.07)	·	0.9	1.4			(6.5)	6.7	2.2	Healthcare	Healthcare Facilities & Services	240.22	279.02	164.4
49 UnitedHealth Group Inc	. ,) UNH	1.2	2.3			9.1	30.6	2.3	Healthcare	Managed Health care	547.76	558.10	
50 Zoetis Inc	(0.33)		0.8	2.1			(36.8)		3.0	Healthcare	Pharmaceuticals	154.14	249.27	124.1
51 Westinghouse Air Brake Technol		WAB	0.6	0.8					1.4	Industrials	Heavy Machinery & Vehicles	101.09	102.11	78.2
52 Korn Ferry	0.21		1.1						1.5	Industrials	Employment Services	57.03	78.49	
53 CRA International, Inc.		CRAI	1.2	2.6					2.4	Industrials	Business Support Services	123.26	125.80	
54 Marten Transport Ltd		MRTN	1.1	4.6	3.4				4.5	Industrials	Freight & Logistics - Ground	21.31	23.43	
55 Badger Meter Inc	0.10	BMI	0.8	1.2	3.1	263.7	8.7	36.4	1.8	Industrials	Industrial Machinery & Equipment	115.82	117.97	73.2
56 Snap-on Incorporated	(0.02)) SNA	2.7	4.9	3.8	25.6	11.7	33.6	2.2	Industrials	Industrial Machinery & Equipment	240.60	243.92	190.0
olumn Lreflects*									I					

What Column J reflects*:

BuySellDoNothing.com

Stocks to BUY and HOLD long-term (15 yrs++) for Div. Grwth investors.

SECTOR sort of COMPLETE SECONDARY Screen

11/30/2022

									11/50/2022							
	А	В	C	D	E	F	* WARNING	past results are H	NO GUARANTE		PERFOR	MANCE L	N	Р	Q	R
1	EXCEED the S&P500 BY 50%, or more	e, over any perio	d of 6 ye	ears or longer - A	AND - approxima	ate the S&P500	performance in t	he next 12 mos -	- Invest equal a	mounts in a m	ninimu	m of 20 stocks , selected in the followi	ng manner:			
2	1) From each of the ten econon	nic Soctor groups	nor Co	lumn L soloct t	ha tan two stacl	s from Column		VALUES that dor	't avcoad 2 75	and are subj	acted t	o your personal investment standard				
2		inc sector groups	s, per co	Juliin L, Select t			B WILLI POSITIVE	VALUES that uoi	TT EXCEED 2.75	and are subj	ecteut	o your personal investment standard	15. 			
3	If a Sector, such as Energy, o	or Healthcare , is	missing	or doesn't have	e two stocks with	n positive values	up to 2.75, then	ADD THE NEXT C	QUALIFYING STO	DCK from the C	Consun	ner Cyclicals - Or - the Utilities				
4	- Or - the Industrials "Se	ctor"; alternat	ing betv	veen these three	e "Sectors" (also: B	asic Materials or Fina	ncials, when necessary) for replacement	t stocks, until y e	ou have selecte	ed at le	east 20 stocks.				
5																
										Ratio of						
		"ST Perf			% Estimated 5			% Gain/(Loss)		Current						
		Indicator"			yrs. forward	% Current		in Stock Price		Indicated Div	,					
		Positive Range:				Indicated Div	% Gain/(Loss)	from previous		divided by D						
		0.00 to 2.75				Yld on Price 6	in Stock Price		% Dividend	5 calendar yr					Pricehigh 52	Pricelow 52
		Negative		% Yield on		yrs. ago (prev.	over the	yearend to end		, ago (prev.					weeks, as of	weeks, as of
		Range: > 2.75		Price at end of	•	calendar yr is	previous 6 full		for previous	calendar yr is	s			Price at end of		end of Update
6	Company name	•		Update Month		yr 1)*		-		yr 1)*	-	Sector	Industry	Update Month	•	Month
57	Tetra Tech, Inc.	(0.03)	TTEK	0.6	1.3	3.5	552.6	(9.0)	0.0	2	2.1	Industrials	Environmental Services & Equipment	154.59	191.15	118.55
58	General Dynamics Corporation	(0.07)	GD	2.0	2.5	3.7	51.8	21.1	40.2	1	1.5	Industrials	Aerospace & Defense	252.39	254.99	189.43
59	J B Hunt Transport Services In	(0.12)	JBHT	0.9	1.4	2.2	178.6	(10.0)	16.3	1	1.7	Industrials	Freight & Logistics - Ground	183.89	218.18	153.92
60	Deere & Company	(0.14)	DE	1.0	1.7	5.9	349.6	28.6	17.3	1	1.9	Industrials	Heavy Machinery & Vehicles	441.00	448.40	283.81
61	Old Dominion Freight Line Inc	(0.14)	ODFL	0.4	1.7	3.1	810.1	(15.6)	8.9	4	4.5	Industrials	Freight & Logistics - Ground	302.61	373.58	231.31
62	Fastenal Company	(0.15)	FAST	2.4	3.0	6.1	213.9	(19.6)	69.6	1	1.9	Industrials	Industrial Machinery & Equipment	51.51	64.75	43.73
63	Expeditors International of Wa	(0.23)	EXPD	1.2	1.8	3.0	197.8	(13.6)	13.9	1	1.6	Industrials	Freight & Logistics - Courier, Post	116.06	137.80	86.08
64	Toro Co	(0.25)	TTC	1.1	1.6	3.3	173.5	11.1	27.5	1	1.7	Industrials	Heavy Machinery & Vehicles	110.99	113.37	71.86
65	BWX Technologies Inc	(0.33)	BWXT	1.4	2.6	2.8	50.7	27.2	25.9	2	2.1	Industrials	Aerospace & Defense	60.89	62.84	42.58
66	Universal Display Corporation		OLED	1.1	9.9	2.2	203.1	(31.8)	20.7	10	0.0	Technology	Semiconductors	112.62	178.75	89.41
	Monolithic Power Systems Inc	(0.03)	MPWR	0.8	2.4	4.7	674.3	(22.6)	43.6	3	3.8	Technology	Semiconductors	381.96	573.60	301.69
68	Teradyne, Inc.	(0.07)	TER	0.5	0.8	2.1	691.1	(42.9)	6.5		1.6	Technology	Semiconductor Equipment & Testing	93.45	168.91	67.81
	Lam Research Corporation	(0.22)		1.5	5.0	8.7	805.5	(34.3)	17.6		3.6	Technology	Semiconductor Equipment & Testing	472.38	731.85	299.59
	Microsoft Corp	(0.25)		1.1	1.6	4.9	506.2	(24.1)	24.9		1.7	Technology	Software	255.14	344.30	213.43
	Texas Instruments Incorporated	(0.30)	TXN	2.7	4.7	9.1	243.9	(4.3)	50.2	2		Technology	Semiconductors	180.46	199.90	144.46
72												Telecommunications Services				
	ONE Gas Inc	0.41		2.9			54.7	12.1	60.2			Utilities	Utilities - Natural Gas	86.95	92.26	64.37
	Atmos Energy Corporation	0.35		2.5	2.9	4.7	66.2	14.7	48.4		1.5	Utilities	Utilities - Natural Gas	120.20	122.96	88.96
	Ameren Corp	0.25		2.6	2.5	5.5	105.9	0.3	57.0		1.3	Utilities	Utilities - Multiline	89.32	99.20	73.28
	American Electric Power Compan	0.22		3.4	3.3	5.7	52.7	8.8	60.3		1.4	Utilities	Utilities - Electric	96.80	105.60	80.22
	Xcel Energy Inc	0.22		2.8	2.7	5.4	88.5	3.7	60.8			Utilities	Utilities - Electric	70.22	77.66	56.89
	WEC Energy Group Inc	0.11		2.9	2.7	5.7	89.2	2.1	65.7		1.4	Utilities	Utilities - Electric	99.14	108.39	80.82
	American States Water Co	0.09		1.6	1.9	3.8	146.6	(5.3)	54.9		1.6	Utilities	Utilities - Water & Related	97.99	103.77	71.22
	American Water Works Company I	0.06		1.7	2.3	4.4	216.1	(19.6)			1.6	Utilities	Utilities - Water & Related	151.76	189.65	122.77
81	CMS Energy Corporation	(0.09)	CMS	3.0	3.4	5.1	80.3	(6.1)	37.3	1	1.4	Utilities	Utilities - Multiline	61.07	73.76	52.41

What Column J reflects*:

BuySellDoNothing.com Stocks to BUY and HOLD long-term (i.e. 15 years, or longer).

TICKER sort of COMPLETE SECONDARY Screen 11/30/2022

* WARNING: past results are NO GUARANTEE OF FUTURE PERFORMANCE

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	A	B	C	D	E	F	G	Н	I	J Datia of	K	L	N	Р	Q	R
		"ST Perf								Ratio of						
		Indicator"			% Estimated 5			% Gain/(Loss)		Current						
		Positive			yrs. forward	% Current		in Stock Price		Indicated Div						
		Range: 0.00 to			Yield on Price	Indicated Div	% Gain/(Loss)	from previous		divided by Div						
		2.75			Last Week	Yld on Price 6	in Stock Price		% Dividend	5 calendar yrs.					Pricehigh 52	
		Negative			(from our		over the	yearend to end	-	ago (prev.				Price at end		weeks, as of
		Range: > 2.75		Price at end of	••••	calendar yr is	previous 6 full	•	for previous	calendar yr is				of Update	end of Update	end of Update
1	Company name	or <0.00	Ticker	Update Month	algorithm)	yr 1)*	calendar yrs.*	Month*	calendar year	yr 1)*	-	Sector	Industry	Month	Month	Month
2	Agilent Technologies Inc	0.00	А	0.6	1.0	2.2	281.8	(2.9)	19.1	1.8	3	Healthcare	Advanced Medical Equipment & Techno	154.98	162.62	112.52
3	Abbott Laboratories	0.06	ABT	1.7	2.3	4.2	213.4	(23.6)	45.2	1.8	3	Healthcare	Medical Equipment, Supplies & Distr	107.58	142.60	93.25
4	Ameren Corp	0.25	AEE	2.6	2.5	5.5	105.9	0.3	57.0	1.3	3	Utilities	Utilities - Multiline	89.32	99.20	73.28
5	American Electric Power Compan	0.22	AEP	3.4	3.3	5.7	52.7	8.8	60.3	1.4	4	Utilities	Utilities - Electric	96.80	105.60	80.22
6	Air Products & Chemicals, Inc.	0.03	APD	2.1	2.2	5.4	152.9	1.9	62.6	1.5	5	Basic Materials	Chemicals - Commodity	310.16	311.13	216.24
7	Atmos Energy Corporation	0.35	ATO	2.5	2.9	4.7	66.2	14.7	48.4	1.5	5	Utilities	Utilities - Natural Gas	120.20	122.96	88.96
8	American Water Works Company I	0.06	AWK	1.7	2.3	4.4	216.1	(19.6)	34.0	1.6	6	Utilities	Utilities - Water & Related	151.76	189.65	122.77
9	American States Water Co	0.09	AWR	1.6	1.9	3.8	146.6	(5.3)	54.9	1.6	5	Utilities	Utilities - Water & Related	97.99	103.77	71.22
10	Balchem Corp	0.16	BCPC	0.5	0.7	1.1	177.3	(16.5)	21.5			Consumer Non-Cyclicals	Food Processing	140.80	173.80	110.15
	BlackRock Inc	0.18		2.7	4.1	5.7	168.9	(21.8)	42.6		-	Financials	Investment Management & Fund Operat	716.00	933.06	503.12
	Badger Meter Inc	0.10		0.8	1.2	3.1	263.7	8.7	36.4			Industrials	Industrial Machinery & Equipment	115.82	117.97	73.20
	Sierra Bancorp		BSRR	4.3	6.0		53.8	(20.3)	30.5			Financials	Banks	21.64	28.92	19.62
	BWX Technologies Inc		BWXT	4.5	2.6	2.8	50.7	27.2	25.9	-	-	Industrials	Aerospace & Defense	60.89	62.84	42.58
			CBU	2.7	2.8		86.5		48.2		-	Financials	Banks	65.14	78.00	42.58
	Community Bank System, Inc.					4.4		(12.5)		-	-	Financials Basic Materials		49.22		31.23
	Commercial Metals Company	(0.07)		1.3	1.7		165.1	35.6	5.6				Metals & Mining - Iron & Steel		49.41	
	CME Group Inc		CME	2.3	2.6		152.2	(22.7)	49.3		_	Financials	Financial & Commodity Market Operat	176.50	256.94	166.58
	CMS Energy Corporation	(0.09)		3.0	3.4		80.3	(6.1)	37.3	_		Utilities	Utilities - Multiline	61.07	73.76	52.41
	CNO Financial Group Inc		CNO	2.4	3.6	2.9	24.9	(1.5)	14.8			Financials	Insurance - Life & Health	23.48	26.74	16.56
	Costco Wholesale Corporation	(0.20)		0.7	1.1	2.2	251.5	(5.0)	24.8			Consumer Cyclicals	Retailers - Discount Stores	539.25	612.27	406.51
	CRA International, Inc.	0.17	CRAI	1.2	2.6	7.7	400.6	32.0	19.5	2.4	1	Industrials	Business Support Services	123.26	125.80	78.35
	CVB Financial Corp.	0.23	CVBF	2.8	3.3	4.7	26.5	34.0	46.0	1.5	5	Financials	Banks	28.68	29.25	19.17
23	Deere & Company	(0.14)	DE	1.0	1.7	5.9	349.6	28.6	17.3	1.9	Э	Industrials	Heavy Machinery & Vehicles	441.00	448.40	283.81
24	Quest Diagnostics Inc	(0.01)	DGX	1.7	2.3	3.7	143.2	(12.2)	15.2	1.5	5	Healthcare	Healthcare Facilities & Services	151.83	174.16	120.40
25	Evercore Inc	(0.14)	EVR	2.5	4.7	5.3	151.2	(15.2)	14.3	2.0	0	Financials	Investment Banking & Brokerage Serv	115.18	143.25	78.67
	Expeditors International of Wa	(0.23)	EXPD	1.2	1.8	3.0	197.8	(13.6)	13.9	1.6	5	Industrials	Freight & Logistics - Courier, Post	116.06	137.80	86.08
	Fastenal Company	(0.15)		2.4	3.0		213.9	(19.6)	69.6		_	Industrials	Industrial Machinery & Equipment	51.51	64.75	43.73
	Fresh Del Monte Produce Inc	1.80		2.7	2.8		(29.0)	0.3	32.7			Consumer Non-Cyclicals	Fishing & Farming	27.68	31.44	22.63
	Glacier Bancorp, Inc.		GBCI	2.3	2.3		113.7	2.1	44.3			Financials	Banks	57.90	60.69	44.43
	General Dynamics Corporation	(0.07)		2.0	2.5		51.8	21.1	40.2		_	Industrials	Aerospace & Defense	252.39	254.99	189.43
	Group 1 Automotive, Inc.	0.00		0.8	1.3	2.1	157.9	(1.0)	4.4	1.6		Consumer Cyclicals	Retailers - Auto Vehicles, Parts &	193.34	212.23	136.16
	Goldman Sachs Group Inc	0.30		2.6	8.5	5.6	112.3	0.9	10.8		-	Financials	Investment Banking & Brokerage Serv	386.15	412.66	277.84
	HCA Healthcare Inc					3.3							<u> </u>			
		(0.07)		0.9	1.4		279.9	(6.5)	6.7		_	Healthcare	Healthcare Facilities & Services	240.22	279.02	164.47
	Huntsman Corporation	(0.10)		3.1	4.9		206.8	(20.4)	15.2	-	-	Basic Materials	Chemicals - Diversified	27.78	41.65	23.54
	ndependent Bank Corp (Michiga		IBCP	3.6	6.5		56.7	2.8	28.8			Financials	Banks	24.54	26.00	17.87
	B Hunt Transport Services In	(0.12)		0.9	1.4	2.2	178.6	(10.0)	16.3	-		Industrials	Freight & Logistics - Ground	183.89	218.18	153.92
	KB Home		КВН	1.9	10.9		262.8	(29.8)	9.6			Consumer Cyclicals	Homebuilding	31.39	50.20	24.78
	Korn Ferry	0.21	KFY	1.1	1.6	1.8	128.2	(24.7)	7.9	1.5	5	Industrials	Employment Services	57.03	78.49	46.47
	Lennar Corp	0.17		1.7	4.2		141.6	(24.4)	7.0			Consumer Cyclicals	Homebuilding	87.83	117.54	62.54
40	Lam Research Corporation	(0.22)	LRCX	1.5	5.0	8.7	805.5	(34.3)	17.6	3.6	6	Technology	Semiconductor Equipment & Testing	472.38	731.85	299.59
41	La-Z-Boy Incorporated	0.08	LZB	2.4	3.1	2.7	48.7	(25.0)	18.5	1.4	4	Consumer Cyclicals	Home Furnishings	27.23	38.16	21.92
42	Marsh & McLennan Companies Inc	(0.16)	MMC	1.4	1.9	4.3	213.5	(0.4)	32.3	1.7	7	Financials	Insurance - Multiline & Brokers	173.18	183.14	142.80
	Monolithic Power Systems Inc	(0.03)	MPWR	0.8	2.4	4.7	674.3	(22.6)	43.6			Technology	Semiconductors	381.96	573.60	301.69
	Varten Transport Ltd	. ,	MRTN	1.1	4.6		142.4	24.2	15.5			Industrials	Freight & Logistics - Ground	21.31	23.43	15.70
	Morgan Stanley	0.30		3.3	9.9		208.6	(5.2)	25.7		-	Financials	Investment Banking & Brokerage Serv	93.07	109.73	72.05
	Microsoft Corp	(0.25)		1.1	1.6		506.2	(24.1)	23.7			Technology	Software	255.14	344.30	213.43
	National Bank Holdings Corp		NBHC	2.2	5.5		105.6	5.8	24.5			Financials	Banks	46.51	50.00	36.04
	Northfield Bancorp Inc	0.43	NFBK	3.3	4.2	3.3	1.5	(1.3)	34.3			Financials	Banks	15.95	17.50	11.87
	Old Dominion Freight Line Inc	(0.14)		0.4	4.2	3.5	810.1	(1.5)		-		Industrials	Freight & Logistics - Ground	302.61	373.58	231.31
	ONE Gas Inc	. ,									_					
			OGS	2.9	3.0		54.7	12.1	60.2	1.5		Utilities	Utilities - Natural Gas	86.95	92.26	64.37
	Universal Display Corporation		OLED	1.1	9.9		203.1	(31.8)	20.7			Technology	Semiconductors	112.62	178.75	89.41
	PulteGroup, Inc.	(0.03)		1.3	2.1	3.4	220.8	(21.7)	7.5	-		Consumer Cyclicals	Homebuilding	44.78	58.09	35.03
	RPM International Inc.	(0.08)		1.6	1.7	3.8	129.2	2.6	40.9		-	Basic Materials	Chemicals - Commodity	103.62	104.00	74.56
1 1	Southern Copper Corp		SCCO	3.3	7.1		136.3	(1.1)	72.8		-	Basic Materials	Metals & Mining - Specialty	61.02	79.32	
	Sealed Air Corp	(0.14)		1.5	1.7	1.8	51.3	(21.1)	22.6		3	Basic Materials	Non-Paper Containers & Packaging	53.23	70.73	41.24
55	•			2.0	2 5	2.8	37.7	(26.7)	24.9	1.4	4	Consumer Cyclicals	Auto, Truck & Motorcycle Parts	38.41	55.09	31.61
55 5 56 5	Standard Motor Products, Inc.	0.20	SMP	2.8	3.5	2.0		· · · ·			-					
55 5 56 5	•	0.20 (0.02)		2.8	4.9		25.6		33.6			Industrials	Industrial Machinery & Equipment	240.60	243.92	190.08
55 56 57	Standard Motor Products, Inc.		SNA			3.8				2.2	2		Industrial Machinery & Equipment Construction Supplies & Fixtures			190.08 75.25

What Column **J** reflects*:

BuySellDoNothing.com Stocks to BUY and HOLD long-term (i.e. 15 years, or longer). TICKER sort of COMPLETE SECONDARY Screen 11/30/2022

* WARNING: past results are NO GUARANTEE OF FUTURE PERFORMANCE

	Α	В	С	D	E	F	G	н	I	J K	L	Ν	Р	0	R
		"ST Perf								Ratio of					
		Indicator"			% Estimated 5			% Gain/(Loss)		Current					
		Positive			yrs. forward	% Current		in Stock Price		Indicated Div					
		Range: 0.00 to			Yield on Price	Indicated Div	% Gain/(Loss)	from previous		divided by Div					
		2.75			Last Week	Yld on Price 6	in Stock Price	calendar	% Dividend	5 calendar yrs.				Pricehigh 52	Pricelow 52
		Negative		% Yield on	(from our	yrs. ago (prev.	over the	yearend to end	Payout to EPS	ago (prev.			Price at end	weeks, as of	weeks, as of
		Range: > 2.75		Price at end of	proprietary	calendar yr is	previous 6 full	of Update	for previous	calendar yr is			of Update	end of Update	end of Update
1	Company name	or <0.00	Ticker	Update Month	algorithm)	yr 1)*	calendar yrs.*	Month*	calendar year	yr 1)* -	Sector	Industry	Month	Month	Month
60	Travelers Companies Inc	0.19	TRV	2.0	2.4	3.3	38.6	21.3	23.7	1.3	Financials	Insurance - Property & Casualty	189.81	190.21	145.40
	Tractor Supply Co	(0.27)	TSCO	1.6	4.9	4.3	179.1	(5.2)	23.9	3.5	Consumer Cyclicals	Retailers - Miscellaneous Specialty	226.31	241.54	166.49
	Toro Co	(0.25)		1.1	1.6		173.5	11.1	27.5	1.7	Industrials	Heavy Machinery & Vehicles	110.99	113.37	71.86
	Tetra Tech, Inc.	(0.03)	TTEK	0.6	1.3	3.5	552.6	(9.0)	0.0	2.1	Industrials	Environmental Services & Equipment	154.59	191.15	118.55
	Texas Instruments Incorporated	(0.30)		2.7	4.7	9.1	243.9	(4.3)	50.2	2.3	Technology	Semiconductors	180.46		
	Ufp Industries Inc		UFPI	1.2	3.6		303.7	(11.0)	7.5	3.1	Basic Materials	Forest & Wood Products	81.86	94.80	64.13
	Universal Health Services, Inc	0.22		0.6	1.2	0.7	8.5	0.9	0.0	2.0	Healthcare	Healthcare Facilities & Services	130.85		
	UnitedHealth Group Inc	(0.17)		1.2	2.3	5.6	326.8	9.1	30.6	2.3	Healthcare	Managed Health care	547.76	558.10	439.22
	Unum Group		UNM		4.1	4.0	(26.2)	71.7	29.0	1.5	Financials	Insurance - Life & Health	42.18	46.64	22.25
	Valvoline Inc	(0.09)		1.5	1.0			(11.6)	21.1		Basic Materials	Chemicals - Specialty	32.98	37.97	24.40
	Westinghouse Air Brake Technol		WAB	0.6	0.8	0.8	29.5	9.7	16.2	1.4	Industrials	Heavy Machinery & Vehicles	101.09	102.11	78.26
	WEC Energy Group Inc	0.11		2.9	2.7	5.7	89.2	2.1	65.7	1.4	Utilities	Utilities - Electric	99.14	108.39	80.82
_	Williams-Sonoma, Inc.	(0.15)			5.0		189.6	(30.9)	16.0	2.0	Consumer Cyclicals	Retailers - Home Furnishings	116.90		101.58
	Xcel Energy Inc	0.22		2.8	2.7	5.4	88.5	3.7	60.8	1.4	Utilities	Utilities - Electric	70.22	77.66	56.89
74	Zoetis Inc	(0.33)	ZTS	0.8	2.1	2.7	409.2	(36.8)	23.3	3.0	Healthcare	Pharmaceuticals	154.14	249.27	124.15

What Column **J** reflects*: