Forbes

Generate Superior Equity Returns

With Dividends & Premium Income

John Dobosz, Editor

Forbes Dividend Investor
Forbes Premium Income Report

Earning Income From Equities

Dividend-Paying Stocks

Selling Options On Stocks

- covered calls (buy writes)
- cash-covered puts
- dividends to boost returns

Print Money Every Month Pocketing Dividends & Options Premium

4 Dividends, 8 Covered Calls

Figuring Total Return

Price Change + Dividends + Premium

Price Paid

Dividends & Options Premium Reduce Cost Basis

Three Reasons Stock Prices Rise

- Earnings

Depend on management decisions, competitive stature, overall economy

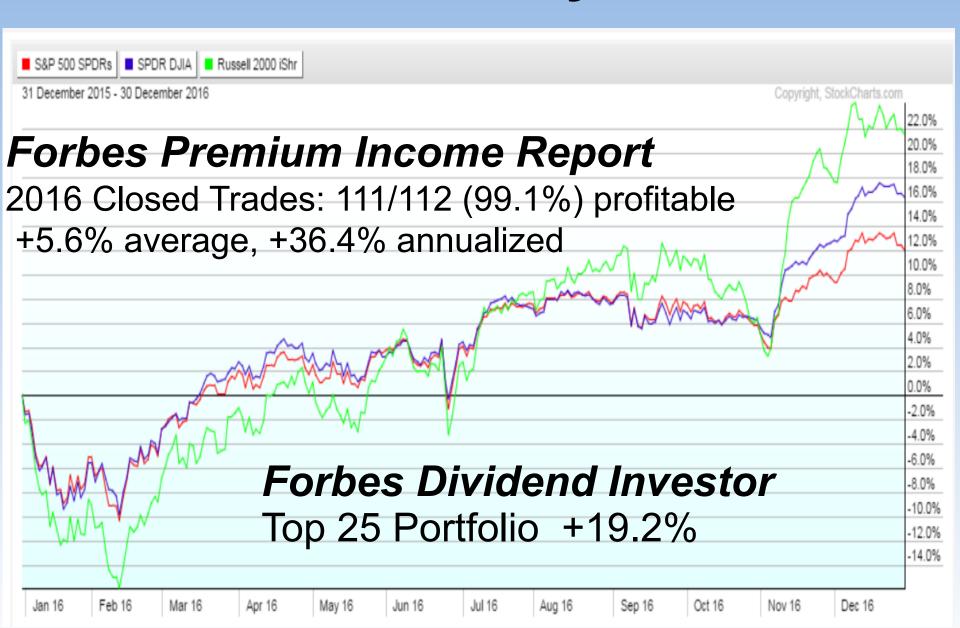
Dividend Growth

Cash you earn for owning stocks; growth and continuity are highly prized

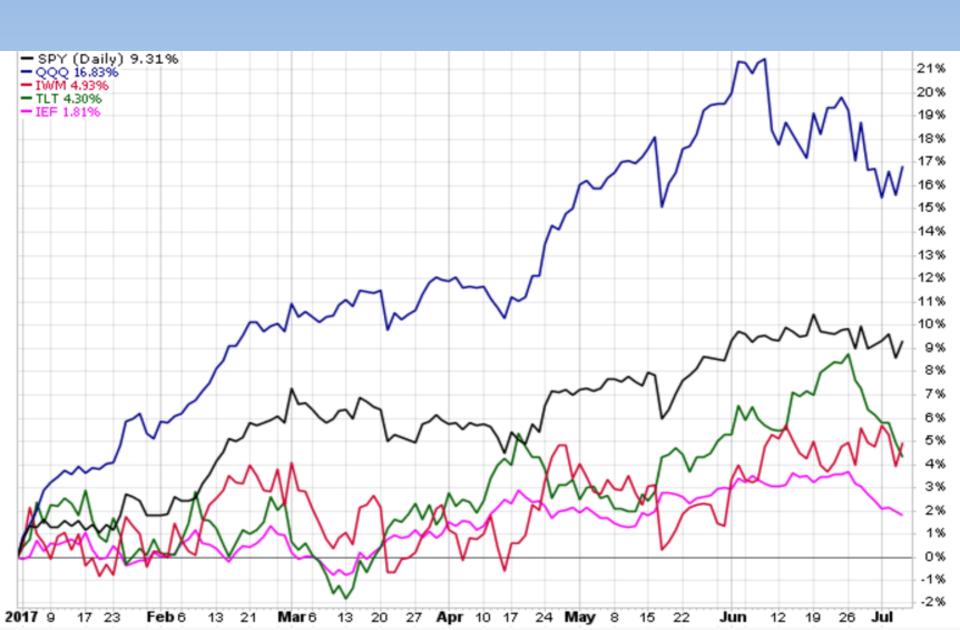
Expanding Multiples

Price/Earnings, Price/Sales, Price/Cash Flow; Influenced by interest rates, earnings

2016 - It Was A Very Good Year



Strong Showing From Stocks In 2017



Where Are We Now?





Unleashing 'Animal Spirits'



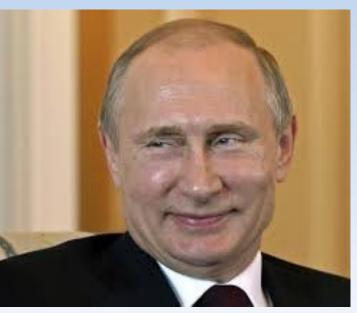
Repeal & Replace Replacement



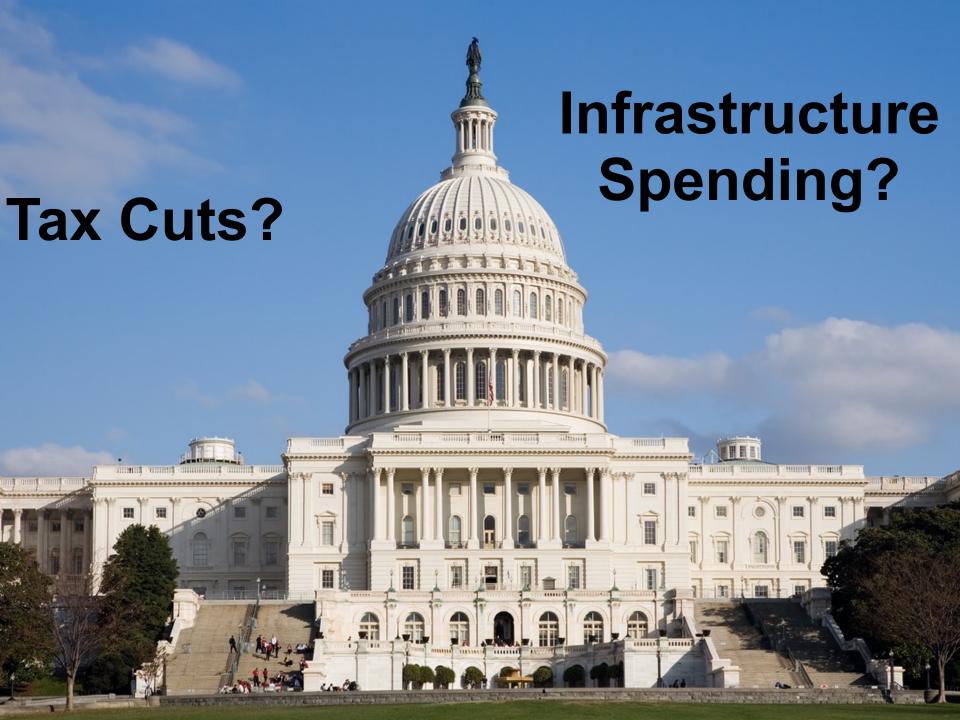












S&P 500 CAPE Ratio 1900 – 2017



Source: Robert Shiller

Apr 25 2017, 3:06PM EDT. Powered by YCHARTS

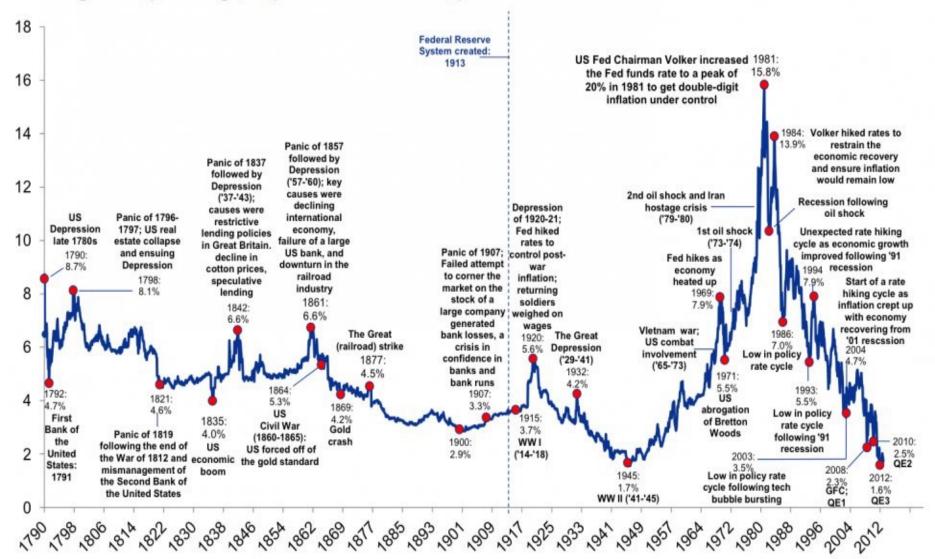
16.7 Average Since 1900 Currently 75% Above Average

Interest Rates On The Rise



Generational Turn In Rates?

The long history of long (10-year US treasuries) yields



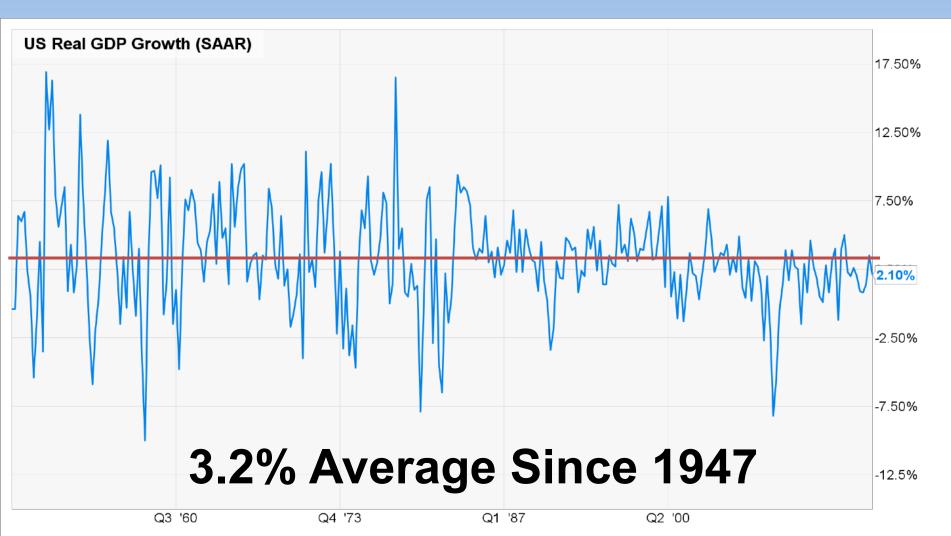
Source: Global Financial Database, Goldman Sachs Global ECS Research, Special thanks to Jose Ursua.

Interest Rates Influence Stock Prices

$$DCF = \frac{CF_1}{(1+r)^1} + \frac{CF_2}{(1+r)^2} + \dots + \frac{CF_n}{(1+r)^n}$$

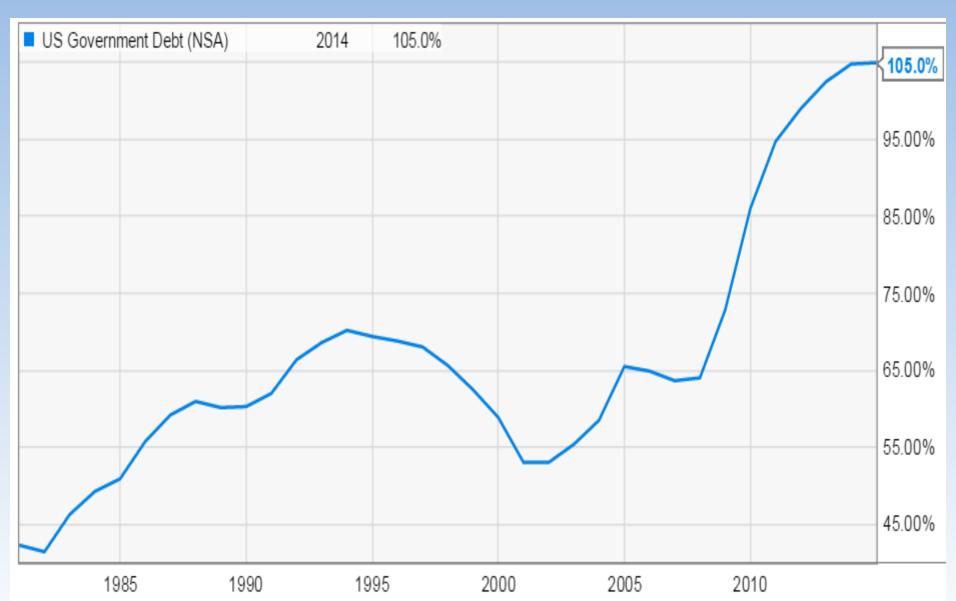
$$FV = DCF \cdot (1+i)^n$$

U.S. GDP Growth 1947 - 2017



Source: BEA

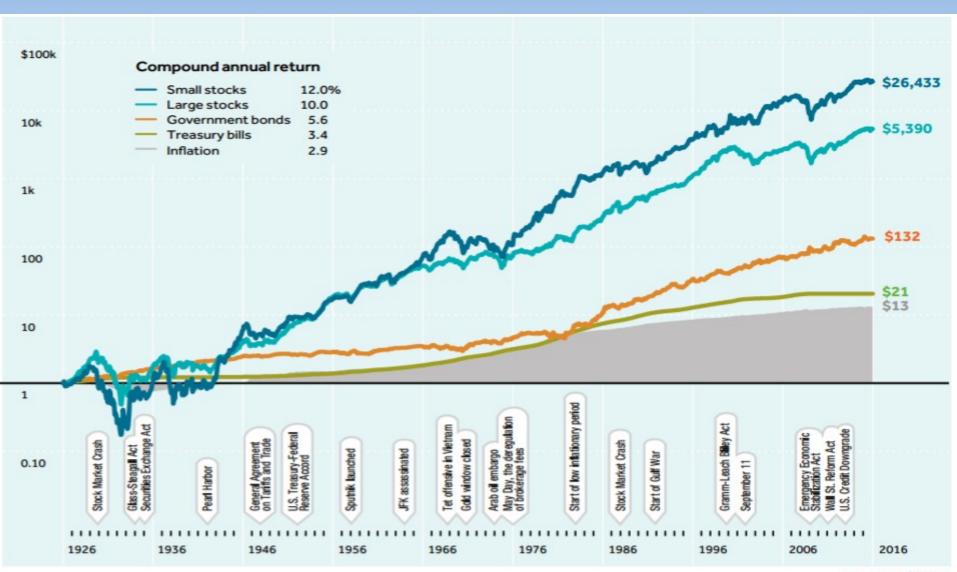
U.S. Gov't Debt to GDP 105%



The Fred Sanford Fear



Returns Since 1926





Depressed Returns Since 1996



Stocks, Bonds, Bills, and Inflation 1996-2015



..but stocks still provide the best returns





Warren Buffett

2017 Berkshire Hathaway shareholder letter

"Investors who avoid high and unnecessary costs and simply sit for an extended period with a collection of large, conservatively-financed American businesses will almost certainly do well."

Don't Depend On Crystal Balls



Demand Dividends!

Buy Cheap Stocks

Get Paid To Wait

Why Dividends?

 Big source of total return, especially when stock prices are flat or declining

 Indication of management's long-term commitment to shareholder value

 Reliable source of portfolio income with yields substantially higher than bond rates

The **Best Dividend Stocks** are the Best Value Stocks

It pays to be cheap

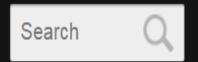
Make Friends of Fear & Greed





west line can





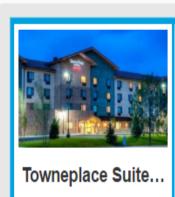
HOME **AUTOS** LIFE **ENTERTAINMENT ARCHIVES USA TODAY** MORE NEWS **SPORTS** BUSINESS OPINION

Downtown Detroit sales prices rise to 'insane' levels

John Gallagher, Detroit Free Press

Published 11:27 p.m. ET April 23, 2016 | Updated 12:10 p.m. ET April 24, 2016







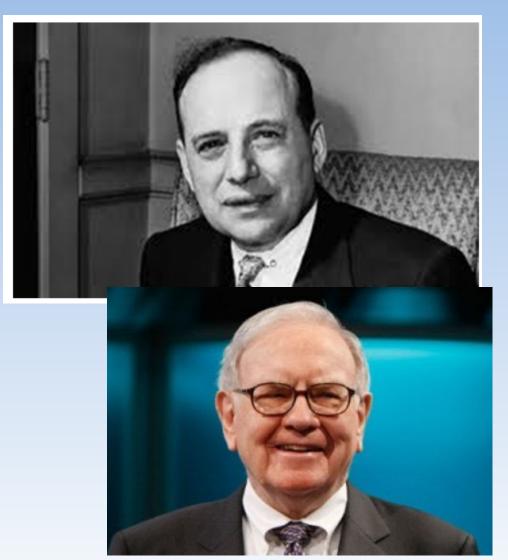
Free Breakfast Free p... Free Bre





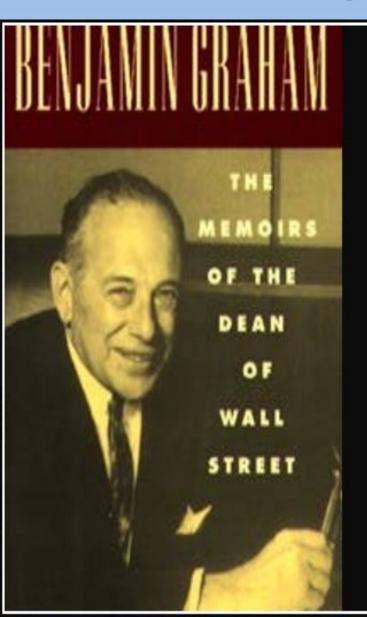


Respect Ben Graham



BENJAMIN GRAHAM updated with new commentary by JASON ZWEIG Preface and Appendix by WARREN E. BUFFETT An INSTAN Wall Street Journal By far the best book on Bestseller investing ever written.' -Warren E. Buffett INVESTOR REVISED **EDITION** ON VALUE INVESTING HarperBusiness Essentials

Margin of Safety



The margin of safety is always dependent on the price paid. It will be large at one price, small at some higher price, nonexistent at some still higher price.

— Benjamin Graham —

AZ QUOTES

Oracle of Omaha Agrees

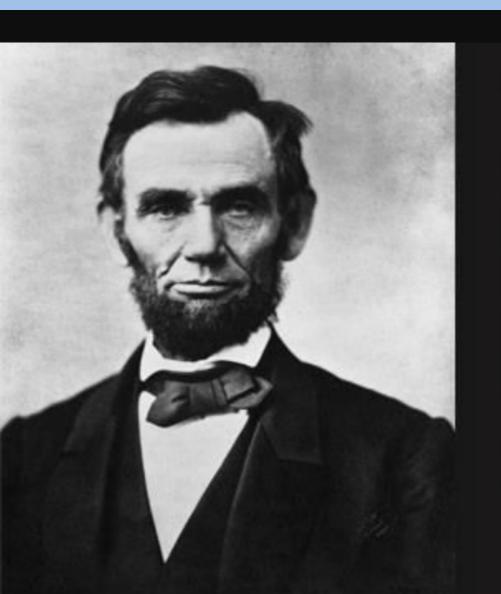


The three most important words in investing...Margin of Safety.

— Warren Buffett —

AZ QUOTES

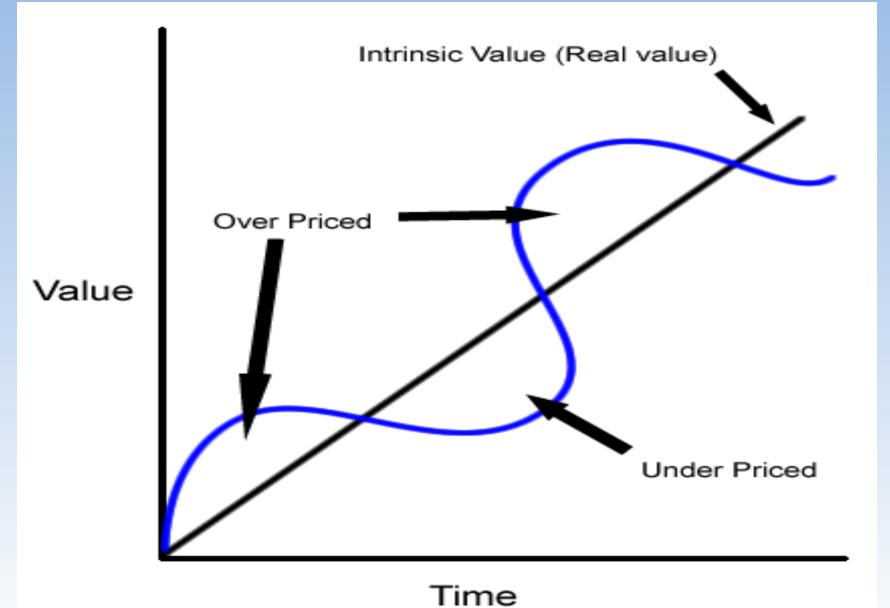
Honest Abe



"Don't believe everything you read on the Internet just because there's a picture with a quote next to it."

-Abraham Lincoln

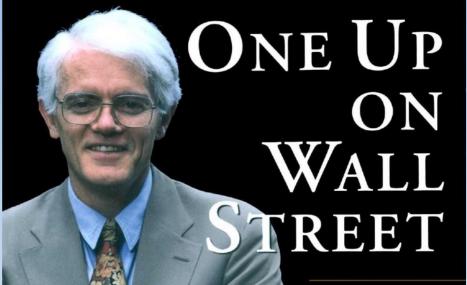
Buy Low, Sell High





"Mr. Lynch's investment record puts him in a league by himself."

—Anise C. Wallace, The New York Times



How to Use What You Already Know to Make Money in the Market

> More Than One Million Copies Sold

PETER LYNCH

WITH JOHN ROTHCHILD

WITH A NEW INTRODUCTION BY THE AUTHOR

Price-Earnings Growth: PEG Ratio

P/E Ratio / EPS Growth

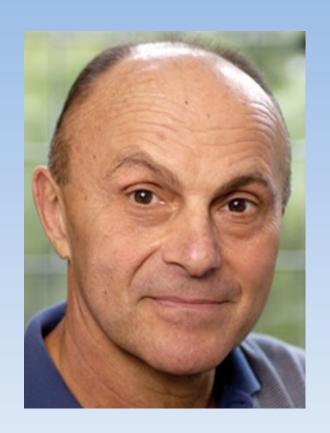
Shoot for PEG < 1.0

PEGY Ratio

Builds on PEG Ratio by including dividends

PEGY = P/E / Growth Rate +
Dividend Yield

Eugene Fama & Kenneth French

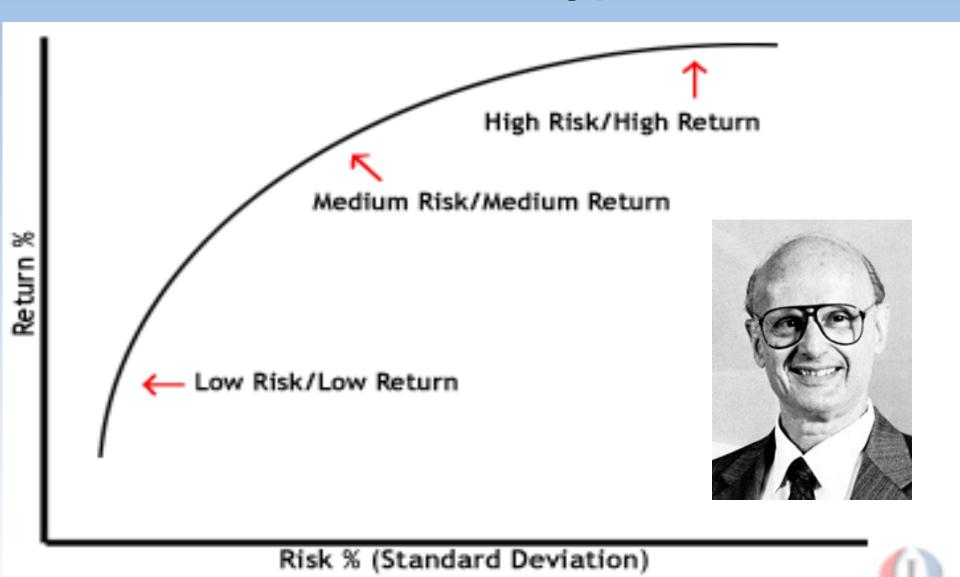


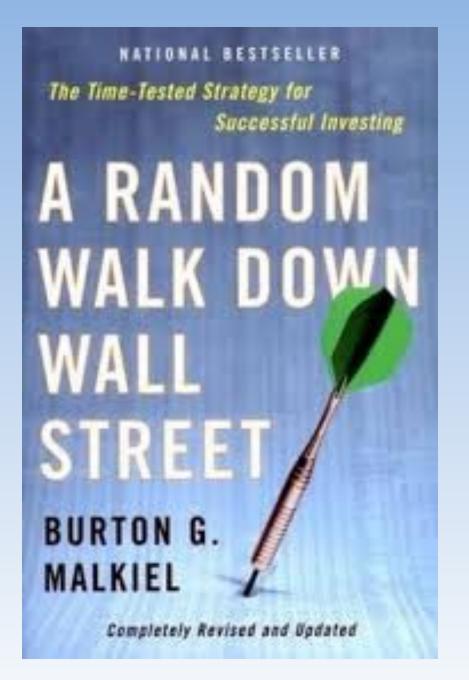


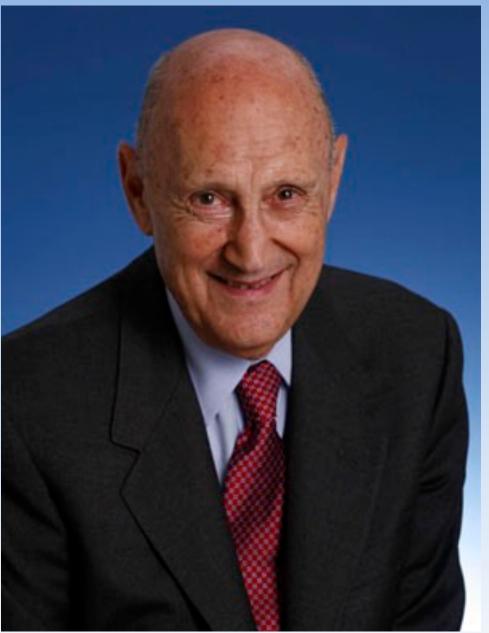
Value & Smaller Stocks Outperform

 $r = R_f + \beta_3(K_m - R_f) + b_s \cdot SMB + b_v \cdot HML + \alpha$

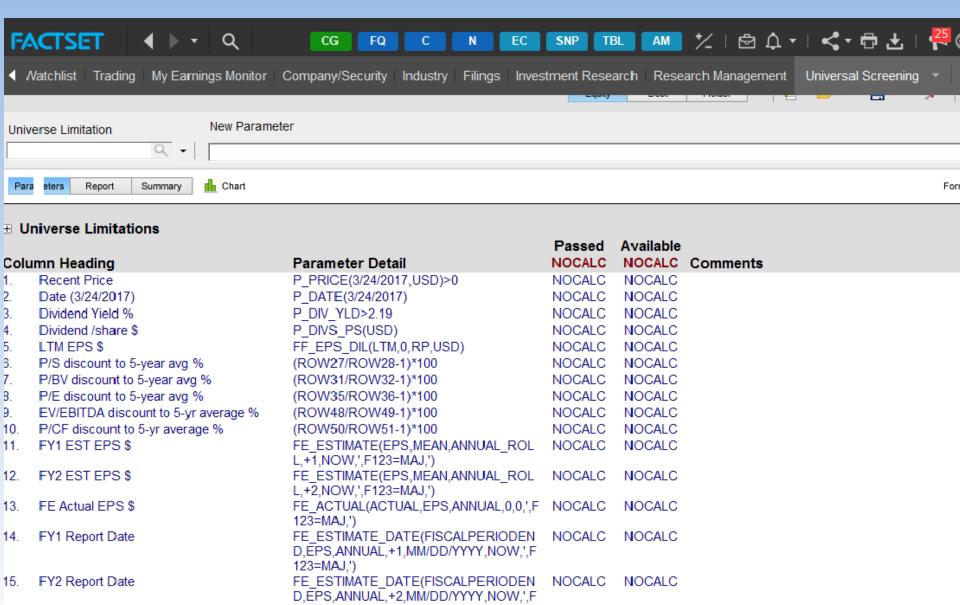
Harry Markowitz Efficient Market Hypothesis







Screening For Dividends



Forbes Dividend Investor

- Value Investing approach
- Stocks at discounts to historical valuations:
 - Price-Sales, Price-Earnings, Price-Cash Flow (Operating & Free), EV/EBITDA, Book Value
- Positive revenue growth, comfortable dividend coverage, positive operating cash flow
- Dividend growth and PEG ratio are also factors
- Insider buying/selling also considered

Dividend Payout Ratio

Dividends / Earnings

Lower the better, but some industries pay out a higher percentage (REITs, MLPs)

Good idea to look at dividends divided by cash flow; earnings are not cash

Dividend Yield

How High?

Keep in mind the "4% Rule"

Dividend Growth

% change year-over-year

Looking for long-term growth

Cutting the dividend is serious

Revenue Growth

Can't pay higher dividends for long without rising sales

Common Stocks

MLPs REITs BDCs



Weekly Top 25

		July 7	Market Cap	Dividend	Div.	EPS	P/S	P/E	P/CF
Ticker	Company	Price	(millions)	Yield	/share	2017 est.	% +/-	5-yr ave	rage
EQM	EQT Midstream Partners, L.P.	\$76.30	\$6,148	4.7%	\$3.56	\$5.56	-17.3	-29.1	-24.6
OHI	Omega Healthcare Investors	\$32.60	\$6,416	7.7%	\$2.52	\$1.99	-10.1	-25.3	-20.5
KSS	Kohl's	\$38.24	\$6,519	5.8%	\$2.20	\$3.66	-34.0	-19.1	-46.5
HT	Hersha Hospitality Trust	\$18.27	\$763	6.1%	\$1.12	\$1.33	-39.5	-45.5	-4.3
STWD	Starwood Property Trust	\$22.09	\$5,750	8.7%	\$1.92	\$2.10	1.8	-18.1	-27.5
GILD	Gilead Sciences	\$69.25	\$90,491	3.0%	\$2.08	\$8.12	-50.3	-53.8	-65.6
CLDT	Chatham Lodging Trust	\$20.02	\$768	6.6%	\$1.32	\$0.73	-9.3	-49.9	-13.8
MDC	M.D.C. Holdings	\$35.57	\$1,834	2.8%	\$1.00	\$2.52	-16.4	-18.0	-97.9
MIC	Macquarie Infrastructure Corp.	\$77.59	\$6,395	6.8%	\$5.28	\$2.41	19.1	-56.3	-16.8
HST	Host Hotels & Resorts	\$18.26	\$13,508	4.4%	\$0.80	\$0.78	-5.7	-64.0	-18.6
LAZ	Lazard Ltd.	\$46.59	\$6,046	3.5%	\$1.64	\$3.40	-1.4	-37.1	-3.0
FAST	Fastenal	\$43.89	\$12,696	2.9%	\$1.28	\$1.87	-16.8	-18.2	-9.2
CMP	Compass Minerals International	\$65.55	\$2,217	4.4%	\$2.88	\$3.09	-21.1	12.2	7.2
ABBV	AbbVie	\$72.03	\$114,639	3.6%	\$2.56	\$5.53	5.1	-48.5	-8.3
UFS	Domtar	\$36.71	\$2,298	4.5%	\$1.66	\$2.60	-10.9	-24.9	-5.0
CCI	Crown Castle International	\$99.47	\$36,417	3.8%	\$3.80	\$1.23	16.2	-34.8	-11.2
HBI	Hanesbrands	\$22.93	\$8,350	2.6%	\$0.60	\$1.98	-11.7	-49.0	-35.7
FSP	Franklin Street Properties	\$10.93	\$1,172	7.0%	\$0.76	\$0.10	-12.6	38.4	11.4
PLOW	Douglas Dynamics	\$31.85	\$720	3.0%	\$0.96	\$1.38	-6.5	-10.4	-9.5
GTY	Getty Realty	\$25.26	\$874	4.4%	\$1.12	\$1.14	24.5	-48.9	8.5
CAJ	Canon	\$32.38	\$42,731	3.9%	\$1.26	\$1.65	6.2	13.2	-12.5
AAPL	Apple	\$144.18	\$751,731	1.7%	\$2.52	\$8.91	9.2	17.5	-3.3
INTC	Intel	\$33.88	\$159,541	3.2%	\$1.09	\$2.86	-1.7	-17.0	6.1
DFT	DuPont Fabros Technology	\$59.61	\$4,640	3.4%	\$2.00	\$1.81	70.6	-31.0	14.0
AEP	American Electric Power	\$69.15	\$34,002	3.4%	\$2.36	\$3.65	27.0	-18.7	13.0

AVERAGE 4.48%



Valuation Discounts

Valuation Summary

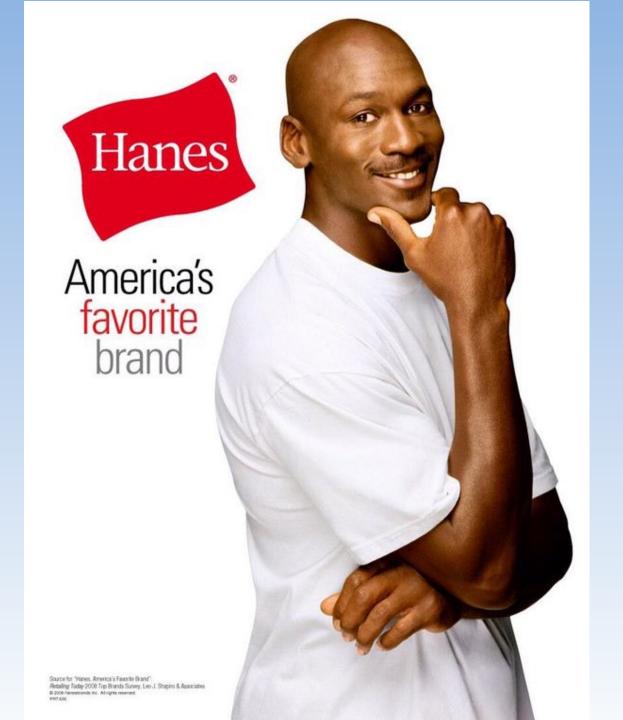
			5 Year				
	Current	High	Low	Avg	Vs Ind		
P/E (LTM)	25.1	38.5	19.6	28.6	1.1		
P/E (NTM)	22.2	32.0	18.1	25.1	1.2		
PEG (NTM)	1.3	2.1	1.1	1.5	0.9		
P/Bk	6.4	10.0	5.7	7.5	2.0		
P/CF	22.6	43.7	17.9	29.5	1.7		
P/Sales	3.2	5.2	2.6	3.8	6.1		
EV/EBITDA	14.1	22.1	11.2	16.4	1.2		
EV/Sales	3.2	5.1	2.6	3.8	4.7		
Div Yld	2.9%	3.2%	1.3%	2.1%	1.3		

FASTENAL®

Sales (M)

. ,				
FY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Q1 (Mar)	953	987	1,048	1,135
Q2 (Jun)	998	1,014	1,106	1,194
Q3 (Sep)	995	1,013	1,098	1,185
Q4 (Dec)	923	948	1,044	1,132
Fiscal Year	3,869	3,962	4,297	4,658
CY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Cal. Year	3,869	3,962	4,297	4,658

	Dec '15	Dec '16	Mar '17 Q1	Jun '17E Q2	Sep '17E Q3	Dec '17E Q4	Dec '17E
EPS	1.77	1.73	0.46	0.49	0.48	0.44	1.87
Dividends per Share	1.12	1.20	0.32	0.31	0.31	0.31	1.27
Cash Flow per Share	1.87	1.78	0.65	0.26	0.52	0.48	1.89
Book Value per Share	6.20	6.69	6.85	7.02	7.20	7.34	7.28



Hanesbrands (HBI)

Hanesbrands Inc. (HBI) \$22.61



Valuation Summary

	Current	High	Low	Avg	Vs Ind
P/E (LTM)	16.3	38.2	13.7	25.8	8.0
P/E (NTM)	11.0	20.8	9.3	14.3	0.6
PEG (NTM)	0.7	1.9	0.5	1.0	0.4
P/Bk	8.6	11.2	3.9	7.3	2.0
P/CF	9.8	61.9	6.9	23.9	0.6
P/Sales	1.4	2.7	0.6	1.7	8.0
EV/EBITDA	11.6	20.8	9.8	14.0	8.0
EV/Sales	1.9	3.0	1.0	2.0	1.1
Div Yld	2.7%	2.7%	0.0%	0.9%	2.1

Growth Looks Good

EPS

FY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Q1 (Mar)	0.22	0.26	0.28	0.30
Q2 (Jun)	0.50	0.51	0.56	0.61
Q3 (Sep)	0.50	0.56	0.59	0.64
Q4 (Dec)	0.44	0.53	0.54	0.59
Fiscal Year	1.66	1.85	1.96	2.13
P/E (x)	17.7	11.7	10.2	9.4
CY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Cal. Year	1.66	1.85	1.96	2.13
P/E (x)	17.7	11.7	10.2	9.4

Sales (M)

FY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Q1 (Mar)	1,209	1,219	1,387	1,411
Q2 (Jun)	1,522	1,473	1,684	1,724
Q3 (Sep)	1,591	1,761	1,785	1,817
Q4 (Dec)	1,410	1,575	1,600	1,647
Fiscal Year	5,732	6,028	6,459	6,586
CY Ending	Dec '15	Dec '16	Dec '17E	Dec '18E
Cal. Year	5,732	6,028	6,459	6,586

Cash Flow Strong & Rising

Per Share

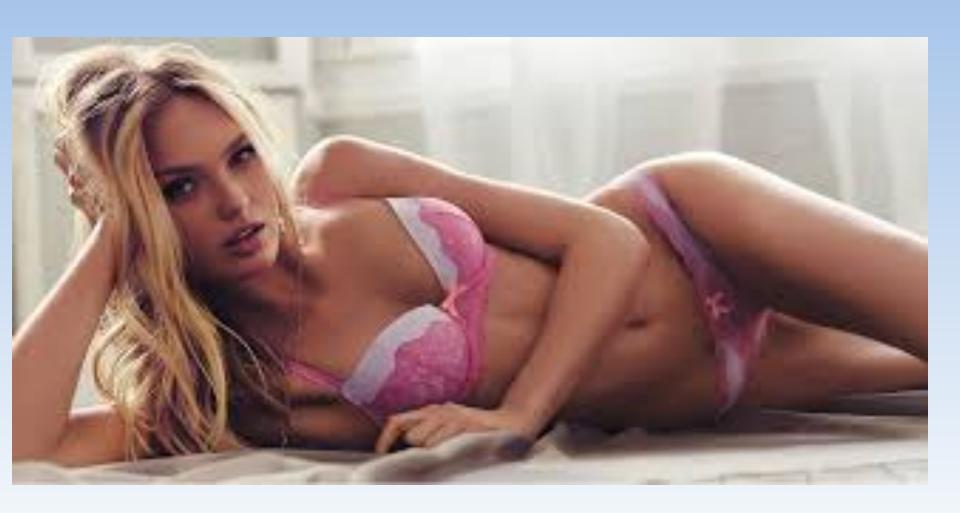
	Dec '15	Dec '16	Mar '17E Q1	Jun '17E Q2	Sep '17E Q3	Dec '17E Q4	Dec '17E
EPS	1.66	1.85	0.28	0.56	0.59	0.54	1.96
Guidance (Low)	1.66	1.89	0.27	-	-	-	1.93
Guidance (High)	1.68	1.92	0.29	-	-	-	2.03
Dividends per Share	0.40	0.44	0.13	0.13	0.13	0.14	0.56
Cash Flow per Share	1.25	1.76	0.36	0.70	0.69	0.60	2.58
Book Value per Share	3.19	3.20	2.88	3.20	3.58	3.81	3.74

Risk Management

Use a 10% Trailing Stop

Sell any stock that has declined -10% from its highest closing price since you've owned it.

L Brands Tempting but Treacherous



You Broke My Heart, Fredo



The Kiss of Death

Some kisses are far from romantic. In The Godfather Part II (1974), mob boss Michael Corfeone (Al Pacino) kisses his brother Fredo (John Cazale) in Havana and reveals that he know Fredo had betrayed him: "I know it was you, Fredo. You broke my heart." TIME's Richard Corliss called the scene, "one of the most powerful kisses in movies: the kiss that kills."

Paramount

Let's Just Kiss & Say Goodbye



5 Steps for Successful Dividend Stock Selection

- 1. Don't compromise on coverage
- 2. Demand reliable dividend history
- 3. Get a good view of relative valuation
- 4. Use the chart to guide buys and sells
- 5. Know when to walk away...when to run

Boost Dividend Yields

By Selling Options On**Dividend Stocks**

Forbes Premium Income Report

Boosting Your Portfolio Yield With Options

Sell Cash-Secured Puts

Sell Covered-Calls (Buy Writes)

Call & Put Options

Call Option: Contract giving an investor the right, but not the obligation, to buy an asset at a specified price within a specific time period

Put Option: Contract giving the owner the right, but not the obligation, to *sell* a specified amount of an underlying security at a specified price within a specified time

Strike Price & Expiration

Strike Price: Price at which a put call or option can be exercised

Expiration: Last date on which the holder of the option may exercise it

Each options "contract" cover 100 shares of the underlying stock

Selling Calls

- Good way to earn income from stocks when they trade in a range
- Reduces cost basis, do it again and again
- Money today for giving upside potential above strike price
- Surrender upside, so make it worth your while (15% annualized minimum)
- Total return is the objective
- Dividends juice returns

Selling Puts

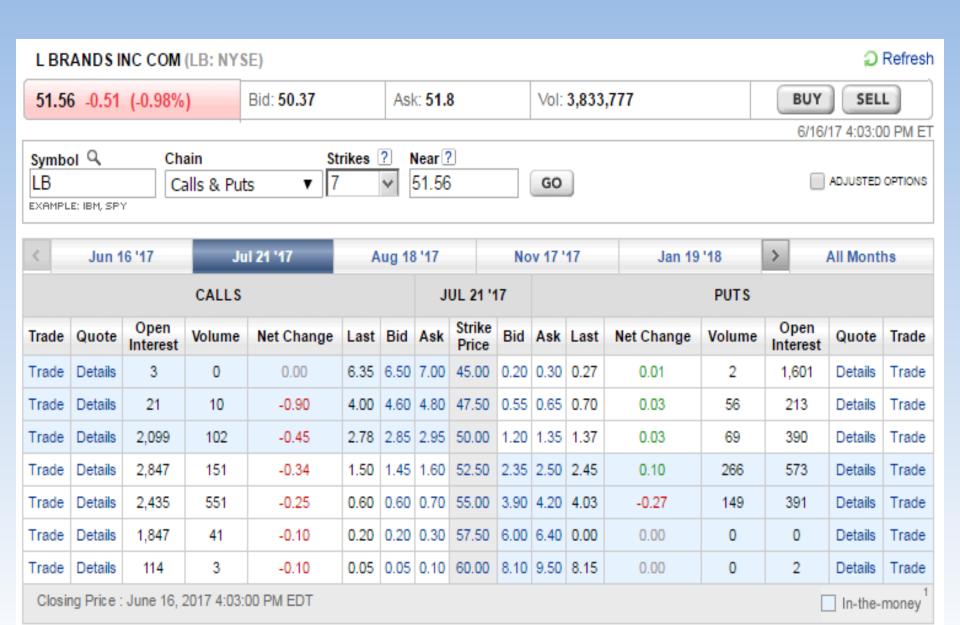
- You agree to buy a stock at a certain price in the future in exchange for pocketing cash today
- Do it on stocks you wouldn't mind owning
- Use charts and fundamentals
- Ideally you sell them on a down day
- Need to tie up cash/margin
- Must deal in multiples of 100 shares
- Be mindful of trading costs

3 Primary Components of Options Prices

1. Intrinsic value: Amount in/out of the money

- 2. Time value:
 Days until expiration
- 3. Volatility value: Higher volatility, higher premium

L Brands July 21 Options

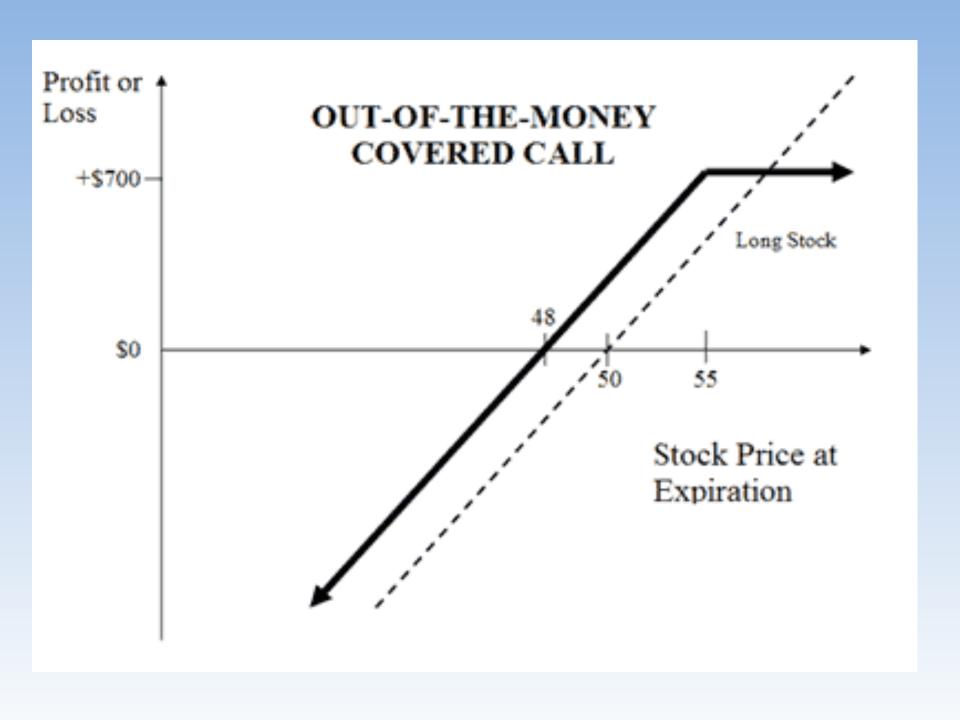


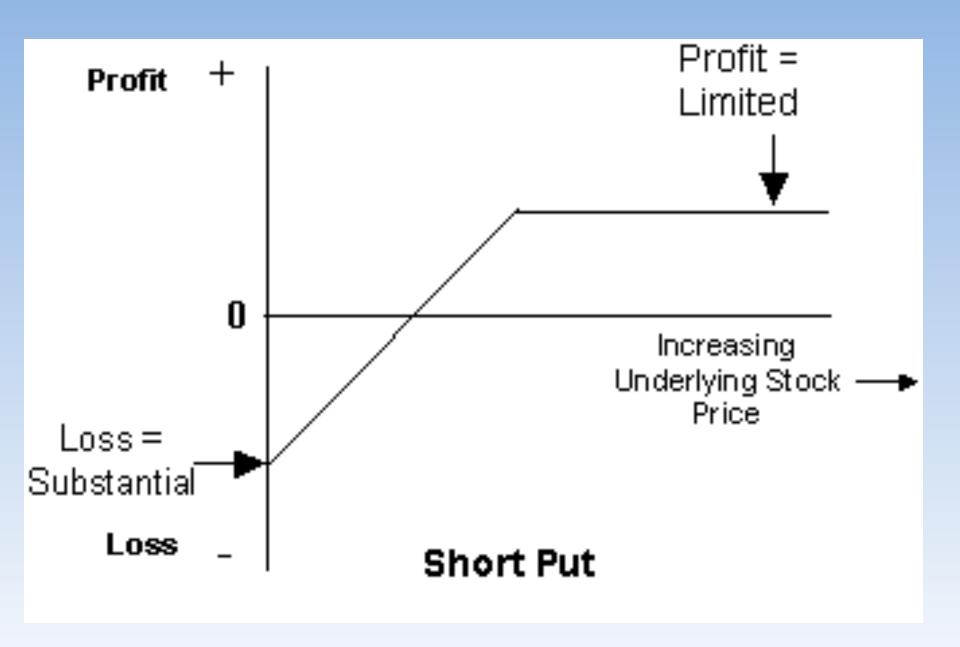
More Liquidity In Intel Options

Refresh INTEL CORP COM (INTC: NSDQ) Vol: 30,762,781 BUY SELL 35.21 -0.10 (-0.28%) Bid: 35.21 Ask: 35.48 6/16/17 4:15:00 PM ET Symbol Q Strikes ? Near ? Chain INTC 35.21 ADJUSTED OPTIONS Calls & Puts GO • EXAMPLE: IBM, SPY Jul 21 '17 Jun 23 '17w Jun 30 '17w Jul 7 '17w Jul 14 '17w > All Months CALLS PUTS JUL 21 '17 Strike Open Open Trade Net Change Last Bid Ask Bid Ask Last Net Change Quote Volume Volume Quote Trade Price Interest Interest 4.40 3.25 3.40 32.00 Trade Details 96 0.00 0.09 | 0.11 0.12 -0.011.595 13.579 Details Trade 0 Details 507 156 -0.112.43 2.33 2.44 33.00 0.14 0.18 0.18 -0.021.802 10,294 Details Trade Trade 1.56 | 1.53 | 1.58 | 34.00 Details 3.836 -0.120.29 | 0.32 | 0.31 -0.0346,590 Details 63 Trade 937 Trade Trade Details 15.268 996 -0.090.81 0.87 35.00 0.57 0.61 0.60 0.00 1.886 37.680 Details Trade 0.34 | 0.33 | 0.37 | 36.00 Details 28,886 1.791 -0.10 1.09 1.12 1.10 29.571 Details Trade Trade 0.03405 0.12 37.00 Details 92,683 1.545 -0.031.86 1.90 1.86 0.07 188 41.842 Details Trade Trade 22,952 434 -0.020.03 0.04 38.00 2.76 2.83 2.78 0.08 1.015 Trade Details Details Trade 1

In-the-money

Closing Price: June 16, 2017 4:15:00 PM EDT





Think In Terms Of Annualized Return

What you would make in a year if you duplicate your return for a 12-month period

PREMIUM/MONEY AT RISK = RAW RETURN

RAW RETURN X (365/NUMBER OF DAYS) = ANNUALIZED RETURN

3% for 45 days is +24% annualized 2.5% for 45 days is +20% annualized

Options Selling In Action

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5/09/2017 @ 1:18PM

Capturing An Electric Dividend With ConEd Buy Write

Forbes Premium Income Report

MAY 9, 2017 – Today's conservative trade is a buy write on shares of New York-based electric utility Consolidated Edison. Please email me (jdobosz@forbes.com) at any time with questions about trades, past positions, or how to use this service. -- J.D.

TODAY'S TRADE

full bio »



total return.

John Dobosz

I focus on income as a

major component of









CONSERVATIVE:

Consolidated Edison riggs (ED) - Buy Write Buy 100 ED, Sell 1 June 16 \$80 Call @ \$0.60 or better \$0.69 Dividend May 15

\$0.60 Call Premium

Total: \$1.29

Stock Price \$79

Strike Price \$80

Consolidated Edison Inc (ED) Last: 79.00, Change: -0.39 (-0.49%), Volume: 630,489 Put volume: 77 * Call volume: 91 * Put:Call Ratio: 0.85

June 16, 2017 (38 days until expiration)

80.00 STRIKE CALL

Bid Ask Bid/Ask Size Implied Volatility Last Volume Open Interest .55 0.65 31 x 1 11% 0.70 13 138





Got The Dividend and Got Called Away



Stealing Dividends

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5/11/2017 @ 2:01PM

Xilinx Buy Write Brings In Quick Dividend And Generous Call Premium

Forbes Premium Income Report

MAY 11, 2017 – If you make this trade by the close today, you will earn a \$0.35 per share dividend, in addition to \$1.30 in premium from selling \$65 June 16 calls on semiconductor maker Xilinx. Please email me (jdobosz@forbes.com) at any time with questions about trades, past positions, or how to use this service. -- J.D.

full bio »

total return.





I focus on income as a

major component of







✓ Active Trades

TODAY'S TRADE

CONSERVATIVE:

Xilinx (XLNX) - Buy Write

Buy 100 XLNX, Sell 1 June 16 \$65 Call @ \$1.30 or better

Xilinx (XLNX)
Buy Write
Buy 100 XLNX
Sell 1 June 16 \$65 Call
@ \$1.30 or better

Ex-Dividend Date
May 12
\$0.35

Xilinx, Inc. (XLNX) Last: 64.30, Change: -0.32 (-0.49%), Volume: 1.28M Put volume: 2.140 * Call volume: 4.708 * Put:Call Ratio: 0.45

June 16, 2017 (36 days until expiration)

65.00 STRIKE CALL

 Bid
 Ask
 Bid/Ask Size
 Implied ∀olatility
 Last
 ∀olume
 Open Interest

 1.27
 1.36
 19 x 10
 20%
 1.30
 138
 3,102





How It Turned Out



Do It Again... Bow, Bow, Bow!



Sell Covered Calls

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I focus on income as a major component of total return.

full bio »





John Dobosz







✓ Active Trades

6/22/2017 @ 1:48PM

Writing Calls On Resurgent Shares Of Xilinx

Forbes Premium Income Report

JUNE 22, 2017 – Today's conservative trade is a follow-up covered call selling recommendation on shares of chip maker Xilinx, on which we just had \$65 calls expire worthless on June 16. If you do not own Xilinx, you will find an attractive buy write.

Please email me (jdobosz@forbes.com) at any time with questions about trades, past positions, or how to use this service. -- J.D.

TODAY'S TRADE

CONSERVATIVE:

Xilinx (XLNX) - Covered Call/Buy Write Sell 1 July 21 \$67.50 Call @ \$1.30 or better

Writing Puts on STX

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5/04/2017 @ 3:07PM

Selling Puts On Seagate With Eyes On A Dividend

Forbes Premium Income Report

MAY 4, 2017 – The last time we touched Seagate Technology was a buy write from April 6 to April 21. We were assigned and called away for a 2.85% profit for the twoweek period, which works out to 69.4% annualized. Here's to another profitable play on Seagate by writing a put that expires just before the ex-dividend date. Due to the time of day, I will provide an update on the desirability of this trade tomorrow morning. Please email me (jdobosz@forbes.com) at any time with questions about trades, past positions, or how to use this service. -- J.D.

TODAY'S TRADE

AGGRESSIVE:

Seagate Technology PLC (STX) - Put Sale Sell 1 STX June 16 \$42 Put @ \$1.25 or better

Seagate Technology (XLNX) Put Write Sell 1 STX June 16 \$42 Put @ \$1.25 or better

Ex-Dividend Date
June 19
\$0.63

Seagate Technology plc (STX) Last: 42.54, Change: +0.03 (0.07%), Volume: 3.31M Put volume: 1.474 * Call volume: 2.030 * Put:Call Ratio: 0.73

June 16, 2017 (43 days until expiration)

42.00 STRIKE PUT

Bid Ask Bid/Ask Size Implied √olatility Last √olume Open Interest 1.26 1.30 18 x 91 24% 1.27 350 1,210





Got Out Just In Time



June 16 Expirations

Date	Stock	Shares	Price	P/C	Strike	Premium	Dividends	Exp. Price
5/9/2017	Ð	100	\$79.00	С	\$80.00	\$0.60	\$0.69	\$84.85
5/4/2017	В	PUTSPREAD	\$49.20	Р	45.00/47.50	\$0.83		\$51.56
5/19/2017	SBGI	PUTSPREAD	\$33.15	Р	32.00/33.00	\$0.40		\$35.10
3/30/2017	STAG	200	\$24.77	С	\$25.00	\$0.65	\$0.23	\$27.89
5/4/2017	SIX		\$42.54	Р	\$42.00	\$1.26		\$42.03
5/2/2017	SP		\$21.30	Р	\$20.00	\$0.45		\$19.25
4/4/2017	ТШР	100	\$55.03	С	\$55.00	\$1.70	\$0.94	\$48.70
5/11/2017	XVIX	100	\$64.30	С	\$65.00	\$1.30	\$0.35	\$64.74

Closed-Out June Positions

Date	Stock	Outcome	Total Return	Annualized Return	Days Held
5/9/2017	Ð	\$229.00	2.92%	28.06%	38
3/30/2017	STAG	\$222.00	4.60%	21.53%	78
5/4/2017	SIX	\$252.00	3.09%	26.25%	43

Stocks We Ended Up Owning

Date	Stock	Premium	Dividends	Cost Basis	Current Price	Total Return
5/2/2017	SP	\$0.45	\$0.00	\$19.55	\$19.25	-1.5%
4/4/2017	ТШР	\$1.70	\$0.94	\$52.39	\$48.70	-7.0%
5/11/2017	XVX	\$1.30	\$0.35	\$62.65	\$64.74	3.3%

-1.7% average

Tesoro Logistics (TLLP)



Date	Stock	Price	P/C	Strike	Premium	Expiration	Exp. Price
8/11/2016	ТШР	\$45.46	Р	\$45.00	\$1.40	9/16/2016	\$44.69
9/29/2016	ТШР	\$48.67	С	\$50.00	\$0.90	11/18/2016	\$44.96
1/17/2017	ТШР	\$54.75	С	\$55.00	\$1.05	2/17/2017	\$59.13

Date	Expiration	Cost Basis	Return	Annualized	Days Held
8/11/2016	9/16/2016	\$40.78	32.6%	68.9%	173
9/29/2016	11/18/2016	\$45.85	19.2%	56.4%	124
1/17/2017	2/17/2017	\$53.70	2.4%	63.1%	14

M.D.C. Holdings (MDC)



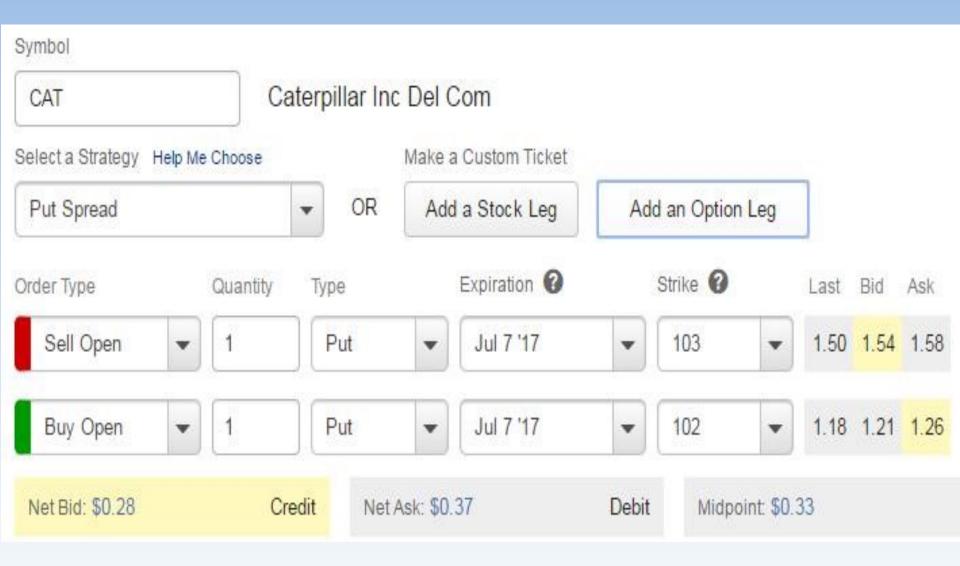
Date	Stock	Price	P/C	Strike	Premium	Expiration	Exp. Price	Return	Annualized	Days
4/26/2016	MDC	\$25.45	P	\$25.00	\$0.60	5/20/2016	\$21.29	21.0%	23.6%	325
1/24/2017	MDC	\$27.68	C	\$28.00	\$0.80	3/17/2017	\$30.21	5.1%	35.8%	52

Spreads

Do not require as much capital

Provide well-defined risk-reward

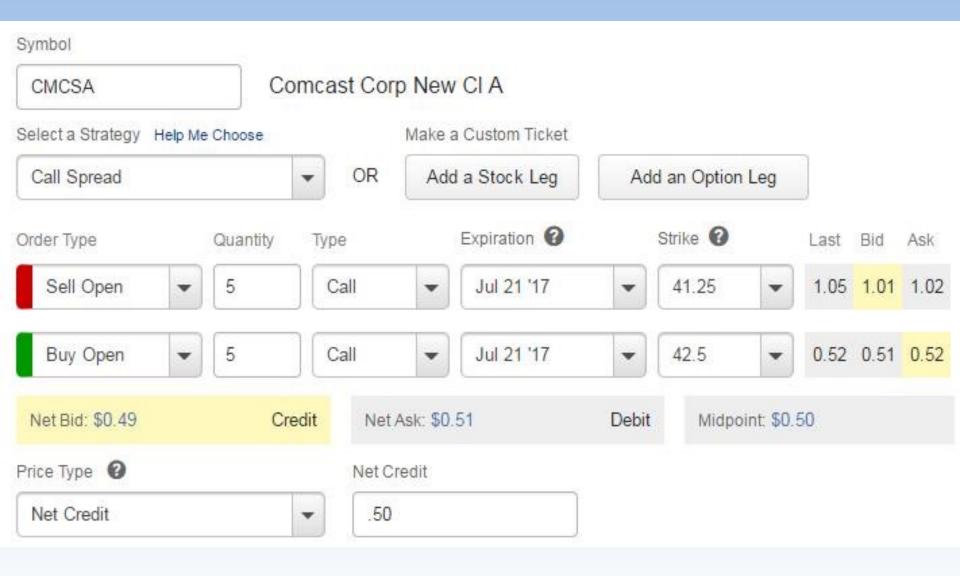
Spreading Caterpillar



CAT Comes Through



Comcast Call Spread

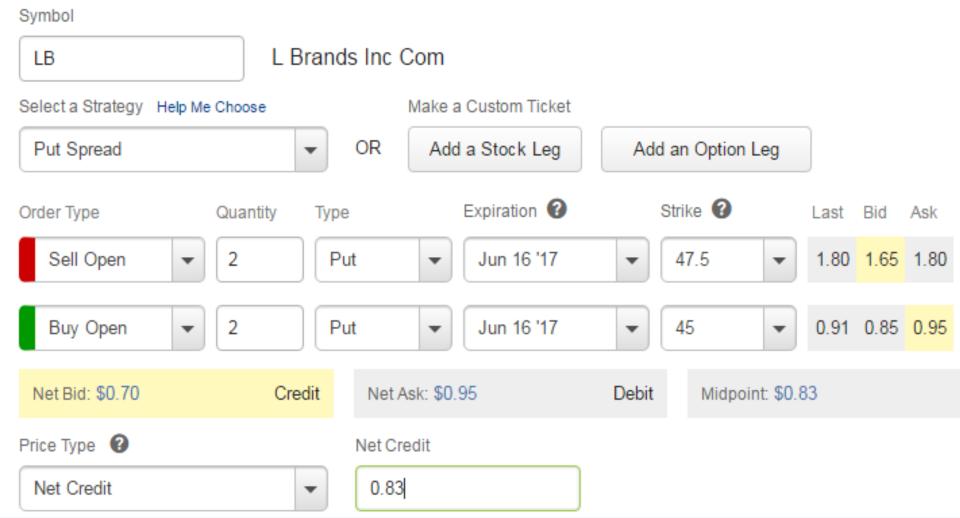


Wow, Talk About Timing!



L Brands (LB) - Bull Put Spread Sell 2 HBI June 16 \$47.50 Puts Buy 2 HBI June 16 \$45.00 Puts

Net Credit of \$0.83 or higher

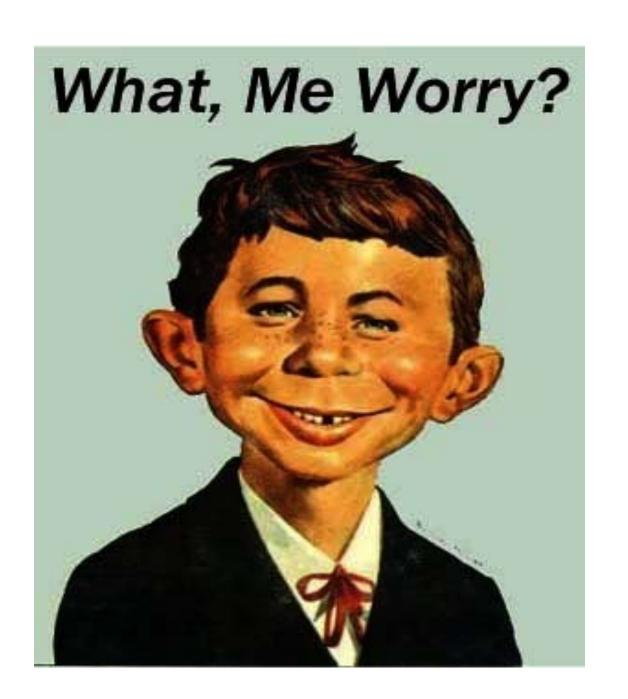


Max Gain: \$166 (Premium Collected) Max Loss: \$334 (Difference Between Strikes Minus Premium)



L Brands Stays Up





What could go wrong?

Stock price tanks:

If you've sold calls, buy to close and sell new calls at lower strike prices if you can buy them at 75% or more below the price at which you sold them.

If you've sold puts, buy to close when underlying stock price drops 10% below potential cost basis (strike price minus put premium).

When The Stock Jumps

If you've sold calls, you could buy to close the short calls at a loss, but then sell additional calls at a higher strike price

If you've sold puts, and if you can buy to close the position 75% or more below the price you received for the puts, buy them and look for new opportunities, maybe a buy write on the underlying stock

Forbes Premium Income Report 549 Closed Trades since March 20, 2014

31.9% average annualized return

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