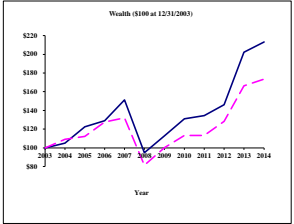


PERFORMANCE YTD		7/31/2014	
		Portfolio	\$K F 500
12/31/13	Beginning Value		1,000.00
	Realized Gain (Loss)	643	6.43%
	Unrealized Gain	7,521	75.21%
	Interest Dividends	648	6.48%
	Net Gain (Loss)	8,812	8.81%
	Adjustment		
	Total Portfolio Value	1,000.00	
	Lance Cash	1,000	
	Lance Market Value	1,000.00	
7/31/14	Return	8.31%	4.48%

PERFORMANCE		7/31/2014	
Date	Value	\$K F 500	Portfolio
12/31/13	\$ 41,160	1,211.92	2004
12/31/13	71,278	1,246.59	2005
12/31/13	162,300	1,680.88	2006
12/31/13	128,221	1,608.36	2007
12/31/13	71,234	961.25	2008
12/31/13	80,729	1,115.59	2009
12/31/13	161,977	1,237.64	2010
12/31/13	166,468	1,237.63	2011
12/31/13	116,117	1,246.19	2012
12/31/13	168,671	1,680.36	2013
7/31/2014	169,282	1,936.67	2014

Year	Portfolio	Index	\$K F 500	Return
2003	\$ 100.00	\$ 100.00		
2004	\$ 185.09	8.9%	\$ 108.99	8.99%
2005	\$ 122.47	16.6%	\$ 112.26	3.60%
2006	\$ 128.90	5.2%	\$ 127.01	13.62%
2007	\$ 41.46	-77.6%	\$ 102.64	-3.75%
2008	\$ 42.75	-75.2%	\$ 81.23	-36.89%
2009	\$ 113.64	19.2%	\$ 106.29	25.67%
2010	\$ 136.97	15.6%	\$ 113.11	12.79%
2011	\$ 136.20	2.7%	\$ 113.30	6.60%
2012	\$ 166.26	8.8%	\$ 128.24	13.67%
2013	\$ 168.67	36.7%	\$ 166.67	24.66%
2014	\$ 219.89	5.1%	\$ 173.63	4.80%



PORTFOLIO		7/31/2014		Current Market Value		Gain/Loss	Return	% of Portfolio	% of S&P 500	% Over (Under) S&P
Name	Ticker	Beginning Price	Number of Shares	Beginning Value	Current Price	Current Market Value	Gain/Loss	Return	% of Portfolio	% of S&P
Consumer Discretionary										
Nike	NKE	12/31/13	78.64	45	3,579	77.13	3,471	(88)	-1.9%	2.1%
Pfizer Inc	PFE	12/31/13	116.20	5	5,812	1,324.65	6,312	499	6.9%	3.7%
Outboard Inc	OUTR	12/31/13	67.27	60	4,036	55.02	3,301	(735)	-18.2%	2.0%
TTX Companies	TTX	4/30/14	56.39	60	3,384	53.29	3,197	(186)	-6.7%	1.9%
Consumer Goods										
CVS Caremark	CVS	12/31/13	71.57	50	3,579	76.36	3,818	240	6.7%	2.3%
Coca-Cola	KO	12/31/13	41.31	80	3,305	39.20	3,136	(169)	-4.9%	1.9%
General Mills	GIS	12/31/13	49.91	50	2,496	50.15	2,508	12	0.5%	1.5%
Ester Line	EL	12/31/13	75.52	25	1,888	73.46	1,837	(48)	-2.5%	1.1%
Compass Foods	CAG	4/30/14	30.51	120	3,662	30.13	3,616	(46)	-1.3%	2.1%
Energy										
ConocoPhillips	COP	12/31/13	70.65	50	3,533	82.50	4,125	593	16.8%	2.4%
Phillips 66	PSX	12/31/13	77.13	65	5,013	81.11	5,278	265	5.3%	1.2%
Marathon Oil	MBO	12/31/13	35.30	60	2,118	38.75	2,325	207	9.8%	1.4%
Marathon Petroleum	MPC	12/31/13	91.73	30	2,752	83.48	2,504	(248)	-9.0%	1.5%
Helmreich & Payne	HP	4/30/14	107.07	30	3,212	106.26	3,188	(24)	-0.8%	1.9%
Financials										
JP Morgan Chase	JPM	12/31/13	58.48	50	2,924	57.87	2,894	(30)	-1.0%	1.7%
MetLife	MET	12/31/13	53.92	70	3,774	52.60	3,682	(92)	-2.4%	2.2%
Everest Re Group	RE	12/31/13	155.87	30	4,676	155.91	4,677	1	0.0%	2.8%
Wellpoint Financial Svcs	AFSI	4/30/14	38.31	100	3,831	42.64	4,264	433	11.3%	2.5%
Healthcare										
Genentech	GEN	12/31/13	75.10	50	3,755	91.55	4,578	823	21.9%	2.7%
Endo Pharmaceuticals	ENDP	12/31/13	87.46	90	6,071	67.08	6,037	(34)	-0.6%	3.6%
Willbros	WLP	12/31/13	92.39	50	4,620	89.81	5,491	871	18.9%	3.2%
Mylan	MYL	12/31/13	43.40	100	4,340	49.37	4,937	597	13.8%	2.9%
Cigna	CI	12/31/13	87.48	40	3,499	90.04	3,602	102	2.9%	2.1%
BioReference Labs	BRLI	12/31/13	25.54	100	2,554	31.39	3,139	585	22.9%	1.9%
Aetna	AET	4/30/14	71.31	40	2,852	77.53	3,101	249	8.7%	1.9%
Industrials										
Triumph Group	TGI	12/31/13	76.07	50	3,804	63.35	3,168	(636)	-16.7%	1.9%
Esports Inc	ESPO	12/31/13	77.27	60	4,636	71.08	4,265	(372)	-8.0%	2.9%
Dynex & Co	DE	4/30/14	93.45	50	4,673	85.11	4,256	(417)	-8.9%	2.5%
Information Technology										
Qualcomm	QCOM	12/31/13	74.25	50	3,713	73.72	3,686	(27)	-0.7%	2.2%
Apple	AAPL	12/31/13	90.15	70	6,310	92.60	6,482	172	2.7%	4.0%
Google	GOOG	12/31/13	569.36	10	5,694	571.60	5,716	112	2.0%	3.4%
Teraviva Inc.	TVVA	12/31/13	51.81	100	5,181	72.23	7,223	2,042	39.6%	4.3%
Intel	INTC	12/31/13	25.96	120	3,115	33.89	4,067	952	30.6%	2.4%
ED Systems	EDDD	12/31/13	92.91	30	2,787	98.13	2,907	120	4.3%	1.9%
Calypso Corp	CAAP	4/30/14	17.51	100	1,751	17.01	1,701	(50)	-2.8%	1.0%
Materials										
PPG Industries	PPG	12/31/13	189.66	20	3,793	198.36	3,967	174	4.6%	2.3%
Eastman Chemical	EMN	12/31/13	90.70	60	5,442	78.78	4,727	(715)	-13.1%	1.4%
CF Industries Holdings	CF	12/31/13	233.04	15	3,496	250.14	3,753	257	7.4%	2.2%
American Vanadium Co	AVD	4/30/14	18.05	100	1,805	12.69	1,269	(536)	-29.7%	0.7%
Utilities										
Norfolk Southern	NSC	12/31/13	85.62	30	2,569	93.89	2,817	248	9.7%	1.7%
American Energy	ATO	12/31/13	45.42	60	2,725	48.32	2,899	174	6.4%	1.7%
Oke Energy	OKAI	12/31/13	69.01	60	4,141	72.13	4,328	187	4.5%	1.3%
Pinnacle West Capital	PNW	4/30/14	56.17	30	1,685	53.49	1,605	(80)	-4.8%	0.9%
Transportation										
Alaska Air	ALK	12/31/13	26.69	100	2,669	43.97	4,397	1,728	64.8%	2.8%
South West Airlines	LUV	12/31/13	18.84	250	4,710	28.28	7,070	2,360	50.1%	4.2%
Stocks: \$ 1,107,488.4 \$ 2,320.31 Cash: \$ 1,000.00 Portfolio: \$ 1,108,488.4										

S&P 500 BY TICKER		Beginning Price	Number of Shares	Beginning Value	Ending Price	Ending Value	Gain/Loss	Return
Qualcomm	QCOM	12/31/13	54.45	50	2,723	4,914	2,191	80.1%
Nike	NKE	12/31/13	78.64	45	3,539	4,302	763	21.6%
STAMP	STAMP	12/31/13	42.10	100	4,210	4,920	710	16.9%
Coca-Cola	KO	12/31/13	41.31	80	3,305	3,264	(41)	-1.2%
Ester Line	EL	12/31/13	75.52	25	1,888	1,810	(78)	-4.1%
Around	ATW	12/31/13	53.39	50	2,670	2,465	(205)	-7.6%
Total				19,417.40		20,979.21		661.81