



# The Line in the Sand

For July 12th - July 16th 2010

Commodity Symbol	Month	Sentiment	Support	Resistance	Trend				
					short	medium	long		
<b>Energy</b>									
Crude oil	CL	Q	NEUTRAL	74.85, 73.40	76.75, 78.00	UP	SIDEWAYS	DOWN	
Heating oil	HO	Q	NEUTRAL	2.00, 1.95	2.06, 2.1150	UP	SIDEWAYS	DOWN	
Gasoline	XRB	Q	NEUTRAL	2.03, 1.98	2.0925, 2.1350	UP	SIDEWAYS	DOWN	
Natural gas	NG	Q	BEARISH	4.30, 4.10	4.55, 4.75	DOWN	DOWN	SIDEWAYS	
<b>Livestock</b>									
Live cattle	LC	Q	BULLISH	89.75, 88.50	91.25, 92.00	UP	UP	SIDEWAYS	
Feeder cattle	FC	Q	NEUTRAL	112.50, 111.40	114.00, 116.00	SIDEWAYS	UP	SIDEWAYS	
Lean hogs	LH	Q	BEARISH	79.75, 78.25	81.40 - 82.00	SIDEWAYS	SIDEWAYS	DOWN	
<b>Financials</b>									
Dow	DJ	U	BULLISH	10000, 9900	10200, 10375	UP	SIDEWAYS	DOWN	
S&P 500	SP	U	BULLISH	1065, 1045	1080, 1100	UP	SIDEWAYS	DOWN	
30-yr Bonds	US	U	NEUTRAL	125'10, 124'08	127'05, 128'05	DOWN	UP	UP	
10-yr Notes	TY	U	NEUTRAL	121'15, 120'20	122'15, 123'00	DOWN	UP	UP	
Euro-dollars	ED	M 11'	BULLISH	99.05, 98.93	99.15	UP	UP	UP	
<b>Currencies</b>									
Euro	EC	U	BULLISH	1.2550, 1.2415	1.2730, 1.2900	UP	UP	SIDEWAYS	
Aussie	AD	U	NEUTRAL	.8600, .8450	.8750, .8900	UP	SIDEWAYS	SIDEWAYS	
Swissie	SF	U	BULLISH	.9400, .9250	0.9555	UP	UP	SIDEWAYS	
Loonie	CD	U	BULLISH	.9610, .9530	.9725, .9800	UP	SIDEWAYS	SIDEWAYS	
Cable	BP	U	NEUTRAL	1.5000, 1.4825	1.5200 - 1.5250	SIDEWAYS	UP	SIDEWAYS	
Yen	JY	U	BEARISH	1.1250, 1.1125	1.1410, 1.1500	DOWN	UP	UP	
Kiwi	NZ	U	NEUTRAL	.7000, .6900	0.7120	UP	SIDEWAYS	SIDEWAYS	
US Dollar	DX	U	BEARISH	83.80, 82.80	84.65, 85.50	DOWN	DOWN	SIDEWAYS	
<b>Grains</b>									
Corn	C	Z	BULLISH	3.89, 3.80	4.00, 4.14	UP	SIDEWAYS	SIDEWAYS	
Soybeans	S	X	BULLISH	9.40, 9.22	9.65, 9.85	UP	SIDEWAYS	SIDEWAYS	
Soybean oil	BO	Z	NEUTRAL	37.70, 37.00	38.60, 39.40	UP	SIDEWAYS	DOWN	
Soybean meal	SM	Z	BULLISH	272, 265	282, 290	UP	UP	SIDEWAYS	
CBOT wheat	W	U	BULLISH	5.32, 5.10	5.50, 5.85	UP	UP	SIDEWAYS	
KC wheat	KW	U	BULLISH	5.37, 5.15	5.63, 5.80	UP	UP	SIDEWAYS	
Oats	O	Z	NEUTRAL	2.58, 2.45	2.80	UP	UP	SIDEWAYS	
<b>Softs</b>									
Cocoa	CO	U	NEUTRAL	2950, 2900	3040, 3110	SIDEWAYS	SIDEWAYS	SIDEWAYS	
Sugar #11	SB	V	BULLISH	16.40, 15.90	17.40, 18.00	UP	UP	SIDEWAYS	
Cotton	CT	Z	NEUTRAL	73.50, 72.90	75.60, 77.50	DOWN	DOWN	SIDEWAYS	
Coffee	KC	U	BULLISH	1.60, 1.57	1.68, 1.71	SIDEWAYS	UP	UP	
Orange Juice	OJ	U	BEARISH	1.35, 1.3050	1.41, 1.47	DOWN	SIDEWAYS	SIDEWAYS	
Lumber	LB	U	NEUTRAL	206, 194	215, 224	DOWN	SIDEWAYS	DOWN	
<b>Metals</b>									
Gold	GC	Q	NEUTRAL	1197, 1175	1217, 1245	SIDEWAYS	SIDEWAYS	SIDEWAYS	
Silver	SI	U	NEUTRAL	17.75, 17.25	18.45, 19.00	SIDEWAYS	SIDEWAYS	SIDEWAYS	
Copper	HG	U	NEUTRAL	2.98, 2.85	3.09, 3.22	UP	SIDEWAYS	DOWN	

Month - Jan F, Feb G, Mar H, Apr J, May K, June M, July N, Aug Q, Sept U, Oct V, Nov X, Dec Z

Trend - short 7 day, medium 30 day, long 90 day

**Risk Disclosure:** The risk of loss in trading commodity futures and options can be substantial. Past performance is no guarantee of future trading results.