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Date: Aug 3 /10

Company: Arsenal Energy (AEI)

Buy/Sell: Buy

Price: 0.80

Industry: oil & gas

Shares O/S: 134.8 million

Reason: I believe in the long-term production growth prospects for this company and I think it is trading relatively cheap to what I believe it is worth.

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Date: June 29/10

Company: Southern Pacific Resource (STP)

Buy/Sell: Sell

Price: 1.01

Industry: oil & gas

Shares O/S: 316 million

Reason: Just to stay in the competition.

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Date: March 18 /10

Company: Southern Pacific Resource (STP)

Buy/Sell: Buy

Price: 1.00

Industry: oil & gas

Shares O/S: 225.6 million

Reason: STP is currently trading at book value. Stp has recently recorded record earnings as well as record production, because of these fundamental factors I believe Stp has big potential upside over the next few months and years ahead. Technically Stp has recently bounced off of its 200-day moving average with high volume and a big upside push, it has recently pulled back and is consolidating, before the next move up.