

COMMENT

06-3  
580

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CFTC

secretary

**From:** David johny [davidjohny@yahoo.com]  
**Sent:** Wednesday, July 19, 2006 1:20 PM  
**To:** secretary  
**Subject:** COT reports

7006 JUL 19 PM 2:35

CFC. OF THE SECRETARIAT

Hi

I think that COT Reports are good but you need to update them 2 times in a week.  
Especially with SPOT FOREX

BEST WISHES  
DAVE

Groups are talking. We're listening. Check out the handy changes to Yahoo! Groups.

**Received CFTC  
Records Section**

7/20/06