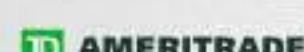




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Today's 5-Star Movers

By Motley Fool Staff
August 24, 2009 | [Comments \(0\)](#)

As fundamentals-focused long-term investors, Fools never base an investment decision on the daily gyrations of the market. But the market's daily price movements can be useful when looking for new stock ideas for further research, or to keep tabs on watch-list stocks.

Below you'll find today's biggest movers among our five-star stocks -- the highest rating awarded by our CAPS community of more than 135,000 investors. Have a look, and then visit us on [CAPS](#) to dig in further on each of them.

	Up Today	Sector	Sector Past 30 Days	Fools Saying Outperform
First Quantum Minerals ★★★★★ (OTC BB: FQVLF)	12.34%	Metals and Mining	7.48%	37 of 40
AgFeed Industries, Inc. ★★★★★ (Nasdaq: FEED)	7.96%	Food Products	7.70%	853 of 875
Trico Marine Services, Inc. ★★★★★ (Nasdaq: TRMA)	7.69%	Energy Equipment and Services	10.65%	285 of 299

Other Five-Star Metals and Mining

- Highveld Steel and Vanadium (ADR) (Nasdaq: [HSVLY](#)) up 5.65%
- Mechel OAO (ADR) (NYSE: [MTL](#)) up 5.38%

Other Five-Star Food Products

- Cosan (NYSE: [CZZ](#)) up 1.76%
- Darling International, Inc. (NYSE: [DAR](#)) up 1.51%

Other Five-Star Energy Equipment and Services

- ENGlobal Corp (Nasdaq: [ENG](#)) up 4.58%
- Newpark Resources, Inc. (NYSE: [NR](#)) up 4.40%

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Disclosure is important to us here at The Motley Fool. The stocks m this article received "five-star" ratings from participants in The Motley CAPS service and are showing strong percentage gains in today's n least compared with other CAPS five-star stocks.

No individual person selected the stocks in this article, so there is n disclose an interest in them. Since this article was automatically ge identifying the stocks loved both by the CAPS community and by bu today's market, it is possible that Motley Fool personnel (and even T Fool itself, through our Million Dollar Portfolio, Motley Fool Pro, and Re Millionaire services), have positions in these stocks. We thought you' know that. You can learn more about The Motley Fool's disclosure p

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7 Reasons Not to Worry This Week

By The Motley Fool



Why Wal-Mart is Doomed

The reign of the "King of Retail" is over. A rapidly expanding rival is stealing away business -- forcing Wal-Mart to revamp their stores or face extinction. While Wal-Mart struggles to play catch-up, this next generation retailer is taking over. In fact, *Fast Company* calls it "The New Wal-Mart."

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DAR	\$7.38	↑ +0.09	+1.23%
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MTL	\$12.49	↑ +0.78	+6.66%
Mechel OAO (ADR)		CAPS Rating: ★★★★★	
NR	\$2.64	↑ +0.14	+5.60%
Newpark Resources,...		CAPS Rating: ★★★★★	
ENG	\$4.28	↑ +0.13	+3.13%
ENGlobal Corp		CAPS Rating: ★★★★★	
FEED	\$5.24	↑ +0.34	+6.94%
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