Business

STOCKS

Monday	Close	Change
DJIA	12,502.66	-138.12
Standard&Poors 500 Index	1313.72	-21.30
NYSE Index	7491.87	-124.92
Nasdaq Composite Index	2836.16	-56.26
NYSE Market Composite	2251.67	-27.65
Russell 2000 Index	761.90	-13.26
Wilshire 5000 Total Market	13,736.01	-226.18

REGIONAL STOCKS

9 a.m. quotes from Yahoo.com

3 a.m. quotes from Tarioo.com							
Company	Ticker	Monda	y Today	Company	Ticker	Monday	Today
3M	MMM	86.17	85.72	JC Penney	JCP	21.780001	21.62
American Airlines	AAMRQ.PK	0.51	0.489	JDS Uniphase	JDSU	10.06	9.98
Apple	AAPL	577.38	572.24	John Deere	DE	74.54	74.600197
AT&T	T	34.939999	34.96	Kohl's	KSS	42.87	42.97
Benchmark	BHE	13.19	13.22	Lowes	LOW	27.06	27.04
Best Buy	BBY	18.72	18.47	Medtronic	MDT	37.53	37.22
C. H. Robinson	CHRW	56.47	56.06	Oshkosh Truck	OSK	19.20	18.67
Caterpillar	CAT	82.86	82.60	Polaris	PII	69.78	68.80
Celestica	CLS	7.06	6.97	Rochester Medica	ROCM	10.29	10.67
Delta Air Lines	DAL	10.79	10.71	Sears Hldgs Corp.	SHLD	52.20	52.53
Donaldson Co.	DCI	31.89	31.540001	Southwest Airlines	LUV	8.91	8.81
Dover	DOV	52.59	52.015	Target Corp.	TGT	57.19	57.42
Fastenal	FAST	38.53	38.55	Toro	TTC	72.98	72.11
Hitachi	HIT	59.00	58.95	U.S. Bancorp	USB	31.36	31.31
HMN Financial	HMNF	3.18	3.18	Verizon	VZ	43.51	43.6201
Home Depot	HD	51.50	51.76	Wal-Mart	WMT	67.80	68.65
Hormel	HRL	29.03	29.05	Wells Fargo	WFC	32.37	32.35
IBM	IBM	192.93	192.3101	Western Digital	WDC	29.46	29.24

MARKETS

CHICAGO GRAIN FUTURES CHICAGO (AP) — Futures trading on the Chicago

Board of Trade Mon.: Open High Low Settle Chg 5,000 bu minimum; cents per bushel Jul 689½ 725¼ 686½ 7 689½ 725¼ 7021/4 741 +531/2 7591/4 +521/2 7401/4 7751/4 +511/2

Sep Dec Mar May Jul Sep Dec Mar 775¾ 778½ 7451/2 7781/2 +493/4 745 756½ 7771/4 7761/2 +463/4 784 +45¾ 769 799 775 8031 770½ 806 755 785 7683/4 7983/4 775 770 751 8031/2 +423/4 May 770½ 806 770 80 Jul 755 785 751 78 Est. sales 190,890. Fri.'s sales Fri.'s open int 418,403 CORN 5,000 bu minimum; cents per bushel Fri.'s sales 145,421

606¼ 631 569 591¼ 573½ 584¼ 594 591 597 577 559% 6113/4 6113/4 Sep Dec Mar May Jul Sep Dec Jul 5881/2 58534 +2414 566 575 580 585 548 542 564 540 567¾ 567³/₄ 574³/₄ 582 535¹/₂ 540 557 535 582 +121/2 548 +121/2 Est. sales 393,385. Fri.'s open int 1,082,271 OATS

5,000 bu minimum; cents per bushel Jul 342¾ 348¾ 332¾ 3 315 306 Sep Dec Mar May Jul Sep Dec Mar May Jul 302 302 302 302 302 302 +20 +20 322 322 322 302 302 322 322 324¼ 351 351 324¼ 351 351 3041/4 3041/4 331 331 383½ 331 331 Sep 391½ Est. sales 1,446 391½ 411½ 3911/5 4111/5 Fri.'s sales 1,286 SOYBEANS

5,000 bu minimum; cents per bushel
Jul 1468¼ 1491¼ 1458½ 1482½ +40 1454 1479 14421/5 1467 14081/4 1440 +453/4 14051/2 1437 14023/4 14251/2 +50 14231/4 +491/4 1390 1364 13923/4 13531/4 13803/4 +443/4 1331¾ 1350¾ +37¾ Jul Aug 13391/2 1360 1329 13461/4 +351/ 1335¾ +35¼ 1330 12611/2 12931/4 12611/2 12931/4 +313/4 1255 1270 1234¼ 1264½ 12451/4 12573/4 +303/4 1234¼ 1264½ +30¼ 1230¼ 1260½ +30¼ 12301/4 12601/2 May 12301/4 12601/5 12301/4 12601/2+301/4 12351/2 12653/4 +301/4 12301/4 12601/2 12301/4 12601/2 +301/4 12201/2 12201/2 12503/4 +301/4 1250¾ 1225 12451/4 1225 1236 +301/4 1218¾ 1249 1218¾ 1249 +30¼ 1209 12123/4 1209 121234 +301/ Est. sales 295,521 Fri.'s sales 202,536 Fri.'s open int 774,359,

CHICAGO LIVESTOCK

CHICAGO (AP) — Futures trading on the Chicago Mercantile Exchange Mon Open High

CATTLE 40,000 lbs.; cents per lb 116.35 116.60 116.62 116.87 115.50 115.70—1.20 115.72 115.87—1.03 120.80 121.17 120.05 120.42 --- .78 123.70 123.80 126.90 127.07 126.15 126.40 ---.60 128.12 128.70 127.70 127.82 — 125.20 125.35 124.50 124.90 ---.60 125.25 125.27 124.75 125.25 —.05 127.75 128.15 127.37 128.15 —.10 Est. sales 36,194. Fri.'s sales 40,666 Fri.'s open int 315,500, FEEDER CATTLE up 2,949

50,000 lbs.; cents per lb 151.50 151.82 153.70 153.90 151.90 151.90—3.00 155.22 155.22 153.07 153.10—2.97

Nov	156.37	156.37	154.32	154.35—2.97
Jan	156.25	156.25	154.25	154.60-2.65
Mar	157.27	157.27	155.15	155.15—3.00
Apr	157.62	157.62	156.35	156.35—2.65
May	156.80	158.00	156.40	156.40—2.60
Est. sa	les 6,368.		Fri.'s sa	les 4,564
Fri.'s o	Fri.'s open int 36,890,		up 32	
HOGS,	LEAN			

40,000 lbs.; cents per lb Jul 95.10 95.60 93.10 93.35 —1.57 88.85 89.15 —2.22 79.57 79.82 —1.73 Aug Oct Dec Feb Apr May Jun Jul 91.37 92.45 81.57 82.05 79.00 79.42 81.45 81.80 77.47 —1.55 80.15 80.35 -- 1.10 83.40 82.40 82.85 —.25 87.12 87.50 86.62 87.10 --.20 88.45 88.77 —.28 87.37 87.70 —.05 89.05 89.60 88.00 88.22 87.00 87.05 77.15 77.15 86.60 86.70 +.10 76.50 76.50 +.25 74.00 Fri.'s sales 40.213 Est. sales 53,634 Fri.'s open int 254,174, up 1,629

CURRENCY EXCHANGE

Dollar vs:	Exchange Rate	Pvs Day
Yen	79.68	80.45
Euro	\$1.2495	\$1.2561
Pound	\$1.5563	\$1.5586
Swiss franc	0.9610	0.9560
Canadian do	lar 1.0296	1.0250
Mexican pes	13.9485	13.8355
•		
Pound Swiss franc Canadian do	\$1.5563 0.9610 lar 1.0296	\$1.5586 0.9560 1.0250

METALS

Metal NY Merc Gold NY HSBC Bank US		Pvs Day \$1566.00 \$1569.50
NY Merc Silver	\$27.518	\$26.657

ZUMBROTA LIVESTOCK

Monday, June 25, 2012 Feeder Cattle Beef Steers 250-400# 400-600# 115.00-170.00cwt 115.00-153.00cwt 600-1000# Beef Heifers 115.00-151.00cwt 250-400# 115.00-145.00cwt 116.00-141.00cwt 400-600# 112.50-147.00cwt Holstein Steers 85.00-142.00cwt 120.00-147.00cwt 400-600# 600-800# 108.00-131.00cwt 800-1100# 88.00-110.00cwt odd and plain cattle sell at a Baby Calves - 4:00 PM

95 - 125# 75.00-200.00cwt 125.00-145.00cwt 150 - 250# Beef Calves Lighter, weaker, younger calves 20.00-60.00cwt

Sheep Feeder Lambs 50-70# 70-90# 135.00-150.00cwt 125.00-140.00cwt Fed Lambs - 110-145# 130.00-140.00cwt Shorn Lambs Unshorn Lambs 130.00-140.00cwt Ewes Utility & Good Ewes 35.00-50.00cwt 25.00-35.00cwt Thin & Cull Ewes Fed Cattle Fed Beef Steers Mixed grading Fed Beef Heifers Mixed grading Fed Holstein Steers Silage fed, heavy weight,

115.00-120.00cwt 108.50-114.60cwt 114.00-117.25cwt 105.00-113.00cwt 106.00-111.60cwt ect grade, 82.00-105.00cwt Market Cows mostly 73.00-83.00cwt High-vielding cows 84.00-89.00cwt Thin, shelly & full cows 30.00-72.00cwt Market Bulls 90.00-104.00cwt High-yielding bulls Bred Beef Cows 108.00-113.00cwt N/A N/A Cow/Calf Pairs Beef Breeding Bulls Swine Market Hogs

65.00cwt 64.00cwt 230-280# 280-290# 290-300# 63.00cwt Market Sows Under 450# 44.00-46.00cwt 450-500# 47.00cw1 48.00-49.00cwt Market Boars 44.00cwt

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Get outside, firm up your back side



AUSTIN YMCA KRISTI STASI news@postbulletin.com

is already

Summer biceps, back and core. is under way, and it

the end of June. I spend many days inside the Y exercising in the perfect conditions. I ride a bike four to five times a week, I'm in the pool teaching water classes and bootcamp running around the track, up and down the stairs. What things do I do outside or am I going to do this summer that are fun and blast calories? Why not add some more invigorating and challenging fun workouts on the weekend?

You don't have to be a hard-core athlete or fitness freak to get the most out of biking, hiking, kayaking/ canoeing or swimming. Top off your normal weekday exercise routine with one of these weekend activities to get fit and firm — fast.

Weekend 1: Kayaking/canoeing

Calories burned: 340 per

Body benefits: A sculpted upper body. Pulling the paddle against the water is great resistance: you target your shoulders, triceps,

Weekend benefits: It's like meditating on water, says Rhett Pruitt, a 34-year-old raft guide and recreational kayaker in Long Creek, S.C. It's peaceful, quiet and not intimidating. It's also a perfect vantage point for taking in wildlife that you may never see otherwise.

Word to the wise: Beginners should use an open kayak or take a lesson to learn how to escape the kavak first.

Your destination: Scope the Internet to find places in southern Minnesota and northern Iowa. Last summer, we went on the Upper Iowa River for a four-hour kayaking trip. We saw beautiful scenery and wildlife.

Weekend 2: Hiking

Calories burned: Up to 400 per hour.

Body benefits: Improved cardiovascular fitness. Hiking will give you stronger, leaner thighs and firm vour rear.

Weekend benefits: You get to unplug from society. Hiker Lori Pfankuch, 47, who traverses Glacier National Park in northwestern Montana, says: "Hiking

takes you out of your world so you can reflect.'

Word to the wise: Invest in a good pair of boots or trail runners and be sure to break them in by wearing them on errands before you

Your destination: For hiking clubs near you, check out the American Hiking Society. If you are unable to leave the area, head to the Jay C. Hormel Nature Center and get off the paved paths and hit the wooded area and the open fields. Even climb the tower for an increased cardio challenge.

Weekend 3: Cycling

Calories burned: 500 to 700 per hour, depending on speed and terrain.

Body benefits: Improved cardiovascular fitness plus solid legs and buns.

Weekend benefits: Cycling will give you more zip, both on and off the bike.

Word to the wise: We know that Spandex can be unflattering, but it makes a huge difference when cycling. Cycle shorts provide padding and wick away moisture, preventing your rear end, legs and crotch from getting chafed.

Your destination: For biking trails in Minnesota or other states, consult Bicycling.com. There are several

women and men who ride in groups throughout the week right in Austin.

Weekend 4: Swimming

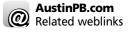
Calories burned: 300 to 700 per hour depending on duration.

Body benefits: Improved cardiovascular fitness, but most importantly, less stress on joints. A great form of rehab for those recovering from an injury.

Word to the wise: Swimming can be a challenge to coordinate breath and body while trying to stay afloat. Hitting the pool with fins can help make swimming easier and more fun. With fins on, you'll be able to swim faster. Feet that don't sink mean it's easier to maintain proper technique. Wear fins at the start of your workout to achieve proper form. After a few laps, take them off and try swimming traditionally. Fins aren't recommended if you are swimming with the breaststroke.

Your destination: Austin's Municipal Pool or area

Kristi Stasi is fitness director at the YMCA of Austin.



Bicyclists sustain injuries in 2 separate collisions

By Heather Rule

hrule@postbulletin.com (507) 434-7344

Two bicyclists were hurt when they collided with cars in Austin this past weekend.

A 13-year-old boy was hit by a car while riding his bike about 4:20 p.m. Saturday at the intersection of Fourth Street and Ninth Avenue Southwest. The boy told Austin police he was pedaling west on Ninth Place Southwest when he saw a vehicle stopped at a stop sign on Fourth Street. The sidewalk and into the street. vehicle then moved through

Chief Brian Krueger. The boy suffered minor abraleg and left arm, according to in Austin for a possible head the police report.

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Officers spoke with the 84-year-old woman who was driving the car and she said she came to a complete stop at the intersection and didn't see the boy on his bike crossing on the south side of her, according to the report.

No citations were issued, Krueger said.

The second accident happened about 1:30 p.m. Sunday in the 300 block of 12th Street Southwest. According to the report, an 83-year-old woman rode her bicycle off the

A 48-year-old driver swerved the intersection and struck the to avoid hitting her, but she boy, according to Austin Police was hit by the mirror on the car's right side Krueger said

The woman was taken to sions and road rash on his right Mayo Clinic Health System injury

& ENTERTAINMEN





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