

Business

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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

Company	Ticker	Monday	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 Medical	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	HMFN	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.
WHEAT				
5,000 bu minimum; cents per bushel				
Jul	689½	725¼	686½	724¼ +51
Sep	704	742	702¼	741 +53½
Dec	723¼	760	721½	759¼ +52½
Mar	740¼	775¼	734½	775¼ +51½
May	745½	778½	742½	778½ +49¾
Jul	745	777¼	745	776¼ +46¾
Sep	756½	784	756½	784 +45¾
Dec	769	799	768¾	798¾ +43
Mar	775	803½	775	803½ +42¾
May	770½	806	770	806 +42
Jul	755	785	751	785 +42
Est. sales	190,890.		Fri.'s sales	145,421
Fri.'s open int	418,403			
CORN				
5,000 bu minimum; cents per bushel				
Jul	606¼	631	604¼	631 +40
Sep	569	591¼	568¾	591¼ +40
Dec	573½	594	573¼	594 +40
Mar	584¼	605	584	605 +40
May	591	611¾	591	611¾ +40
Jul	597	617½	596	617½ +39¾
Sep	577	588½	573½	585¼ +24¼
Dec	559¼	566	555¼	561 +13¾
Mar	567¾	575	567¾	571 +13
May	574¼	580	564½	577 +12½
Jul	582	585	579	582 +12½
Sep	535½	548	535½	548 +12½
Dec	540	542	525	538 +8½
Jul	557	564	556	556 +8½
Dec	535	540	532½	534¼ +5¼
Est. sales	393,385.		Fri.'s sales	340,653
Fri.'s open int	1,082,271			
OATS				
5,000 bu minimum; cents per bushel				
Jul	342¼	348¾	332¼	348¾ +20
Sep	315	324	308	324 +20
Dec	325	317	302¾	317 +20
Mar	302	322	302	322 +20
May	302	322	302	322 +20
Jul	302	322	302	322 +20
Sep	302	322	302	322 +20
Dec	304¼	324¼	304¼	324¼ +20
Mar	331	351	331	351 +20
May	331	351	331	351 +20
Jul	383¼	403¾	383¼	403¾ +20
Sep	391½	411½	391½	411½ +20
Est. sales	1,446.		Fri.'s sales	1,286
Fri.'s open int	11,055			
SOYBEANS				
5,000 bu minimum; cents per bushel				
Jul	1468¼	1491¼	1458½	1482½ +40
Aug	1454	1479	1442½	1467 +41
Sep	1421¼	1449	1408¾	1440 +45¼
Nov	1405¼	1437	1402¾	1425½ +50
Jan	1404	1433¼	1390	1423¼ +49¼
Mar	1364	1392¼	1353¼	1380¼ +44¼
May	1340	1364¼	1331¼	1350¼ +37¾
Jul	1339¼	1360	1329	1346¼ +35¼
Aug	1330	1340	1330	1335¼ +35¼
Sep	1261½	1293¼	1261½	1293¼ +31¾
Nov	1255	1270	1245¼	1257¾ +30¾
Jan	1234¼	1264¼	1234¼	1264¼ +30¼
Mar	1230¼	1260¼	1230¼	1260¼ +30¼
May	1230¼	1260¼	1230¼	1260¼ +30¼
Jul	1235½	1265¼	1235½	1265¼ +30¼
Aug	1230¼	1260¼	1230¼	1260¼ +30¼
Sep	1220¼	1250¼	1220¼	1250¼ +30¼
Nov	1225	1245¼	1225	1236 +30¼
Jul	1218¼	1249	1218¼	1249 +30¼
Nov	1209	1212¼	1209	1212¼ +30¼
Est. sales	295,521.		Fri.'s sales	202,536
Fri.'s open int	774,359.			up 1,264

CHICAGO LIVESTOCK

CHICAGO (AP) — Futures trading on the Chicago Mercantile Exchange Mon.:

Open	High	Low	Settle	Chg.
CATTLE				
40,000 lbs.; cents per lb.				
Aug	116.35	116.60	115.50	115.70—1.20
Jun	116.62	116.87	115.72	115.87—1.03
Oct	120.80	121.17	120.05	120.42—78
Dec	124.45	124.80	123.70	123.80—82
Feb	126.90	127.07	126.15	126.40—60
Apr	128.12	128.70	127.70	127.82—98
Jun	125.20	125.35	124.50	124.90—60
Aug	125.25	125.27	124.75	125.25—05
Oct	127.75	128.15	127.37	128.15—10
Est. sales	36,194.		Fri.'s sales	40,666
Fri.'s open int	315,500.			up 2,949
FEEDER CATTLE				
50,000 lbs.; cents per lb.				
Aug	151.50	151.82	149.80	149.80—3.00
Sep	153.70	153.90	151.90	151.90—3.00
Oct	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. sales	6,368.		Fri.'s sales	4,564
Fri.'s open int	36,890.			up 32

40,000 lbs.; cents per lb.	93.10	93.35	—1.57	
Jul	95.10	95.60	93.10	
Aug	91.37	92.45	88.85	
Oct	81.57	82.05	79.57	
Dec	79.00	79.42	77.17	
Feb	81.45	81.80	80.15	
Apr	83.05	83.40	82.40	
May	87.12	87.50	86.62	
Jun	89.05	89.60	88.45	
Jul	88.00	88.22	87.37	
Oct	77.15	77.15	76.50	
Dec	74.00			
Est. sales	53,634.		Fri.'s sales	40,213
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 dollar	1.0296	1.0250
Mexican peso	13.9485	13.8355

METALS

Metal	Price (troy oz.)	Pvs Day
NY Merc Gold	\$1587.50	\$1566.00
NY HSBC Bank US	\$1583.50	\$1569.50
NY Merc Silver	\$27.518	\$26.657

ZUMBROTA LIVESTOCK

Monday, June 25, 2012

Feeder Cattle		
Beef Steers	250-400#	115.00-170.00cwt
	400-600#	115.00-153.00cwt
	600-1000#	115.00-151.00cwt
Beef Heifers		
	250-400#	115.00-145.00cwt
	400-600#	116.00-141.00cwt
	600-1000#	112.50-147.00cwt
Holstein Steers		
	250-400#	85.00-142.00cwt
	400-600#	120.00-147.00cwt
	600-800#	108.00-131.00cwt
	800-1100#	88.00-110.00cwt
odd and plain cattle sell at a discount		
Baby Calves - 4:00 PM		
95 - 125#		75.00-200.00cwt
150 - 250#		125.00-145.00cwt
Beef Calves		
Lighter, weaker, younger calves		20.00-60.00cwt
Sheep		
Feeder Lambs		
50-70#		135.00-150.00cwt
70-90#		125.00-140.00cwt
Fed Lambs - 110-145#		
Shorn Lambs		130.00-140.00cwt
Unshorn Lambs		130.00-140.00cwt
Ewes		
Utility & Good Ewes		35.00-50.00cwt
Thin & Cull Ewes		25.00-35.00cwt
Fed Cattle		
Fed Beef Steers		115.00-120.00cwt
Mixed grading		108.50-114.60cwt
Fed Beef Heifers		114.00-117.25cwt
Mixed grading		105.00-113.00cwt
Fed Holstein Steers		106.00-111.60cwt
Silage fed, heavy weight, select grade,		
light-weight		82.00-105.00cwt
Market Cows mostly		73.00-83.00cwt
High-yielding cows		84.00-89.00cwt
Thin, shelly & full cows		30.00-72.00cwt
Market Bulls		90.00-104.00cwt
High-yielding bulls		108.00-113.00cwt
Bred Beef Cows		N/A
Cow/Calf Pairs		N/A
Bred Breeding Bulls		N/A
Swine		
Market Hogs		65.00cwt
230-280#		65.00cwt
280-290#		64.00cwt
290-300#		63.00cwt
Market Sows		44.00-46.00cwt
Under 450#		47.00cwt
450-500#		48.00-49.00cwt
Over 500#		
Market Boars		44.00cwt
Under 300#		22.00cwt
Over 300#		

Get outside, firm up your back side



AUSTIN YMCA
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Summer is under way, and it is already 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 hour.

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

biceps, back and core.