

# Work

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workers to use a yoga ball as their office chair.

The benefits include improved spinal health, better blood flow, strengthening of the abdominal and back muscles, improved balance, weight loss, and better focus and alertness for employees.

She noted that a dispatcher is usually stuck to his or her desk due to the need to consistently monitor the phones and cameras. Because of this, Palsma proposed the yoga balls to promote better health, more activity and stimulation in what is normally a limiting environment.

"The job is usually completely sedentary," Palsma said. "As a dispatcher, you're stuck in the same spot for your 10-hour shift, with

not a lot of physical movement."

She added that, once she proposed the idea, the process took a few months, with equipment arriving earlier this spring.

"When I first proposed the idea, others laughed at me," Palsma said. "Chief Paulsen got on board with the idea pretty quickly, though."

The First National Bank Service Center began allowing its employees to utilize treadmills after renovations took place this past spring.

Operations Director Twyla Andrus said the main reason why the treadmills were brought in is because employees asked for an exercise room as part of the renovations.

"In this type of office and call-center setting, employees are sitting at a desk for a majority of their eight-hour shift," Andrus said. "They wanted to have an avenue to get up from their desk to stretch and move around."

The center added two walking

treadmill stations to their facility after renovations were complete.

"Today about half of our employees have gone through training on these stations," she said. "Each trained employee can sign up to walk on the stations for 30 minutes each day."

The treadmills only have a few speeds, and nothing faster than a brisk walk is offered because employees are also speaking on the phone and operating a computer while walking.

"So far, we have had a very positive response to the equipment from our employees in the collections and customer care departments," Andrus added.

"I used to get headaches all the time when I worked," Palsma said. "Since the equipment came in, I never get headaches anymore at work."

You can follow Andrew Atwal on Twitter at [twitter.com/andrewatwal](http://twitter.com/andrewatwal)

# Safety

From Page 1

grass fire along West 23rd Street about a half-mile west of the Yankton Transfer Station. The cause of the fire is unknown, but Nickles said witnesses reported hearing fireworks in the vicinity prior to the small blaze.

To avoid any holiday mishaps, Nickles is advising people who shoot fireworks in the countryside to stay clear of crops and grass. It is preferable to use a hard surface without nearby vegetation as the staging ground.

"I know that's hard to find, but it's the best we can advise people," Nickles said. "The vegetation looks green on top, but it's really dry underneath."

You can follow Nathan Johnson on Twitter at [twitter.com/AnInlandVoyage](http://twitter.com/AnInlandVoyage)

# Report: Career Test For Kindergarteners In Works

WASHINGTON (AP) — A new digital tool to test academic and behavioral skills will target students starting in kindergarten.

ACT, the organization that developed the ACT college-entrance exam, will start testing the tool in the fall. It will be available to schools starting in 2014. The tool tracks students' career interests, academic performance and progress toward goals. It's designed to follow students from kindergarten through high school.

Jon Erickson, president of ACT's education division, said the goal is to identify and address gaps in skills needed for college and the workforce. The assessment combines traditional testing with teacher-led projects to generate an instant, digital score.

It's a multimillion dollar project, ACT officials said, but will be affordable and easily accessible.

Schools won't be compelled to use the new tool, but Erickson said he anticipates that entire states or groups of states will choose to utilize it. The tool can be customized to include state-specific benchmarks and other performance measures.

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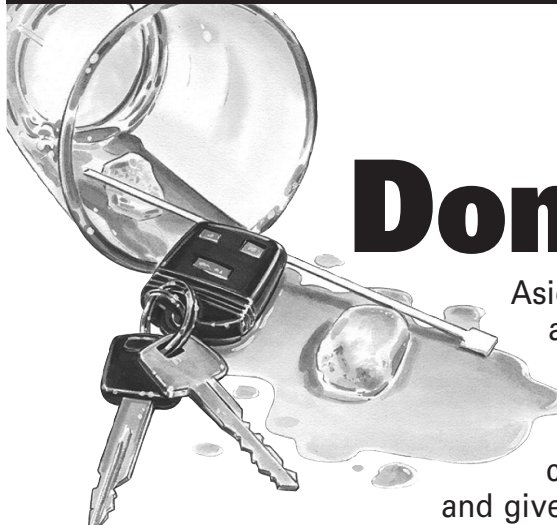
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# 4TH OF JULY SAFETY



## Be Smart - Don't Drink & Drive

Aside from legal consequences of drinking and driving in the form of a ticket or loss of license, impaired driving can result in property damage, injury or even death. With this in mind, we would all like to remind you to be smart when drinking. Drink in moderation and monitor the amount of alcohol you have consumed. Designate a sober driver at the beginning of the night and give that person the keys. If no one is capable of driving, have some money ready for a taxi ride home. If you are drinking at a friend's home, ask for a place to sleep until you are sober. By staying at a friend's house, you will limit their liability in the event of your accident and keep a potentially unsafe driver off the road. When you go for your next drink, just remember that you're not the only one that may pay for the consequences for your decisions.

## Be Safe - Use Caution With Fireworks

Fireworks and celebrations go together, especially during the Fourth of July. But fireworks can be dangerous, causing serious burn and eye injuries. To help you celebrate safely this Fourth of July, the Consumer Product Safety Commission and the National Council on Fireworks Safety offer the following safety tips:

- 1) Always read and follow label directions.
- 2) Have an adult present.
- 3) Buy from reliable sellers.
- 4) Use outdoors only.
- 5) Always have water handy.
- 6) Never experiment or make your own fireworks.
- 7) Light only one firework at a time.
- 8) Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).
- 9) Never give fireworks to small children.
- 10) If necessary, store fireworks in a cool, dry place.
- 11) Dispose of fireworks properly by soaking them in water and then disposing of them in your trash can.
- 12) Never throw or point fireworks at other people.
- 13) Never carry fireworks in your pocket.
- 14) Never shoot fireworks in metal or glass containers.
- 15) The shooter should always wear eye protection and never have any part of the body over the firework.
- 16) Stay away from illegal explosives.



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