



Tips & Trends

Summer Shopping

Summer is the perfect time to fill up that closet spaced you cleared out when spring cleaning! Use these rules of thumb to shop smart for clothes that will truly last.

Limit yourself: Credit cards are easy to swipe, so a good way to stick to a budget is to only carry a limited amount of cash on your shopping trips. To avoid overspending on impulse purchases, keep \$20 stashed away for these types of emergencies.

Stay classy: If you feel the need to splurge, invest in a signature piece that will enhance any outfit. You can never go wrong with day-to-night blazers, well made shoes and the perfect fitting jeans.

Be open-minded: Try on new colors and styles. Skim through your closet before you go shopping. Are you seeing the same colors and styles in all your pieces? If so, it's probably time to brainstorm different ways to add to your clothes or look for different accessories to accent them with.

Always try on items: Sizes not only vary from store to store, but also from brand to brand. Take three sizes of each piece with you to the dressing room. The size you think you wear, one size bigger and one size smaller.

Proper fit can make all the difference in how your clothes look on you. And to truly be open-minded, you'll need to try on all the new colors and styles!

ONE NIGHT ONLY!
Moon Light Madness Friday, July 26th
 Open till 9PM

TeMari Designs

206 W. 3rd • 260-0446 • www.temaridesigns.com

Summer Sandal Sale
 of many styles and colors



Boston Shoes

312 W 3rd, Downtown Yankton, 605-665-9092

When your doctor says: "Physical Therapy" Ask for us.



Back Left: Kari Kaiser, Aide/Receptionist; Samantha Schnabel, PT, DPT; Connie Casanova, PT, DPT; Lisa Huber, PT
 Front Row: Erica Stanley, PT, DPT; Amanda Adamson, PT, DPT

Physical Therapy Services:

- Post-Surgery
- Acute or Chronic Pain
- Sports Injury
- Work Injury
- Strengthening/
Balance Training
- Gait/Assistive
Device Training
- Pediatrics
- Vestibular Rehab
- Pelvic Floor Rehab
- Employment Screens

Open
 Monday
 thru Friday
 8am-6pm

We accept
 Blue Cross Blue Shield
 co-pays depending upon
 your co-pay benefits.

LEWIS & CLARK
Orthopedic & Sports Therapy

605-260-0918

2525 Fox Run Parkway, Suite 100, Yankton