

The Press & Dakotan Weather Center

Yankton's Forecast

Wednesday Isolated T-storms
15
 Precip Chance: 30%
 Wind: SE, 10
High: 83
Low: 68

Thursday Scat'd T-storms
16
 Precip Chance: 40%
 Wind: WNW, 5
High: 87
Low: 67

Friday Mostly Sunny
17
 Precip Chance: 5%
 Wind: W, 5-10
High: 91
Low: 70

Saturday Sunny
18
 Precip Chance: 20%
High: 92
Low: 70

Sunday Scat'd T-storms
19
 Precip Chance: 40%
High: 86
Low: 65

Yankton Almanac

Temperature

Yesterday's High / Low: 88° / 66°
 Normal High: 86°
 Normal Low: 62°
 Record High: 103° in 1925
 Record Low: 43° in 1967
 Last Year High / Low: 72° / 48°

Precipitation

Yesterday's: 0"
 Month to date: 1.78"
 Year to date: 9.15"
 Avg year to date: 13.89"
 Maximum this date: 5.32" in 1900

Sun and Moon

Sunrise		Sunset	
Today	6:05 a.m.	9:06 p.m.	
Tomorrow	6:05 a.m.	9:05 p.m.	
Moonrise		Moonset	
Today	5:54 a.m.	8:37 p.m.	
Tomorrow	6:52 a.m.	9:17 p.m.	

Now 7/15 First 7/23 Full 7/31 Last 8/6

Weather key: s-sunny, pc-partly cloudy, mc-mostly cloudy, cl-cloudy, t-thunderstorms, sh-showers, ra-rain, sn-snow, fl-furries, w-wind

Regional Forecast

Location	Today	Tomorrow
Pierre	89 / 64	
Huron	85 / 67	
Brookings	85 / 66	
Chamberlain	86 / 67	
Mitchell	85 / 67	
Sioux Falls	83 / 67	
Sioux Center	83 / 67	
Sioux City	83 / 69	
Yankton	83 / 68	
Vermillion	83 / 68	
Omaha	83 / 70	
Nebraska		
Minnesota		
Iowa		

Forecast for Today

Location	Today	Tomorrow
S. Dakota	Hi Lo W	Hi Lo W
Aberdeen	89 66 t	86 85 t
Brookings	85 66 pc	82 65 t
Custer	78 56 t	80 57 t
Deadwood	80 56 t	80 57 pc
Madison	89 67 t	88 86 t
Huron	85 67 t	86 87 t
Mitchell	85 67 t	86 88 t
Pierre	89 64 t	89 86 t
Rapid City	86 66 t	87 86 t
Sioux Falls	83 67 t	83 87 t
Vermillion	83 68 t	86 88 t
Waterbury	85 65 t	82 65 t
Winner	88 67 t	91 88 pc
Des Moines	85 69 pc	85 72 t
Sioux City	83 69 t	85 69 t
Nebraska		
Norfolk	83 68 t	89 67 pc
Lincoln	85 70 t	90 70 pc
Omaha	83 70 t	88 71 t

National Forecast

Location:	Today	Tomorrow
Anchorage	66 53 mc	62 55 mc
Atlanta	91 74 t	92 73 s
Boston	80 63 t	76 60 s
Chicago	74 63 s	78 68 s
Dallas	98 78 s	96 78 s
Denver	87 61 s	89 61 s
Detroit	75 57 s	76 64 s
Green Bay	75 53 s	78 62 t
Houston	95 77 s	95 78 s
Kansas City	91 74 t	92 75 s
Las Vegas	102 83 s	102 84 s
Los Angeles	84 63 s	84 63 s
Miami	88 79 t	88 80 t
Minneapolis	82 66 s	77 65 t
New York City	84 65 sh	81 65 s
Philadelphia	86 65 t	82 63 s
Phoenix	107 82 s	106 83 s
San Francisco	68 59 s	68 60 pc
Seattle	75 60 s	74 58 pc
Tampa	90 79 t	90 78 t
Washington, D.C.	87 68 t	83 67 s

AG Information

Lowest Relative Humidity	56%
Hours of Sunshine	2
Pan Evaporation	0.22"
4" Soil Temperature	84.8

Gavins Point Dam

Lake Temperature	76°
Lake Elevation	1206.32
Discharge	27,000 cfs
Spillway Release	0 cfs
Tailwater	1155.38

1 Million Cups Meeting Today

Representatives from Yankton's Ehresmann Engineering are featured at today's (Wednesday) 1 Million Cups meeting, set for 9 a.m. at the Avera Professional Pavilion. This meeting is open to the public.

NPS Mobile Ranger Station At Bridge

The Missouri National Recreational River's Mobile Ranger Station will be set up for visitors near the north entrance on the lower portion of the Meridian Bridge Thursday, July 16, from 10 a.m. to 4 p.m.

Discover your national park and learn about the natural, historical, cultural, and recreational values it protects and preserves.

Lewis And Clark Recreation Area Events

The following events are scheduled at the Lewis and Clark Recreation Area July 16-19:

- Thursday, July 16
 - 1 p.m. and 2 p.m. — Archery Class, Gavins Point Archery Range
 - 5:30 p.m., 6:30 p.m. and 7:30 p.m. — Water Exploration, Lake Yankton Boat Dock
- Friday, July 17
 - 10 a.m. and 11 a.m. — Archery Class, Gavins Point Archery Range
 - 1 p.m. — Zoo Mobile, Pierson Ranch
 - 1 p.m., 2 p.m. and 3 p.m. — Water Exploration, Lake Yankton Boat Dock
 - 2:30 p.m. — Geocaching, Pierson Ranch
 - 7 p.m. — Chief Standing Bear Program presented by the National Park Service, Chief White Crane Amphitheater
 - 8 p.m. — Smore Campfire Snacks Cooking, Lewis and Clark Amphitheater
 - 9:30 p.m. — Outdoor Nature Movie, Lewis and Clark Amphitheater
- Saturday, July 18
 - 1-3 p.m. — Fishing Frenzy ages 16 and under poles and bait will be provided, The Bubble on the Missouri River
 - 8 p.m. — Nature Bingo, Chief White Crane Amphitheater
 - 9:30 p.m. — Outdoor Nature Movie, Chief White Crane Amphitheater

Neb. Transportation Improvement Plan

LINCOLN, Neb. — The Federal Highway Administration (FHWA) and Federal Transit Administration (FTA) require each state highway agency to develop a Statewide Transportation Improvement Program (STIP).

The STIP must list all highway and transit projects that will be using federal funds, as well as all regionally significant transportation projects using non-federal funding sources. It covers a period of four years and in Nebraska is updated every year on Oct. 1. Periodically, the Nebraska Department of Roads (NDOR) must amend the STIP for reasons such as; to add or remove projects, to make adjustments to funding sources or estimates or to update a project's scope of work.

An amendment, referred to as Revision 5, is available for public comment on the NDOR website <http://www.transportation.nebraska.gov/STIP/index-public-comment.html> through 5 p.m. July 17, 2015.

The FHWA and the FTA will not approve the revision until the public comment period has ended and comments have been evaluated and incorporated in the revision as appropriate.

Copies of the Public Involvement Plan for the Nebraska Department of Roads' STIP are available from each of the eight district offices. (See the attached map of the district offices and contact information.) A copy of the proposed STIP Public Involvement Plan may be obtained upon request to the Communication Office, 1500 Highway 2, P.O. Box 94759, Lincoln, NE 68509-4759, or by calling (402) 479-4512 or by e-mail at maryjo.oi@nebraska.gov.

Under federal legislation, the Nebraska Department of Roads is required to have a public involvement plan for the STIP in place. This plan can be viewed at www.transportation.nebraska.gov/STIP/.

Federal law requires that all citizens and other interested parties in the state's transportation planning process be given reasonable opportunity to comment on the proposed STIP and on any proposed amendments to an approved STIP. NDOR uses statewide news releases and an automated email subscription management system called GovDelivery to inform the public and advise them of the means and time period to comment on STIP's and any amendments. All comments will be addressed and those responses reported to the FHWA and FTA.

Museum Hosting Ice Cream Social

Yankton's Dakota Territorial Museum is hosting an Ice Cream Social Saturday, July 18, from 1-4 p.m. at the museum's Heritage Park located at Westside Park.

Everyone is invited as we celebrate National Ice Cream Month and have some fun. Ice cream will be served starting at 1 p.m.

The staff will also be playing some old-time games. There will be something for all ages. Beginning at 12:45 p.m., ages 6 and up can start signing up for the three-legged race and the egg/spoon race for teams of two. The three-legged races will begin at 1:30 p.m. and the egg races will begin around 2:15 p.m. There will be a sunflower seed spitting contest for ages 6 and up.

For the little ones (ages 1-5) we will have a sandbox dig and a "fishing" booth. Kids and adults can also learn how to hula hoop and play hopscotch.

The summer programs are made possible thanks to local sponsors including Applied Engineering, Luken Memorials and Sapa.

For more information or if you have questions, contact the Dakota Territorial Museum at 665-3898.

Riverside AUTO BODY
 "Your direct repair body shop for all major insurance companies"
 89850 Hwy. 81, Yankton
402.667.3285

Dealing With Stress From Unexpected Changes

BROOKINGS — Unexpected changes, such as job loss or financial uncertainty, can turn life upside down. Dealing with the stress and adjusting to a "new normal" can be slow and painful, but is possible, says Andrea Bjornestad, Assistant Professor & SDSU Extension Mental Health Specialist.

"Stress affects our health and relationships. Even if we don't talk about it, those around us — our family, friends and co-workers — still pick up on our body language," said Bjornestad.

Avian influenza has increased the stress that many South Dakota families are facing. SDSU Extension is cooperating with ISU Extension and Outreach and University of Minnesota Extension to provide resources for families struggling with the human challenges brought on by avian influenza. Extension staff from the three land-grant universities are providing families with research-based information and resources. To learn more, follow #Avian-FluImpact on social media and visit iGrow.

MANAGE CHANGE, REDUCE STRESS

Bjornestad offers these tips for managing change and reducing stress:

- Identify one thing you can do to address part of the issue. For example, if you already have or are expecting to have less income, what expenses can you reduce now?
- Talk about the change with your family, because it impacts everyone. Together you may be able to identify ways to reduce expenses.
- Exercise can help you manage the stress you feel as well as help your long-term health. Create an exercise plan with activities that you enjoy and set small goals. Exercise with a family member or friend.
- Do something you enjoy each day. It could be as simple as taking 10 minutes a day to read, find a quiet space to

close your eyes and rest, or listen to music.

- Eat and drink healthy. What you put in your body affects how you feel physically and mentally.
- Be around people you enjoy and care about.
- Let your values drive decisions you make.

REMEMBER THE CHILDREN

"Children experience and process stress differently than adults. Children's cognitive and emotional skills are still developing, and they have limited experiences to draw upon," Bjornestad said. Chronic stress in children affects their development, how they feel about themselves and the world around them, their health and how they interact with others.

"When parents are stressed, children may become stressed. When adults are patient, calm and understanding with children, stress that children may experience can be minimized," Bjornestad said.

Even minor changes in a child's environment can cause stress, because children are continuously trying to find order and patterns as they go through the day.

"It is important for children to have consistent adults in their life who they can trust and rely on, and to have daily routines such as meal times and bed times," Bjornestad said.

Regular, healthy food choices and opportunities for fun, physical activity help children manage big and little stressors in their lives.

"Activities that promote big movements in children such as dancing, hiking, bike riding, playing soccer, shooting hoops, swinging or climbing on playground equipment are simple, low-cost activities that help children reduce and manage stress," Bjornestad said. "When low levels of physical activity are needed, such as before bedtime, reading a book, drawing or listening to music can help a child relax."

BOARD OF TRADE

CHICAGO (AP) — Grain futures were mostly lower Tuesday on the Chicago Board of Trade.

Wheat for September delivery was off 4.75 cents to \$5.71 a bushel; September corn was 12.50 cents lower at 4.2825 a bushel; December oats rose .50 cent at 2.6850 a bushel; while November soybeans lost 3.50 cents to \$10.25

a bushel. Beef and pork were higher on the Chicago Mercantile Exchange. August live cattle was up .55 cent to \$1.4715 a pound; August feeder cattle gained 3.08 cents to \$2.1430 a pound; while August lean hogs were 1.97 cent higher to \$.7592 a pound.

WALL ST. RECAP

Stocks climbed broadly on Tuesday as investors who had been fretting over the Greek debt crisis and plunging Chinese stocks turned their attention back to the U.S. economy and corporate earnings reports.

FOR THE DAY:
 The Dow Jones industrial average gained 75.90 points, or 0.4 percent, to 18,053.58.

The S&P 500 increased 9.35 points, or 0.5 percent, to 2,108.95.

The Nasdaq composite climbed 33.38 points, or 0.7 percent, to 5,104.89.

FOR THE WEEK:

The Dow is up 293.17 points, or 1.7 percent.

The S&P 500 index is up 32.33 points, or 1.6 percent.

The Nasdaq is up 107.20 points, or 2.1 percent.

FOR THE YEAR:

The Dow is up 230.51 points, or 1.3 percent.

The S&P 500 index is up 50.05 points, or 2.4 percent.

The Nasdaq is up 368.84 points, or 7.8 percent.

DAILY RECORD

POUND COUNT

Several animals are available at the Yankton Animal Shelter. For more information, call the Yankton Police Department's animal control officer from 8 a.m.-4 p.m. Monday-Friday at 661-9494, or 668-5210.

DAILY RECORD POLICY

The Press & Dakotan publishes police and sheriff reports as a public service to its readers. It is important to remember that an arrest should not imply guilt and that every person is presumed innocent until proven otherwise. When juveniles are released from jail, it is into the care of a parent or guardian.

It is the policy of the Press & Dakotan to publish all names made available in the police and court reports. There are no exceptions.

ARRESTS

Anne White, 35, Yankton, was arrested Monday on a warrant for breach of conditions.

Wade Venosdel, 57, Yankton, was arrested Monday on a warrant for breach of conditions.

Christopher Baldrige, 22, Yankton, was arrested Monday on

three warrants for failure to comply.

ACCIDENTS

A sheriff's office report was received at 10:15 p.m. Monday of a car-versus-deer accident on Highway 52.

INCIDENTS

A report was received at 2:01 p.m. Monday of a domestic incident on Oakwood Dr.

A report was received at 3:01 p.m. Monday of the theft of pills on Walnut St.

A report was received at 12:09 p.m. Tuesday of an assault on Pearl St.

A sheriff's office report was received at 1:56 p.m. Monday of an assault on Walnut St.

A sheriff's office report was received at 9:49 p.m. Monday of theft on Chris Rd. in Mission Hill.

CRIME STOPPERS

Anyone wishing to report anonymous information on unlawful activity in the City of Yankton or in Yankton County is encouraged to contact the Crime Stoppers tip line at 665-4440.

LOTTERIES

TUESDAY'S RESULTS:

2 By 2: Red Balls: 6-17, White Balls: 4-23

MYDAY: Month: 2, Day: 3, Year: 68

Pick 3: 2-2-2

Pick 5: 05-17-24-28-36

Mega Millions: 19-24-30-35-72, Mega Ball: 5

Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

CHALLENGING CH BOOK 74 #4

Yesterday's Solution

su|do|ku

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Check tomorrow's paper for the solution to today's puzzle.

INT BOOK 74 #4



Use your smart phone to scan this QR Code to take you to our e-Edition. (Firefox is the preferred cell phone browser)

ON THIS DATE

- 75 YEARS AGO**
Monday, July 15, 1940
 Roy Nielsen, Yankton and Donald Munch of Gayville won a ratings of sharpshooter in the infantry weapons marksmanship course recently completed at Fort Crook, Neb., in which 34 students from the University of South Dakota came out highest in the competition.
 • Washington — Married men in the lowest ranks of the national guard - private, corporal and sergeant - will be permitted to resign in an effort to prevent unnecessary hardships resulting from the prospective mobilization of 50,000 guardsmen.
- 50 YEARS AGO**
Thursday, July 15, 1965
 Yankton county authorities were notified Wednesday night that Charles Platt, 19, Sioux Falls, one of four felons who escaped from Yankton State Hospital the night of June 13, has been picked up for vagrancy at Courthouse Lawn, Ohio.
 • Officers for the coming year of the South Dakota Association of Sanitarians, named at the association's business session late Wednesday afternoon, are Robert Lieferrman, Mitchell, president; A.R. Zulk, Sioux Falls, vice president; and Don Spiegel, Pierre, secretary-treasurer.
- 25 YEARS AGO**
Sunday, July 15, 1990
 No paper.