

PDF FILE: THE OFFICIAL YMCA PHYSICAL FITNESS HANDBOOK

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News 2018 digest:

Fired up by Trump, Obama alums launch bids for office

The groundswell of candidates with ties to the former president could fill state and federal legislatures with likeminded allies.

Kilauea eruption that destroyed homes also putting hurt on tourism

A Big Island tourism official says summer bookings are down 50 percent, thanks to fears over the eruption.

Sen. Flake: GOP needs to stand up to Trump more forcefully

The outspoken Trump critic said many in his party are afraid speaking out against the president will damage them politically.

An Olympic baseball diamond was home. Now it's a memory.

Many migrants who reached Greece in the hope it would be an entry to the rest of Europe are now being forced to accept that their journey may end there.

Hero Indiana teacher Jason Seaman released from the hospital

Jason Seaman, the Indiana teacher who threw himself between his students and an alleged gunman in his classroom, has been released from the hospital.

South Korea says Kim still committed to Trump summit, denuclearization

"Chairman Kim made clear once again his intentions to completely denuclearize the Korean Peninsula," South Korea's president said.

American freed by Venezuela after 2 years in prison returns home

Joshua Holt said Saturday afternoon "thank you for the support, your prayers, and for never giving up and leaving us behind."

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