

Gay Marriage Push Looking To Unions, Immigrants

BY SOPHIA TAREEN
Associated Press

CHICAGO — After their efforts to legalize gay marriage fizzled in Illinois this year, advocates gave their campaign a serious makeover: They called on unions, focused longer-term and recalibrated their message by using personal stories instead of civil rights comparisons.

It's a formula picked up from their fellow activists who made Chicago an influential player in the push for immigrant rights.

Proponents will try again this fall to push gay marriage legislation through the Illinois Legislature, where they fell a few votes short in a Democrat-dominated state that's been surprisingly resistant. But this time, they're focusing less on lobbying lawmakers and more on priming the environment to make it easier for skittish legislators to cast favorable votes — taking cues from a movement that brought nearly 500,000 protesters to Chicago streets a few years ago and helped advance "Dream Act" goals this year.

"The immigration advocates, they really know how to get it done," said Jim Bennett, a director for Lambda Legal, a gay rights group that's part of the Illinois Unites for Marriage campaign. "We have a lot to learn from them."

While social justice movements often borrow tactics from one another, experts agree the overlap in Illinois stands out among the 13 states that have embraced gay marriage — particularly in the union connections and emphasizing the development of young, long-term leaders.

At the heart of the renewed push is John Kohlhepp, a lobbyist for Illinois' biggest state employee union. He was hired to lead a coalition that since June

has grown from three organizations to roughly 50, including other unions, and raised roughly one-quarter of the campaign's \$2 million.

On the campaign trail, Kohlhepp's energy ripples out to the nearly 20 field organizers who have been distributing leaflets at events this summer, including the State Fair and Chicago's Bud Billiken Parade, the largest African-American parade nationwide. Kohlhepp's cellphone rings constantly with contacts through the American Federation of State, County and Municipal Employees Council 31, from which he has taken a leave. A seasoned lobbyist, he marks time by counting the days to Oct. 22, when legislators return to Springfield.

His involvement shows the strongest link yet between unions and the gay marriage campaign, according to Mary Bernstein, a University of Connecticut sociology professor who tracks social movements. That relationship resonates in labor-friendly Illinois, where immigrant-rights activists and unions made early links that are now hard to separate.

Unions, for example, helped Illinois become the first state to challenge the federal e-Verify immigrant worker identification system, and workers' groups have pushed for fair immigrant wages.

Bernstein said the Illinois collaborations appear to be an "innovation."

Nationally, the two movements have picked up ideas from one another before. Students without legal immigration status have "come out" in public ceremonies — Chicago was among the first to hold such events — and some immigrant activists say they look up to the late Harvey Milk, California's first openly gay elected politician and a renowned organizer. The push for gay marriage

in Illinois started in earnest after lawmakers approved civil unions in 2011. But after it passed the Senate, House sponsors ultimately declined to call a vote on the same-sex marriage bill before legislators adjourned in May.

Proponents believed they were just a few votes shy, and intense lobbying efforts to find support for the bill were focused on moderate Republicans and black Democrats.

But since then, the American Civil Liberties Union has hired former state Republican Party Chairman Pat Brady, a gay-marriage supporter, to help

lobby Republicans. And organizers hope to capitalize on a recent U.S. Supreme Court decision that invalidated parts of the Defense of Marriage Act and polls showing more public support.

"There's really a different story to tell to my colleagues," said Rep. Greg Harris, the main House sponsor.

However, the campaign still faces significant obstacles: Illinois conservatives and some religious leaders are equally strong in their opposition.

Bishop Lance Davis, of New Zion Covenant Church in the Chicago suburb of Dolton, said

his coalition of black churches intends to continue fighting same-sex marriage legislation out of a belief that marriage is between man and a woman. Several of the mega churches the coalition represents are key in voter registration drives and host politicians before Election Day.

Davis said he believes the Supreme Court's decision, along with activists trying to bring same-sex marriage, is "a redefinition of the institution of marriage."

But other churches have supported the cause, and activists hired an openly gay min-

ister to reach out to more congregations

When the push for gay marriage began in Illinois, advocates likened it to the historic struggle for civil rights. That resonated with young people but irked others, particularly blacks. Davis was one of the most vocal critics.

This time around, the advocates are putting their focus on family and commitment issues. They are encouraging same-sex couples to relay personal experiences, which was also part of the successful gay-marriage campaigns in Connecticut and Minnesota this year.

ASK THE EXPERTS

Comfort Care

Q What is Palliative Care?

A. Palliative care is specialized medical care for people with serious illnesses. It is provided by a team of professionals, including doctors, nurses and social workers. There may also be chaplains, pharmacists, nutritionists, physical, occupational, and speech therapists. This team works together with a person's other doctors to provide an extra layer of support and continuity of care. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

The team spends as much time as necessary with you and your family. They become a partner with you, your family and your other doctors. They support you and your family every step of the way, not only by controlling your symptoms, but also by helping you to understand your treatment options and goals. The Palliative care team provides: close communication, expert management of pain and other symptoms, help navigating the healthcare system, guidance with difficult and complex treatment choices, and emotional and spiritual support for you and your family.

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Urological

Q Can diet play a role in preventing prostate cancer?

A. The following is a short list that summarizes dietary aspects of risk factors for prostate cancer:

1. Keep your Vitamin D levels normal. Low Vitamin D is a risk factor for prostate cancer growth in bone.
2. Diet high in fruit and vegetables and low in carbs can lower risk of prostate cancer.
3. Low fat diet.
4. High dietary intake of Calcium has been identified as a possible risk factor.
5. Soy milk or protein can lower ones PSA level and possibly lower risk of prostate cancer.
6. Lycopene rich foods are good (tomatoes, tomato paste, watermelon, papaya, mango, oranges)
7. Moderate exercise and weight control
8. Any use of grape seed supplements in one study reduced the risk of prostate cancer by 41%. Other supplements including chondroitin, coenzyme Q, fish oil, garlic, ginkgo biloba ginseng, glucosamine or raw palmetto, did NOT reduce the risk of prostate cancer.
9. More aggressive Vitamin D supplementation should be considered in obese cancer patients with a body mass index (BMI) greater than 30kg/m
10. High intake of protein from dairy products might increase the risk of prostate and breast cancer by increasing the body's production of insulin-like growth factor. Dairy is ok in moderation however
11. Keep your cholesterol levels normal
12. Red meat cooked well done has been associated with increase risk of prostate cancer. Therefore less barbecuing and less processed meats are advised. Don't cook your occasional steak or hamburger to well done. While meat (chicken) was not associated with a higher risk of prostate cancer.
13. Green tea is good
14. Cruciferous vegetables (broccoli etc.) is good
15. Omega 3 fatty acid is good.

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Retreat

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the retreat.

"A Respect Retreat is an opportunity for students to come together and take another look at how they are treating other people, how they're treating themselves and how they can stand up for the value of respect better," Kolbow said.

YHS juniors had most of Thursday's class periods off in order to partake in the retreat, which involved games, dancing, singing, musical performances, small-group sessions and lessons how to respect themselves and others. In addition, 40 adults from the community also volunteered their time to help with the event.

Kolbow, who has been part of Youth Frontiers for seven years, says an event at her own school inspired her to join the program.

"I was a student in one of the retreats as a ninth grader and it made a really big impact on my life," she said. "I've chosen to devote my career to working with young people."

YHS junior Matt Luken said the retreat had a positive effect on him.

"I thought it was a good time," Luken said. "It allowed us to get out of class and have fun for the day. I learned a lot more about respect and how you should treat people."

Joining Kolbow was Dan Rodriguez, a staff musician who travels along to the retreats: he said he was impressed with the student body

during the retreat.

"It's a great group of kids," he said. "From the moment they walked in, they were receptive to just doing anything, dancing and having fun playing games. And I felt like I was able to connect to them through music, so I felt like things went really well."

Rodriguez said he got involved with the organization when a friend of his suggested it would be a great use of his musical talents.

"I'm a musician from (Minneapolis/St. Paul)," he said. "And a friend of mine who worked for Youth Frontiers, who is also a singer-songwriter said; 'You need to do this job, it's an opportunity to work with and make a difference with students and also be able to share your music and find more purpose in your music.' And it does exactly that for me."

Kolbow said she hopes students were able to take away a sense of connection with their fellow classmates.

"Just because they aren't friends with everybody in this school doesn't mean that they have to be enemies or treat people with disrespect," she said. "I'd love them to walk away having had the opportunity to feel cared about and feel a part of their community moving forward into the rest of the school year."

Johnke said, based on the success of this year's event, YHS will explore bringing Youth Frontiers back to the school in the future.

You can follow Rob Nielsen on Twitter at twitter.com/RobNielsenPandD

Family Medicine

Q Infectious Mononucleosis

A. Infectious mononucleosis, or mono, is often caused by the Epstein-Baer virus. Mono usually is not serious, but some people with mono feel very tired and have pain in their joints that lasts for several weeks.

The virus is spread by contact with the saliva of someone who had the infection within the past few months. Mono can be spread by kissing a person who is infected or by sharing a glass, bottle, or eating utensils.

People with mono usually have a sore throat, fever, swollen glands, and pus on their tonsils. Their liver and spleen might be tender and larger than normal.

The most important thing you can do when you have mono is get plenty of rest and drink enough liquids. You may want to take a pain reliever such as acetaminophen or ibuprofen. Do not give aspirin to children with mono. If your throat is very sore or if your tonsils are swollen, your doctor might prescribe medications called corticosteroids. Because mono is caused by a virus, antibiotics would not help you get better.

Most people with mono feel better after one month. Some people feel tired and sleep more than normal for as long as six months.

Sometimes mono can cause serious problems. In people with mono, sometimes the spleen grows very large and could rupture. This happens to only about one in 1,000 people with mono. About one half of these ruptures happen during contact sports, such as football. If you get mono, you should not play sports for at least four weeks. Your doctor might want you to have an ultrasound test before you return to sports.

Mono can also affect your liver. If you have mono, you should not drink alcohol while you are sick. If you notice a yellow color to your skin, or if you begin to bruise easily, see your doctor.

The best way to keep from getting mono is to avoid contact with the saliva of infected people. Do not share bottles, cans, glasses, plates, or eating utensils. Do not kiss a person who has had mono recently.

If you or family members are concerned about mono, contact Lewis and Clark Family medicine, 260-2100.
2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton • 260-2100

Chiropractic

Q What can chiropractic do for my sinuses?

A. A common complaint that sinus sufferers have is the congestion that develops in the frontal and maxillary sinuses. The chiropractic adjustment of the upper neck helps impact several mechanisms that help the sinus region respond. The drainage and lymph flow is enhanced. The muscle tension of the neck and head is improved. The nervous system's response to the adjustment increases activity of the immune system. Then, there are some individuals who also choose to use acupuncture for sinus related problems, and have a lot of success and improvement. For the most part, chiropractic has a very beneficial effect with sinus problems and is a very safe alternative treatment.

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Ear, Nose & Throat

Q Dr. Rumsey, I am having a terrible time understanding conversations. It is really beginning to interfere with some friendships. I am so tired of asking people to repeat themselves. What can I do?

A. This is a question I hear frequently and most of the time a decrease in hearing is to blame. Typically, trouble understanding conversation is the first sign of hearing loss. The sounds first affected are the sounds we need to separate sit from fit or time from dime. Unfortunately, this loss can really drive a wedge in our relationships. Often time, people begin to feel embarrassed and frustrated when they cannot keep up with the conversation, ultimately resulting in withdrawal from social interactions. The solution is easy. See an audiologist to have your hearing tested. He or she can help you identify a possible hearing loss and help point you in the right direction toward better communication.

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Avera Medical Group
Ear, Nose & Throat
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Fitness/Health

Q I am 60 years old and I notice I am not as flexible as I used to be. Why is that?

A. A decrease in flexibility is generally a natural phenomenon for most as we get older but we can slow it down. As we age the elasticity of our muscle fibers and connective tissue decreases. When those muscle fibers atrophy they are replaced with fatty and fibrous tissue that stiffen the tissue and make it less pliable. Another contributing factor is the loss of a significant portion of our body water between the ages of 30 and 80. In large part being less active as we age contributes significantly as well. If we can continue to maintain our muscle and work on our flexibility and joint range of motion by being more active we slow this process significantly. If you are not working on this now, get moving! You can work to slow the progress and make improvements, it's not too late.

Angie O'Connor
Clinical Exercise Specialist

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Podiatry

Q Why do I have heel pain on the back and on the bottom of my heel?

A. While most heel pain is still a result of a biomechanics condition or predisposition in the foot, guidelines have been expanded to help podiatrists distinguish cases that are more neurological, traumatic or arthritic in nature and require more specialized care. A thorough assessment is key to proper diagnosis and treatment.

The most common diagnosis related to heel pain remains plantar fasciitis, a condition caused by chronic inflammation of the connective tissue extending from the heel to the toes, but heel pain can also be a result from other conditions such as a Haglund's deformity, which is a bony enlargement on the back of the heel which can cause the soft tissue near the Achilles tendon to become irritated when it rubs against shoes.

Bursitis, which is inflammation of the bursa, can also be a result of abnormal heel bone shape, often caused by the rubbing of a Haglund's deformity against a shoe.

In most cases, these forms of heel pain can be treated with anti-inflammatory medications, padding and strapping, shoe modifications, physical therapy, cortisone injections, and surgery. The vast majority of patients with these types of heel pain improve without surgery, but early intervention is critical for optimal success. If improvement occurs, the guideline specifies that initial therapy should continue until the pain is resolved. But if no relief is experienced, the patient should receive special tests to further evaluate the heel, and to rule out other conditions such as circulation problems, arthritis, neurological conditions or stress fractures.

Terence Pedersen, D.P.M.

Avera Medical Group
Podiatry
Yankton

Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton • 668-8601

Pharmacy/Nutrition

Q My son has been drinking a lot of energy drinks lately. Is this safe?

A. You are right to be concerned. There has been a 10 fold increase in emergency room visits related to these drinks, including some deaths. These drinks contain varying amounts of caffeine (anywhere from 90mg to 500 mg per serving and sometimes containers have more than one serving). The amount of caffeine is not always on the label and some products also contain guarana, an herbal source of caffeine. The effects of too much caffeine can be insomnia, heart arrhythmias, anxiety and jitteriness, as well as impaired judgment and reaction time while driving. These drinks should not be combined with alcohol, as caffeine can mask the effect of alcohol, leading to drunk driving and binge drinking. Caffeine in moderation is recommended, no more than 400mg per day for adults or about 1.1mg/lb per day for teens. As an example, for a 150 pound teenager, the limit would be 170mg of caffeine per day.

Shona Jussel
Hy-Vee Pharmacist

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