

Christmas 2015

# Pope Urges Prayers For Syria, Libya Peace

BY NICOLE WINFIELD  
Associated Press

VATICAN CITY — Pope Francis issued a Christmas Day prayer that recent U.N.-backed peace processes for Syria and Libya will quickly end the suffering of their people, denouncing the “monstrous evil” and atrocities they have endured and praising countries that have taken in refugees.

Speaking from the central balcony of St. Peter’s Basilica, Francis issued a plenary indulgence for all Catholics in hopes of spreading the church’s message of mercy in a world torn by war, poverty and extremist attacks. The sun-soaked St. Peter’s Square was under heavy security, as it has been since the Nov. 13 Paris attacks by Islamic extremists that left 130 dead.

An indulgence is an ancient church tradition related to the forgiveness of sins. Francis announced

it after delivering his annual “Urbi et Orbi” (To the city and the world) speech listing global hotspots and his prayers for an end to human suffering.

Francis referred to the “brutal acts of terrorism” that struck the French capital this year, as well as attacks in Egypt’s airspace and in Beirut, Mali and Tunisia. He denounced the ongoing conflicts in Africa, the Middle East and Ukraine, and issued words of consolation to Christians being persecuted for their faith in many parts of the world.

“They are our martyrs of today,” he said.

In an indirect reference to the Islamic State group, he urged the international community to direct its attention to Syria, Iraq, Libya, Yemen and sub-Saharan Africa, where atrocities “even now reap numerous victims, cause immense suffering and

do not even spare the historical and cultural patrimony of entire peoples.”

Francis said he hoped the plenary indulgence he issued for this, his Holy Year of Mercy, would encourage the faithful “to welcome God’s mercy in our lives, and be merciful with our brothers to make peace grow.”

“Only God’s mercy can free humanity from the many forms of evil, at times monstrous evil, which selfishness spawns in our midst,” he said.

Francis has made the church’s message of mercy the focus of his pontificate, and dedicated an entire jubilee year to stressing it. Holy Years are generally celebrated every 25-50 years, and over the centuries they have been used to encourage the faithful to make pilgrimages to Rome to obtain an indulgence.

Indulgences got a bad rap during Martin Luther’s time, but they

continue to be offered free by the church when the faithful meet certain conditions. Francis has made them plentifully available.

Libya has been in a state of lawlessness since dictator Moammar Gadhafi was overthrown in 2011. Syria has seen a five-year war that has killed more than 250,000 people and forced millions to flee. The surge of refugees flowing out of Syria to Europe has created a migration crisis for the entire continent.

The U.N. Security Council last week threw its support behind a peace process for Syria, including a cease-fire and talks between the Damascus government and the opposition. The council has also recently endorsed the U.N.-brokered deal to form a unity government that Libya’s rival factions have signed.

“We pray to the Lord that the agreement reached in the United

Nations may succeed in halting as quickly as possible the clash of arms in Syria and in remedying the extremely grave humanitarian situation of its suffering people,” Francis said. “It is likewise urgent that the agreement on Libya be supported by all, so as to overcome the grave divisions and violence afflicting the country.”

Francis praised both individuals and countries that have taken in refugees fleeing “inhuman conditions,” saying their generosity had helped the newcomers “build a dignified future for themselves and for their dear ones, and to be integrated in the societies which receive them.”

Francis’ Christmas celebrations, which began Thursday night with a late-night Mass in St. Peter’s Basilica, continue with a noon blessing on Saturday and a Mass on Sunday dedicated to families as part of Francis’ Holy Year celebrations.

## Alabama Tornado Adds To Storm Woes

BIRMINGHAM, Ala. (AP) — A Christmastime wave of severe weather continued Friday as a tornado touched down in Jefferson County, Alabama, including through the southwest portion of Birmingham, the state’s largest city.

Witnesses spotted the funnel outside the city about 5 p.m. An hour later, the National Weather Service confirmed that first responders were on the scene along Jefferson Avenue in a working class neighborhood about eight miles from downtown Birmingham.

Lt. Sean Edwards, a Birmingham police spokesman, said trees are down and people were trapped inside damaged houses but there were no immediate reports of injuries or deaths.

“Details are still sketchy,” said Jason Holmes, a National Weather Service meteorologist.

## Quake Rattles Pakistan, Afghanistan

ISLAMABAD (AP) — A strong earthquake shook parts of Pakistan and Afghanistan early Saturday, rattling buildings and forcing sleeping residents out of their homes.

More than 30 people were injured as houses or walls collapsed in the northwestern Pakistan city of Peshawar, said emergency rescue service spokesman Bilal Ahmed Faizi. A total of 41 people were taken to hospitals in the city, according to doctors and rescue officials.

Pakistani official Ghulam Rasool told The Associated Press that the magnitude-6.9 quake was centered in Tajikistan near the Afghan border, beginning after midnight and lasting for 59 seconds.

However, the U.S. Geological Survey reported that the quake measured at magnitude 6.2 and was centered in the Hindu Kush region of Afghanistan. Twitter users in the Afghan capital, Kabul, reported feeling the tremors.

## Progress Made In West Bank Arson Case

JERUSALEM (AP) — Israeli authorities are expected to soon raise charges against Jewish extremists suspected in a July arson attack on a Palestinian home that killed a toddler and his parents — a case that has been unsolved for months and that helped fuel the current wave of Israeli-Palestinian violence.

But the protracted and drawn-out investigation has raised questions as to why the process is taking so long when authorities often swiftly arrest and prosecute Palestinians suspected in attacks on Israelis.

A jarring video that aired this week on Israeli TV showing extremist Jews brandishing rifles and knives during a frenzied wedding party — some stabbing photos of the slain Palestinian toddler — has ratcheted up criticism that authorities have treated rogue Israelis with kid gloves for too long.

The arson attack in the West Bank village of Duma killed 18-month-old Ali Dawabsheh while his mother Riham and father Saad later died of their wounds. Ali’s 4-year-old brother, Ahmad, survived but is still being treated at an Israeli hospital.

The firebombing, carried out under cover of darkness while the family slept, sparked deep soul-searching by Israelis rattled by the horrific attack. It was condemned across the Israeli political spectrum and Prime Minister Benjamin Netanyahu pledged “zero tolerance” in the fight to bring the assailants to justice.

## On Muslims, Dems Find An Unlikely Ally

WASHINGTON (AP) — Taunted by Republicans to declare war on “radical Islamic terrorism,” Democrats are turning to an unlikely ally: George W. Bush.

President Barack Obama, under pressure to be more aggressive on terrorism, regularly cites his predecessor’s refusal to demonize Muslims or play into the notion of a clash between Islam and the West. It’s a striking endorsement from a president whose political rise was predicated on opposition to the Iraq war and Bush’s hawkish approach in the Middle East.

As Hillary Clinton put it, “George W. Bush was right.”

Laying out her plan to fight domestic terrorism, Clinton reminded voters in Minneapolis earlier this month of Bush’s visit to a Muslim center six days after the Sept. 11 attacks. She even quoted his words from that day about those who intimidate Muslim-Americans: “They represent the worst of humankind, and they should be ashamed of that kind of behavior.”

Bush, of course, was not referring to the 2016 Republican presidential field. Clinton certainly was.

## Queen's Message: Light Can Triumph

SANDRINGHAM, England (AP) — Queen Elizabeth II used her Christmas message Friday to proclaim that light can triumph over darkness in these perilous times — and to comment on the joys of having a new great-granddaughter, Princess Charlotte.

Elizabeth, who this year became Britain’s longest-reigning monarch, acknowledged the difficult times the world faces but said there is no cause for despair, no reason to give up hope. The queen’s speech has been a tradition in Britain since Elizabeth first delivered a Christmas message live on radio in 1952.

“It is true that the world has had to confront moments of darkness this year, but the Gospel of John contains a verse of great hope, often read at Christmas carol services: ‘The light shines in the darkness, and the darkness has not overcome it.’”

## Obama, Family Enjoy Hawaiian Christmas

KAILUA, Hawaii (AP) — President Barack Obama and his family celebrated Christmas by opening gifts and singing carols while on vacation in Hawaii.

Obama spent Christmas Eve placing telephone calls to U.S. service members from each branch of the military who are stationed around the world, the White House said. Obama thanked the troops and their families for serving and sacrificing for the country.

Obama planned to deliver a personal thank you troops stationed at a Marine Corps Base in Hawaii later Friday, continuing an annual tradition.

The president’s quiet holiday morning followed a busy Christmas Eve in which he exercised at a military gym, took his daughters Malia and Sasha on a hike and to the beach, and followed up by dinner out with family and friends that lasted more than three hours.

# ASK THE EXPERTS

## Family Medicine

Q. What is a concussion?

A. A concussion is a brain injury caused by a bump, blow or jolt to the head or body. What seems like a mild injury can be serious. Signs and symptoms of a concussion may include headache, dizziness, nausea, balance problems, blurry vision, light or noise sensitivity, feeling sluggish, confusion or memory problems. If you are concerned you or your child may have a concussion, it is important to seek medical care. Remember that children and teens with concussions should not participate in sports until cleared for activity and completely symptom free. A repeat concussion that occurs before the brain recovers from the first concussion can slow recovery or increase the chances of developing longterm problems. Rest is the key after a concussion.



Jeffrey Johnson, M.D.



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## Chiropractic

### Back pain facts and stats

Back pain is the most common reason for missed work and according to research, one-half of all working Americans admit to having back pain symptoms every year. Experts estimate that 80% of the population will experience a back problem sometime in our lives. The back is a complicated structure primarily of bones, joints, ligaments, muscles and discs which can be affected by injury, accidents, poor posture, and sometimes the simplest of movements. Fortunately, chiropractic spinal manipulation is a safe and effective back pain treatment that works to restore function, decreases pain and minimizes the need for passive treatment such as pain medication and bed rest. The Agency of Health Care Policy and Research (a federal government research organization that has recently reviewed current available care for low back problems) has recommended that individuals suffering from back pain choose the most conservative care first and has identified spinal manipulation as the only safe and effective drugless form of professional treatment for acute low back problems in adults. Contact First Chiropractic Center for available options for your back pain.



Sheila Fitzgerald, DC



2507 Fox Run Parkway, Yankton, SD, 665-8073

## Fitness/Health

Q. I recently had a health screening and got my BMI and body composition measured. Aren't they the same thing?

A. No, they are actually two different measurements. Your body mass index or BMI is a number based on your height and weight. In general the higher the number, the more body fat a person has. BMI, however, is not a direct measure of body fat. Although it is certainly a good tool to use in determining someone's overall health risk, it can be misleading in those individuals that have a lot of lean tissue, for example body builders. They may appear overweight on the chart but are actually quite lean. Even those who appear thin assume they are healthy can be over fat with very little lean tissue thus increasing their risk for health issues. Body composition testing is one of the best ways to measure obesity. It identifies how much lean mass a person has versus fat mass. It provides a number that can accurately measure successful fat loss or muscle gain, even if the number on the scale isn't moving.



Angie O'Connor  
Clinical Exercise Specialist



501 Summit, Yankton • 668-8357

## Funeral & Cremation

Q. We have only one cemetery space available, but two of us wish to be buried there. What can we do?



Jim Goglin

A. Many cemeteries allow more than one person's cremated remains to be buried on a single cemetery space. Some also allow for those cremated remains to be buried in the space with a family member who has already been buried. The best answer is to talk with your funeral director about this.

*Legacy Affordable  
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1014 W. 8th St., Yankton • www.goglinfh.com  
665-4414 • 866-615-2906  
Open Mon.-Sat. 10am-4pm



## Pharmacy/Nutrition

Q. Do you have a resolution to quit smoking for good in 2016?

A. Let your local Hy-Vee pharmacy help you reach that goal! We are now offering a smoking cessation program open to the public.

“Quit for Good” is a six-week program facilitated by a Hy-Vee pharmacist to give smokers the tools and motivation they need to quit for good! The program focuses on behavioral and psychological techniques to kick the habit for good. Each participant will receive a handbook with essential tools and educational materials to supplement the one-on-one time with the pharmacist. Commitment for the full six weeks is crucial to bettering the chances of a successful quit attempt.

Cost to participate is \$150 per participant (includes all program materials, excluding medications if desired). Keep in mind, the benefits of quitting greatly outweigh the cost of participation! Please contact Hy-Vee pharmacy for more information and to get started on your path to a healthier lifestyle!



Pharmacy • 665-8261

## Ear, Nose & Throat

Q. Dr. Neugebauer, I was recently diagnosed with a permanent hearing loss in both my ears. Is it really necessary to have a hearing aid in both ears, even if my hearing improves with only one hearing aid?



Kendra Neugebauer,  
Au.D. CCC-A

A. The simple answer is two hearing aids are better than one. We use timing, volume, and spatial cues from both ears to process auditory information. Two hearing aids collect more and better information, which typically results in improved performance. Secondly, speech understanding abilities deteriorate over time in the ear left unamplified due to the lack of stimulation. Research confirms this opinion. Multiple studies have found only 5% of people with bilateral hearing loss perform better with one hearing aid. At Avera Medical Group ENT-Yankton, we encourage our patients to use our 90 day adjustment period find out for themselves what fits their needs best. If you have any further questions, please contact our office at (605) 655-1220.



Ear, Nose & Throat  
Yankton

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## Podiatry

Q. My feet and lower back hurt. Will orthotics help me?



Terence Pederson,  
D.P.M.

A. Biomechanical functional orthotic devices are appliances made for the feet and worn as an insert inside the shoes. They are constructed by professional laboratories using plaster models, or foam impressions of the feet and fabricated with specific and varied materials, such as acrylic thermoplastic, fiberglass, or leather. They function as a controlling device, which helps to stabilize, or limit, abnormal motion of the foot. They serve to either support or protect deformities and functional abnormalities of the foot, ankle, knee, and lower back. The medical value of orthotics has been proven by the long number of years of success.

Over the counter, or store-bought arch supports are generic. They are usually made of material that deforms to the weight of the body. This deformation process allows the insert to conform to many different foot types. This way, they may be comfortable for everyone. In contrast, the custom-made arch support is a personal device, designed to limit motion, or support certain pathology of its owner. They are custom-made just for you from your podiatrist. They are an actual prescription made by a certified orthotic lab.

Orthotics are not made just for the general comfort of the patient. Custom-molded orthotics are medical devices which help control and eliminate painful symptoms associated with a specific diagnoses. Many abnormal foot, ankle, leg, and back conditions demand mechanical functional protection and control with custom-molded orthotic devices.



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