

### House Denies Obama Libya War Authority

WASHINGTON (AP) — Challenging presidential power, a defiant U.S. House voted overwhelmingly Friday to deny President Barack Obama the authority to wage war against Libya. But Republicans fell short in an effort to actually cut off funds for the operation in a constitutional showdown reflecting both political differences and unease over American involvement.

In a repudiation of their commander in chief, House members rejected a measure to authorize the Libya mission for a year while prohibiting U.S. ground forces in the North African nation, a resolution Obama had said he would welcome.

The vote was 295-123 with 70 Democrats abandoning the president just one day after Secretary of State Hillary Rodham Clinton had made an unusual appeal to rank-and-file members. A Senate committee is to consider the same resolution next Tuesday and is expected to support it, raising the prospect of conflicting messages from Congress.

Friday's votes showed lawmakers' concerns about an open-ended U.S. commitment to a civil war between Moammar Gadhafi and rebel forces looking to oust him — as well as growing weariness among Americans with drawn-out conflicts in Iraq and Afghanistan.

### Mob Boss Bulger Brought Back To Boston

BOSTON (AP) — James "Whitey" Bulger's capture could cause a world of trouble inside the FBI.

The ruthless Boston crime boss who spent 16 years on the lam is said to have boasted that he corrupted six FBI agents and more than 20 police officers. If he decides to talk, some of them could rue the day he was caught.

"They are holding their breath, wondering what he could say," said Robert Fitzpatrick, the former second-in-command of the Boston FBI office.

The 81-year-old gangster was captured Wednesday in Santa Monica, Calif., where he apparently had been living for most of the time he was a fugitive. He appeared Friday afternoon inside a heavily guarded federal courthouse in Boston to answer charges he committed 19 murders.

Bulger, wearing jeans and a white shirt, looked tan and fit and walked with a slight hunch at back-to-back hearings on two indictments. He asked that a public defender be appointed to represent him, but the government objected, citing the \$800,000 seized from his Southern California apartment and his "family resources."

### Gay Marriage In N.Y. Headed To Vote In Senate

ALBANY, N.Y. (AP) — Republicans in the New York Senate agreed Friday to allow a full vote on legalizing gay marriage, setting the stage for a possible breakthrough victory for the gay-rights movement in the state where it got its start.

New York could become the sixth state where gay couples can wed, and the biggest by far. A vote could come as soon as tonight.

Senate Majority Leader Dean Skelos said the bill will come to the floor and be brought up for an "up or down vote." It will be a "vote of conscience for every member of this Senate," Skelos said.

The heavily Democratic Assembly has already approved one version of the measure and is expected to easily pass the new version that contains more protections for religious groups that oppose gay marriage and feared discrimination lawsuits.

### Syrians March Demanding Assad Ouster

BEIRUT (AP) — Defying government guns, thousands of Syrian protesters poured down city streets and a main highway Friday to press demands for President Bashar Assad's ouster. Security forces opened fire, killing at least 15 people, including two children, activists said.

"Our revolution is strong! Assad has lost legitimacy!" a YouTube video showed protesters chanting in Zabadani, a suburb of Damascus, the Syrian capital.

Syria's streets have become the stage for a test of endurance between a 3-month-old pro-democracy movement, bloodied but resilient, and an iron-fisted but embattled regime. The latest round of protests and killings came as international pressure mounted on Assad.

"We will not stand by while the Syrian regime uses violent repression to silence its own people," British Foreign Secretary William Hague said after the European Union expanded sanctions — asset freezes and travel bans — to more members of the Syrian leadership.

### Bin Laden Considered New Name For Al-Qaida

WASHINGTON (AP) — As Osama bin Laden watched his terrorist organization get picked apart, he lamented in his final writings that al-Qaida was suffering from a marketing problem. His group was killing too many Muslims and that was bad for business. The West was winning the public relations fight. All his old comrades were dead and he barely knew their replacements.

Faced with these challenges, bin Laden, who hated the United States and decried capitalism, considered a most American of business strategies. Like Blackwater, ValuJet and Philip Morris, perhaps what al-Qaida really needed was a fresh start under a new name.

The problem with the name al-Qaida, bin Laden wrote in a letter recovered from his compound in Pakistan, was that it lacked a religious element, something to convince Muslims worldwide that they are in a holy war with America.

Maybe something like Taifat al-Tawheed Wal-Jihad, meaning Monotheism and Jihad Group, would do the trick, he wrote. Or Jama'at l'Adat al-Khilafat al-Rashida, meaning Restoration of the Caliphate Group.

As bin Laden saw it, the problem was that the group's full name, al-Qaida al-Jihad, or The Base of Holy War, had become short-handed as simply al-Qaida. Lopping off the word "jihad," bin Laden wrote, allowed the West to "claim deceptively that they are not at war with Islam." Maybe it was time for al-Qaida to bring back its original name.

# Obama Steps Into Debt-Limit Talks

BY JIM KUHNHENN  
Associated Press

WASHINGTON — Struggling to break a perilous deadlock, President Barack Obama took direct control Friday of national debt-limit negotiations with both Republicans and Democrats. With the White House warning the nation's economic stability is at stake, it's one of the most severe tests yet of Obama's presidency.

The key disagreement is over taxes. Democrats, including Obama, say a major deficit-reduction agreement must include tax increases or the elimination of tax breaks for big companies and wealthy individuals. Republicans are demanding huge cuts in government spending and insisting there be no tax increases.

Absent an agreement that cuts long-term deficits, Republicans say they will not vote to increase the nation's borrowing, which will ex-

ceed its \$14.3 trillion limit on Aug. 2.

The administration has warned that if Congress does not raise the debt ceiling, it could mean the first U.S. financial default in history and send economic shockwaves around the world.

Discussions led by Vice President Joe Biden that were designed to trim about \$2 trillion from long-term deficits abruptly stalled this week, leading Obama to step in Friday and summon the top Senate leaders to the White House.

On Monday morning, Obama and Biden plan to meet with Senate Majority Leader Harry Reid, D-Nev., and in the early evening he will sit down with Senate Republican leader Mitch McConnell of Kentucky. McConnell and House Speaker John Boehner have repeatedly said that no deal can include tax hikes.

Amid an economic slowdown, persistently high unemployment and a looming deadline for action, the negotiations will challenge

Obama's ability to forge a compromise that gives all sides a reason to claim victory.

Obama restated his position to Boehner in person and to McConnell by phone on Wednesday, officials said. On Thursday, the two Republicans who had been negotiating with Biden — House Majority Leader Eric Cantor, R-Va., and Sen. Jon Kyl, R-Ariz. — abandoned those talks.

Ultimately, there was only so much that those discussions would yield, and it was clear that Obama and the top leaders in Congress at some point would have to step in.

Both sides repeated their negotiating positions on Friday.

"The president is willing to make tough choices, but he cannot ask the middle class and seniors to bear all the burden for deficit reduction and to sacrifice while millionaires and billionaires and special interests get off the hook," White House spokesman Jay Carney said.

# Drivers Catch A Break As Gasoline Prices Fall

BY CHRIS KAHN  
AND JONATHAN FAHEY  
AP Energy Writers

NEW YORK — A summer road trip may not be such a bad idea after all.

Gasoline prices are falling fast. In the past 7 weeks, the average U.S. retail price has dropped 38 cents to \$3.60 per gallon. Another 25-cent drop is expected by mid-July.

When prices approached \$4 in early May, drivers were worried that \$5 gasoline was a possibility this summer. But since then, oil prices have collapsed, the result of slowing economic growth in developed countries, weaker demand

for oil and gas and this week's decision by the U.S. and other countries to release 60 million barrels of oil from strategic reserves. Economists say falling prices will benefit consumers by leaving money in their wallets, and making them feel freer to spend on travel, shopping and dining.

Ron Meyers, 51, a handyman from Little Rock, Ark., was doubtful that he could afford the drive to visit family in Pennsylvania. Now, thanks to cheaper gas, the trip is on. And he plans on seeing a few more summer movies, too.

"You can go out and have a good time, and have a little money left in your pocket," he said.

Economists say that while, for

instance, a 25-cent-per-gallon drop only saves the typical driver \$12.50 per month, it has a huge effect both on the economy as a whole and on the psychology of consumers.

Naveen Agarwal, who helps small businesses and car companies manage fuel costs as CEO of Pricelock, in Redwood City, Calif., said he expects drivers will travel farther distances this summer than originally planned. And they'll spend as they go.

"They'll be a little bit more liberal about their consumption instead of just having a barbecue in their back yard," Agarwal said.

Instead of thinking of ways to cut back, the Dykstra family of Or-

ange City, Iowa, will now be able to spend a little more on meals and souvenirs when it visits Chicago.

"We actually budgeted for \$5 a gallon," Mark Dykstra, 46, a supermarket assistant manager who will be travelling with his three teenage children, said earlier this week.

For the first five months of the year, gasoline prices went in one direction: up. Growing economies, especially in Asia, burned more gasoline, diesel and jet fuel. Turmoil in the Middle East and North Africa prevented oil from reaching the market and scared oil traders into bidding prices higher.

Oil peaked at \$114 per barrel in April. It's now at \$91 per barrel after a 2 percent drop this week.

# ASK THE EXPERTS

### Family Medicine

**Q. What supplements are good for me to take?**


**A.** The supplement business is a multi-billion dollar industry. It is also an industry that has little to no regulation. One should be very leary of this.

Bob and Alice could make capsules containing powder sugar and sell them as the next greatest fat loss supplement "Just take 3 a day and watch the fat melt away."


If you eat a healthy diet and get plenty of exercise and keep your weight at a good level you will save yourself a lot of money. I recommend a few things to consider.

Calcium and vitamin D are important. After you reach the age of 35 you can start to lose bone, and calcium and vitamin D are important. Vitamin D is important especially for us that live in the northern hemisphere where not enough sun exposure can be a problem. An aspirin a day can also be good for you in most circumstances. However, you should check with your doctors. If you are taking a supplement it is important to tell your doctor just in case there are interactions with medication you are taking. If you have any questions about this we are happy to discuss them with you at Lewis & Clark Family Medicine.


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Jeffrey Johnson, M.D.




Brandi Pravecck, CNP  
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### Chiropractic

**Q. Can chiropractic help my back during my pregnancy?**

**A.** It is not unusual to experience back pain during some stage of pregnancy. Chiropractic is a great option for treatment. Treatment is drugless and safe for both the mother and baby. Treatment can start at any stage of pregnancy. Treatment includes techniques that are easy to apply and comfortable for the mother. Due to the nature of how the pregnancy can affect the spine, chiropractic will address both the mechanics of movement and the function of the body through its neurology. This approach has been quite successful and our patients go on to enjoy the rest of their pregnancy.



Sheila Fitzgerald, DC




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### Ear, Nose & Throat

**Q. Dr. Rumsey, I think I need hearing aids, but I am unsure if my insurance will help defer my costs. I have tried reading the policy, but it can be so confusing. How can I tell if I have coverage for hearing aids?**

**A.** That is a great question which we get all the time. A select few insurance companies have hearing aid benefits. Two we know of are certain Blue Cross/Blue Shield plans and Medicaid. Also, members of Farm Bureau have a benefit which makes them eligible for large discounts on their hearing aids. We have seen some cases where carriers have promoted a particular hearing aid company, but provided little or no benefit to the policy holder. The best way to find out if you are eligible is talk to your insurance representative. We would also be happy to sit down and help you research your options.



Matthew Rumsey, Au.D. CCC-A



Yankton Ear, Nose & Throat


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### Fitness/Health


**Q. Are step aerobics hard on your lower extremities?**

**A.** Any weight bearing exercise can be hard on your lower extremities but in the scope of all that people do, step aerobics is lower risk. Research has shown that people who participate in step aerobics have fewer injuries than those who participate in traditional aerobic exercise or running for example. As with any exercise you are at higher risk for overuse injuries if you keep doing the same form of exercise over and over for long periods of time. That is why cross training is important. Good step aerobics form is important as well. Follow these important tips and you'll be on your way to a real calorie burning workout!

1. Always warm up first.
2. Never put so many risers under your step that your hip has to bend further than 90 degrees to get on.
3. Always place your foot fully on the step.
4. Step off the step toe to heel not flat footed.
5. Try to not be more than one foot away from the step when stepping.



Angie O'Connor  
Clinical Exercise Specialist



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Sacred Heart Wellness Center



Do you have difficulty using the phone because of a hearing loss? Do you always hear the phone ring? Do you have trouble understanding voices on the phone? Different phone equipment might help!

The Telecommunications Equipment Distribution Program has equipment available at **no cost** to South Dakotans with hearing loss or speech impairments. Call (866) 246-5759 or visit [www.sdrelay.com/tedp](http://www.sdrelay.com/tedp).





## Independence Day Deadlines

The following deadlines will apply:

- Out On The Town  
Wednesday, June 29th
- Tuesday, July 5 newspaper  
5 p.m., Wednesday, June 29th
- Wednesday, July 6 newspaper  
5 p.m., Thursday, June 30th
- Thursday, July 7 newspaper  
5 p.m., Friday, July 1st

**The Yankton Daily Press & Dakotan will be closed Monday, July 4th, for the Independence Day holiday.**

*There will be no newspaper on Monday, July 4, 2011.*



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### Podiatry

**Q. What options do I have left for Achilles tendonitis and calcium deposits?**

**A.** The Achilles tendon is the longest and strongest tendon in the body, but is subjected to considerable wear and tear. When the tendon becomes inflamed from overuse or too much sudden stress, tendonitis can develop, and cause microscopic tears may occur. Further trauma to the attachment site of the Achilles tendon can result in spur formation, and calcification of the Achilles tendon itself.


Pain, stiffness and tenderness in the area are the main symptoms of Achilles tendonitis. Pain occurs in the morning, improves with motion, but gets worse with increasing stress and activity.

X-rays are necessary when treating painful Achilles tendon problems. Many times, there is a spur where the Achilles tendon inserts into the heel bone.


Treatment options depend on the extent of the injury. They include:

- \* Casting to immobilize the Achilles tendon and promote healing
- \* Ice to reduce swelling
- \* Non-steroidal anti-inflammatory medication to reduce pain and inflammation
- \* Physical therapy to strengthen the tendon
- \* Surgery, if other approaches fail to restore the tendon to its normal condition

Many people in our practice who suffer from insertional Achilles tendonitis and spur formation get 100% relief from nonsurgical treatment. This includes physical therapy, walking boot, anti-inflammatories, heat, and ice therapy.



Terence Pedersen, D.P.M.




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### Pharmacy/Nutrition

Summertime is here, and that usually means spending time in the sun. Time in the sun usually means getting sunburned if we do not use protection. What if I told you some of the medications you take can cause you to be more sensitive to the sun and sunburn more easily. Many medications such as antibiotics, blood pressure, and acne medications can cause you to sunburn more easily in a shorter amount of time. Some examples are ciprofloxacin, hydrochlorothiazide, minocycline, and diferrm. This is called sun sensitivity. Getting sunburned can be dangerous and adding sun sensitivity into the mix can make it worse. If you are concerned about getting sunburned it is always a good idea to wear sunscreen and to keep reapplying it throughout the day or wear proactive clothing such as a hat and long sleeve shirt. Ask your pharmacy if you have questions regarding your medications.

By Emily Smith,  
PharmD Student



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