

NATION/WORLD DIGEST

Afghan Attacks Kill 8 American Troops

KABUL, Afghanistan (AP) — American forces suffered a deadly 24 hours in Afghanistan, with eight troops killed in attacks including an audacious Taliban raid on a police compound in the key southern city of Kandahar, officials said Wednesday.

The U.S. and its coalition allies have warned that violence and troop casualties are likely to mount this summer as thousands of new forces fan out across southern insurgent strongholds in a bid to turn around the nearly 9-year-long war.

However, a top U.S. commander in the south said Wednesday that the new operation should start reducing violence in coming months.

So far in July, 45 coalition troops have died in Afghanistan, 33 of them Americans, continuing the upward trend of the previous month, which was war's deadliest for the NATO-led force, with 103 international soldiers killed.

A suicide attacker slammed a car bomb into the gate of the headquarters of the elite Afghan National Civil Order Police late Tuesday night in Kandahar, the international force said. Minutes later, insurgents opened fire with machine guns and rocket-propelled grenades.

Arab TV Airs Video Of Suspected Bomber

CAIRO (AP) — The man who pleaded guilty to carrying out the attempted Times Square car bombing appeared in a video recorded before the failed attack that shows him meeting with senior Pakistani Taliban leaders and vowing to strike the U.S.

In the video, aired in segments Wednesday by the Dubai-based television station Al-Arabiya, Faisal Shahzad said the attack on the New York City landmark would avenge the deaths of Muslims killed in Iraq and Afghanistan.

"All the Muslim Arabs that have been martyred — I will take revenge on their behalf," he said. "I really wish that the hearts of the Muslims will be pleased with this attack, God willing."

One of the figures he praises as a martyr is Abu Musab al-Zarqawi, the former leader of al-Qaida in Iraq who was killed in a U.S. airstrike in Iraq in 2006.

Shahzad, 30, is seen in the video sitting on the ground in a black turban and olive-colored vest, with an AK-47 next to him. He calls jihad, or holy war, a pillar of the Muslim faith, and says "Islam will spread on the whole world and democracy will be defeated."

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Cheney Recuperating From Heart Surgery

BY BEN FELLER AND LAURAN NEERGAARD
Associated Press Writers

WASHINGTON — Former Vice President Dick Cheney disclosed Wednesday that he has undergone surgery to install a small pump to help his heart work, as the 69-year-old enters a new phase of what he called "increasing congestive heart failure."

"The operation went very well and I am now recuperating," a still-hospitalized Cheney said in a statement.

The kind of heart pump that Cheney received can be implanted next to the heart to help its main pumping chamber, the left ventricle, pump blood through the body. Such devices are used mainly for short periods, to buy time as they await a donor organ.

But they are being studied for use as a permanent therapy for people with severe heart failure who aren't transplant candidates.

The surgery took place last week at Inova Fairfax Heart and Vascular Institute in Washington's Northern Virginia suburbs, where Cheney was receiving care Wednesday.

A longtime face of the Republican Party, Cheney has dealt with heart problems much of his adult life, suffering five heart attacks since age 37. He said the latest step, the implanting of a pump called a left ventricular assist device, will allow him to resume an active life.

About 5 million Americans have congestive heart failure in which the heart weakens over time — often as a result of heart attacks — and cannot pump enough blood. Heart transplants are one solution, but few patients find a donor and many are too old or sick for a transplant.

The heart pump Cheney received, known as an LVAD for short, is not a cure, said Dr. Samer Najjar, medical director of the heart transplant and LVAD division at Washington Hospital Center. But by rerouting the blood to take over the job of the left ventricle, the pump relieves pressure on the heart.

And once patients recover from the open-heart surgery, they can experience a much better quality of life, said Najjar, who has had LVAD recipients go back to work or resume hobbies like bowling. Najjar had no firsthand information about Cheney's case.

BP Begins Testing New Cap Over Oil Leak

BY TOM BREEN AND HARRY R. WEBER
Associated Press Writers

NEW ORLEANS — BP allayed last-minute government fears of making the disaster worse and began testing the new, tighter-fitting cap Wednesday that could finally choke off the oil leak in the Gulf of Mexico.

Retired Coast Guard Adm. Thad Allen, the Obama administration's point man on the disaster, said the government gave the go-ahead after carefully reviewing the risks.

"What we didn't want to do is compound that problem by making an irreversible mistake," he said at the end of a 24-hour roller-coaster of hopes raised, hopes dashed and hopes raised again along the Gulf Coast.

The cap — a 75-ton metal stack of pipes and valves — was lowered onto the well on Monday in hopes of either bottling up the oil inside the well machinery, or capturing it and funneling it to the surface. But before BP could test the equipment, the government intervened because of second thoughts about whether the buildup of pressure from the gushing oil could rupture the

walls of the well and make the leak worse.

"We sat long and hard about delaying the tests," Allen said. He said that the pause was necessary in the interest of the public, the environment and safety, and that officials were convinced the test could go forward.

The test began with BP shutting off pipes that were funneling some of the oil to ships on the surface so the full force of the gusher went up into the cap. Then deep-sea robots began slowly closing, one at a time, three openings in the cap that let oil pass through. Ultimately, the flow of crude will be blocked entirely. All along, engineers will be watching pressure readings to learn whether the well is intact.

Allen said BP will monitor the results every six hours and end the test after 48 hours to evaluate the findings.

The one-day delay came just when it looked as if the Gulf oil crisis was nearing an end. The holdup was met with disappointment along the Gulf Coast.

"This thing's been going on for so long now, it's time to take a gamble," said Mitch Jurisch, a third-generation oyster farmer from Empire, La. "If it's going to

blow the bottom of the ocean out, it's just going to blow the bottom out."

White House spokesman Robert Gibbs said the government acted "out of an abundance of caution to do no harm," and added that he did not consider the delay to be "some giant setback."

With the testing on hold, oil continued to spew nearly unimpeded into the water. Two vessels on the surface collected about 700,000 gallons on Tuesday, BP said. The government estimates 1.5 million to 2.5 million gallons are leaking every day.

BP also said it was halting drilling for the duration of the test on one of two relief wells that are intended to plug the gusher permanently from deep underground. The company said it was stopping the work because it was not clear what effect the testing of the cap could have on it. Work on the other relief well had already been stopped according to plan.

Before BP got the go-ahead for the cap test, BP Chief Operating Officer Doug Suttles urged Gulf residents to be patient.

"We're going to get this thing stopped as fast as we can," he said. "If it is not in the next couple of days with the test, we'll do it with the relief wells."

Tony Wood, director of the National Spill Control School at Texas A&M-Corpus Christi, said the government's caution is a prudent course, because so much of the work being contemplated is uncharted territory.

Wood said trapping the erupting oil in the cap could increase pressure inside the casing, or the piping inside the well, and could fracture it until it is leaking like a sieve. That could make it impossible to plug up the well.

The caution follows a string of failed attempts by BP to contain the leak, including the use of a giant concrete-and-steel box that quickly became encased in ice-like crystals; a colossal siphon tube that trapped very little oil, and an effort to jam the well by pumping in mud and shredded rubber.

As of Wednesday, the 85th day of the disaster, between 92 million and 182 million gallons of oil had spewed into the Gulf since the Deepwater Horizon rig leased by BP exploded April 20, killing 11 workers.

Source: Obama Promises To Help House Dems

BY ERICA WERNER AND PHILIP ELLIOTT
Associated Press Writers

WASHINGTON — Facing criticism from House Democrats, President Barack Obama promised their leaders Wednesday night that he'll actively support their agenda and Democratic lawmakers as they head into tough midterm elections this fall, according to a congressional leadership aide.

House Speaker Nancy Pelosi and Majority Leader Steny Hoyer were among those in the Oval Office meeting. The aide, who was briefed on the meeting, spoke on condition of anonymity because the conversation was private.

The meeting came as congressional Democrats, fearing disaster in the fall elections, have expressed frustration with the Obama team and its efforts to help Democrats. They also were angered when White House press secretary Robert Gibbs said over the weekend that enough seats were in play for Democrats to lose the House.

Obama was told of the concerns of rank-and-file lawmakers, some of whom think the president hasn't been doing enough to use his bully pulpit on their behalf, considering that they are all up for re-election in November, the aide said. Obama won't face voters again until 2012.

Obama said that he understood the criticism and promised full engagement and support on substance and message through

the fall, the aide said. With high unemployment dragging down incumbents, a key focus will be on jobs and how individual congressional districts are helped by Democrats' policies.

Pelosi told reporters it had been a "very productive meeting" and said that Gibbs' comment about Democrats possibly losing the House never came up.

Pelosi had lashed out at Gibbs over the remark Tuesday in a closed meeting with rank-and-file members. Earlier Wednesday, Gibbs defended himself, but he hastened to add that he believes Democrats will hang onto the House.

"I don't think I said anything that was politically shocking," Gibbs said during his daily briefing with reporters.

Also Wednesday, the White House circulated a memo detailing all the political help Obama and administration officials have given to the party's candidates. The White House portrayed the memo as a regular update of its political operation, but the timing suggested otherwise.

The memo describes how Obama and his team are working with candidates ahead of this year's midterm elections. The White House plans to dispatch Obama across the country at least once a week between now and Nov. 2.

So far, Obama has appeared at 32 political events during his presidency and attended hundreds more in swing states such as Ohio, Pennsylvania and Florida.

"The president, vice president, first lady, Cabinet officers and senior staff have participated in 187 political events in the last 18 months, all with the intention of directly supporting candidates on the ballot in 2010 or building up the infrastructure of party committees," according to the memo provided by a Democratic official. "Forty more events are currently or tentatively scheduled and dozens more will be organized in the next few months."

Congressional Democrats have pushed Obama's circle to

do more. Many fret that the White House is ineffective in using the heft of the presidency to help elect Democrats to statehouses, the House and Senate. In private, several Democrats said they worry Obama's team is more focused on its own 2012 re-election bid than the midterm elections that would shape the final two years of the president's first term.

Confidence in the White House political operation was shaken after Democrats lost the Massachusetts Senate seat in January, and governorships in New Jersey and Virginia last year. With Obama's popularity waning and voters frustrated with Democratic control of the White House and Congress, political aides have braced for a brutal election season.

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WELLNESS EVENTS JULY 2010

Shop Smart - Get the Facts on the Food Labels/NuVal Store Tour
Saturday, July 17 - 10:00 a.m. - 11:00 a.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutrition Scoring System available at Hy-Vee. Register for this event at customer service or by calling 665-3412.

Shop Smart - Get the Facts on the Food Labels/NuVal Store Tour
Tuesday, July 20 - 1:00 p.m. - 2:00 p.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutrition Scoring System available at Hy-Vee. Register for this event at customer service or by calling 665-3412.

What are Probiotics?
Tuesday, July 27th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Probiotics are becoming more common in the supermarket and can be beneficial for digestion and immune health. Join Brenda in the HealthMarket as she provides information regarding the best sources of probiotics and how they can be an important part of your diet.

Individual Nutrition Consultation - \$30 for 1/2 hour, \$60 per hour
Your Hy-Vee/Avera dietitian can help you develop a personal nutrition plan for:
* Heart Health
* Weight Management
* Diabetic Diet Review
* Gluten-Free and other food allergies/intolerances
* Infant and Child Nutrition

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Celebrate. Remember. Fight Back.
Start Making Plans Now For The 2010 Relay For Life Of Yankton County!
FRI., JULY 16 & SAT., JULY 17
6pm-6am • Riverside Park

EVERYONE WELCOME! Come Join The Fun!
Check out all the activities at the camp sites, raffles, games & more!!

Community Dinner
Friday • 5:00-7:00PM
Hot Dog or Hamburger, Chips & Pop \$3.00
Sponsored by: Stoebner Beef & Kaylor Locker

SCHEDULE OF EVENTS

Friday, July 16th
4:00-5:00 p.m. Team Registration
4:30-5:45 p.m. Survivor Registration
5:00 p.m. Survivor Reception
5:45 p.m. Survivor Photo
5:00-7:00 p.m. Community Dinner
5:00-9:30 p.m. Relay Store Open
6:00 p.m. OPENING CEREMONIES/SURVIVOR'S LAP
6:00-10:00 p.m. Silent Auction
7:00 p.m. Honorary Survivor Chair/Drawing
7:15 p.m. Entertainment/Yankton Children's Theatre Co.
9:30 p.m. (dusk) Luminaria Ceremony
9:45 p.m. Bagpipes
10:00 p.m. Raffle Drawings/Silent Auction
11:30-4:00 a.m. Relay Teams: All "Star" Games

Saturday, July 17th
5:00 a.m. Community Breakfast
5:30 a.m. Closing Ceremony/Team Awards
6:00 a.m. Last Lap led by Survivors

Community Breakfast
Saturday Morning • 5:00AM
Sponsored by: McDonalds
Juice & Various Breakfast Sandwiches
Free Will Donation
The public is invited to all meals!
OPEN TO THE PUBLIC...
Silent Auction
6:00-10:00PM
This Year's Theme...
"Lights, Camera, Action For a Cure"
All proceeds are donated to American Cancer Society's Relay For Life - Yankton Unit.

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