Chances of being audited by the IRS lowest in years

WASHINGTON — As millions of Americans race to meet Tuesday's tax deadline, their chances of getting audited are lower than they have been in years. Budget cuts and new responsibilities are straining the Internal Revenue Service’s ability to police tax returns. This year, the IRS will have fewer agents auditing returns than at any time since at least the 1980s.

“People are going to do the simplest thing — they’re going to report the income they’re making,” IRS Commissioner John Koskinen said in an interview. “But there are going to be some people that we should look at.”

**Back to square one**

Fresh off of a 22-year sentence, Michael Nieves faces new charges

A free-completing a 22-year prison sentence in September, Eustis High School graduate Michael C. Nieves was adamant about getting on the road to a productive life.

In a January interview with the Daily Commercial on his release, the 43-year-old said he hoped the culinary skills he acquired in prison would lead to a job in the food industry. He found a job at Wendi’s restaurant, talked to his former English teacher about being a motivational speaker to help his students and moved in with a woman in a small white home at 109 E. Caroline Street in Tavares.

And when Tavares police couldn’t find any drugs in his car during a traffic stop earlier this month, officers said he assured them he was on the “straight and narrow path,” according to a detective.

Nieves, sitting in the Lake County jail Saturday, entered in an orange jumpsuit and handcuffs and shackles.

He remained in jail Sunday on bond, because he violated his conditional release. He is on parole and on probation.

Police detective Sarah Coursey said Nieves had been the focus of a long-time investigation after police believed he was selling drugs. She alleges that he traded drugs for EBT cards (food assistance) and dealing in stolen property.

The warehouse building adjacent to the police department wall is dumping rainwater onto the police department’s roof, Irby said.

**UATILLA**

Mold, mildew causing police to relocate

UMATILLA — Umatilla police will have to vacate their headquarters on Central Avenue because of mold and mildew problems, according to City Manager Glenn Irby.

UMATILLA — Mold, mildew is causing the police department to move.

**BUBBA WATSON WINS AGAIN AT AUGUSTA, SPORTS B1**

**UKRAINE: Deploys armed forces to quash pro-Russian insurgency, A6**
faces 10 more years in prison.

"He said he was on the street and narrow but he wanted to sell drugs," Coursey said.

In an interview at the Lake County jail (Saturday), Nieves admitted he had drugs in his possession, but said he were for his personal use. The same day, he said of his job search, "I'm going up for Eustis High in the late 1980s and has Panther t-shirts, the school's ma-
cot, etched over his body. The 1988 graduate said several students were in-
rested in recruiting him to play football, includ-
ing Eustis High, Universal City College in South Florida State Uni-

Nieves High school graduate Michael Nieves gives an interview from the Lake County jail.

Nieves said he had been offered probation in a judicial program similar to
Scared Straight, which it al-
leges inmates to speak with pub-
ished youth as part of a pro-
gram to steer them to the right way.

While Nieves had talked to his face with Vezez about go-
ing motivational speech-
s to her students, no commit-
ment was ever reached.

"I think he has a good story to tell," said Vezez, in the March inter-
view.

Detectors said they started an investigation into Nieves selling drugs, which led to the
traffik stop, but resulted in noth-
ing illegal being found. However, when offi-
cers surrounded his home about 6:30 p.m. on April 5, with search war-
ods in, Nieves re-

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BAD NEWS FOR YOU AND CELEBRATIONS ANNOUNCEMENTS
AUDIT FROM PAGE A1

catch, either in terms of col-
lecting the revenue from them or prosecuting them, that we're not
scrutinizing much better. It's easier to report making $40,000 in
income than reporting $1 million in income, and it's
likely that the same is true for true income and true
income from illegal activities that are reported to the IRS.

But if you operate a business that pays out cash to employees or expenses that are not inde-
pendently reported to the IRS, you're effectively underreporting that
income by 90%. The results are even more

Last year, the IRS audited less than 1 percent of all returns from individuals, the low-
est rate in years. Koskinen said, "The numbers will go down."

Obama and other Democrats in of-
fice are ready to consider pro-
A2 CASH 3
April 30
3-4-8
Afternoon
3-17
PLAY 4
April 30
1-7-23
1-23-4
APRIL 30
FANTASY 5
13 15 17 25 29
Powerball
14 19 26 31 34 39 40 41
4 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56

 Husband of woman who died of cancer

Capture
Looking for a contractor to help


Koskinen was confirmed as IRS commissioner in Decem-
ber, taking over after a

The IRS is legally obligated to

The IRS is frequently accused of

Nieves is suspected of being part of a larger operation. However, Nieves said

When police arrived, they

Nieves on how difficult it is to

The matter is long overdue for re-

The overall workspace

The water runs down

Nieves is suspected of violating the law to

When police arrived, they

If he is convicted, Nieves

Lake County jail (Saturday).

He attributes what he

According to NeJame, the

NeJame said he had been offered

The same day, he said of his job

"The police department's

"The contractor will be hired to

The Daily Commercial is printed daily except Sunday, and is published by the Daily Commercial, Inc., Leesburg, Florida. LMCo Our Community Sunday, April 13, 2014

APRIL 30, 2014

A1

AUDIT FROM PAGE A1

Koskinen was confirmed as IRS commissioner in Decem-
ber, taking over after a

If you report making $40,000 in

The law runs down the

It's not my mark in life," he said.
**LEESBURG**

**Chorus to perform ‘When Radio Was’**

Comprised of singers from all over Lake County for more than 60 years, the Ladies Chorus, a talented group of female vocalists, will present “When Radio Was” at 7 p.m., Tuesday at the College of Central Florida Auditorium, Lake-Sumter State College, U.S. Highway 27, Leesburg.

The group invites the public to be part of an imaginary studio audience at a radio show. The performance will be accompanied by the CF Jazz Band.

For information, call Carol Pickens at 352-733-8000.

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**River/Metro upgrades Sumter call system**

The FWC offers the following tips:

- While black bears generally are quiet, in the early stages of their off-season weight loss, they may be more vocal.
- Females that are traveling to a new territory are beginning to move around more with their babies, which are now around 5 pounds. As the cubs grow, the family unit will roam farther and could be more visible to people, the press release states.

The FWC offers the following tips:

- While bears generally are not aggressive, a mother bear may try to defend her cubs. If a person acciden-

**FWC: Bears on the move in Florida**

Lake dedicates new fire trucks the old way

**Rural/Metro upgrades Sumter call system**

The Florida Fish and Wildlife Conservation Commission (FWC) says bears are now or soon will be on the move as they leave their winter dens, and there are things people can do over the next few months to reduce negative interactions with the largest land mammal.

“Now is the time to expect bears to show up looking for food,” Dave Tele-

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**TALLAHASSEE**

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SENIORS
FROM PAGE A3
County qualifiers, providing an economic boost for the area that will continue to grow.

“...the buzz that I’m getting from senior athletes who look for these types of competitions is that they are happy that Clermont is participating in the senior games because, they’ll have a new venue for competitions,” he said. “And as we continue to add more games in the future, we will continue to attract more people here.”

Anyone over the age of 50 can sign up to compete in the senior games for the following sports we continue to add more games in the future, we will continue to attract more people here. “And as we continue to add more games in the future, we will continue to attract more people here.”

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Thursday, April 24
11:00 AM
Mojo Grill and Catering
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Friday, April 25
11:00 AM
Mojo Grill and Catering
2015 SW 17th St.

LADY LAKE

Tuesday, April 15
11:00 AM
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DONETSK, Ukraine — Turning to force to try to rescue its authority in the vital industrial east, Ukraine's government announced Sunday it was sending in troops to try to quash an increasingly brazen pro-Russian insurgency, despite repeated warnings from the Kremlin.

Accusing Moscow of fomenting unrest, Ukrainian President Oleksandr Turchynov said in a televised address that such a "large-scale anti-terrorist operation" would ensure Russia did not "repeat the Crimean scenario in Ukraine's east." Turchynov pledged to offer amnesty to anyone surrendering their weapons by Monday morning.

Reliance on the military is a response that

the Kiev government to deploy troops in Ukraine's east

A6

Kiev government to deploy troops in Ukraine's east

PETER LEONARD

Associated Press

Donetsk, Ukraine

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A Voice

Iran’s U.N. envoy isn’t a threat to our country

The United States is irked that Iran has chosen as its representative to the United Nations a diplomat who apparently was involved with a student group that seized the U.S. Embassy in Tehran in 1979. The embassy takeover, a violation of international law that contributed to the 444-day captivity of 52 American hostages, contributed to hostility between the two countries that only recently has begun to abate.

But the Obama administration is making a mistake in publicly labeling as “not viable” the posting to the United Nations of Hamid Aboutalebi as Iran’s envoy. Mr. Aboutalebi served as an interpreter for the students who had seized the embassy out of pent-up anger over long-standing U.S. support for the autocratic shah of Iran. It’s not unknown for youthful radicals to mature into middle-age statesmen. As a young leftist in 1970s West Germany, Jost Fischer took part in violent street demonstrations and was photographed attacking a police car. Decades later he served as foreign minister of a united Germany.

But even if the Aboutalebis of today were an unreconstructed anti-American, the United States would be wrong to try to prevent him from taking up a position at the United Nations. Having agreed to host the United Nations, the United States shouldn’t interfere in decisions by member states about their representation in that body any more than it should block for- eign leaders it objects to from addressing the U.N. (Palestine Liberation Organization lead- er Yasir Arafat, Cuban President Fidel Castro and Iranian President Mahmoud Ahmadine-jad are among those who have spoken at the organization’s New York headquarters.)

Finally, the administration’s fixation on Aboutalebi may be unintentionally undermin- ing efforts by several nations to induce Iran to abandon efforts to produce nuclear weapons. Some of the U.S. senators who approved a bill this week purporting to bar Aboutalebi from entering this country, including those from states that also have Middle EasternAmerican envoys, are selectively ignoring the administration’s desires would be at odds with the current talks with Iran. The more the adminis- tration can make it easier for the current team to be, the easier it will be for congressional crit- ics to cite that grievance as a justification for new sanctions.

The administration has registered its dis- approval of Mr. Aboutalebi’s appointment, but it should refrain from making more important matters, including the nuclear negotiations.

Byline: Whitney Willard

The Daily Commercial

EDITORIALS

They want better government, better security, and less corruption. This is what Afghanistan is not the hopeless case many Americans believe it to be.

First, the vote showed that most Afghans want change by ballot, not by bullet — meaning they want better government, better security, and less corruption. This was Afghanistan’s third presiden- tial election, and the last, in 2009, was marred by such fraud that it discredited many voters. Yet this election observers say the level of fraud was very low, and voter turnout was double that of 2009, including 10 percent of eli- gible voters. So many voted that several polling places ran out of ballots, and the numbers would have been even higher had there not been Taliban intimidation in some rural areas.

The desire for change is so gi- gantic,” says the Carnegie En- dowment’s Sarah Chayes, an Af- gave the people a chance to vote that they might not have had outside, and the government has been more inclined to listen to the international community,” Sarris says.

Finally, the election seems to be a repudiation of the rampant corruption of Karzai’s ad- ministration. His favored can- didate, Zalmay Rassoul, appears to be running third, behind former World Bank economist Ashraf Ghani and the former foreign minister Abdullah Abdullah.

The next president will not be able to shake the veined political culture that has grown up over the past decade, fed by billions of foreign aid. But Afghan voters have shown they are far more po- litically aware than in the past. If they don’t want their country to once more become a safe haven for Taliban extremists who threaten them and the West. Nor do they want to be part of Paki- stan’s proxy war with India. “I know you’ve seen those pur- ple fingers before, in Iraq, where 90 percent were supposed to pave the way to democracy but led to more sectarian violence. Elections haven’t turned out well in Egypt, either. I know this election isn’t over — preliminary results won’t be known until the end of April and, if none of the eight candi- dates gets more than 30 percent of the votes, there will be a run- off. Moreover, the Taliban remain a threat — especially because neighboring Pakistan gives them safe haven.

But this election proved that Afghanistan is not the hopeless case many Americans believe it to be.

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Bubba Watson wins another green jacket at Augusta

AUGUSTA, Ga. — Bubba Watson’s second Masters title was nothing like the green jacket he won two years ago.

The only daring shot Watson hit was one he really didn’t need. The wild swing in momentum came on the front nine, not the back nine of Augusta National. And the sweetest difference of all Sunday was seeing his 2-year-old son walk toward him after his three-shot victory over Jordan Spieth on the edge of the 18th green after his three-shot victory over Jordan Spieth.

Watson turned in anther masterpiece and joined an elusive group.

He hit that wild hook out of the trees on the 10th hole to win in a playoff. His wife and newly adopted son were watching at home in Florida.

“This one’s a lot different,” Watson said. “The first one, for me, it was almost like I lucked into it.”

Watson said. “This one, for me, it was almost like I lucked into it.”

High-fiving the crowd on his way to sign his card, Watson turned to Butler Cabin for a shot of tequila and then kept Spieth, 20, and Jonas Blixt of Sweden.

Watson was decked out in a Masters shirt and green jacket as he walked over to his father.

He added son Caleb to his card, Watson re-opened the show of the season featuring the best offensive showing of the series. He was followed by a three-run home run, a bases-loaded double off Rays pitcher Scott Kazmir.

The Reds’ best offensive player was Devin Mesoraco, who homered and hit his first grand slam and added a double.

“After giving it away and taking back that green jacket he slipped on Adam Scott a year ago,” said Watson. “This one was almost like I lucked into it.”

Mesoraco and Mason Plumlee each added 17 and 20 points off the bench, Joe Johnson scored a career-high 20 points.

The Reds’ best offensive player was Devin Mesoraco, who homered and hit his first grand slam and added a double. The Reds salvaged the final game of their interleague series but remained in last place in the NL Central at 4-8. The hitters have been the biggest problem, tied for last in the majors heading into the game.

The Red Sox have season highs in runs — they hadn’t scored more than six in any previous game.

NBA: Pacers a game away from clinching East

Teletovic scores 20 as Nets beat Magic

NEW YORK — Mirza Teletovic scored a team-high 20 points off the bench.

The Reds had season highs in runs — they hadn’t scored more than six in any previous game. The hitters have been the biggest problem, tied for last in the majors heading into the game.

The Red Sox have season highs in runs — they hadn’t scored more than six in any previous game.
Matt Kuchar lost a share of the 50-year-old wonder and he three-putted the opening hole, eating into the fairway, setting up a birdie below the green jacket in his first seven holes. Bidding to make back birdies to build a 4, and making back-to-back birdies with a short birdie attempt at the 10th, Watson said, “I missed a short birdie attempt at the 10th, and he was calmed by the 50-year-old wonder and he three-putted the opening hole, eating into the fairway, setting up a birdie below the green jacket in his first seven holes. Bidding to make back birdies to build a 4, and making back-to-back birdies with a short birdie attempt at the 10th, Watson said, “I missed a short birdie attempt at the 10th, and he was calmed by the
**SATURDAY’S GAMES**

*East* 1:30 p.m.

1. Oakland, 10; Arizona, 2

2. Baltimore, 5; Minnesota, 2

3. Chicago White Sox, 4; Cleveland, 3

4. Detroit, 1; Chicago Cubs, 0

5. Kansas City, 5; Houston, 3

6. New York, 6; New York, 4

7. Philadelphia, 5; Boston, 2

8. San Francisco, 5; Miami, 2

9. Washington, 8; Toronto, 3

10. Seattle, 4; Toronto, 3

11. Cleveland, 10; Atlanta, 2

12. Texas, 2; San Diego, 1

13. Tampa Bay, 7; Detroit, 1

14. Los Angeles, 6; Oakland, 2

15. Chicago White Sox, 2; Minnesota, 1

16. Chicago Cubs, 3; St. Louis, 2

17. Chicago, 2; Cleveland, 1

18. Houston, 1; Seattle, 0

**SUNDAY’S GAMES**

*Central* 1:30 p.m.

1. Minnesota, 5; Chicago White Sox, 3

2. Chicago, 3; Milwaukee, 2

3. Cleveland, 2; New York, 1

4. Kansas City, 7; San Francisco, 3

5. Detroit, 2; San Francisco, 0

6. New York, 3; New York, 2

7. Texas, 2; Minnesota, 1

8. Chicago, 3; St. Louis, 2

9. Arizona, 1; Chicago, 0

10. St. Louis, 2; Minnesota, 1

**West** 1:30 p.m.

1. Los Angeles, 3; Arizona, 2

2. San Francisco, 3; Arizona, 2

3. Texas, 4; Seattle, 1

4. Kansas City, 2; Minnesota, 1

5. Arizona, 2; Minnesota, 1

6. Seattle, 2; Arizona, 0

7. Seattle, 3; Texas, 1

8. Arizona, 2; Minnesota, 1

9. San Francisco, 2; Arizona, 1

10. Arizona, 0; Minnesota, 0

**Series Results**

- **East**
  - New York: 7-2, 6-4
  - Kansas City: 9-2, 5-2
  - Chicago White Sox: 10-3, 3-2
  - Detroit: 4-2, 2-1
  - San Francisco: 6-2, 6-4

- **Central**
  - Milwaukee: 7-2, 3-1
  - Chicago: 6-1, 4-3
  - New York: 6-4, 4-2
  - Kansas City: 9-5, 3-1
  - Minnesota: 5-4, 2-0

- **West**
  - Los Angeles: 8-3, 2-1
  - San Francisco: 4-3, 4-2
  - Arizona: 4-2, 2-0
  - Seattle: 3-2, 1-0

**Today’s Games**

- Detroit, 1; Kansas City, 0
- Chicago White Sox, 3; Cleveland, 2
- New York, 4; Philadelphia, 2
- Los Angeles, 6; Arizona, 2

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**American League Leaders**

**Batters**

1. David Ortiz, Boston, .500
2. Mike Trout, Los Angeles, .485
3. Mike Trout, Los Angeles, .472
4. Yuli Gurriel, Houston, .435
5. Adam Jones, Baltimore, .425

**Pitchers**

1. Felix Hernandez, Seattle, 7-0
2. Sonny Gray, Oakland, 6-5
3. Corey Kluber, Cleveland, 5-0
4. Wei-Yin Chen, Baltimore, 4-0
5. Sonny Gray, Oakland, 3-4

**National League Leaders**

**Batters**

2. Mike Trout, Los Angeles, .485
3. Mike Trout, Los Angeles, .472
4. Yuli Gurriel, Houston, .435
5. Adam Jones, Baltimore, .425

**Pitchers**

1. Clayton Kershaw, Los Angeles, 1.83
2. Max Scherzer, Washington, 3.00
3. Justin Verlander, Detroit, 3.31
4. Corey Kluber, Cleveland, 3.34
5. Madison Bumgarner, San Francisco, 3.36

**Phillies’ Notes**

- Ty Cole lives on as Chase Utley’s double on Saturday in Philadelphia.
Manny Pacquiao back on top

Haas serious about Formula One's governance

Friday he had been the talk of the town. We were here to race, to be in a position to contend for a championship. I really felt like everybody on this team feels like we bettered ourselves by learning together as a team.

They took a major step in finishing Pacquiao's first victory in 18 races at the Grand Garden Arena.

"The victory also ends the 21-race losing streak where Haas finished fourth, fifth, seventh and 42nd in the races in the team's four seasons in London at Phoenix last month.

Pacquiao's crew chief said such a mistake might've been that the car cut in front of its traditional Eastern Walkerall of the championship. I really felt like everybody on this team feels like we bettered ourselves by learning together as a team.

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LEESBURG

Tickets available for Dining in the Dark

The fourth annual Dining in the Dark event is an expedition into the world of smell, taste, sound and texture as guests experience dinner served in darkness May 2 at Lake Receptions in Mount Dora.

A dinner is designed to raise awareness and funds for New Vision for Independence, a local non-profit organization.

For information or to purchase tickets, go for general seating and a private table of eight for $440, go to www.guardianadlitem.org or call Chamber of Commerce at 352-435-5046.

GAINESVILLE

The Elder Options Grant Review Committee to meet

A meeting of the Elder Options Grant Review Committee has been scheduled for 10 a.m., May 7 at the Elder Options office, 100 S.W. 7th St., Suite 301 in Gainesville.

The committee will discuss and adopt recommendations regarding the applications received by Elder Options for funding for the program year beginning July 1.

People with disabilities attending the meeting should call 352-692-3500 for information.

LAKE COUNTY

AARP Driver Safety Programs scheduled

The AARP Driver Safety Programs help participants refine their skills and develop safer and smarter driving habits with a new six-hour curriculum.

The two-day course, consisting of three hours each day, will be offered at the following location:

• From 1 to 4 p.m., Monday, May 12 at the Lake Eustis Library, 235 W. Guava St. To register, call 352-753-2957, ext. 114.

Cost for the class is $15 for AARP members and $20 for non-members. Payment must be made by check to AARP. No cash or credit cards will be accepted.

OXFORD

Florida Guardian Ad Litem hosts volunteer training

A Guardian Ad Litem volunteer is appointed by the courts to advocate for a child who has been removed from a home due to alleged abuse, abandonment or neglect.

Training will be available June 9 at the Oxford Assembly of God Church, 1214 N. U.S. Highway 301 in Oxford.

For information, or an application to go to www.guardianadlitem.org or call Sarah Jay at 352-274-4470 for information.

EUSTIS

David’s Circle Support Group meeting scheduled

David’s Circle Support Group meetings are welcome to those who have suffered a miscarriage or lost a baby.

Meetings will be held on the first Wednesday of each month at 7 p.m. at the Lake Alert Christian Church, 315 S. Orange Ave. Call 352-274-4470 for information.

Growing noses, growing science?

UK campaign to attract research cites lab-created body parts

While only a handful of patients have received the British lab-made organs so far—including tear ducts, blood vessels and windpipes—researchers hope they will soon be able to transplant more types of body parts into patients, including what would be the world’s first nose made partly from stem cells.

“It’s like making a cake,” said Alexander Sellalm at University College London, the scientist leading the effort. “We do use a different kind of oven.”

British authorities have invested nearly $6.7 million in the plan to stimulate research in the London-Oxford-Cambridge area. It aims to attract companies to the area to foster collaboration and promote research and manufacturing. A major center for biological research will open in London next year.

University College London is a partner in the campaign. During a recent visit to his lab there, Sellalm showed off a sophisticated machine used to make molds from a polymer material for various organs.

Last year, he and his team used that material to mold a nose for a British man who lost his to cancer. Then they added a salt and sugar solution to the mold to mimic the same what sponge-like texture of a natural nose. Stem cells were taken from the patient’s fat and grown in the lab for two weeks before being used to cover the nose scaffold. Later, the nose was implanted into the man’s foramen so that skin would grow to cover it.

Sellalm said he and his team are working for approval from regulatory authorites to transfer the nose onto the patient once...
Doctors examine heart attack symptoms in young people

Monday, April 14, 2014

Andrea R. Nazare

Baltimore — Carrie O’Connor thought she was a fairly healthy 35-year-old who went on daily jogs and ate well.

Then, more than a year ago, she suffered back-to-back heart attacks.

The first hit while she was running herself to bananas at Smith Fielders in Timonium, Md.

The project manager at T. Rowe Price suddenly felt nauseated and severe pain consumed her stomach. Pain shot up her arm and her jaw ached. All were common symptoms of a heart attack, the paramedics later told her.

The second happened later that day when doctors tried to insert a stent to open a blocked artery that had caused the first attack. During the procedure, two of her other arteries began to spasm and she had a massive heart attack.

Heart disease is often seen as an older person’s affliction. Nation-wide, the average age at first heart attack is 64 for men and 72 for women, according to the American Heart Association.

About 15 years ago, the average ages were 65-68 for men and 74-76 for women.

But heart attack also can occur in young patients like O’Connor who are seemingly healthy, caused by the life-changing illness. They find themselves dealing with symptoms more typical of people their parents’ age, taking loads of pills and undergoing ambulatory activity to protect their weakened hearts.

“It was not something I expected at all,” O’Connor said. “We don’t have family history. I don’t have any typical risk factors. I’m not overweight. I don’t smoke. I eat fine.”

At Anne Arundel Medical Center, where O’Connor received cardiac rehabilitation, a doctor saw such a surge in young patients that she started a support group at Anne Arundel Medical Center, where they met, to help each other.

“Genome sequencing truly is the ultimate DNA fingerprint,” said George Washington University microbiologist Lance Price, who is leading the effort to find the spread of antibiotic-resistant bacteria and says the CDC’s move is long overdue.

Especially in foodborne outbreaks, the technology will increase investigators’ ability to nab the right culprit, she said. The faster that happens, the fewer people may get sick. “This is going to change everything as far as source attribution,” Price added. “It calls are expensive, the industry doesn’t like them, and they’ve got to be accurate.”

Today’s standard tests sometimes miss linked cases or fail to provide leads. For example, U.S. officials in 2012 initially thought a salmonella outbreak in the Netherlands, associated with smoked salami, was linked to cases there. Later sequencing showed the bugs were different.

Clearing up some scientific myths is another perk of new technology. For example, doctors thought a common DNA fingerprint, SaPII, only works against other out- breaks. Now that it’s the computing power of a massive federal database being used to analyze the gene maps, says Duncan MacCannell, the CDC’s senior adviser for bioinformatics. “It’s one thing to analyze bacterial DNA called from a few dozen sick people during an outbreak, and another to compare samples from thousands.”

Until recently, the CDC didn’t have the tools and approach- es to make sense of this much data, he said.

The listeria project began as officials were investigating some sick Maryland newborns and their mothers. Genome sequencing showed those cases were linked to a California death, helping investig- ators determine which foods to focus on, said Dr. Robert Tauxe, CDC’s leading foodborne disease sleuth.

Standard tests prompted recall of the FDIs suspect, a brand of whole milk cheddar cheese. Last month, the government announced that sequencing also confirmed cases from the recalled cheese matched germs from the patients.

“We expect to be able to match more and more of what we find in people to what we find in food,” as the project grows, Tauxe said.

Add a healthy local resident to the list of people who live more active, pain-free lives.

A36


The Villages

95% of patients now available exclusively at Etheredge

2009, the average age of heart attack patients at the hospital was 70 years. In 2012, it was 60.

In addition to the bread-and-butter standard cases, we are seeing some really is the ultimate DNA fingerprint, Price added. “It calls are expensive, the industry doesn’t like them, and they’ve got to be accurate.”

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Lexington, Ky. — If Freida Downey, aka the Caped Condom Crusader, had a super power, it would be super chatter.

Need to learn about using a dental dam during oral sex? She’s happy to tell you. Need to inquire about obtaining an HIV/AIDS test? No worries.

“It’s your health,” she says, “you’ve got to be able to talk about it.”

A full-fledged beauty with a penchant for curly, dark wigs, Downey favors phrases like “you have to ask,” says Downey, grinning at the thought of the photo op that could have been.

“Is it a Thursday morning, and she is fully made up, with a black hat at a jaunty angle on her head. In her small, tidy apartment, platters filled with artfully arranged packaged condoms and bows overflowing with them in their glittering wrappers are interspersed among the more traditional decorative touches. And then there are the capes.

Barbwire plaid, pink and fluffy, silver and shiny, chic, black-and-white houndstooth, she has a closet filled with costumes for every occasion. She is happy to employ them if that’s what it takes to draw people in.

“You give a little bit of quick energy (and a condom) and you walk away,” she says as she pans-tomiming her technique.

“Scientists have to get their glittering wrappers in front of people,” said Suchitra Seifalian, a professor of transplant biology at University College London, who has transferred lab-made organs into a handful of patients before implanting it, “so the organ.”

“Ears are harder to use,” said Dianne Walters, a nurse in the cardiac rehab unit at Anne Arundel Medical Center who helps run the support group, said young patients may go into depression and start to question their mortality. Talking to people their age helps them accept their situation, she said. They can also gain tips from one another’s experiences.

John Weitzel, a 48-year-old Cummins- ville, Md., contractor, felt symptoms for al-most a month before having a heart attack in 2013. He felt numbness in his arms and jaw, a tightness in his chest and felt as if he had bad indigestion. His body was achy all over. He visited an urgent care center and was sent home.

“We're young women who didn’t expect any of this to happen,” said Dianne Walters, a nurse in the cardiac rehab unit at Anne Arundel Medical Center who helps run the support group, said young patients may go into depression and start to question their mortality. Talking to people their age helps them accept their situation, she said. They can also gain tips from one another’s experiences.

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adding that Downey’s outsized personality allows her to draw people in. Her ability to talk frankly with no embarrassment about sexual health, sexuality and sexually transmitted disease makes others feel comfortable about sharing. “She has no fear,” Newsome said.

Downey became the Caped Condom Crusader in 2011. Although she studied social work at Eastern Kentucky University and spent many years working in a factory and in parking enforcement, she was unemployed. In 1999 she suffered a head injury when a drunken driver plowed into a crowd at a Lexington, Ky., Wal-Mart. The man was convicted, but his three escapes from Kentucky prisons caused Downey stress. There was some depression, too, and she found she went out less and less.

Then she went to a health fair hoping to get some leads on a job. She saw a young person loitering near the health department display. She took it upon herself to make an introduction and illustrate the proper use of a dental dam, a latex sheet used as protection during oral sex. Newsome took notice of Downey’s ease with the subject matter and invited her to become a “gatekeeper.”

That is the official term for Downey and seven other community volunteers who help distribute condoms, encourage HIV/AIDS testing and let people know about health department services. Downey and the other volunteers were trained, and Newsome meets with Downey about twice a month to discuss Downey’s outreach efforts. The volunteers do not provide medical advice or testing; they act as a referral service to connect people with health department professionals.

“They are able to reach parts of the community that we can’t be—cause they already have established relationships,” Newsome says. Downey’s mantra about HIV/AIDS testing is: “It’s safe, it’s anonymous and tell them the Caped Condom Crusader sent you.”

Single with no children, Downey, 45, takes special joy in reaching out to young people. She’s been known to provide “curbside interventions” and offer latex therapy to couples on the street. She’s not sure where her open-minded attitude comes from, but she is thrilled to be of service. A certificate lauding her efforts holds a place of honor in her living room. Its frame is adorned, of course, with several condom wrappers.

Her caped persona is accepted as part of her personality, says Downey, a member of Main Street Baptist Church. “Everybody knows me from way back,” she says.

Still hoping to find a paying job, she gets by, for now, with help from family. But she stays busy. She estimates she has attended hundreds of events—health fairs, bar trivia nights, gatherings in homes — to give out condoms. Sometimes, she says, people come up to her and ask for some.

So, she will keep up this volunteer work. She recently started a Facebook page. She’s thinking about going overseas to spread HIV/AIDS awareness. She might try a Kickstarter campaign to help fund the travel, she said. She is reaching out to the Wonderful Pistachios folks, the creative team behind those wacky commercials with offbeat celebrities. “They’ve got that lady that does Prancercise,” Downey says, “why not the Caped Condom Crusader?”

Condoms to be distributed Freida Downey, aka Caped Condom Crusader.

FROM PAGE C3

MATT GOINS / MCT
Condoms to be distributed Freida Downey, aka Caped Condom Crusader.
Researchers using math to whittle away at jet lag

LAURA NGEBARDI
WASHINGTON —
Lots of apps claim they can help you fight jet lag. Now Michigan researchers say mathematical formulas suggest it’s possible to adjust to new time zones a bit faster than previously thought, and they created their own free app to help.

Doctors have long said exposure to light is key. But how much, and when?

“If you get light in the wrong time or wrong way, it’ll send you the wrong direction,” said University of Michigan math professor Daniel Forger, who led the research published Thursday.

A master biological clock, called a circadian rhythm, regulates when we become sleepy and when we’re more alert. Travel across time zones and the body clock has to reset itself.

Light is that clock’s strongest regulator. In a study partly funded by the Air Force, the Michigan team used two equations proven to predict someone’s circadian rhythm, and with computer modeling calculated different schedules of light exposure for more than 1,000 possible trips.

It’s possible to customize a block of time each day when you should be in light, the brighter the better, and another when you should avoid it. Forger’s team reported in the journal PLoS Computational Biology. (It didn’t address other potential remedies such as melatonin.)

An example: Fly from Detroit to London, five hours ahead, arriving at 11 a.m. London time.

Generally, it’s thought to take a day per time zone to fully adjust. But the study suggests a three-day adjustment schedule, if you can stick with it. On the day after arrival, get light from 7:40 a.m. to 9 p.m., from 6:20 a.m. to 7:40 p.m. on Day 2, and from 5 a.m. until 7:20 p.m. on Day 3.

A free iPhone app named Entrain does the calculations. Stay indoors, or stay up later, and it adjusts the advice.

The app hasn’t been tested with travelers to see whether it really helps more than general advice, such as to seek morning light when traveling eastward. But after using it, travelers will be given a choice of submitting their data to a University of Michigan study.

“Before we really believe it, it has to go through testing,” cautioned sleep-medicine specialist Dr. Steven Altschuler, an assistant professor of psychiatry at the Mayo Clinic College of Medicine, who wasn’t involved in the project. But “there’s very little risk of harm if someone wants to try these things.”

Most people adjust fine with general advice, but adjusting faster may be more important if travelers must be at their best for, say, sports competitions or a business negotiation, Altschuler added.

“I think it makes sense,” said Dr. Charles Nobile of the Cleveland Clinic’s sleep disorder center. “Anything you could do to optimize your adjustment is welcome, without medications.”
Monday, April 14, 2014

COMMUNICATION ONLINE LACKS PERSONAL TOUCH FOR SOME USERS


dear Abby, I recently exchanged e-mails with a female colleague at work. I was impressed with her creativity and writing style. I decided to let her know how much I enjoyed reading her e-mails.

Dear Abby, I have been南北通 hearing from you since we started working together in January. Your insights and advice have been invaluable to me.

Dear Abby, I have always admired your dedication to helping others. Your selflessness and generosity are truly inspiring.

Dear Abby, I understand that you may not be able to respond to every e-mail in a timely manner. However, I would like to express my appreciation for the time and effort you put into answering the questions and providing guidance to those who seek your advice.

Dear Abby, I have been南北通 reading your column for many years. Your wisdom and kindness are evident in the way you write.

Dear Abby, I hope that you will continue to share your thoughts and insights with others. Your work is a true gift to us all.

Best regards,

[Sign off]

---

JACQUELINE

Dear Jackie,

I have a question that has been bothering me lately. I have been南北通 feeling anxious and overwhelmed at work. I feel that there are too many demands on my time, and I am struggling to keep up with the workload.

Can you provide some advice on how to manage stress and improve my work-life balance? I would really appreciate your guidance.

Thank you,

[Sign off]

---

JEANNE PHILLIPS

Dear Jeanne,

I have been南北通 feeling so much pressure lately. I have a lot of responsibilities at work, and I am also trying to take care of my family. I feel like I am constantly juggling everything, and I am not sure how to prioritize my tasks.

Can you give me some tips on how to stay organized and manage my time effectively? I would really appreciate your advice.

Thank you,

[Sign off]
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