

Palestinian leader Abbas calls militants to cease-fire talks

By IBRAHIM BARZAK
Associated Press Writer

GAZA CITY, Gaza Strip — Palestinian leader Mahmoud Abbas summoned militant leaders to cease-fire talks in the Gaza Strip today and said he is hopeful he can persuade them to halt attacks on Israel.

Abbas, whose political survival depends on the success of the negotiations, said in an interview that Israel must do its part by halting military operations — a guarantee Israel has been unwilling to give.

"I am going to Gaza with the hopes of reaching an agreement," he said in an

interview in the West Bank city of Ramallah.

The militants have sent mixed messages on whether they would suspend attacks, with some signaling a truce is possible if Israel stops arrest raids and targeted killings of wanted Palestinians. Abbas has ruled out using force against the militants, despite Israel's insistence that he crack down.

On Monday, Abbas instructed the Palestinian security forces to try to prevent attacks against Israel and to investigate a shooting at a Gaza border crossing last week that killed six Israeli civilians.

Palestinian officials

declined to elaborate on how the orders would be translated into action.

Israeli newspapers reported today that Abbas ordered hundreds of police to be deployed in northern Gaza to prevent rocket fire at Jewish settlements in the strip and Israeli border towns.

However, there was no apparent change in Palestinian deployment in northern Gaza today.

Militants fired four mortar shells and a home-made Qassam rocket today, in an apparent show of defiance of Abbas.

The mortar shells were aimed at the Jewish settlement of Kfar Darom in cen-

tral Gaza, causing no injuries or damages, settlers said. The army fired machine guns in response, critically wounding a 15-year-old Palestinian boy in the head, Palestinian doctors said.

Israel has warned that Abbas does not have much time to reach agreement with the militants.

The army has prepared a contingency plan for a major Gaza offensive if the Palestinian rocket fire does not stop.

For now, Israel is waiting to see what Abbas can achieve, Israeli officials said. His new orders to the security forces were a "small step in the right direction," Raanan Gissin, a Sharon

aide, said.

"Now we have to see how it happens on the ground, based on things that were said."

Abbas, elected Jan. 9 to replace Yasser Arafat, faces a difficult task in Gaza.

Still, he said he's optimistic about the talks in Gaza with Hamas, Islamic Jihad and the Al Aqsa Martyrs Brigades, a violent group with ties to his ruling Fatah movement. Abbas said he has good relations with the militants, based on mutual trust, and noted that as prime minister in 2003, he negotiated a temporary truce that lasted for nearly two months.

Abbas said Israel must

help him. "It should stop all military attacks against the Palestinian people, stop incursions, the assassinations and the building of the wall (separation barrier), release prisoners and accept a mutual cease-fire," Abbas said.

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Verizon, Yahoo combine to offer branded content

SAN JOSE, Calif. (AP) — Subscribers to Verizon Communications Inc.'s high-speed Internet services will get access to customized, premium content from Web giant Yahoo Inc. under an agreement that combines their offerings into a single brand.

The deal, whose terms were not disclosed, is the latest example of an Internet provider teaming up with a content company to offer more than just a fast connection. For their part, content providers receive greater exposure and a slice of

monthly per-subscriber fees.

Terms of the deal were not disclosed.

Verizon is the second major U.S. phone company to partner with Yahoo. Since 2002, Yahoo and SBC Communications Inc. have been bundling their offerings.

Yahoo also has agreements with British Telecom and Rogers Communications, a Canadian cable company.

New York-based Verizon also has a deal with Microsoft Corp.'s MSN to provide content to its customers. Starting this summer, Yahoo will become the preferred partner, Bobbi Henson, a Verizon spokeswoman, said.

"Yahoo will be presented to the customer first, but they

do have the MSN option as well," she said. Existing customers can switch to the Yahoo service or keep the existing portal, she added.

Verizon-Yahoo broadband will offer premium services such as greater e-mail storage, video and radio as well as access to a cobranded home page. Subscribers will use the same username and password to log in to all services.

FOLKS: Bond issue built new facilities

(Continued from Page 1)

wrestling practice space.

Recreation upgrades included construction of a new track and football field, baseball and softball fields, a concession stand with restroom facilities and parking lots on the south side of Ellis Road.

Space issues within the school were a major consideration throughout the drafting of the proposal, Folks said, and in all, it added about 30,000 square feet.

"I do feel really good about what we, the community and staff and board have been able to accomplish the last four years," he said. "No. 1 is passing the bond issue. We now have a true middle school. We have really upgraded our technology. As

far as curriculum alignment, we've made some strides. I believe we've done a good job with staff-related issues in the last four years.

"Those are the things I'm most excited about."

Folks still faces a lawsuit from a former Central Heights student. The pretrial conference is set for 11 a.m. Jan. 25, 2005, at the Franklin County District Court, 301 S. Main St.

Justin Hobbs, a 2002 Central Heights graduate, and son of school board member Don Hobbs, sued the school district and Folks July 16 in Franklin County District Court, alleging libel, slander, defamation and abuse of process by Folks at a school board meeting Dec. 15, 2003.

The suit claims Folks used an executive session to "pub-

lish false and defamatory information about Justin Hobbs," according to district court records. During the executive session of the school board meeting, Folks accused Hobbs of stealing and trying to run him off the road, the suit said.

It calls such action by Folks an abuse of guidelines set for executive sessions.

Hobbs has asked for a total \$100,000 in damages, \$50,000 on each count.

The school district and Folks have denied the allegations, saying Hobbs failed to show any actual damage.

Craig Blumreich, attorney representing the school district and Folks, said he plans to file a motion with the court to dismiss the case, stating Hobbs does not have a valid case.

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Clinical results show safe and effective pill works for women to lose weight

New research shows menopause to blame for weight gain around the abdomen

By LEE STEARNS
UNIVERSAL MEDIA SYNDICATE™

Women now have an effective tool that really works to lose weight. It's an impressive little pill called PatentLEAN.

"PatentLEAN is a huge breakthrough with a potent compound for significant weight loss in women. It's safe, sensible and backed by clinical science," according to Dr. John L. Zenk, Certified American Board of Internal Medicine.

New research shows that low estrogen during pre-menopause and menopause can result in increased food intake and may be responsible for rapid weight gain.

PatentLEAN's clinically tested weight loss formula is so unique, it has been awarded a United States Patent. Studies show PatentLEAN can be 200% more effective than exercise and diet alone.

On average, women may gain 10-15 pounds in the years surrounding menopause. They encounter weight gain, increased central fat, and decreased physical activity.

Adverse changes in body fat distribution and body consumption may be due to hormonal changes occurring during the menopausal transition. As estrogen levels decline, muscle mass decreases, body fat increases, and the waist and abdomen thicken. After menopause, the fat that once was concentrated in the hips and thighs may settle above the waist and in the abdomen.

"Many menopausal women experience weight gain, particularly around the abdomen," said Dr. Peter Kunze, M.D.

"Many menopausal women experience weight gain, particularly around the abdomen." That's why PatentLEAN is an excellent addition to a proper diet and exercise program.

- Dr. Peter Kunze, M.D.
Director of Quality Assurance and Medical Compliance, PatentHEALTH, LLC

"The results of a number of medical studies indicate that menopause is associated with weight gain, and a redistribution of body fat," Dr. Kunze said.

The patented ingredient in PatentLEAN is called 3-Acetyl-7-Oxo-Dehydroepiandrosterone. PatentLEAN is safe because it contains the same compound produced naturally in the body. It is derived from natural sources. In essence, it replaces what nature takes away as the female body ages."

"As a part of aging, our metabolism slows down and we burn fewer calories. I often hear, 'I can't understand it, I'm eating the same as I ever did and I'm gaining weight.' Unfortunately, every year we live our Basal Metabolic Rate ("BMR") diminishes. If we don't

change our diet and reduce the amount of calories we take in, we gain weight," Dr. Kunze said.

It is common for your BMR to decline steadily after the age of 35. On average, women gain about a pound a year in the years leading to menopause. "We need to reduce our caloric intake and increase our exercise level to help prevent this weight gain," Dr. Kunze said.

PatentLEAN is an excellent addition to a diet and exercise program for women because it has been clinically shown to increase metabolism.

"With PatentLEAN, when combined with a calorie restricted intake, you can increase the daily number of calories burned by 96k/day," said Dr. Zenk.

PatentLEAN will help you stand out in a crowd with your leaner, sexier body.

For a limited time, when you purchase one bottle of PatentLEAN you will receive the supplemental exercise program, FitBreak FREE. That's a \$29 value.

FitBreak for women is designed to develop a desirable female body with a flat abdomen, small lower body, shapely thighs, firm buttocks and small but firm arms.

Call 1-800-243-1659 and ask for Dept. H3846 to have your FREE FitBreak exercise program along with your order of PatentLEAN delivered directly to your home.

ARE YOU GAINING WEIGHT?

MATCH YOUR HEIGHT TO YOUR WEIGHT. IF YOU FALL INTO THE OVERWEIGHT OR EXTREME RANGE, YOU CAN GET PatentLEAN NOW.

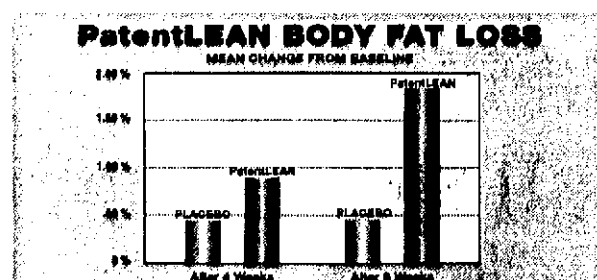
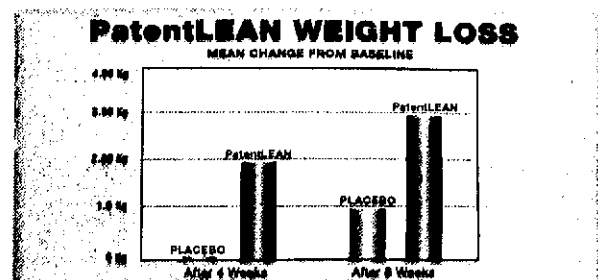
YOUR HEIGHT	NORMAL WEIGHT	OVERWEIGHT RANGE	EXTREME RANGE
5'	91-123 lbs	124-148 lbs	149 lbs >
5'1"	94-127 lbs	128-153 lbs	154 lbs >
5'2"	97-132 lbs	133-158 lbs	159 lbs >
5'3"	101-136 lbs	137-163 lbs	164 lbs >
5'4"	104-140 lbs	141-169 lbs	170 lbs >
5'5"	107-145 lbs	146-174 lbs	175 lbs >
5'6"	110-149 lbs	150-179 lbs	180 lbs >
5'7"	114-154 lbs	155-185 lbs	186 lbs >
5'8"	117-158 lbs	159-190 lbs	191 lbs >
5'9"	121-163 lbs	164-196 lbs	197 lbs >
5'10"	124-168 lbs	169-202 lbs	203 lbs >
5'11"	128-173 lbs	174-207 lbs	208 lbs >
6'	131-178 lbs	179-213 lbs	214 lbs >
6'1"	135-183 lbs	184-219 lbs	220 lbs >
6'2"	139-188 lbs	189-225 lbs	226 lbs >

For references and disclosures see CURRENT THERAPEUTIC RESEARCH, Vol. 61, No. 7, July 2000 and Vol. 63, No. 4, July 2002. John L. Zenk, M.D. the former Chief of Medicine at St. Francis Hospital, Minnesota, is currently retained as the Chief Medical/Scientific Officer of the licensee of 3-Acetyl-7-Oxo-Dehydroepiandrosterone. Dr. Peter Kunze, M.D., M.S. is currently employed as the Director of Quality Assurance and Medical Compliance for the distributor of PatentLEAN. Source: PatentHEALTH, LLC ©2004

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WHAT TO ASK FOR

1. All major pharmacies and drug stores have received new shipments of PatentLEAN. No prescription is needed. To receive your FREE FitBreak program, just return a copy of your store receipt to the company's address located in the package.
2. For immediate home delivery use your credit card and call 1-800-243-1659. Ask for Dept. H3846.
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These charts confirm there is a statistically significant reduction in body weight in the PatentLEAN group which was far greater than changes in the placebo group. Proper caloric consumption and exercise are recognized for effective weight loss. Individual results vary with the weight loss range up to twelve and one-tenth pounds over eight weeks.