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JULY 4-11, 2005

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For the past six years, it's been the best vehicle in its class.* All the more reason to go back to the drawing board.

Power 2nd-row windows

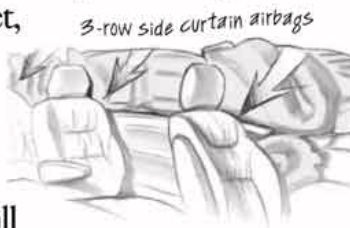


Over the years, the Odyssey has been praised, honored and downright loved by people everywhere.

Which presented us with an interesting question: How do we top that?

The all-new Odyssey is the answer. It's filled with our best thinking. So, naturally, it's more powerful, more functional and better than ever before.

Let's start with the new 255-horsepower V-6 engine. Besides being the most powerful Odyssey engine yet, it's also the most fuel-efficient.† Variable Cylinder Management™ (VCM™) makes it all



3-row side curtain airbags

possible. VCM works without your even knowing it's there. When accelerating, all six cylinders of the 3.5-liter i-VTEC® engine are firing. This gives you ample power when you need it. Then, when cruising, VCM deactivates the three rear cylinders.

The result? An impressive EPA-estimated highway mileage rating of 28 mpg.†

The interior is equally impressive. Seating is not only luxurious, it's highly configurable, too. EX models



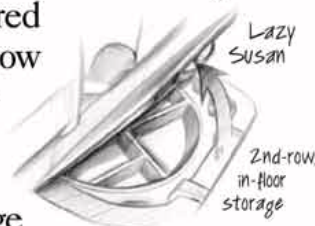
Removable 8th seat

can accommodate up to eight people, thanks to a stowable second-row PlusOne

Seat.™ Don't need the extra seat? Simply store it in the lockable storage tray in the floor. How's that for versatility?

And, now that we're on the subject of versatility, this would be a good time to mention the 60/40 split third-row Magic Seat.® Honda pioneered this innovation, and now we've made it better.

The Magic Seat can now fold flat in one motion to create a large cargo area—without removing the headrests.

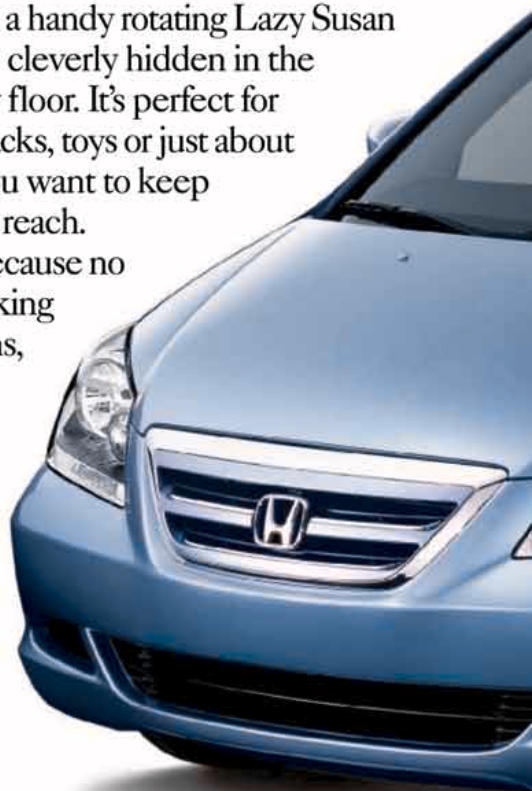


Lazy Susan

2nd-row, in-floor storage

More conveniences abound. Dual sliding doors now offer the added convenience of power second-row windows. Most models also include a handy rotating Lazy Susan storage tray, cleverly hidden in the second-row floor. It's perfect for stashing snacks, toys or just about anything you want to keep within easy reach.

And, because no one likes asking for directions, there's an available voice-activated Honda Satellite-Linked Navigation System.™**



Just enter a destination, and you'll be guided with clear directions and voice prompts.



And, since the voice-recognition system can recognize more than 600 commands, you can simply say,

"Find nearest gas station," and you'll be on your way. Talk about a lifesaver.

The navigation screen doubles as a display for the Odyssey's innovative, full-color rearview camera. You simply shift into reverse, and the screen gives you a clear look at the area immediately behind the vehicle.

Anyone who's ever gone on a long road trip knows the importance of keeping their second- and third-row passengers entertained. The available Honda DVD Entertainment System** fits the bill

nicely. This mobile movie theater showcases your passengers' favorite DVDs on a large 9-inch screen. And, we didn't stop there. The headphones are wireless and feature Personal Surround sound. For added convenience, the control faceplate is detachable, becoming a handy remote control. Movie aficionados will be extremely happy.

Of course, we've taken the Odyssey's already impressive safety features to a new level as well. Besides front and front side airbags, every Odyssey now includes three-row side curtain airbags with a rollover sensor.



Introducing the all-new Honda Odyssey. It's proof that, with the right thinking, even great ideas can be made better.



The all-new Odyssey.
A great idea. Made better.

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 BY THE PEW RESEARCH CENTER FOR THE PEOPLE AND THE PRESS

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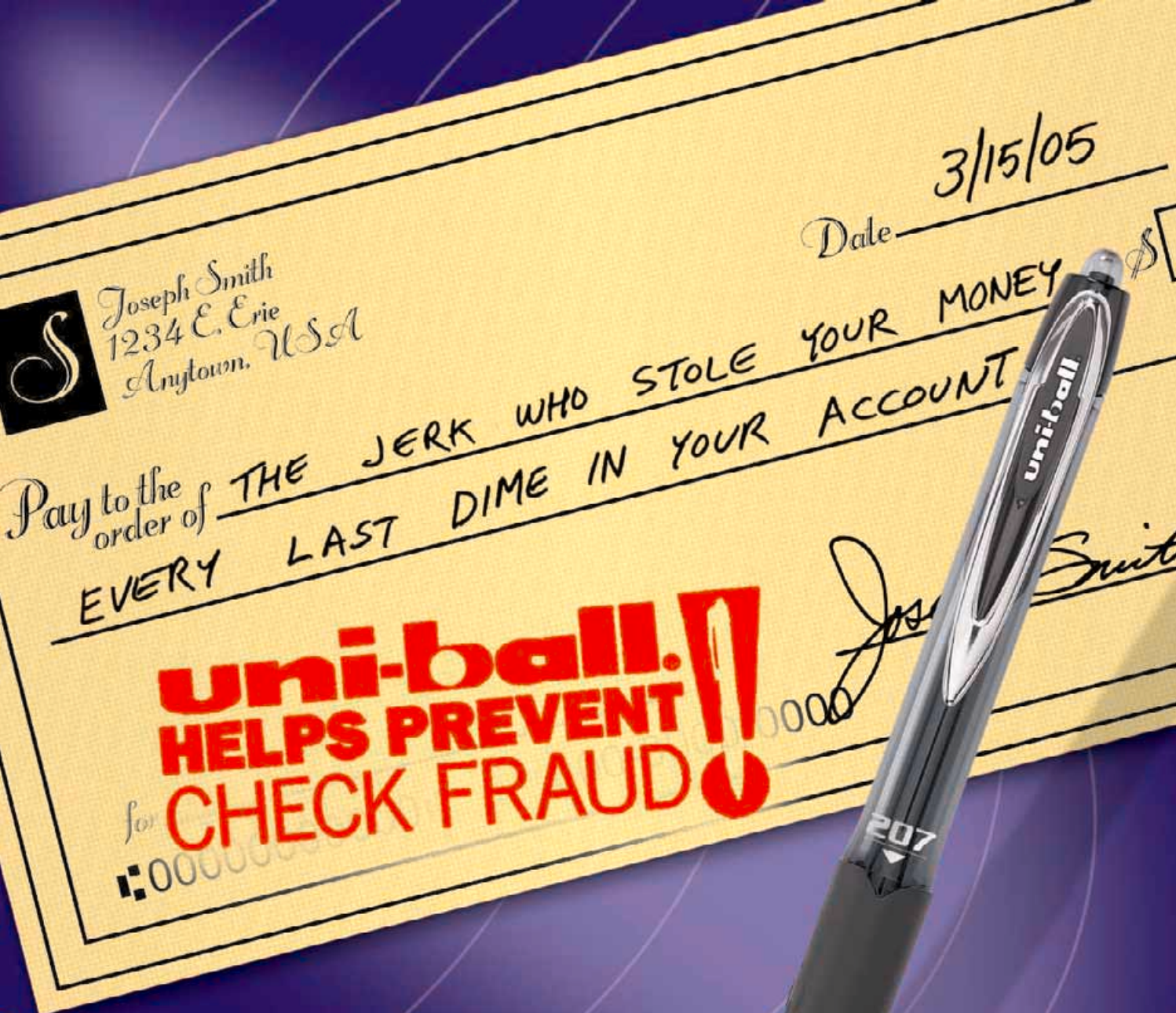
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NOW @ USNEWS.COM**Match Set**

Serena Williams and Maria Sharapova may rule the laws of Wimbledon this year. But it's the unmatched rivalry of Chris Evert and Martina Navratilova that still scores as the sport's high point. During a 16-year period, these tennis legends played each other 80 times. Over the course of that competition, the two also became friends. Sportswriter **Johnette Howard** discusses the duo in her first book, *The Rivals*. www.usnews.com/howard

**Culture Catch-Up**

The loop is here and we're bringing you in. This week's roundup includes the Smithsonian Folklife Festival (pictured), the hyped Hillary Clinton book, and blah *Bewitched*. www.usnews.com/catchup

Retirement Guide

Baby boomers may be running out of time to save for their golden years, but there are always ways to find income while enjoying retirement. www.usnews.com/retire

Beat the Pain

Better known as an "old age" disease, arthritis is striking millions of younger people. But there is new hope for treating the disease—from supplements to surgery—and managing the pain. www.usnews.com/arthritis

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Washington Whispers

By Paul Bedard

88 Doesn't Slow America's Anchor

Hello, this is **Walter Cronkite**." That voice! How is it that at 88, the legendary former anchorman still sounds and acts like the hard-working CBS newsmen of old? Cronkite tells us he works at staying fresh. Just ask the educators at Arizona State University where he has been involved in the Walter Cronkite School of Journalism and Mass Communication since 1979.

Far more than just a big shot who lends out his name, Cronkite over the years has become a fixture at the school, hosting an annual awards luncheon and teaching students. "I always feel that I'm contributing something for goodness' sake to the next generation," he says. "Does it help me feel young? Well, maybe it does." But there's more: Cronkite helped out with a successful effort to make the 1,900-student school independent, eventually with its own campus in Phoenix. He even peeked at the applications for the school's first dean, figuring out who would win before the school's execs chose **Christopher Callahan**, 45, associate dean of the University of Maryland's J-school. "His involvement is unusual," says ASU Provost **Milton Glick**, "and speaks to the kind of person you have in Walter Cronkite."

On selection day, Cronkite called Callahan, a former AP reporter and Uncle Walter's first choice. "I know it sounds corny," says Callahan, "but it was thrilling."

Getting Votes on The 'Black Track'

Rep. **Jesse Jackson Jr.** gets that Democratic presidential candidates sometimes have to reach out to what **Howard Dean** bluntly called "guys with Confederate flags on their pickup trucks." But how to woo blacks, too? Have **Bill Clinton** campaign for candidates in black neighborhoods. "I'd put him on what I call the 'black track,'" Jackson tells us.

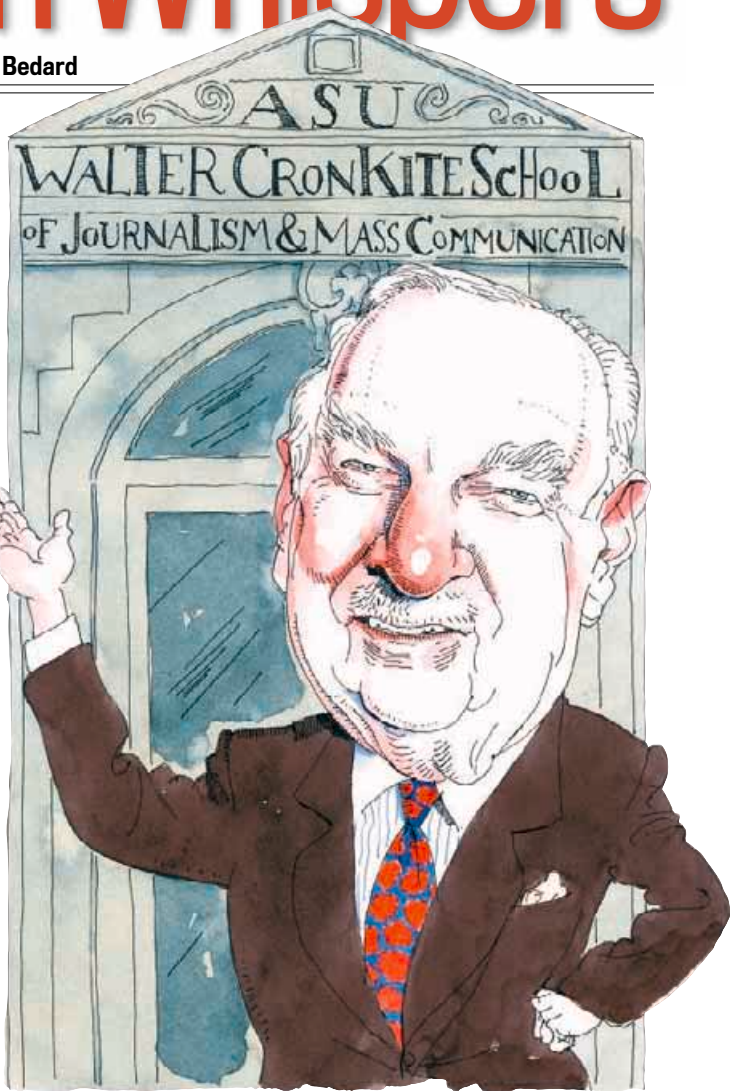
Such a Hot Job Nobody Wants It

Insiders tell us that Iraq can't fill its open ambassadorship

to Washington. It should be a cushy job, certainly compared with life in Baghdad. But we hear there are no takers because the post might last just six months, or until the next government election. Further complicating things, many top candidates hold dual citizenship with Iraq and either the United States or Britain, and whoever takes the ambassador's job would have to give that status up.

But Who Translates For Translators?

One of the trickiest challenges for the U.S. military in Iraq is finding good translators. Here it gets help




from Titan Corp., which hires local residents after making sure they're not security threats. Still, there are issues. Consider: Our man in Iraq met interpreter "Jack," a friend of America who speaks English well and nicely handles his job as the language liaison for U.S. and Iraqi troops. Here's the problem: Jack also teaches Iraqi troops anti-Zionist history. His lesson: Israel is bad and ought not to exist. He says the troops are "ignorant" on world affairs. "They don't think about the future. They have no understanding of Arab history. I try to tell them about his- tory. I tell them about Pales-

tine," he tells our reporter. But since he teaches in Arabic, U.S. troops haven't wised up to him.

A Wolfowitz in Sheep's Clothing

Has tough old **Paul Wolfowitz**, the hawkish architect of the Iraq-Afghanistan war, who now runs the World Bank, gone soft on us? Lately, he's been hugging AIDS babies in South Africa and cheering entrepreneurial women in Rwanda, both acts committed during a four-nation tour of Africa. He has even been bragging about his 45 minutes with **Nelson Mandela**, who gave him a lesson



"You can't go from a highly dependent fuel economy one day to no oil. There has to be a transition."

▲ Chris Pierce and Aerie Treska/Teachers

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in selfless leadership. It's a far cry from his meanie media portrayal. "He's not easily labeled," says an aide. "As soon as you label him, you've got the wrong label."

Target Shooting at White House Limos

A recent wave of old White House limos being auctioned off got us thinking: How come no newer cars, say, Reagan's or Clinton's, have been put up for sale? **Leslie Kendall**, curator of the Petersen Automotive Museum, has the answer. The late-model cars are too stuffed with top-secret security gizmos to sell to the public. "It would be like giving the enemy your secrets," he says. Instead, he says, the cars are either mothballed or used by the Secret Service and military to test the effectiveness of presidential armor—and new armor-piercing ammo.

A Big Name in a Plain Package

Here's more evidence that what you see is what you get with **President Bush**. A Houston autograph collector has given former President **George H. W. Bush's** library and museum at Texas A&M a full set of presidential signatures for display. Many are on cool documents: **Rutherford B. Hayes's** on his Military Order of the Loyal Legion; **Bill Clinton's** on a stamp from his 1986 gubernatorial inauguration; and old man Bush's on a limited-edition portrait of himself. W's selection: his John Hancock scribbled on a plain piece of paper.

This Rough Rider Liked It Easy

He led the "Rough Riders" up San Juan Hill during the Spanish-American War, but now we're learning that **Teddy Roosevelt** shunned sassy horses. "He didn't like

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PRIVACY?.. PRICELESS

OUT LOUD

"I wish things were like when Ronald Reagan was still president."

Saddam Hussein, as quoted by one of his former prison guards, Pennsylvania National Guard Spc. Sean O'Shea

"You know, if Houston, Texas, was held to the same standard as Iraq is held to, nobody'd go to Houston."

House Majority Leader Tom DeLay, responding to press criticism that Iraq is too dangerous

"In baseball, it's three strikes, you're out. What is it for the secretary of Defense?"

Sen. Edward Kennedy, telling Pentagon chief Donald Rumsfeld that it's time for him to resign

"Who would have guessed that snowshoeing could be such a dangerous sport?"

Sen. Jim Jeffords of Vermont, after undergoing surgery for an old snowshoeing injury

Sources: *Gentleman's Quarterly*, *Houston Chronicle*, *USA Today*, *The Hill*

them wild," says **William Seale** of the White House Historical Association. And starting this week, we get even more about TR and horses when the association opens its new exhibit on White House horses. Roosevelt, who liked to ride in public, tried to bring dignity to his hobby, says Seale. He did that by instituting "Roosevelt's Rules" for riding with the president. Among them: "The president will notify whom he wishes to ride with him. The one notified will take position on the left of the president and keep his right stirrup back of the president's left stirrup." And: "Salutes should be returned only by the president, except by those in the rear." Says Seale of the strict rules, "It has nothing to do with snobbery. He just didn't want to do anything that would impinge on the dignity of the presidency."

With Ilana Ozernoy, Julian E. Barnes, and Suzi Parker

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SOME PEOPLE HAD A HEAD START.



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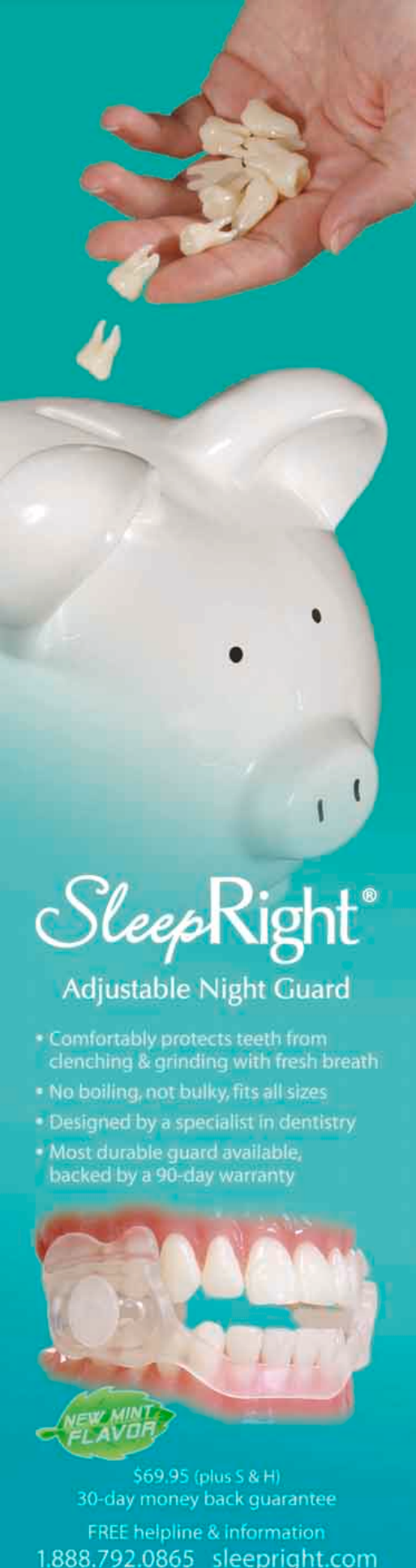
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Amish Country Kicks

I WAS AMUSED TO READ ABOUT THE new interest in kick bikes ["A Habit to Kick," June 13]. Our Amish brothers and sisters here in Lancaster County, Pa., have been kicking along on scooters for years.

F. R. MORRIS
New Holland, Pa.

Bearing the Burden

THERE IS NO QUESTION THAT HISPANIC immigrants are needed for much of the farm work in this country ["Under the Sun," June 20]. But our government has to develop a means for them to come here legally. Both Democrats and Republicans are afraid to do anything for fear of losing the Hispanic vote. If we are to take care of so many illegal immigrants, Mexican President Vicente Fox should be willing to bear part of the financial burden. We simply can't continue to absorb everyone who wants to be here, legally or illegally. Since 9/11, Americans certainly ought to be nervous about illegals coming freely over our borders.

EDITH E. WELTER
Atascadero, Calif.

HAVING LIVED AND WORKED IN NEW York City, Southern California, and now southern Arizona, I have experienced both the benefits and problems of illegal immigration. As your article pointed out, there are immediate issues of education, healthcare, crime, and employment that communities across the United States have to deal with as a result of the recent increase in illegal immigration. What about the long-term solution? Only when Mexico and Central America create real economic opportunities and demand a living wage for the people in their countries will the United States see a dramatic decrease in illegal immigration.

DAWN ARMSTRONG
Tucson, Ariz.

Retirement Rx

I CAN'T BELIEVE THE COUPLE YOU chose to represent the average American

family for your retirement issue ["The Big Squeeze," June 13]. If two physicians cannot save enough for retirement, then they have no one to blame but themselves. As the director of a Meals on Wheels program, I see lots of people who are having a difficult time making ends meet in retirement, and none of them, much less two, are retired physicians.

SHARON GEISS
Ottawa, Kan.

THE DREAM OF A COMFORTABLE retirement has become a nightmare for many working folks. The promised pension may be a fairy tale with an unhappy ending. Unfortunately, the ogre is government. Legislators have made it easy for businesses to declare bankruptcy and turn over pension obligations to the underfunded Pension Benefit Guaranty Corp.

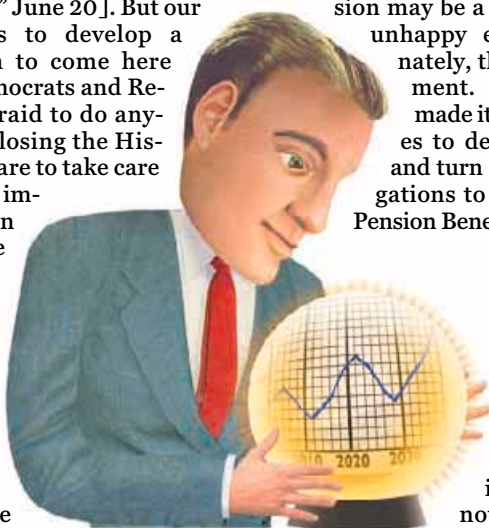
PATTY TAPPAN
Scottsdale, Ariz.

I AM PLANNING to work until I am 70 and want at least one avenue of retirement funds that is guaranteed and not affected by the market or scandals.

Social Security backed up by the U.S. government is the only way. Here is my plan to save Social Security: Everyone who has an income of \$1 million or more gets their Social Security taxes raised and forfeits all Social Security payments. Like the person who administered the oath when I was drafted in 1971, I would say: Think of this as an opportunity to say thank you for living in the greatest country in the world, the country that gave you opportunities to amass wealth—opportunities not available to everyone.

ENRICO MUTASCIO
Palm Springs, Calif.

"FINDING INCOME IN RETIREMENT" was very informative. However, you did not touch on charitable gift annuities, which pay 6 to 8 percent depending on your age, with tremendous tax advantages. My wife and I have been buying annuities from the Salvation Army, the Red Cross, and various other nonprofit organizations for years. They give us an income of \$2,200 per month, which along with Social Security, etc., gives us a fixed income of



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JAMES E. CARLSON
Orange, Calif.

KUDOS ON THE IMPORTANCE OF "SOCIAL Planning" for retirement age persons. My husband and I are both involved in separate activities that we were unable to pursue when working. When I am questioned about retirement strategy, I stress the importance of finding a hobby, second career, goal, etc., before retirement, then working at your own pace on that interest until retirement. It is a small step to full-time involvement in something that one loves doing.

LYNNE EMERY BOZE
Kemah, Texas

I JUST READ "A RIPE OLD AGE" AND live according to the recommendations mentioned in the article. I am in excellent health, take no medications or drugs at this time, and plan on keeping it that way as long as possible. I will save the article to demonstrate to friends that I am not alone in my philosophy.

BOB JACOBBER
Miami

I TOOK EARLY RETIREMENT AND LANDED in Sevier County, Tenn., next to the Great Smoky Mountains National Park ["Good Riddance to the Rat Race"]. That's the ideal retirement spot. When you live in the mountains you get a lot of company, so we built a mountaintop five-bedroom house on an acre lot. Taxes are \$371 a year with no state income tax. We heated and cooled the place with groundwater, using geothermal energy.

My wife ran a welcoming service. A third of her newcomers were from up north. The weather was not real hot, not real cold, and we were high above the flies and mosquitoes. After four seasons, we moved closer to our kids, and my wife died near two daughters.

WALT BUESCHER
Hartland, Wis.

Lung Cancer Research

THANK YOU, BERNADINE HEALY, FOR "Hold the Champagne" [June 13], calling for as much research funding, and hopefully success, on lung cancer as we have had with other cancers. The five-year survival rate for breast cancer is about 85 percent and for prostate cancer 99 percent. Lung cancer's 15 percent survival rate has stagnated for the past 30 years, not surprising since, as you point out, lung cancer receives one fifteenth the funding of breast and prostate cancers. Lung cancer kills more people each year than breast, prostate, and colon cancers combined. There are not enough survivors to force Congress and the National Cancer Institute to act, but your column clearly defines the public health policy issue.

LAURIE FENTON
*President
Lung Cancer Alliance
Washington, D.C.*

Independent Thinker

"ALBEE, UNAFRAID" [JUNE 13] WAS fascinating. It is always interesting to read about an interpretive genius's perception and understanding of life. The last sentence, however, was truly shock-

ing. Is Edward Albee really so limited, in either his definition of creativity or his circle of acquaintances, that he can say with a straight face that he knows no creative Republicans? If so, this is certainly a wonderful example of the danger of letting anyone else do your thinking for you, be they rock-and-roll star, Hollywood hunk, religious authority, or Tony- and Pulitzer Prize-winning playwright.

LINDSAY HODGES
Corning, N.Y.

Tax Reassessment

RESENTMENT OF GROVER NORQUIST on the part of politicians who want to rescind their "no new taxes" pledge raises the question of the source of their discomfort ["A Taxing Pledge of Loyalty," June 20]. Is it the moral conflict when faced with decisions of duty versus expedience, or is it simply their exposure that rankles them? Unlike most meaningless, soon-forgotten campaign pledges, this one sticks, thanks to Norquist's organization, Americans for Tax Reform. No wonder politicians are rankled. Someone might notice their complete disdain.

HUGH S. THOMPSON
Darlington, S.C.

Illegal Immigration

MORTIMER ZUCKERMAN'S OUTSTANDING editorial on integrating millions of illegal immigrants into the United States stresses an end to the "absurdly loose family reunification policy" ["A Second Chance," June 13]. Missing from his essay is the equally absurd automatic citizenship for babies born in the United States. Then add one more condition: Demonstrate the ability to speak, read, write, and understand English, and you will have close to unanimous public support.

THADDEUS MAZIARZ
Atascadero, Calif.

AS A FORMER CHIEF PATROL AGENT and western regional director of the 1986 Immigration and Naturalization Service amnesty program, I sharply disagree with most of the recommendations offered by Zuckerman. He is correct that reform of immigration calls for genuine national leadership. Also needed is a reasonable blend of legal immigration policies and determined law enforcement. It will be far less expensive than the cost of maintaining illegal aliens in this country.

BILL KING JR.
Big Bear City, Calif.

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Beating Breast Cancer

AS SOMEONE WHO IS LIVING WITH breast cancer, I think insinuating that we are finally "beating it" doesn't seem realistic ["Beating the Odds," June 13]. More and more women are being diagnosed with breast cancer, especially younger women, and thousands are still dying from it. Out of eight women in my post-treatment breast cancer group, three have had recurrences within a year and a half of their original diagnosis. I took Herceptin, the drug discussed in your article, for nine months. However, I was just diagnosed with a recurrence. Your article is correct in being hopeful and talking about better treatments and longer lives, but we still have a long way to go.

JOAN FINK
Alameda, Calif.

AS A BREAST CANCER survivor, I was disappointed that your story didn't dig deeper into the subject of diet. Although you included information on the important new study showing that a low-fat diet may help with survival, other studies have also shown that women whose diets have included fewer fatty foods, more fiber, and more fruits and vegetables at the time of diagnosis live longer and are less likely to have a recurrence.

SIMON CHAITOWITZ
Washington, D.C.

A LITTLE-KNOWN FACT TO AID BREAST cancer research that was not mentioned in your article is that the U.S. Postal Service has issued a 45-cent breast cancer research stamp. For every stamp sold, 8 cents is donated to research.

B. G. MALONE
Fletcher, Okla.

AS A MOTHER OF FOUR CHILDREN, I am incensed and disgusted at the decision to portray a nude woman on your cover about beating breast cancer. I hope in the future you consider who your readers are and respect them.

SHARISSA SCHWENKE
Topeka, Kan.

China's Rising Star

I SINCERELY HOPE THAT YOUR FINE article, "China's Turn" [June 20], on the growth of China, its economy, and its

military does not stimulate a view of China as a threat to be challenged by the United States. Instead, China's growth should be viewed as inevitable, over a period of time, and U.S. interests should plan to accommodate it in a fashion beneficial to the peoples of both countries. The best way to do this is to focus on economic competition that transcends national boundaries.

ROBERT REEBIE
Southern Pines, N.C.



YOU WOULD THINK differently [about the "Shanghai high life"] if you saw the facts beneath the vain appearance of the life here. Many people making money and spending money are empty, shallow, greedy, and rude.

LYNN LI
Shanghai

"WHAT TO DO ABOUT China" projects an attitude of appeasement.

The fact is that China is aggressively modernizing and expanding its military capabilities. It has already passed a resolution asserting that in the event Taiwan asserts its own independence, China will initiate whatever military means necessary to preserve what it considers a province of mainland China. More than simply directing its message to Taiwan, the People's Republic of China has put the United States on notice. While no one wants to provoke war with China, it is incumbent that the United States is prepared for the possibility.

GLENN PETERSON
La Jolla, Calif.

Corrections

- "The Rise of a New Power" [June 20] should have identified Hu Jintao as president of China, not premier.
- A photograph of a mosque accompanying the article "History" in the newsstand book *Secrets of Islam* should have been identified as the Mosque of Selim located in Konya, Turkey, not the Blue Mosque.

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A SUMMER OF TEARS

A SEEMINGLY ENDLESS WAVE OF CAR BOMBINGS
LEAVES MANY IRAQIS—AND AMERICANS—IN DESPAIR

By Julian E. Barnes

BAGHDAD—From dusk till dawn, chaos reigned. As darkness fell last Wednesday, three apparently synchronized bombs exploded in a Shiite neighborhood, killing 23 people. With the rising sun came four more blasts in another Shiite part of Baghdad that killed at least 17 Iraqis. The dead were found in two mosques, a shopping area, and a bathhouse. Even in a city becoming inured to such horrors, this seemed staggering in its intensity—and its audacity.

A surge of suicide attacks—largely against civilian targets—has had almost no military effect on American forces nor any significant impact on the development of the Iraqi Army. But the bombs nonetheless have proved quite effective—on both sides of the globe. In Iraq, the bloodshed adds to the fear and uncertainty and undermines the standing of the fragile democratic government; in the United States, the daily accounts of suicide attacks

undercut assertions by President Bush and his top generals that meaningful progress is being made in Iraq. While the generals downplay the bombings' military impact, they are beginning to worry about signs of declining public support at home—a concern also articulated by some in Congress who have backed the war. "I'm here to tell you, sir, in the most patriotic state that I can imagine, people are beginning to question," Republican Sen. Lindsey Graham of South Carolina told Defense Secretary Donald Rumsfeld last week. "And I don't think it's a blip on the radar screen. I think we

have a chronic problem on our hands."

Tuesday marks the first anniversary of the United States' handing sovereignty to a transitional government in Iraq. And the Bush administration is using the anniversary to highlight the progress made since then and to try to rebuild confidence in the face of declining poll numbers. "Any who say we have lost or are losing are flat



MOURNING. Relatives grieve for a former judge, a Sunni moderate, killed by a gunman, and (right) for a policeman killed in a car bombing.





AFTERMATH. Iraqis search for victims after dawn car bombings on Thursday.

wrong,” Rumsfeld testified last week. “We are not.” President Bush will send a similar stay-the-course message in a prime-time speech Tuesday to troops at Fort Bragg, N.C. But the administration needs to take care. Vice President Dick Cheney said the insurgency was in its “last throes”—only to be contradicted by his generals in Iraq and Washington. “I believe there are more foreign fighters coming into Iraq than there were six months ago,” Gen. John Abizaid, who heads the U.S. Central Command, told Congress. The strength of the insurgency, he added, is “about the same” as it was six months ago.

Tricky business. The generals in Baghdad believe the U.S. forces are fighting, in essence, two wars in Iraq. One is against former members of Saddam Hussein’s regime, Sunni Baathists who see no future in an Iraq dominated by the American-backed Shiite majority. The other is against hard-line Islamic extremists, some, like Abu Musab Zarqawi, loosely aligned with al Qaeda. It is this group that uses suicide bombers, most often against Iraqis. The targets of the suicide bombers are increasingly Shiite and Kurdish civilians, suggesting to U.S. military officers that the extremists’ goal is to foment civil war

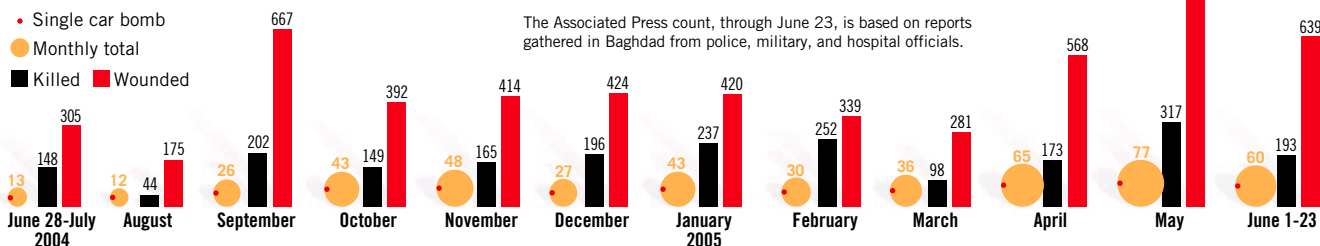
and derail accord on a new constitution later this year.

American officials do not believe that Sunni Baathists necessarily want civil war. Instead, says Lt. Gen. John Vines, who oversees day-to-day operations of all coalition forces in Iraq, their strategy is to pursue what amounts to a coup. Sunni insurgent leaders are trying to infiltrate the army while at the same time destabilizing the government through intimidation, assassinations, and roadside bomb attacks. Eventually, Vines argues, Baathists hope to use the military to return a Sunni strongman to power. “It’s a classic Baathist strategy,” Vines says.

While suicide bombers dominate the news, the numbers of foreign militants are small compared with ranks of Iraqi Sunni insurgents, estimated at perhaps 20,000. American military leaders say Sunni insurgents are a more potent force, but they also recognize the impact of the jihadists. “The suicide bombers are less dangerous militarily,” says Col. Ben Hodges, the chief of operations for the Multinational Corps Iraq. “But their tactics are so spectacular they generate an effect out of proportion to what they do. If you do not stop the suicide bombing, the

A YEAR OF CAR BOMBINGS

In Iraq, 480 car bombs have killed at least 2,174 people since the handover of sovereignty on June 28, 2004.





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Important Safety Information: Be sure you have at least eight hours to devote to sleep before becoming active. Until you know how you'll react to Lunesta, you should not drive or operate machinery. Do not use alcohol while taking Lunesta. All sleep medicines carry some risk of dependency. Side effects may include unpleasant taste, headache, drowsiness and dizziness. *See important patient information on the next page.*



Please read this summary of information about LUNESTA before you talk to your doctor or start using LUNESTA. It is not meant to take the place of your doctor's instructions. If you have any questions about LUNESTA tablets, be sure to ask your doctor or pharmacist.

LUNESTA is used to treat different types of sleep problems, such as difficulty in falling asleep, difficulty in maintaining sleep during the night, and waking up too early in the morning. Most people with insomnia have more than one of these problems. You should take LUNESTA immediately before going to bed because of the risk of falling.

LUNESTA belongs to a group of medicines known as "hypnotics" or, simply, sleep medicines. There are many different sleep medicines available to help people sleep better. Insomnia is often transient and intermittent. It usually requires treatment for only a short time, usually 7 to 10 days up to 2 weeks. If your insomnia does not improve after 7 to 10 days of treatment, see your doctor, because it may be a sign of an underlying condition. Some people have chronic sleep problems that may require more prolonged use of sleep medicine. However, you should not use these medicines for long periods without talking with your doctor about the risks and benefits of prolonged use.

Side Effects

All medicines have side effects. The most common side effects of sleep medicines are:

- Drowsiness
- Dizziness
- Lightheadedness
- Difficulty with coordination

Sleep medicines can make you sleepy during the day. How drowsy you feel depends upon how your body reacts to the medicine, which sleep medicine you are taking, and how large a dose your doctor has prescribed. Daytime drowsiness is best avoided by taking the lowest dose possible that will still help you sleep at night. Your doctor will work with you to find the dose of LUNESTA that is best for you. Some people taking LUNESTA have reported next-day sleepiness.

To manage these side effects while you are taking this medicine:

- When you first start taking LUNESTA or any other sleep medicine, until you know whether the medicine will still have some effect on you the next day, use extreme care while doing anything that requires complete alertness, such as driving a car, operating machinery, or piloting an aircraft.
- Do not drink alcohol when you are taking LUNESTA or any sleep medicine. Alcohol can increase the side effects of LUNESTA or any other sleep medicine.
- Do not take any other medicines without asking your doctor first. This includes medicines you can buy without a prescription. Some medicines can cause drowsiness and are best avoided while taking LUNESTA.
- Always take the exact dose of LUNESTA prescribed by your doctor. Never change your dose without talking to your doctor first.

Special Concerns

There are some special problems that may occur while taking sleep medicines.

Memory Problems

Sleep medicines may cause a special type of memory loss or "amnesia." When this occurs, a person may not remember what has happened for several hours after taking the medicine. This is usually not a problem since most people fall asleep after taking the medicine. Memory loss can be a problem, however, when sleep medicines are taken while traveling, such as during an airplane flight and the person wakes up before the effect of the medicine is gone. This has been called "traveler's amnesia." Memory problems have been reported rarely by patients taking LUNESTA in clinical studies. In most cases, memory problems can be avoided if

you take LUNESTA only when you are able to get a full night of sleep before you need to be active again. Be sure to talk to your doctor if you think you are having memory problems.

Tolerance

When sleep medicines are used every night for more than a few weeks, they may lose their effectiveness in helping you sleep. This is known as "tolerance." Development of tolerance to LUNESTA was not observed in a clinical study of 6 months' duration. Insomnia is often transient and intermittent, and prolonged use of sleep medicines is generally not necessary. Some people, though, have chronic sleep problems that may require more prolonged use of sleep medicine. If your sleep problems continue, consult your doctor, who will determine whether other measures are needed to overcome your sleep problems.

Dependence

Sleep medicines can cause dependence in some people, especially when these medicines are used regularly for longer than a few weeks or at high doses. Dependence is the need to continue taking a medicine because stopping it is unpleasant.

When people develop dependence, stopping the medicine suddenly may cause unpleasant symptoms (see *Withdrawal* below). They may find they have to keep taking the medicine either at the prescribed dose or at increasing doses just to avoid withdrawal symptoms.

All people taking sleep medicines have some risk of becoming dependent on the medicine. However, people who have been dependent on alcohol or other drugs in the past may have a higher chance of becoming addicted to sleep medicines. This possibility must be considered before using these medicines for more than a few weeks. If you have been addicted to alcohol or drugs in the past, it is important to tell your doctor before starting LUNESTA or any sleep medicine.

Withdrawal

Withdrawal symptoms may occur when sleep medicines are stopped suddenly after being used daily for a long time. In some cases, these symptoms can occur even if the medicine has been used for only a week or two. In mild cases, withdrawal symptoms may include unpleasant feelings. In more severe cases, abdominal and muscle cramps, vomiting, sweating, shakiness, and, rarely, seizures may occur. These more severe withdrawal symptoms are very uncommon. Although withdrawal symptoms have not been observed in the relatively limited controlled trials experience with LUNESTA, there is, nevertheless, the risk of such events in association with the use of any sleep medicine.

Another problem that may occur when sleep medicines are stopped is known as "rebound insomnia." This means that a person may have more trouble sleeping the first few nights after the medicine is stopped than before starting the medicine. If you should experience rebound insomnia, do not get discouraged. This problem usually goes away on its own after 1 or 2 nights.

If you have been taking LUNESTA or any other sleep medicine for more than 1 or 2 weeks, do not stop taking it on your own. Always follow your doctor's directions.

Changes In Behavior And Thinking

Some people using sleep medicines have experienced unusual changes in their thinking and/or behavior. These effects are not common. However, they have included:

- More outgoing or aggressive behavior than normal
- Confusion
- Strange behavior
- Agitation
- Hallucinations
- Worsening of depression
- Suicidal thoughts

How often these effects occur depends on several factors, such as a person's general health, the use of other medicines, and which sleep medicine is being used. Clinical experience with LUNESTA suggests that it is rarely associated with these behavior changes.

It is also important to realize it is rarely clear whether these behavior changes are caused by the medicine, are caused by an illness, or have occurred on their own. In fact, sleep problems that do not improve may be due to illnesses that were present before the medicine was used. If you or your family notice

any changes in your behavior, or if you have any unusual or disturbing thoughts, call your doctor immediately.

Pregnancy And Breastfeeding

Sleep medicines may cause sedation or other potential effects in the unborn baby when used during the last weeks of pregnancy. Be sure to tell your doctor if you are pregnant, if you are planning to become pregnant, or if you become pregnant while taking LUNESTA.

In addition, a very small amount of LUNESTA may be present in breast milk after use of the medication. The effects of very small amounts of LUNESTA on an infant are not known; therefore, as with all other prescription sleep medicines, it is recommended that you not take LUNESTA if you are breastfeeding a baby.

Safe Use Of Sleep Medicines

To ensure the safe and effective use of LUNESTA or any other sleep medicine, you should observe the following cautions:

1. LUNESTA is a prescription medicine and should be used **ONLY** as directed by your doctor. Follow your doctor's instructions about how to take, when to take, and how long to take LUNESTA.
2. Never use LUNESTA or any other sleep medicine for longer than directed by your doctor.
3. If you notice any unusual and/or disturbing thoughts or behavior during treatment with LUNESTA or any other sleep medicine, contact your doctor.
4. Tell your doctor about any medicines you may be taking, including medicines you may buy without a prescription and herbal preparations. You should also tell your doctor if you drink alcohol. **DO NOT** use alcohol while taking LUNESTA or any other sleep medicine.
5. Do not take LUNESTA unless you are able to get 8 or more hours of sleep before you must be active again.
6. Do not increase the prescribed dose of LUNESTA or any other sleep medicine unless instructed by your doctor.
7. When you first start taking LUNESTA or any other sleep medicine, until you know whether the medicine will still have some effect on you the next day, use extreme care while doing anything that requires complete alertness, such as driving a car, operating machinery, or piloting an aircraft.
8. Be aware that you may have more sleeping problems the first night or two after stopping any sleep medicine.
9. Be sure to tell your doctor if you are pregnant, if you are planning to become pregnant, if you become pregnant, or if you are breastfeeding a baby while taking LUNESTA.
10. As with all prescription medicines, never share LUNESTA or any other sleep medicine with anyone else. Always store LUNESTA or any other sleep medicine in the original container and out of reach of children.
11. Be sure to tell your doctor if you suffer from depression.
12. LUNESTA works very quickly. You should only take LUNESTA immediately before going to bed.
13. For LUNESTA to work best, you should not take it with or immediately after a high-fat, heavy meal.
14. Some people, such as older adults (i.e., ages 65 and over) and people with liver disease, should start with the lower dose (1 mg) of LUNESTA. Your doctor may choose to start therapy at 2 mg. In general, adults under age 65 should be treated with 2 or 3 mg.
15. Each tablet is a single dose; do not crush or break the tablet.

Note: This summary provides important information about LUNESTA. If you would like more information, ask your doctor or pharmacist to let you read the Prescribing Information and then discuss it with him or her.

Rx only



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optimism of people in coalition countries starts to wane."

Despite the varying agenda and disparate tactics, most American grunts and even their commanders tend to call every fighter, foreign or domestic, a "terrorist" or a "muj"—short for mujahideen. Hodges says it is useful to keep the two groups of insurgents linked in the minds of Iraqis, as well. "The former regime wants to regain power," he says. "That insurgency requires popular support.

But it makes it difficult for them to gain that support if they are seen as connected to the Islamic extremists who are slaughtering Iraqis."

Identifying who exactly is carrying out suicide attacks is a tricky business. There have been some 480 car bombings in Iraq since the handover of sovereignty a year ago, according to the Associated Press; the explosions killed at least 2,174 people and wounded 5,520. The military tries to piece together



DETAINEES. Men, bound and blindfolded, held by U.S. marines near Fallujah

a picture of who is attacking Iraqis by forensic analysis of the dead bombers, interviews with captured jihadists, and confessions from failed suicide bombers. American officials say the largest share of the suicide bombers are Saudis and the second-biggest group are Syrians. Vines says the primary source of foreign fighters comes from recruiters who work mosques around the Middle East looking for young men eager for jihad against America. A senior intelligence official in

Iraq told *U.S. News* that some of the bombers are recruited through mosques in isolated parts of Sudan or Yemen, where there is little access to satellite television. As a result, those recruits have no knowledge that ordinary Iraqis, not American soldiers, are increasingly the targets. "These individuals are disenchanted when we capture them," said the intelligence official. "They feel they have been lied to."

What's more, American military officials believe that many

A General's Viewpoint

Lt. Gen. John Vines, the commander of the Multinational Corps Iraq, oversees day-to-day military operations in the country. He spoke to *U.S. News* Senior Editor Julian E. Barnes at his Camp Victory headquarters. Excerpts:

On the size of the insurgency: The number of people who pick up weapons, fire a rocket, place an IED, is relatively small. But there is an ample supply of replacements who will perform as mercenaries—for the money. If one is detained, another one can be recruited. . . . It does not take many insurgents to make life difficult for a government, to attack unprotected civilian populace, and to murder wantonly.

On the enemy body counts: Killing or capturing insurgents has a temporary effect only until more can

be recruited. It doesn't take extensive training to put an improvised explosive device on the side of the road, or emplacing rockets to attack an operational base. We have detained personnel who have been paid to do those things, so the blue-collar end of the insurgency can be regenerated by money. . . . Insurgent

body count is not a good measure of effectiveness.

On suicide bombers: Their numbers have increased over the last several months. The fundamental tool of the insurgency is the terrorist act of mass murder. There are indiscriminate mass murders directed at the Iraqi population, the Iraqi security forces, and the coalition. . . . The indications are that the majority of suicide bombers are

not Iraqis. . . . Iraqis can be recruited to shoot a rifle or dig a hole and put an IED in. Foreign terrorists . . . are recruited for a specific reason. Often they have very little skill but are necessary to do things Iraqis will not do to each other.

On the fight for Iraq: There is a lot at stake here. There are people who, if given the opportunity . . . will use Iraq as a platform to conduct attacks against the United States. They have done it in the past—they have attacked the World Trade Center twice, bombed American embassies, taken diplomats hostage. If we walk away before Iraq has the [ability to] keep terrorism from being fomented, trained, and exported, we put our future at risk.

More of Vines's comments and other reports from Iraq are available at www.usnews.com.



LT. GEN. JOHN VINES. Commander of the Multinational Corps Iraq



OPERATION SPEAR.
Marines checking a
house for insurgents
in Anbar province

of the suicide bombers in Iraq did not initially volunteer to die; rather they believe they are signing up to fight a more traditional battle against an occupying power. "We have indicators that many don't come here intent on killing Iraqi civilians or themselves," says Vines. "They come here to participate in a jihad. Only late in the process are they made aware they are expected to kill themselves."

"Suiciding." Military leaders in Baghdad are pushing a new strategy to try to roll back the suicide campaign, according to senior officers. Trying to secure the border militarily, they say, is unlikely to be any more effective at stopping foreign fighters than U.S. border efforts to prevent illegal immigrants from Mexico. But American officials now are mounting diplomatic efforts to prevent bombers from ever getting to Syria. Military officials say many jihadis funnel through the Damascus international airport, since Arab men can enter Syria without a visa. American officials want U.S. allies in the region—Jordan, Egypt, and Saudi Arabia—to pressure Syria to impose visa restrictions.

The military has also begun stepping up operations in the border regions. In Operation Spear, near the Syrian border last week, marines discovered three car-bomb factories and said they killed 47 insurgents. A new mission this summer just to the north will aim to cut off the supply of suicide bombers directly. The operation, two military officials told *U.S. News*, aims to disrupt Zarqawi's operations and try to interfere with the flow of foreign fighters through Syria. "We are going to disrupt their ability to move," said one official, who was authorized to discuss the planning. "They will no longer have a free pass. . . . Hopefully, that will decrease the ability for suicide bombers to get

to Baghdad." The idea, according to the officials, is to force a fight with Zarqawi's followers—a fight in the open desert, largely on the U.S. Army's terms. Military officials also hope that, if Iraqi forces begin providing security for residents in the area, they can stamp out popular support for the Baathist rebels. The operation will continue through the scheduled October referendum on a new constitution. "We will have that many fewer people suiciding at polling places," said another official.

The Iraqi government and American forces also need to find a way to encourage Iraqi citizens to report people they suspect

of being potential bombers, Vines says. The Iraqi government has begun an information campaign that denounces the insurgency as terrorists who are slaughtering Iraqis. But Vines acknowledges that the average Iraqi remains intimidated, too afraid to risk going to the police or calling a tip line. "It is about in-

timidation and a lack of confidence the security forces can protect them because the insurgents are so ruthless," Vines says. "There [is a] corollary in the United States, in areas where gangs operate; they can intimidate witnesses, operate in plain view on the street, because they have intimidated residents who fear for their safety. There is an element of that now in Iraq."

Both political and military leaders believe it is essential to let the American public know they have a plan for defeating the insurgencies by bringing Sunnis into the democratic government and destroying the foreign fighters. Military officers say they cannot afford to lose public support for their efforts—or public confidence that they will succeed. ●

Further reports from Iraq appear at www.usnews.com.

**The generals in Baghdad believe
the U.S. is fighting two wars in Iraq:
one against Sunni Baathists, the
other against foreign jihadists.**



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COVERING ALL THE BASES

Like many states facing Pentagon cutbacks, Maine is struggling to avoid the ax

By Bret Schulte

KITTERY, MAINE—It's a state whose name is almost synonymous with summertime R&R. But Maine this summer is seeing more restlessness than relaxation. On June 1 in Kittery, just across the Piscataqua River from Portsmouth, N.H., roughly 8,000

people, most in bright yellow T-shirts declaring "Save Our Shipyard," converged on downtown with defiant cries of "We're No. 1!" The next day, about 75 miles up the coast, several hundred locals clustered together outside the Brunswick Naval Air Station at a chilly 7 a.m. toting signs saying, "Protect Our Homeland." In Augusta, the state capital, Gov. John Baldacci

has ordered state agencies to prepare to cope with widespread layoffs, and the Legislature is wringing emergency funds from already dry state coffers.

For Maine, these are indeed anxious days—and it is not alone. On May 13 (even those who aren't superstitious noted it was a Friday), the Defense Department recommended closing 33 major military



bases around the country and restructuring 29 others to cut costs and streamline operations. There's little dispute about the need for the cutbacks—unless it's your community that's going to be hit. This round of the base realignment and closure (BRAC) process, the fifth since 1988, could leave Maine reeling. All three of its major military facilities are on the BRAC list: The 205-year-old Portsmouth Naval Shipyard in Kittery and the Defense Finance and Accounting Service in Limestone are recommended for closure. The Brunswick Naval Air Station stands to lose at least half its personnel—and its entire fleet of patrol planes. But the recommendations are just that, which leaves

Maine's community leaders, the governor, and its two Republican senators still hoping to dodge the bullet.

Maine's fate will be decided by nine BRAC commissioners appointed by the White House and congressional leaders from both parties. Led by former Secretary of Veterans Affairs Anthony Principi, the independent body is meant to depoliticize the BRAC process. The commission holds public hearings, conducts site tours, and reviews data related to the BRAC criteria of military value, cost efficiency, and economic impact. But with only about 15 percent of BRAC recommendations overturned by previous commissions, the chances of getting a base off

has finally replaced the jobs lost in the 2001 recession, the manufacturing base has steadily given way to the lower-paying service sector. What's more, a voter referendum requiring the state to pay a larger portion of local education costs has left Maine cash-strapped at a time when it faces a \$342 million federal Medicaid shortfall over 10 years. After the BRAC news, Augusta legislators were forced to reopen what was a contentious budget to find new ways to curtail spending. In the frantic statehouse, Rep. Carol Grose laments, "This has been a bad year for Maine."

The day of reckoning could be July 6, when the full BRAC Commission comes



SENDING OUT AN SOS. During a visit by BRAC commissioners, protesters rally against the Pentagon's proposal to shut down the Portsmouth Naval Shipyard (above) in Kittery, Maine.

the list are slim. A final list that can be vetoed only in its entirety will be submitted to the president on September 8. Once accepted, the list moves on to Congress and takes effect unless Congress votes it down within 45 legislative days.

Bad timing. Maine has been through this before; in the mid-1990s, it lost Loring Air Force Base, which had some 4,500 military personnel and 1,100 civilians. It got the Limestone accounting center, employing about 350 people, to help soften the blow—and now that facility is targeted along with the shipyard, whose largely civilian workforce totals 4,800. All told, state economists estimate the proposed cutbacks would cost Maine's economy \$465 million annually through the loss of 12,000 direct and indirect jobs. Baldacci likens it to "losing our fishing, forestry, and farming industries in one fell swoop." While Maine

to Boston for a regional hearing. For New England, hit particularly hard in this round, it's the best chance to make the case that the Pentagon has massively underestimated—or, as many contend, misrepresented—the value of these installations and the cost of shutting them down. Accusations are swirling that the Pentagon's list amounts to political retribution. So-called blue states, Maine included, would suffer a loss of 24,000 jobs, while traditionally red states would net 12,000, mostly in the South and West. The nuclear submarine repair and refueling work currently performed in Kittery, for instance, would shift to Norfolk, Va. The Brunswick fleet would depart for Jacksonville, Fla.

In Maine, the outcry was loud and clear the first week of June, when four BRAC commissioners took fact-finding tours of the Portsmouth Naval Shipyard

and the Brunswick Naval Air Station. Cheering crowds rallied to greet the commissioners, while showing contempt for the Defense Department. In Kittery, where signs expressed sentiments like "Downsize the Pentagon," demonstrator Peggy Evans, a third-generation employee of the shipyard, said it was targeted because "we didn't support the president in the last election." Back in Augusta, after joining the commissioners and the entire Maine congressional delegation on both site visits, Baldacci, a Democrat, put it this way: "When you look at the map, it's very clear to me we get penalized for being Red Sox fans instead of the Texas Rangers."

publican senators, Olympia Snowe and Susan Collins, have accused the Pentagon of foot-dragging and stonewalling, though neither asserts that BRAC is political. "I believe this process is driven by the numbers," Snowe says, "to reach an arbitrary bottom line of theoretical and hypothetical cost savings." Snowe says the delay in obtaining BRAC paperwork made fighting the recommendations "infinitely more difficult." To put pressure on the Pentagon, Snowe and Collins joined with Thune and senators from other affected states to engage in some gamesmanship by introducing long-shot legislation to suspend the BRAC process. On June 7, Collins, who chairs the Senate Homeland

cilities and some experience with past BRAC battles. The Save Our Shipyard Association has received \$100,000 from the state of New Hampshire, where 40 percent of its employees live. It received a like amount from the Maine statehouse, which has also sent emergency funds to groups in Brunswick and Limestone. The shipyard group hired its own Washington consultant. Brunswick members made eight trips to Washington to meet with Pentagon officials and comb through the BRAC library searching for the secrets of bases that got off the list. "We're taking their expertise and refuting the Navy data and tearing the case apart brick by brick," says Lance Boucher, a top Baldacci aide who is coordinating the BRAC fight.

Challenges. Maine is arguing that the Pentagon is wrong on several counts: that the economic impact on communities is underestimated; that base improvements, such as Brunswick's new \$21 million hangar designed for the next generation of patrol planes, should weigh more heavily in the air station's favor; and that the Pentagon neglected \$288 million in savings achieved at the cost-efficient shipyard. Another bone of contention is the projected cost of environmental cleanup at the nuclear-licensed yard, which Maine believes would run as much as \$200 million more than the Pentagon's \$47 million estimate.

To sway the BRAC Commission, however, Maine must win on the chief criterion, military value, a touchy subject in the Northeast, which was a focus of the 9/11 attacks and has been hit hard in past BRAC rounds. Brunswick is the last active-duty air station in the region. From her spot on the Homeland Security Committee, Collins has argued that the Northeast remains vulnerable to terrorism, especially weapons of mass destruction arriving by cargo ship. Brunswick's planes "have played an increasing role in providing maritime surveillance for the North Atlantic shipping lanes," Collins says. "They cannot perform that role effectively if they are stationed in Jacksonville."

After site visits in Maine, Principi pledged, "We are not a rubber stamp" for the Pentagon's BRAC list. That's encouraging for those in the fight to save Maine's bases. "A lot of us felt like what's defined us over the last century is being . . . some of the best Navy support and military infrastructure in the world," says Maine's House majority leader, Glenn Cummings, whose brother, grandfather, and great-grandfather have all worked as Navy shipbuilders. "It goes beyond the issue of just livelihood. It's about how we've defined ourselves." ●

"I believe this process is being driven by the numbers to reach an arbitrary bottom line of theoretical...savings."

Maine Sen. Olympia Snowe



PRESS CONFERENCE. Politicians, BRAC commissioners, and shipyard officials in Kittery, Maine

The Pentagon, though, argues the recommendations are based on the BRAC criteria. Many experts agree, saying the shift from North and East to South and West reflects a move away from a Cold War posture. They point to South Dakota, where Republican John Thune unseated Democratic Senate Leader Tom Daschle in November. One of his winning arguments: A Republican was better positioned to save Ellsworth Air Force Base from BRAC. Ellsworth, the state's second-largest employer, appeared on the hit list anyway.

But the Pentagon has fueled suspicions with its slow, piecemeal release of BRAC-related documents justifying the recommendations. Maine's two moderate Re-

publican senators, Olympia Snowe and Susan Collins, have accused the Pentagon of foot-dragging and stonewalling, though neither asserts that BRAC is political. "I believe this process is driven by the numbers," Snowe says, "to reach an arbitrary bottom line of theoretical and hypothetical cost savings." Snowe says the delay in obtaining BRAC paperwork made fighting the recommendations "infinitely more difficult." To put pressure on the Pentagon, Snowe and Collins joined with Thune and senators from other affected states to engage in some gamesmanship by introducing long-shot legislation to suspend the BRAC process. On June 7, Collins, who chairs the Senate Homeland

Security and Governmental Affairs Committee, played her trump card. She joined with the committee's ranking Democrat, Joe Lieberman of Connecticut—the only state slated to lose more jobs from BRAC than Maine—to subpoena the Pentagon to force it to declassify and release all appropriate BRAC-related data. Maine has hired the PMA Group, a Washington, D.C., consulting firm, at \$16,000 a month to look for holes in the Pentagon's assertions and to press its cause with BRAC Commission staff. Money is also being doled out to community task forces composed of military veterans, civilian employees, and local leaders with detailed knowledge of the fa-

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Fitzgerald, fielding questions from members of the 9/11 commission

ONE MIGHTY-DETERMINED PLUMBER

The lawman investigating a White House leak just won't take no for an answer

By Chitra Ragavan

Long before Osama bin Laden became a household name, a young federal prosecutor named Patrick Fitzgerald in the U.S. attorney's office in the Southern District of New York became steeped in the emerging world of jihad, toiling with little public recognition to prosecute some of the world's most dangerous terrorists, all with ties to the evolving Islamic fundamentalist movement. Men like Ramzi Yousef, who engineered the bombing of the World Trade Center in 1993; Sheik Omar Abdel Rahman, the Egyptian cleric who plotted to destroy New York tunnels, bridges, and other landmarks; the four leaders of the U.S. Embassy bombings in Kenya and Tanzania in 1998; and, that same year, bin Laden himself. "He is a one-man encyclopedia on al Qaeda because he has this absolutely scary photographic memory," says Deputy Attorney General James Comey, who is

Fitzgerald's best friend. "He is a one-man dot connector, which is very valuable."

These days, Fitzgerald, who was named the U.S. attorney in Chicago just days before the 9/11 terrorist attacks, is getting more than his fair share of national headlines—but for an entirely different kind of dot-connecting that has alarmed American media organizations and outraged champions of the First Amendment. The story, by now, is a familiar one: In December 2003, Fitzgerald, 44, was named as a Justice Department special counsel to investigate whether Bush administration officials illegally leaked the name of a covert CIA operative named Valerie Plame to conservative columnist Robert Novak. Plame's husband, former Ambassador Joseph Wilson, has alleged his wife was outed to punish him for challenging the administration's claim, as part of its advocacy for invading Iraq, that Saddam Hussein had tried to obtain uranium ore from Niger. Unable to prove the sources

of the leak, despite having questioned numerous government officials, including President George Bush, Fitzgerald subpoenaed several reporters, including Judith Miller of the *New York Times* and *Time* magazine's Matthew Cooper, to reveal their confidential sources.

High court showdown. Miller, who never even wrote about Plame, and Cooper have declined to cooperate, and they and their publications have lost two battles at the federal district and appeals court levels to protect their sources, setting the stage for a landmark showdown in the U.S. Supreme Court. (The court ruled in 1972 that reporters could be required to testify before a grand jury if a prosecutor could prove it was necessary.) The court is expected to announce this week whether it will grant a hearing in the matter. If it allows the lower-court rulings to stand, Miller and Cooper could face up to 18 months in jail.

In a separate leak inquiry, Fitzgerald is also seeking to obtain the telephone

records of Miller and a *Times* colleague, Philip Shenon, to determine who tipped the reporters off about an imminent raid on two Islamic charities that Fitzgerald was investigating, leading the reporters to contact the charities for comment and, Fitzgerald believes, compromise the surprise raid. Fitzgerald has been criticized for his handling of the charity investigations, which fizzled out in a weak plea bargain, a modest jail sentence, and failed cooperation from a key defendant, who the judge in the case concluded was more a victim of guilt by association than a financial backer of al Qaeda.

Fitzgerald declined to comment for this article. But Comey says his friend is “no antipress zealot” and that allusions that have been drawn to the antagonistic police inspector in the classic morality tale *Les Misérables* are unfair. “I’ve seen him portrayed as a kind of Javert, which both makes me laugh and cringe,” Comey says, “because nothing could be further from the truth.”

Fitzgerald, in fact, has built a reputation as one of the most apolitical, skilled, respected, and feared federal prosecutors in the country. “Do I agree with all the evidence in his cases? No,” says criminal de-

murders dating back to 1970. “In one sweep, his office solved more mob murders than had been solved in the history of the mob,” says Chicago Crime Commission President Thomas Kirkpatrick. Fitzgerald also has indicted a slew of city officials and obtained nine guilty pleas from employees who are accused of giving business to trucking companies in exchange for bribes and illegal campaign work. Last month, Fitzgerald charged three city employees with running a heroin ring out of the water department. And he has convicted a close ally of Mayor Richard Daley for bilking the city of millions of dollars for running a sham minority firm—all of which has sent shivers up and down City Hall. “Who knows how far up the ladder Fitzgerald’s office will go?” says Dick Simpson, a former Chicago alderman. “He doesn’t stop.”

The doorman’s son. It’s this single-minded focus and innovativeness that have made Fitzgerald—a former rugby player—a formidable adversary in both sports and law. The son of Irish parents—his father worked as a doorman at a building on East 75th, just off Madison Avenue—Fitzgerald attended a Jesuit preparatory high school and was star of the speech and debate team. He worked maintenance jobs and spent summers opening doors in a Manhattan co-op to pay for his tuition at Amherst and Harvard Law School. “He really is the combination of the doorman’s son and the brilliant Harvard lawyer,” says Comey. After three years in private practice, Fitzgerald joined the Southern District and cut his teeth on drug, gang, and organized-crime cases before moving into the netherworld of Islamic terrorism.

How one of the nation’s top terrorism prosecutors got stuck in what many of his colleagues view as an utterly thankless investigation shot through with politics is a quintessential Washington tale. When Attorney General John Ashcroft recused himself from the inquiry to avoid a potential conflict of interest, it fell to Comey—whose confirmation for the deputy post was being held in limbo by a Democratic senator because of the controversy—to resolve the impasse. Comey handed Fitzgerald the hot potato, because “there’s nobody better in the whole country.” The decision, “remarkably, has not ended our friendship,” Comey chuckles, later adding: “When I see him getting beat up and unfairly characterized—and most of the characterizations I’ve seen of him have been unfair—that’s the only time I regret giving him this assignment.” ●

With Eric Ferkenhoff in Chicago

“I’ve seen him portrayed as a kind of Javert...[but] nothing could be further from the truth.”

James Comey, deputy attorney general



QUARRY. Miller and Cooper have refused to identify their confidential sources for Fitzgerald.

Fitzgerald critics run the political gamut. Conservative columnist William Safire called him a “runaway Chicago prosecutor,” whose strategies present “this generation’s gravest threat to our ability to ferret out the news.” Miguel Estrada, who represents Cooper and *Time* magazine and once worked with Fitzgerald in New York’s Southern District, says his old colleague is simply wrong on the law. “I don’t want to characterize him as overzealous—nothing much is gained by name-calling,” says Estrada. “He’s a delightful colleague and a very thoughtful lawyer. He’s just trying to do his job, though I wish he hadn’t subpoenaed my clients.”

fense attorney Ronald Safer. “But do I question his motives? Not at all.” Fitzgerald has been praised for his relentless attack on Illinois’s scandal-plagued political machine and a spate of indictments of mobsters, gang members, and crooked businessmen. He indicted former Republican Gov. George Ryan and dozens of other state workers, including Ryan’s former chief of staff, for a pattern of corruption during Ryan’s eight-year tenure as Illinois secretary of state. In April, Fitzgerald arrested a dozen aging organized-crime figures, including Cosa Nostra bosses, “made” members, and two former police officers in connection with 18



DATABASE

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A VERY PRECIOUS GIFT OF TIME

Alzheimer's patients, with no cure in sight, still benefit from an early diagnosis

By Josh Fischman

Unpreventable, incurable, and largely untreatable—that's the grim picture of Alzheimer's disease. But, surprisingly, patients who find out they have the illness are not completely lost in the dark. "I've spent the past year and a half sitting with these people," says Renée Beard, a medical sociologist at the University of California–San Francisco. "Yes, they're afraid when they hear the news. But they see positive things, too: They have time to plan, to take vacations with their families, to find support groups. And they're grateful for the time to do all this."

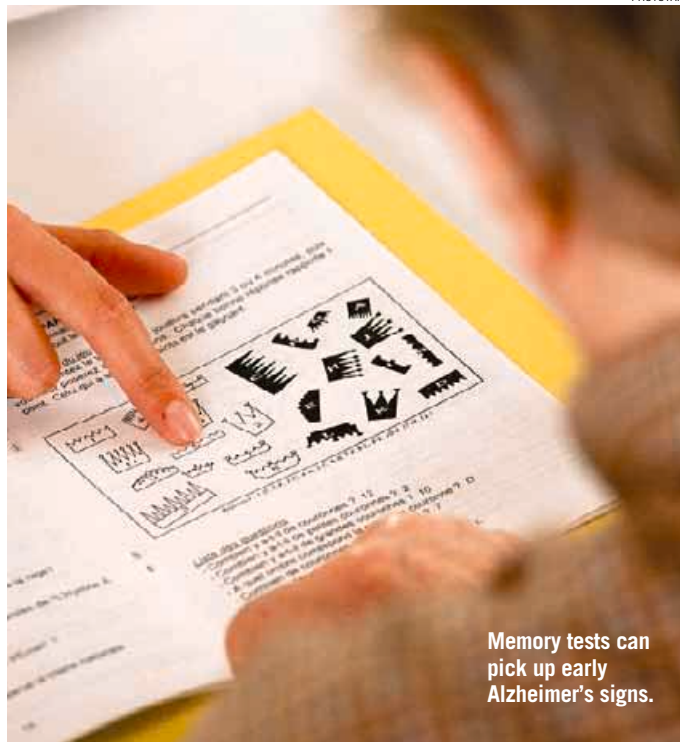
To gain that precious time, the disease needs to be detected—and the sooner the better. Last week, at a major Alzheimer's research conference in Washington, D.C., doctors described simple, five-minute tests that general physicians can use to screen people for possible signs of the disease—something few doctors do now. Scientists also highlighted new ways to scan for Alzheimer's years before obvious symptoms appear: by measuring changes in the brain. Raising these prospects for detection has also raised researchers' optimism, even if medical options are limited. "If we want to be able to intervene as early as possible, we need to be able to identify people who are at high risk," says Marilyn Albert, codirector of the Johns Hopkins Alzheimer's Disease Research Center in Baltimore.

Early warnings. Identifying such people nearly a decade before their memories begin to go is a promising start, and that's what a new type of positron emission tomography scan, or PET, seems able to do. It focuses on energy levels in the hippocampus, a brain region crucial to memory. Lisa Mosconi and Mony de Leon, brain researchers at New York University, and their colleagues took 53 people,

ranging in age from 50 to 84, who showed no overt signs of dementia, and gave them scans. The scientists were then able to follow some of these people for many years. Eventually, 19 of them showed signs of mild cognitive impairment, a precursor of Alzheimer's itself. And when Mosconi went back and looked at the PET scans, the energy in the hippocampus was indeed lower in the people who became ill. The scans, taken an average of nine years before diagnosis, predicted mild impairment with an accuracy rate of 71 percent and Alzheimer's with an accuracy rate of 85 percent.

"If I had 100 patients, I'd be able to accurately predict who is going to get sick and who is going to stay normal in 85 of them, nine years in advance," Mosconi says. "That's pretty good." At the moment, this kind of advanced PET is not ready for the doctor's office; it's

PHOTATAKE



Memory tests can pick up early Alzheimer's signs.

Only about a third of physicians give simple memory tests in their offices, and this is a lost opportunity for patients.

best suited for evaluating drug effectiveness in research trials.

What is being used in the doctor's office right now is not working very well. General physicians are the doctors most likely to see someone just beginning to show Alzheimer's. "Unfortunately, few physicians actually screen their patients for the disease," says Henry Brodaty, a neuropsychiatrist at the University of New South Wales in Australia. Only about a third administer simple memory tests in their offices. Since available Alzheimer's drugs like Aricept work better the earlier they are given, this is a lost window of opportunity.

The problem, Brodaty says, is that the most common office test, the Mini-Mental State Examination, takes about 10 minutes to give. "Since the average office visit doesn't last much longer than that, physicians just don't have the time," he says. So after searching scientific literature, Brodaty came up with three other

tests that are as accurate as the Mini-Mental. All of these tests ask the patient to recall the names of a few items and sometimes to draw something like the hands of a clock. So what's the advantage? "Five minutes," says Brodaty. "These other tests take five minutes or less to give, so doctors should have an easier time fitting them in." If a test indicates memory problems, the patient can be referred to a memory clinic for more-specialized testing to confirm the diagnosis.

Once people hear the diagnosis, Beard's study showed, they do show fear, and shame, and they worry about things like losing their driver's licenses. Yet there were positive reactions, too. "With support groups, I no longer feel like I'm in it alone," one man told her. And, said another, "I was just glad to know what was causing my problems. Now I could do something about it." ●

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By Gloria Borger



Tales of Jack and Mike

EVEN BY THE MOST CYNICAL WASHINGTON standards, the tale of the Indian tribes and the fat-cat lobbyists is a doozy. Imagine: Interested in protecting their lucrative casino gambling interests, the tribes hire some top-drawer Washington influence peddlers. Nothing unusual there—influence, or access to the influential, is peddled every day in the nation's capital. In this case, maybe it even makes some sense that your lobbyists are Jack Abramoff and Michael Scanlon, two hired guns who liked to brag about their ties to powerful Republicans. All the better, right? Never mind that the pleasure of working with the two lobbyists may have cost one tribe more than \$30 million and another about half that. Big bucks, to be sure—but the tribes thought they were buying fancy grassroots and Washington lobbying services.

Think again.

Abramoff and Co., according to documents released by Senate investigators, were instead lining their pockets, setting up apparently sham tax-exempt foundations that contributed to their favorite charities: themselves. And tribal money not only wound up in their own pockets but also funded some of their pet causes. In Abramoff's case, that meant a yeshiva here and another school abroad—to train Jewish settlers to fight the Palestinian intifada. (Abramoff is an Orthodox Jew.) "I'm past anger and bitterness," Nell Rogers, who worked with the Choctaw, told a Senate committee. "But . . . it's an extraordinary story of betrayal—of deliberately building trust and then betraying it."

Nice work. The betrayal could also be criminal. That's why two congressional committees, the FBI, the IRS, and a federal grand jury are investigating what Arizona's John McCain calls a tale "about more than contempt, even more than greed." The alleged scheme was breathtaking: First, use the guise of tax-exempt groups—with appropriately vague names like the Capital Athletic Foundation. Then collect fat fees from the tribes and tell them you're working tirelessly on their behalf. Finally, use the money mostly as your own personal piggy bank.

In Washington, power is always about information and only sometimes about money. Abramoff and his pal

Scanlon may well have controlled both, at least as far as the tribes were concerned. One former associate told Senate investigators that his bosses had the tribes coming and going: They would whip up opposition to the Indian casinos by setting up fake religious phone banks, then they would beat them back, convincing the tribes they had done a magnificent job representing their interests.

Too bad for these guys that they left an E-mail trail, full of instructions about how to scam the tribes and juvenile towel-snapping when their schemes worked. Here's an Abramoff E-mail to Scanlon, once a spokesman for House Majority Leader Tom DeLay, advising how to con a representative of one tribe: "I think you should call her and tell her that we have turned the corner but you are pouring it on to make sure we win. Tell her as of now you're finally willing to say we will win this, but laughingly say, 'I don't know how I'm going to get back all the money I had to dump into this.' . . . That will set her up for a discussion about payments." How clever.

But probably not as clever as the use of phony nonprofit groups they invented to funnel money to whatever suited their purposes. My personal favorite: The American International Center, a bogus global think tank apparently set up by the boys to funnel money to themselves and their favorite causes. It was, its website said, "founded under the high-powered directorship of David A. Grosh . . ." High-powered? Not quite. Turns out that Grosh is a boyhood friend of Scanlon's—and someone who has not spent a lot of time on global issues. He's

a former lifeguard and a bartender, among other things. Still, that didn't stop Scanlon from calling him one day in 2001 to ask, according to Grosh, "Do you want to be head of an international corporation?" Grosh's response: "I was like, sure. . . . I asked him what I had to do, and he said 'nothing.' So that sounded pretty good to me." Nice work if you can get it.

Some tribes, which say they were bilked out of millions, are suing to get their money back. Abramoff and Scanlon, in the meantime, are out of work, pleading the Fifth before congressional committees as they plan their defense. We can't wait to hear it. Or at least read the E-mails. ●

Two fat-cat lobbyists, some Indian tribes, and a sordid story of money and power in the nation's capital



Former lifeguard David Grosh tells of his role in the alleged scheme.

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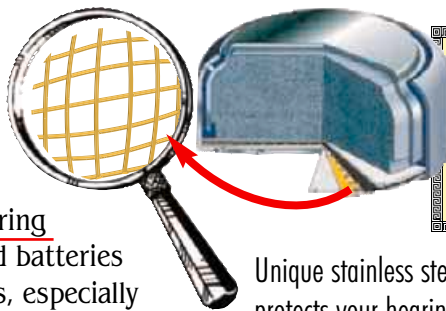
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By John Leo



Double Trouble Speak

IT'S A LIVING LANGUAGE. BUT SOMETIMES IT'S dead on arrival when people toss around euphemisms and gobbledygook. If a hospital charges \$58 for a "thermal therapy unit," what is the patient getting for the money? Answer: an ice pack. Suppose a patient spots an "optical illuminator enhancer" entering his room. Should he be alarmed? No. The visitor is a window washer. If a doctor removes a patient's right kidney when he was supposed to remove the left one, no problem. It's merely an "error of laterality." And if a doctor tells you that your medical problem is "supratentorial," back out of the room swiftly and go get a second opinion. He is saying that there's nothing wrong with your body—the problem is in your mind.

Shipments of imported shrimp often undergo "organo-lectic analysis," which requires little training. It means smelling food to make sure it's fresh. A recent annual report says that the Walt Disney Co. is targeting "pre-families" (single people and childless couples), though of course it still welcomes "post-family" customers (widows, widowers, and empty nesters). Many companies now employ a "director of first impressions," also known as a receptionist. A Pittsburgh steel company, liable to pay workers a great deal of money if it closed a mill, halted all operations and tried to argue that it wasn't really shutting the place down, just "indefinitely idling" it.

A commission named by the Church of England came up with a positive new name for couples who live together without benefit of marriage. It's "covenanted relationship," formerly nonmarital cohabitation, shacking up, and living in sin. In food euphemisms, the poor Patagonian toothfish, which few people wanted to eat, became the delicious and popular Chilean sea bass, and Britain's downscale pilchard is now the fashionable Cornish sardine.

"Insurg-ing." The list of euphemisms for firings keeps growing. Downsize, rightsize, derecruit, and outplace are old hat. New ones in Britain include "selected out through performance management assessments" and "agreed departures" ("Wilson, I hope we can both agree that you've just been fired. Now get out"). Also in England, firing someone is referred to as "icing," from ICE—"involuntary career event."

In politics, Republicans and Democrats seem to be evolving separate languages or, at least, long lists of different nouns. Democrats warn of "global warm-

ing"; Republicans talk calmly about "climate change." Democrats are starting to call themselves "progressives." Republicans just say "liberals." Other Republican/Democratic partisan pairs include trial lawyer/personal injury lawyer, death tax/estate tax, collateral damage/civilian dead, quotas/goals and timetables, campus race preferences/race-sensitive admissions, indoctrination/sensitivity training, faith-based/religious, school choice/school vouchers, personal accounts/privatization, tax relief/tax cuts, illegal/undocumented, fetus/uterine contents, military difficulties/quagmire, rendition/shipping captives out for torture, racial charlatan Al Sharpton/civil rights activist Al Sharpton, John Kerry's weaseling/John Kerry's nuanced approach.

Most of us have no problem using the word "terrorists" for people who regularly blow up innocent bystanders for political effect. But the mainstream media still shun the "T" word in favor of "insurgents" or "the resistance." The "insurgents" in Iraq aren't really "insurg-ing." They are blowing up large numbers of random people. But the press keeps talking about activists, rebels, militants, fighters, assailants, attackers, hostage-takers, etc., etc. Some media outlets are willing to refer to "acts of terrorism," as long as they don't have to call the people who perform those acts "terrorists." We have sin, but there are no sinners.

In America's clone wars, politicians have argued for years over the alleged distinction between "therapeutic cloning" and "reproductive cloning." But the only difference is in the intent of the scientists who manipulate the embryos. The procedures and the biological entities created are the same. The problem for euphemizers is how to get rid of the scary words

"clone" and "embryo." Early efforts to create soothing new terms such as "ovasome," "embryolike entities," and "activated egg" failed to catch on. So the International Society for Stem Cell Research opted for jargon. The word "cloning" was dropped in favor of "somatic cell nuclear transfer" to produce "human NT blastocysts," from which scientists in South Korea, who did not utter the word "clone," recently extracted "hESC." Sustainable language added. Linguistic problem solved. ●

Why say something clearly when you can use a jaw-breaking euphemism?



For help on this column, my thanks to William Lutz, author of Doublespeak Defined and a distinguished authority on false and deformed language.

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MAINE

NATURE BECKONS

Is Isle au Haut the most beautiful spot on Earth? Hop a mail boat and see for yourself

The rain in Maine is mainly gone in summer. Welcome to sunny Isle au Haut!

Photography by Jim Lo Scalzo for *USN&WR*



By Julian E. Barnes

I follow Linda Greenlaw, swordfish boat captain turned lobster fisherman turned writer, up a steep incline on a narrow wooded trail. She is taking me to one of her favorite spots on the island she calls home. With each step, a low rumble grows ever louder, like an approaching locomotive. The trees fall away, and the Cliff Trail opens onto a bluff looking down to jagged fingers of rock poking into the Atlantic. Agitated by storms of the previous day, waves crash against the rocky shore. Foam careens into rocks and flies in the

air; some spouts burst upward like geysers, others bend into long arcs before breaking up into droplets that plunge back into the sea. "It's almost like staring at fire," Greenlaw says. "Every wave looks just a little different."

The seascape makes me think back five years earlier, to the first time I hiked the southern trails of Isle au Haut. On a perfect summer day, after gazing out over the surrounding islands from Duck Harbor mountain and walking intimate rocky beaches, each framed by gray boulders, black jagged rock, and green spruce trees, I was overcome with the feeling that I had found the most beautiful place on Earth. On this return visit, I wondered if I would feel the same magic.

Isle au Haut is one of the most remote outposts of Acadia National Park. About 10 square miles in size, it lies at the end of an archipelago of islands in Maine's Penobscot Bay. French explorer Samuel Champlain named it high island in 1604, for its peak overlooking the bay. Mainers mangled the French, so today's pronunciation is eye-la-ho. Roughly half the island is incorporated into Acadia; it is also home to a few hundred summer people and about 45 year-rounders, including a dozen or so lobster fishermen. Even at summer's height, the island is free of the crowds that jam the heart of Acadia on Mount Desert Island. Unless you

have your own kayak or boat, the only way there is a 45-minute mail boat ride from Stonington.

Wild over ewe. The \$32 round trip through the islands between Stonington and Isle au Haut is a fantastic cruise. As the mail boat pulls away from the dock, Russ Island is in view—now spruce covered but once the scene of open meadows where farmers raised sheep. Russ is sheepless these days, but wild rams and ewes can still be spotted on York Island, off Isle au Haut's eastern shore. As the mail boat

turns into Deer Isle Thoroughfare, passengers get a close look at the granite quarry on Crotch Island, named for the fiordlike inlet that splits the island in two. Though large-scale granite mining ended in the 1960s, the lust for granite countertops has revived old quarries. Lobster is the lifeblood of the area. The ocean is thick with colored buoys, and in summer, the morning mail boat passes dozens of lobster fishermen pulling traps from the ocean floor.

On the day I visit, a steady drizzle falls from the sky. It is often rainy in May on Penobscot Bay, but from July to September, clouds yield to sun. The ranger station is a short walk from the town landing, and



MAP BY DANNY DOUGHERTY—USNA&WR

IN A FOG. Even in summer, morning mist shrouds the moist forests.



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I hurry over. Wayne Barter, the senior ranger on the island, has a white mustache and a soft coastal Maine accent (r's disappear from the end of words, then reappear where they don't belong). Barter has a taste for dramatic understatement. I ask if his family has been on Isle au Haut a long time. "Oh, a couple generations," he says. "They came in 1792." Maine humorists call that a poke line. You aren't supposed to laugh but can't resist a smile.

Ducky view. Barter suggests walking down the Duck Harbor Trail, which begins behind the ranger station, then exploring coastal trails at the island's southern end. Western Head and Cliff trails are two of his favorites. "It's a tossup between those trails and [hiking up] Duck Harbor Mountain," he says. "It's only 300 feet high, but you get a great view."

The 3.8-mile Duck Harbor Trail is the best way to get from the town landing to the coastal trails. In the summer, one of the morning mail boats goes directly to Duck Harbor. But you'd miss the wild blueberries on the trail's edge, along with a great example of a Maine fog forest. Because of the moisture in Isle au Haut's air, moss spreads like kudzu and lichens crawl up the spruce trees. Where winds push over a shallow-rooted spruce, its lichen-covered spine looks like a whale skeleton. On summer mornings when a fog still hangs in the air, the forest seems wrapped in a ghostly aura.

Eben's Head Trail, which starts near the end of Duck Harbor Trail, takes you through coves and rocky beaches. Dozens of them ring the island, and each is subtly different. On some beaches, small rocks crunch under each step; on others you pick your way along jagged cliffs. Some coves are sheltered and quiet. Others present fierce cliffs and battering spray. There's one quintessential Maine scene after another.

LOCAL FAVE

"The **Bagaduce Lunch** in Brooksville, a '40s-era takeout joint the size of a no-frills mobile home, is located on the edge of the Bagaduce Falls and serves up what might be the **best bellies-and-all fried clams**, onion rings, and fried haddock in Maine."

HEIDI JULAVITS, a novelist who splits her time between Manhattan and Brooksville, Maine



TRIP TIPS. Staying over? You can camp or try one of two inns (pictured: the Inn at Isle au Haut). Souvenir of choice: seashells.

As I walked the trail, I got the same feeling as five years before—as if I were the first to have disturbed the stones on these sublime shores. An illusion, I believe, that many visitors savor.

A day tripper could spend the rest of the afternoon climbing Duck Harbor Moun-

tain and walking Cliff Trail, then catch the 5:45 p.m. boat back. Because I have the luxury of staying overnight, I get a ride with Barter to the Inn at Isle au Haut. (Forced to choose between a \$25-for-three-nights campsite and a \$300-a-night lodge serving three elegant meals, I opted for the latter.)

The next morning, Greenlaw picks me up at the inn and takes me around the island in her old Range Rover. Before she returned to Isle au Haut to lobster, Greenlaw was a swordfishing captain who commanded the sister boat to the Andrea Gail, which went down in the Perfect Storm. These days she does more writing than lobstering—her latest work is *Recipes From a Very Small Island*, an Isle au Haut cookbook. And like a good fisherman, she loves telling stories. As we tour, she points out a mastless sailboat where her handyman raised four of his five children, and a house with a boulder sticking up through its kitchen floor—the rock was too big to move and the builder wanted the house in a very particular spot.

We then enter the park, and I walk with Greenlaw past Deep Cove, where harlequin ducks squeak in the backwash of waves, to Cliff Trail, where the surf is breaking in spectacular patterns. I ask her what drew her back. "There are places I get a real sense of the past," she says. "I can imagine Indians exploring this place, living here."

I nod. Maine has many picturesque coastal villages. Yet that beauty has led to inevitable changes. Fishing becomes secondary to tourism; canneries yield to boutiques. Not on Isle au Haut. Much of the island is still wild, seemingly untouched by modernity.

There are those who love the big sky of the American West, but to me it is this place—with its perfect little rocky beaches that you can take in at one glance—that is the most beautiful place on Earth. ●





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Good tidings: When the surf goes out, tide pools populated by starfish and sea anemones emerge.

SHI SHI BEACH

SHORELY, IT'S PARADISE

By Caroline Hsu

Bruce, a salty volunteer ranger with a missing finger, comes by to make sure my back-country camping permits are in order. When I ask what there is to do on the beach, he glances at the pounding white waves and massive stone spirals rising out of the sea, baffled at a question about what to do in paradise.

"Well," he says slowly, as if my tentmate and I are challenged in some way, "you can walk around and make friends. You can drink whiskey and go cuckoo. Or," he adds, squinting toward the south end of the beach, "there's a dead sea lion that washed up."

We ponder our options and stifle our laughter.

Beachy keen. Sitting at the northernmost tip of 63 miles of pristine coastline, Shi Shi (pronounced shy-shy) is a true wilderness beach. Huge driftwood logs back the 2-mile stretch; a misty emerald green spruce forest rises steeply up the banks of the headlands. For years, official access to this legendary Olympic National Park beach, a

few hours from Seattle, was possible only via a difficult, sometimes dangerous 13-mile trek—several hikers have died over the years. This is the second summer the beach has been open via a new, heavily wooded 3-mile trail through Makah Indian reservation land.

Most visitors camp at least one night to appreciate the rhythms of the beach: rising and receding tides; morning ocean mists floating into the cedars; bright midday sun shining on delicate sea creatures revealed by low tide.

It's possible to go swimming, but the surf can be very strong.

A surfer trotting by in a slick black wet suit tells us of a campsite in the woods. But we pitch our tent on the beach. Starting a fire is easy with bone-dry driftwood. With a tent and a fire, the

beach becomes more than a place to indulge in trashy bestsellers—it starts to feel like home.

On a moonless night, the beach is nearly pitch black. Fires dot the coastline, revealing the shore's gentle curve. Since the sun has set, low tide has extended the beach at least 50 feet. In the dark, it's hard to tell where land ends and ocean begins.

I wander in the blackness, past where the waterline had been earlier that day, moving toward the sound of the surf and feeling as if I were walking into an abyss.

During low tide, the ocean pulls back to reveal slick rocks and sandy shallows teeming with life. At the south end of the beach, rows of shiny blue mussels cover huge boulders. Plump purple starfish congregate, growing fat feeding on mussels, abalone, barnacles, and snails.

After hours of peering into the tide pools and exploring shallow caves (wear waterproof hiking boots or high-quality water shoes), we notice that the tide is rapidly returning. Keep track of the water level to avoid being trapped on a rock formation far out at sea.

I take a last look at the bizarre twisting sea stacks, some topped with a few lonely trees, relics from when the formations were part of the headlands. I pick up an orange and pink streaked curl of a shell as a memento, but when I turn the shell around, a shy crustacean quickly folds itself deeper into his tiny home. Gently, I place it back in the shallow waters. This beach should remain exactly as it is. ●



LOCAL FAVE



"In Olympia, the **farmer's market** is really amazing. Local farmers and artisans peddle their wares, and there's always a **bluegrass band playing**. I like to get fish and chips or a **crab sandwich** or maybe some curry, sit on the dock, and watch the ships go by."

CARRIE BROWNSTEIN, guitarist and singer for pop punk trio Sleater-Kinney, who grew up in Seattle and went to school in Olympia



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DRINKS WATER

CHICKEN VEGETABLE KABOBS

You manage your blood sugar. Are you doing enough to help protect your heart?

- Heart disease is the #1 cause of death for people with diabetes.
- With diabetes, cholesterol is more likely to build up in the artery wall. So even with normal cholesterol levels, you could be at risk for heart disease.

The Heart Protection Study proved that ZOCOR, along with diet, significantly reduced the risk of heart attack and stroke in people with diabetes, including those with normal cholesterol and normal blood sugar.

YOUR RESULTS MAY VARY.

- If you have diabetes, ask your doctor how ZOCOR, along with a healthy diet, can help protect your heart.
- Get your free copy of *Your Heart Matters* at zocor.com or call 1-800-MERCK-75.

Important considerations: ZOCOR is a prescription tablet and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, and anyone with liver problems. Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. ZOCOR may interact with other medicines or certain foods, increasing your risk of getting this serious side effect. So tell your doctor about any other medications you are taking.

ASK YOUR DOCTOR IF ZOCOR IS RIGHT FOR YOU. PLEASE READ THE MORE DETAILED INFORMATION ABOUT ZOCOR IMMEDIATELY FOLLOWING THIS AD.

ZOCOR[®]
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To find out if you qualify, call 1-800-MERCK-75.

ZOCOR® (SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY, THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol. For patients at high risk of coronary heart disease (CHD) because of existing heart disease, diabetes, vascular disease, or history of stroke, ZOCOR is indicated along with diet to reduce the risk of death by reducing coronary death; reduce the risk of heart attack and stroke; and reduce the need for revascularization procedures.

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR:

- Cyclosporine, itraconazole, ketoconazole, erythromycin, clarithromycin, telithromycin, HIV protease inhibitors, the antidepressant nefazodone, or large quantities of grapefruit juice (>1 quart daily), particularly with higher doses of ZOCOR.
- Gemfibrozil particularly with higher doses of ZOCOR.
- Other lipid lowering drugs (other fibrates or ≥ 1 g/day of niacin) that can cause myopathy when given alone.
- Danazol particularly with higher doses of ZOCOR.
- Amiodarone or verapamil with higher doses of ZOCOR.

The risk of muscle breakdown is greater at higher doses of simvastatin.

Because the risk of muscle side effects is greater when ZOCOR is used with the products listed above, the combined use of these products should be avoided unless your doctor determines the benefits are likely to outweigh the increased risks.

The dose of ZOCOR should not exceed 10 mg daily in patients receiving gemfibrozil. The combined use of ZOCOR and gemfibrozil should be avoided, unless your doctor determines that the benefits outweigh the increased risks of muscle problems. Caution should be used when using ZOCOR with other fibrates or niacin because these can cause muscle problems when taken alone.

No more than 10 mg/day of ZOCOR should be taken with cyclosporine or danazol.

The combined use of verapamil or amiodarone with doses above ZOCOR 20 mg should be avoided unless your doctor determines the benefits outweigh the increased risk of muscle breakdown.

Your doctor should also carefully monitor for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

In the ZOCOR Survival Study, the number of patients with more than 1 liver enzyme level elevation to greater than 3 times the normal upper limit was no different between the ZOCOR and placebo groups. Only 8 patients on ZOCOR and 5 on placebo discontinued therapy due to elevated liver enzyme levels. Patients were started on 20 mg of ZOCOR, and one third had their dose raised to 40 mg.

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and thereafter when clinically indicated. Patients titrated to the 80-mg dose should receive an additional test at 3 months and periodically thereafter (eg, semiannually) for the first year of treatment. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

PRECAUTIONS

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription. You should also tell other doctors

who are prescribing a new medicine for you that you are taking ZOCOR® (simvastatin). ZOCOR can interact with the following:

- Itraconazole
- Ketoconazole
- Erythromycin
- Clarithromycin
- Telithromycin
- HIV protease inhibitors
- Nefazodone
- Cyclosporine
- Large quantities of grapefruit juice (>1 quart daily)

The risk of myopathy is also increased by gemfibrozil and to a lesser extent other fibrates and niacin (nicotinic acid) (≥ 1 g/day).

The risk of muscle breakdown is increased with other drugs:

- Danazol
- Amiodarone
- Verapamil

Some patients taking lipid-lowering agents similar to ZOCOR and coumarin anticoagulants (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patients taking these medicines should have their blood tested before starting therapy with ZOCOR and should continue to be monitored.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Like most prescription drugs, ZOCOR was required to be tested on animals before it was marketed for human use. Often these tests were designed to achieve higher drug concentrations than humans achieve at recommended dosing. In some tests, the animals had damage to the nerves in the central nervous system. In studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors increased. No evidence of mutations of or damage to genetic material has been seen. In 1 study with ZOCOR, there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. In studies with lipid-lowering agents similar to ZOCOR, there have been rare reports of birth defects of the skeleton and digestive system. Therefore, women of childbearing age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woman does become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at once. The active ingredient of ZOCOR did not cause birth defects in rats at 3 times the human dose or in rabbits at 3 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not breast-feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 10 years of age.

Geriatric Use: Higher blood levels of active drug were seen in elderly patients (70–78 years of age) compared with younger patients (18–30 years of age) in 1 study. In other studies, the cholesterol-lowering effects of ZOCOR were at least as great in elderly patients as in younger patients, and there were no overall differences in safety between elderly and younger patients over the 20–80 mg/day dosage range. Of the 7 cases of myopathy/rhabdomyolysis among 10,269 patients on ZOCOR in another study, 4 were aged 65 or more (at baseline), 1 of whom was over 75.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR can cause side effects, and some of them can be serious. Side effects that do occur are usually mild and short-lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinical studies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In 2 large, 5-year studies, patients taking ZOCOR experienced similar side effects to those patients taking placebo (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are listed below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCOR and to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cramps, anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty changes in the liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves causing weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, loss of balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle weakness.

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms have been reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be based on allergic-type reactions, which may rarely be fatal. These have included 1 or more of the following: a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, and low blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue, and/or throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a person's immune system may attack parts of his or her own body); severe muscle and blood vessel inflammation, sometimes including rash; bruises; various disorders of blood cells (that could result in anemia, infection, or blood clotting problems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to sunlight; fever, chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a serious burn-like shedding of skin all over the body, including mucous membranes such as the lining of the mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bilirubin; thyroid function abnormalities.

NOTE: This summary provides important information about ZOCOR. If you would like more information, ask your doctor or pharmacist to let you read the prescribing information and then discuss it with them.



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20451524(1)(648C)-ZOC-COON

MAMMOTH CAVE

WHEN NATURE CRAWLS

By Helen Fields

The ceiling was inches from my hard-hatted head; the reporter's notebook in my back pocket kept catching on protruding rocks, and off to my left was a 6-foot drop that could certainly break a limb or two. My glasses were fogging up, I was wriggling on my belly, and I was pleased as could be.

It was about an hour into the 3½-hour "Intro to Caving" tour at Mammoth Cave National Park in southern Kentucky. Guided tours range from a lantern-lit amble (\$11) to the six-hour "Wild Cave Tour" (\$46), with "hand and knee crawls over jagged rocks and dirt." I chose the introductory level (\$23) because you have to crawl only over "rough" rocks, not "jagged" ones.

The pits. One of seven 20-somethings on the tour (not to worry—older people do it, too), I donned a park-issued hard hat and kneepads in the bottom of a sinkhole—a small, round valley typical of landscapes with a lot of caves—and headed through a metal door. The trail begins with a 280-stair descent through deep pits, carved by millions of years of water seeping through from the sinkhole.

"This next part is a good test for whether you're going to enjoy the rest of what we're gonna do," ranger Bruce Hatcher told us. On hands and knees, he led the way through a passage, then squeezed through a vertical crack about 3 feet up.

Striking off through unlit caverns, we walked along wide Gypsum Avenue, with flower-shaped gypsum crystals on the walls and ceiling. Fossils appeared every now and then, a remnant of the region's past at the



KEVIN HORAN FOR US&WR

OOH, PRETTY. Frozen Niagara is a top attraction. Ugh, muddy. Don't wear your nicest clothes if you take a wild caving tour.

layer as water dribbled from above, then rushed along in rivers and streams, creating a path through the stone. A later river delta deposited sand that turned into a cap of sandstone, which protects old caves as the water table falls lower and lower, dissolving through lower levels of limestone.

bottom of the ocean. Crawling through low, wide passages over rough rocks and fine, soft river sand, I greatly appreciated my hard hat and my kneepads. On a rest stop, we turned off our headlamps and sat in silence for a few moments in the absolute darkness of underground.

Mammoth has the longest known cave system in the world—365 miles and counting, all tangled under a 7-by-7-mile patch of land. Sinkholes and caves spot the area. When ocean covered low-lying parts of the continent hundreds of millions of years ago, sea creature skeletons settled to the bottom to make a thick layer of limestone. The cave formed in this

Our tour stuck to high, dry parts. Well, mostly dry. After another hour and a half of wandering, crawling, and occasional slithering, we got to the Keyhole, which our guides had warned us about. After a recent rain, the floor was muddier than usual. I jammed my head sideways through the ludicrously tiny hole and clawed over puddle-pocked rock to emerge triumphant, muddy, and—oddly—with not a hint of claustrophobia.

We joined the tourist paths near Frozen Niagara—where glossy swoops of stalactites and flowstone swing down the walls like icing on a wedding cake. As other visitors gawked at our muddy clothes, we headed for a revolving glass door into the scent of honeysuckle. ●



LOCAL FAVE



"Louisville has a magic combination of southern hospitality and midwestern work ethic. The perfect day would include a visit to Churchill Downs, lunch from Kentucky Fried Chicken, a tour of the Louisville Slugger Museum, and dinner at Morton's."

MUHAMMAD ALI. The native son's Muhammad Ali Center, highlighting his career as well as cultural diversity, opens later this year.

ALASKA

AN ICE DAY FOR A HIKE

By Nancy Shute

Glaciers are crunchy. That was my first surprise as I stepped onto Root Glacier in Wrangell-St. Elias National Park and Preserve. The ice crackled like potato chips as I inched forward with crampons strapped to my hiking boots.

The next discovery was even better. The steel spikes on the crampons gripped so well I could walk up near-vertical slopes like a sticky-toed gecko. In a few minutes, I was tramping across a surreal moonscape of solid ice pocked with turquoise pools.

I dreaded crossing the melt-fed creeks that coursed across the glacier and plunged into crevasses. I didn't need a glaciologist to tell me that if I slipped, I wouldn't come out the other end for a few hundred years. "This is part of the fun!" said Mike Murphy, head of Kennicott Wilderness Guides, who led the half-day glacier hike. Mike wrestled a boulder into the stream to get me across a torrent that seemed 10 feet wide (but was surely less than half that).

I took a deep breath and jumped.

Wrangell-St. Elias is among the least visited national parks, with just 57,000 visitors in 2004.

It doesn't help that it's literally at the end of the road,

at best a seven-hour drive from Anchorage. But

Wrangell-St. Elias may well be the

most Alaskan place you'll ever see. It's America's largest national park, with 13 million acres of wilderness—an expanse larger than Switzerland. It encompasses North America's greatest collection of peaks above 16,000 feet, including 18,000-foot Mount St. Elias. There are more than 100 major glaciers, one larger than the state of Rhode Island. Its Kennecott national historic site was once the world's richest copper mine. And the park houses some of our greatest national treasures—free-thinking, cantankerous Alaskans.

The National Park Service and big tour operators plan to increase visitation to reduce crowding at Alaska's marquee park,





Denali. So the state is upgrading 60-mile McCarthy Road into the park. Once billed in guidebooks as the worst road in America, it's a one-lane gravel track down the old Kennecott mine railroad bed, with spikes still surfacing to puncture tires. On the two-hour drive, my only complaint was that it was too bumpy to drink my Diet Coke.

Hoof it. The road ends in a quintessentially Alaskan way—at the Kennicott River, with the town of McCarthy and Kennecott mine on the far side. For years, the only way across was via hand-pulled tram. Residents argued fiercely over whether the tram was a threat to life or a defense against tourist-infested minivans. In 1996, they compromised with a footbridge. Shouldering my pack, I walked the half mile into town.

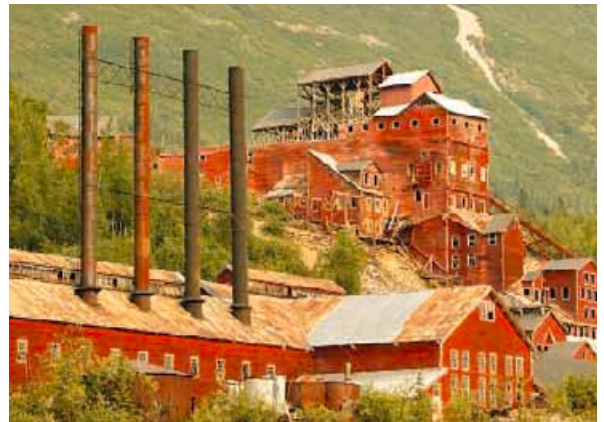
McCarthy, summer population perhaps 100, has a scattering of charmingly dilapidated buildings along the dirt main street. Eighty-five years ago, it was a business center catering to the thousands who came north to make a fortune, or maybe a living, mining silver, gold, and copper. After decades of decrepitude, McCarthy is growing again and delivers a range of comforts remarkable considering its location: halibut cioppino, hot showers, and Wi-Fi Internet access—even though residents must generate their own electricity or do without.

The defunct company town of Kennecott, 5 miles up the valley, is caught in the past. In 1900, two prospectors discovered green cliffs on the Kennicott Glacier's east edge; they were 70 percent copper ore, one of the richest deposits ever found. From the mine's opening in 1911 until 1938, it produced at least \$200 million of ore. The park service, which took title to Kennecott in 1998, is restoring some buildings, letting others crumble. For now, visitors can roam at will. I spent an hour nosing around dangling tram wires and mounds of giant, rusting pulleys.

It's hard to grasp the notion of a national park the size

of Switzerland. I'm glad I took the advice of Neil Darish, co-owner of McCarthy Lodge, and shelled out \$135 for a 70-minute sightseeing flight. Pilot Gary Green, gray hair flapping beneath his cowboy hat, seemed a gentle soul. I changed my opinion once he flew his Cessna 180 straight at the shimmering icefall on the Russell Glacier, closer and closer, while I stifled the urge to shout: "Turn!" Finally he did, the wings missing the mountainside by what felt like inches. People in McCarthy say Kennicott Glacier is a few hundred feet lower than it was a decade ago. Global warming is the likely culprit. Looking through the plane's window at a scene vaster than 100 Grand Canyons, I found it difficult to believe that humans could affect it one bit.

RON NIEBRUGGE C/O MIRA



SLIPPERY WHEN FROZEN. Root Glacier's crevasses challenge hikers. Above, the old mill at Kennecott mine company town.


On the front porch of the McCarthy Lodge that evening, a park service interpreter mentioned that a black bear had strolled down Kennecott's main street at 5 p.m. Flatbed Larry explained that he'd gotten his name because there were just too many Larrys in McCarthy. The attributes of Alaska serial killers were discussed, with the nod going to the "Butcher Baker," who invited young women on airplane rides and then hunted them. Barmaid Rebecca Bard brought out another round of Alaskan Amber, ignoring the mosquitoes that hovered around her shoulders, bare in a halter minidress. She grew up in Dayton, Ohio, but once she discovered McCarthy, she settled in. "What's more fun than coming to the end of the road?" ●

LOCAL FAVE



"The best way to get in some really great hiking is to get dropped off by airplane at a remote airstrip. You can land in rather strange places, including on a glacier."

ED LACHAPPELLE, glacier expert, McCarthy resident, and author of *Secrets of the Snow*



GRAND CANYON

CAN YOU EVER GAWK ALONE?

By Thomas Hayden

The Grand Canyon comes with a lot of baggage. For a century at least, the 277-mile gash through Earth's skin in northwestern Arizona has been unrivaled as the must-see monument of natural America. Nearly 5 million people a year visit, and therein lies the problem. They're packed six deep along the guardrails of overlooks. But dodging crowds in the backcountry can mean missing classic views. Can the casual day visitor experience the grandeur without feeling like a passenger on the Tokyo subway?

Fortunately, yes. Most visitors head straight to Grand Canyon Village, just inside the South Entrance, and slowly spread out along the rim through the day. Flip that itinerary, and you're on your way to seeing what everyone else does, without having to see everyone else in the process.

The little-used East Entrance is in the middle of nowhere, a 230-mile drive from Phoenix or 300 miles from Las Vegas. But it's only 30 miles from the dusty town of Cameron, Ariz., where the comfortable Trading Post and Motel makes an excellent starting point. Stock up on gas, water,

and buffalo jerky the night before, and get ready for a predawn departure.

The canyon can be spectacular any time of day, but it's worth making the effort to time your first view to sunrise, about 5:15 a.m. in June or 6 a.m. by late August. Drive to Lipan Point, a few miles past the East Entrance (it will be unattended—you'll have to pay the \$20 entrance fee later in the day) and prepare to be dazzled. The sun rises slowly, revealing each horizon of the layer-cake geology in turn. Gaze back to the east, and you'll see the 1932 stone Watchtower in silhouette against the rising sun; scan across the 180-degree view to the west and new colors and features will emerge every few minutes as the complex rock forms are thrown into ever sharper relief. Solitude factor: high.

A dozen miles farther along Desert View Drive—about halfway to the village—you come to Grandview Point and a look at the view that first made the canyon famous. This was the South Rim's first tourist hub, home to a rustic lodging as early as 1893. Grandview Trail was closed for upkeep on a recent morning,

but the point was nearly deserted—East Entrance tourists tend to gather at the Watchtower for sunrise, and those coming from Grand Canyon Village won't be here for hours. Solitude factor: moderate.

Go down. It's still early, but traffic is picking up and the crowds are swelling with tour bus arrivals. It's time to dip a little deeper into the abyss. "Especially at mid-

day, the canyon can look pretty static when you're glued to the rim," says Mike Buchheit, 41, director of the Grand Canyon Field Institute. "But below the rim, the view changes with every switchback. You don't have to descend far to get a taste." Your best bet is the South Kaibab Trail—

the only hiking route built along a ridgeline, providing unforgettable 360-degree views (and occasional bouts of vertigo). The trailhead is accessible only by park bus, so you'll have to drive into the village to catch the free shuttle. Gawk at crowds snapping cellphone photos from the most crowded overlooks as you pass.

It's a steep descent—you'll want sturdy shoes or hiking boots and plenty of water—and you'll most likely run into other hik-



LOCAL FAVE

"From **Bright Angel Point** on the North Rim, you can look across 15 miles to the South Rim. Cast your eye down to the **ancient rocks exposed** in the bed of the Colorado River at the bottom of the mile-deep Grand Canyon."

JAMES L. POWELL, author of *Grand Canyon: Solving Earth's Grandest Puzzle*



It's big. And crowded.
So please, don't tell a
soul about our secret
crowd-evasion plan.

HAWAII

GO WITH THE FLOW

By Kevin Whitelaw

On a windswept road, we stop in the middle of a century-old lava flow. There are no trees, just undulating layers of jagged, black rock. It's a strange place for a housing development, in the shadow of the Mauna Loa Volcano. But the isolated homes of Ocean View sit on the frozen lava—directly in the path a new flow would most likely take. And Mauna Loa is more than a decade overdue for an eruption. “It’s just a matter of time,” says my volcano guide (and retired geology professor), Lee Meyerson.

Geology is the past, present, and future on Hawaii’s Big Island. And the star of the show is Kilauea, one of the world’s most active—and accessible—volcanoes. It has been erupting continuously for over 20 years, but you never know quite what you’re going to see. For maximum volcanic action, I’ve signed up for tours by land, air, and sea.

Stoned. I’m surprised to learn that my wife and I have another escort besides Lee and his wife, Betty. Even before we

reach Hawaii Volcanoes National Park for an all-day driving and hiking tour, the Meyersons start talking about Pele, the tempestuous fire goddess reputed to inhabit Kilauea. As the legend goes, Pele wreaks vengeance on ingrates by sending lava flows to their homes. “Taking stones from the volcano will incur Pele’s wrath,” Lee warns. I chuckle. But they’re serious: Former clients on an unlucky streak have mailed them rocks to return to the volcano as a peace offering.

At Kilauea’s 4,000-foot summit, we stop at the massive caldera, the depression at a volcano’s center, which held a lake of lava for most of the 19th century until it dried up. “This is where Pele lives,” says Lee, gazing into the crater. And Pele has been a very busy goddess. The plateau we’re standing on is composed of new rocks (they’re silvery) and older ones (they turn dark black, then brown, over time). Some are smooth and billowy, like coils of ropes spread across the ground. Called *pahoehoe*, they were gaseous flows that moved smoothly across the ground. Other flows, called *aa*, are marked by jagged edges and rough pebbles. Flip-

MIKE BUCHHEIT—WWW.GRANDCANYONPRINTS.COM (2)

ers. But make your way down 1.5 miles to Cedar Ridge (about an hour down and two hours back at a moderate pace), and you’ll find that even the human encounters take on a different character below the rim. “This is spectacular,” says Sharon Bloodgood, 65, surveying the view from Cedar Ridge with her sister and longtime hiking partner, Irene Cline, 84, both from Madison, Wis. “Mount Rainier and Lake Tahoe are pretty spectacular too,” says Bloodgood, “but the sheer size of this is awesome.” Solitude factor: low, but down here that doesn’t seem to matter.

With the sun now overhead, it’s time to head for cover. Shoshone Point doesn’t show up on the park’s tourist maps, making it your afternoon ace in the hole. Turn into the small roadside clearing 1.2 miles east of Yaki Point for a milelong hike along a dirt road through cool juniper forest to a permit-only picnic area near the point. Walk out onto the spectacular overlook—no guardrails here—and make your way a few dozen feet below the rim and out of sight of civilization. Solitude factor: near perfect.

There’s still sunset, of course. Just for contrast, hop a free shuttle from the village to Hopi Point on the western Hermit Road, where it seems all 5 million visitors have gathered for the final show of the day. Solitude factor: Are you kidding? Watching grumpy sunsetters race for prime seats on the return bus before the sun has even dipped below the horizon, you’ll be glad your earlier vistas were enjoyed more or less alone. ●

QT LUONG—TERRAGALLERIA.COM



PAHOEHOE. Looks like rope, but yow, it’s hot! The crust wrinkles and folds as it moves along.

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The highlight is the active lava erupting several miles away. It flows from a rift zone—a series of cracks and faults—down to the ocean. The road cuts off several miles short of the lava. A few miles away, the hillside is spotted with red-hot lava. Three glowing clouds shoot into the sky where it meets the Pacific.

By sub. Eager for additional volcano perspectives, I try an underwater tour—a 35-minute ride in a battery-powered sub. Since the Big Island is more than 33,000 feet tall (Mauna Kea's summit, measured from the seafloor), the bulk of Hawaii's volcanoes are submerged. The highlight: seeing hundreds of colorful tropical fish feeding off a coral reef that has grown out of an ancient lava flow.

Birds (and helicopters) get the best view of the eruption. Guess who came along for our ride? "Pele was anticipating your arrival," the pilot says. "A big lava flow broke out on the last flight." Below us, lava spits and froths out of a hole that seems to reach to the volcano's molten center. Heading toward the ocean, we find an aa flow, a small stream of lava bright red in the middle and edged with silvery and black chunks. Flying over with the pilot's door open, we can feel the heat 500 feet below.

After landing, my wife and I resolve to hike out to the lava. A local overhears us discuss our plan. "Respect Pele," she says. "Bring positive ener-

gy." We decide flashlights, food, and a first-aid kit might be more practical.

As the sun falls, we return to the park. The rangers have posted warning signs and legal disclaimers—dangers on the unsupervised trek include toxic volcanic gases and unstable cliffs and steam vents that can collapse—but we just can't pass up the lure of lava.

The 3-mile hike out is hazardous in itself, as we clamber over sharp rocks. After 90 tiring minutes, we can see smoke plumes at the ocean's edge—and feel warm rocks beneath our feet. Since we see people up in front of us, we keep going. They might know something we don't.

Suddenly, the ground becomes burning hot. Red lava glows through the cracks between rocks we're standing on. Quickly retracing our steps, we perch on cool rocks a few hundred feet away and unpack our picnic dinner.

Around 9 p.m., a river of lava bursts from the ground nearby and rushes toward the ocean. The heat is tremendous, but we get close enough to see a molten waterfall coursing down the hill, lighting up the night sky—and building the earth in front of our eyes.

As we turn to leave, our sneakers stick to increasingly hot rocks. When we reach cooler ground, I trip, slicing my arm. Luckily, the wound isn't too bad. Still, before we get back in our car, we make sure to knock all of Pele's rocks out of our shoes. ●

LOCAL FAVE



"In Waimea, the **Hawaiian Style Café** serves local food, has **huge portions**, and it's great. I like their **loco moco**, a hamburger patty with gravy, onions, and a fried egg."

ROY YAMAGUCHI, chef, Roy's restaurants, Hawaii and the mainland

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YOSEMITE

LET A CAMERA BE YOUR EYE

By Ilana Ozerney

To look through the lens of a camera is to make the rest of the world disappear. Cars, backpackers, crowds of agitated tourists all melt away as a single image comes into focus: a granite cliff reflected in the Merced River; white waves of snowmelt cascading down Yosemite Falls; the way the sun wraps around the El Capitan monolith like a wedding band. This is what Ansel Adams, the photographer whose name has become synonymous with Yosemite, discovered when he first came here in 1916.

Adams later wrote: "I *knew* my destiny when I first experienced Yosemite." Back then, he was just another tourist carrying his father's Kodak Box Brownie No. 4 camera (yesteryear's point-and-shoot). Today, the Ansel Adams Gallery, tucked away in Yosemite Village, offers free guided walks (reserve in advance!) that retrace his steps and teach tricks to battle harsh afternoon light and compose interesting pictures. "When you arrive in Yosemite, you're hit with all of these big things," says Sara Bateman, a staff photographer at the gallery. "A camera shuts you out from the world. Everything quiets down. It's a more personal experience."

Parkarazzi. At 9 a.m., a dozen or so tourists gather at the gallery—some with professional-grade cameras, others carrying tiny digital cameras. One man follows his wife—who is shooting 35-mm film—with a camcorder. They are young and old, male and female, East Coast and West Coast. All hope to capture even a fraction of what Adams saw. "When I have special feelings about a place, photography makes it that much better," says Terry Casteel, an Oregon winemaker. "A camera becomes another eye in understanding a place."

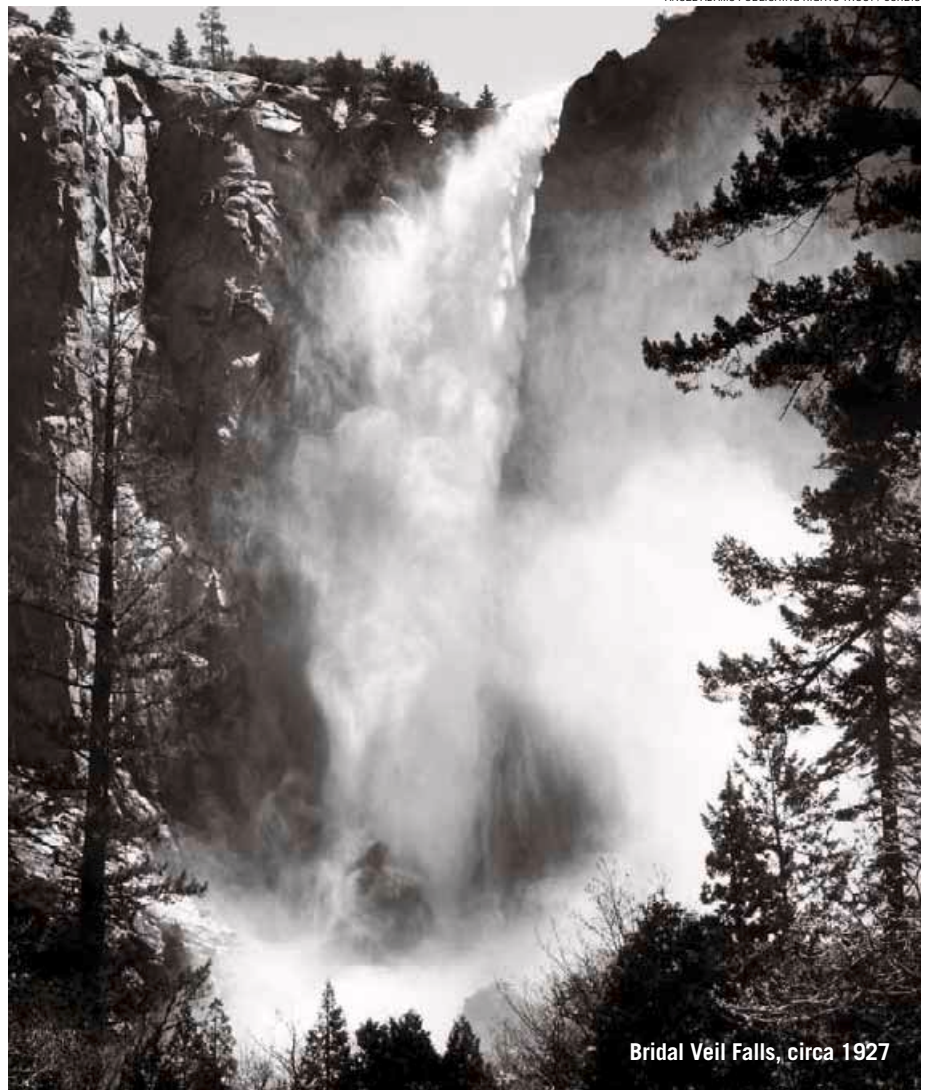
The group sets off for Cooks Meadow, which is in

the heart of Yosemite Valley but away from the crowds already gathered at the base of Yosemite Falls to see this year's substantial snowmelt. The valley, as it is called here, is surrounded by a granite precipice that seems to stretch into the sky without end. The valley floor is only 7 miles long and 1 mile wide but sees almost 95 percent of the park's 3.5 million yearly visitors, who flock to glance at the

vistas of Half Dome and Yosemite Falls—an average visit tops off at four hours. Locals joke that all you need to do to avoid the crowds is go on a slightly elevated or unpaved trail. To see why, start walking up the Falls Trail, surrounded by girls teetering on high heels and dads with toddlers in tow.

To battle valley overpopulation, the National Park Service has hired 18 hy-

ANSEL ADAMS PUBLISHING RIGHTS TRUST / CORBIS



Bridal Veil Falls, circa 1927

LOCAL FAVE



"Park above 9,000 feet elevation at the base of **Gaylor Peak**. The dividends are instant. Without expending any energy, you're already within **prime country for photographs**. It's just a 20-minute climb to the top. You can see roughly 80 percent of the mountaintops in Yosemite."

MARC SOARES, author of *100 Hikes in Yosemite National Park*, pictured with his wife, Patricia

brid buses, which take tourists (packed in like sardines in a can) from trail to trail. Some people prefer to drive their own cars, but rangers say the environmentally friendly buses have cut noise pollution and traffic jams.

From Cooks Meadow, as from the lesser-known Valley Floor Trail, you can see the towering cliffs made legendary by Adams: Sentinel Rock, North Dome, Cathedral Rocks. Ansel is everywhere—capturing the clouds over Tuolumne Meadows, standing on his pickup truck, adjusting the bellows of his large-format camera, framing the craggy edge of Merced Canyon. There is no place or time of year in Yosemite he did not capture. And yet, the possibilities for photographers still seem endless. “Explore off the beaten path,” advises Bateman. “Get the grand images out of your system. Shoot Half Dome, shoot the falls.

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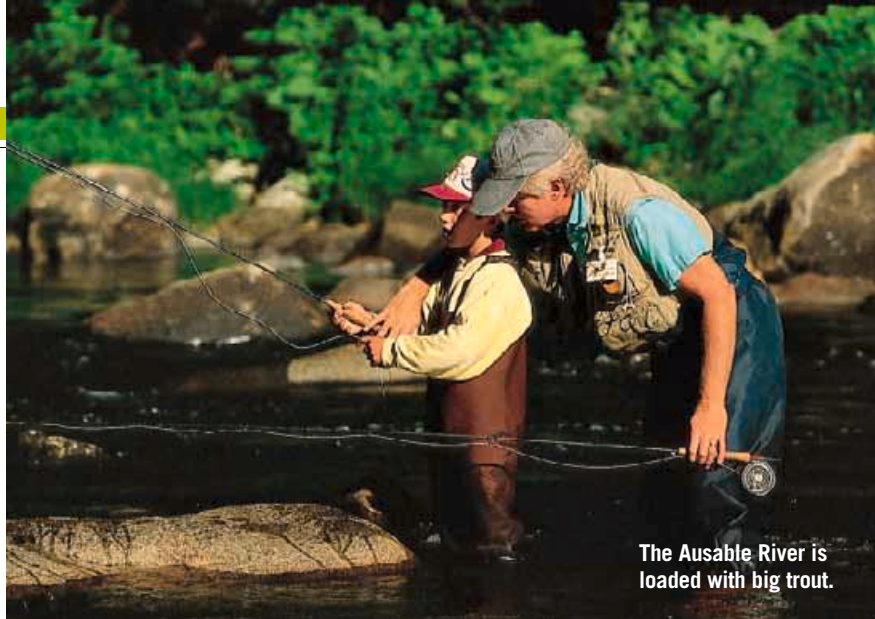


Cathedral Rocks draws shutterbugs, climbers.

Then start focusing on your own stuff.”

The photo walk is both a history lesson and a workshop. Bateman explains how young Adams was an aspiring concert pianist before he became a legendary photographer and park conservationist. She advises on technical matters—which filters are best for what kind of light, how to adjust shutter speed and aperture. And she passes on familiar but often overlooked tips—the “magic” hours are right before and after sunrise; a polarized filter will cut glare; shoot in shade when the light is harsh. “Don’t become reliant on your zoom lens! If you can walk up to it, walk up to it!” she calls out to students.

After the walk, Bateman invites her students back to the gallery and hands out a park map highlighting places where Adams shot his most memorable images. “You’re standing in the place where he was standing and looking through the lens like he did, and it’s just this rush of emotion,” she gushes. “It’s so amazing!” Her students, some of whom are pulling out wallets to buy photo books and photo equipment, enthusiastically agree. ●



The Ausable River is loaded with big trout.

ADIRONDACK REGIONAL TOURISM COUNCIL

THE ADIRONDACKS

I'M HOT TO TROUT

By Peter Cary

Head north on Route 86 out of Lake Placid, N.Y., and you’ll find yourself driving alongside a magnificent stream. Plunging through the gray granite of the north-central Adirondack Mountains, the Ausable (technically, the West Branch of the Ausable River) has long deep pools, frothy riffles, plunging cascades, and miles of open, boulder-strewn water—“pocket water” it is called. Soon you’ll see, on your right, a rustic storefront: Adirondack Sport Shop.

Inside, amid the friendly clutter of rods and vests and hats and waders, a peppery guy named Fran Better is likely to be hunched over a table, tying flies. Strike up a conversation about the Ausable, and the straightforward Better will tell you the river is the “greatest trout stream in the eastern United States.” I, for one, believe him.

Now 74, Better grew up on a hill overlooking the stream and caught a fish on a fly he tied when he was 9. He has worked these waters with fly-fishing greats and named some of the best holes after them. But it is the fast stretches that Better loves most. Trout are known to lurk in the “pockets” behind each big rock and in the

seams where fast and slow currents collide. You just have to be good enough or crazy enough to fish this rugged water.

Take two. I am one of the crazies. On a damp and cool May day, I meet guide Shane Whitford at Better’s shop. We don waders and raincoats, and head out. I’ve fished the Ausable in August, when the water is warm and the fish are lethargic. In May, normally, they’re eager for flies. But after two days of rain, the river is high and roily. Clouds become fog and drizzle, and only Whitford’s burly optimism keeps my spirits up. We wade into a long pool the color of dark tea, casting streamers (fake minnows). Surprisingly, the trout start hitting, and I catch two.

Other parts of the river yield nothing but frustration. So in late afternoon, we head back to the first stretch—now even higher. With its slippery rock bottom and quick drop-offs, the river is treacherous. We inch down into the pool, the water near our chests. And there, in the pouring rain, four nice trout come to the fly. When the last one, a fat 15-inch brown, is in the net, we whoop like school kids. I recall something Better told me earlier: “Rain forces them out of their hiding places. This is when you get the biggest fish.” I decide that when I tell my friends how to fish the Ausable, that’s one detail I’ll leave out. ●



LOCAL FAVE



“Once a year I try to climb Mount Marcy, the highest of the Adirondacks. On a clear day you can see Lake Champlain and all the way to Albany.”

RUSSELL BANKS, the novelist, lives in the Adirondacks.



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YELLOWSTONE

A WILD AND CRAZY GEYSER

By Vicky Hallett

A lone. In the snow. In bear country. There I was in Yellowstone National Park on my way to the Lone Star Geyser, a backcountry erupter accessible by one of the flattest, widest, loveliest trails in the park. But instead of driving to the trailhead, a few miles south of the Old Faithful visitor center, I took a park ranger's advice to hike an unnamed path that would link up with the 2.5-mile Lone Star Trail.

After an hour of flinging myself over fallen tree trunks and splashing through puddles (singing constantly so I wouldn't startle any bears), I ran into something I hadn't seen in a while: people. As two cyclists whizzed past, I asked when Lone Star last blew. Unlike heavily touristed Old Faithful, whose hourly or so eruption time is marked on a board in the visitor center, Lone Star goes off about every three hours, so only people who've made the hike know the last time. "A half an hour ago," they shouted. I forged ahead, brushing by what I thought was a statue of a bison. "So realistic," I marveled, just before the giant creature grunted and raised its head.

LOCAL FAVE



"The park is a wonderful place to ride motorcycles. Some people ride motorhomes, but I ride a motorcycle. I ride to a campground near Silver Tip Ranch—that's where the Silver Tip grizzlies live. Then I hike 6 miles to Slough Creek. If you avoid the bears, you can bag huge trout."

PETER FONDA, actor and Montana resident

The Lone Star Trail itself took another hour. And then, there it was in a clearing. It looks like a 12-foot-tall deformed jujube made of white rock. Smoke rises from it constantly along with spritzes of water. Although I'd passed other geysers and had watched Old Faithful do its thing earlier that afternoon, there was something so random about Lone Star geyser. Its placement, miles from any of its big brethren, was how it got its name. Instead of being next to a gift shop and restrooms, it's truly in the middle of nowhere.

I had more than an hour to wait, so I plopped down on a log and read while Lone Star bubbled. A couple joined my vigil in front of what the woman described as "an alien pod." We discussed what the first people in Wyoming must have thought of the strange landscape, boasting half of Earth's geothermal features: hot springs, mud pots, fumaroles, and, rarest of all, geysers, which require a hot spring's superheated water along with constrictions that force pressure to build up. Lone Star's cone was obviously doing its job: As min-



POWER SHOWER. A logbook near Lone Star lets visitors record its eruption times and their thoughts. A sample: "Quite a scene from God."

utes passed, the geyser shot up streams of water and steam, with a few minutes of particularly excited activity—the minor eruption that precedes the big show. And

then suddenly, the spewing transformed into shooting. At first the water flew 10 feet above the cone. A moment later, it filled the entire sky.

With snow falling more heavily around us, and sulfur in our lungs, it felt as if we'd become part of the explosion. And while Old Faithful lets loose for about four measly minutes, Lone Star's show lasts close to 20. When the water died out and the steam started billowing away, I felt utterly exhilarated.

I bade my new friends farewell and bounded down another trail—a more strenuous path than the Lone Star Trail. There I was, dashing through muddy puddles and climbing over fallen tree trunks. Alone. In the snow. In bear country. And it couldn't have been more wonderful. ●

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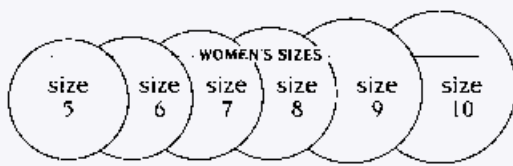
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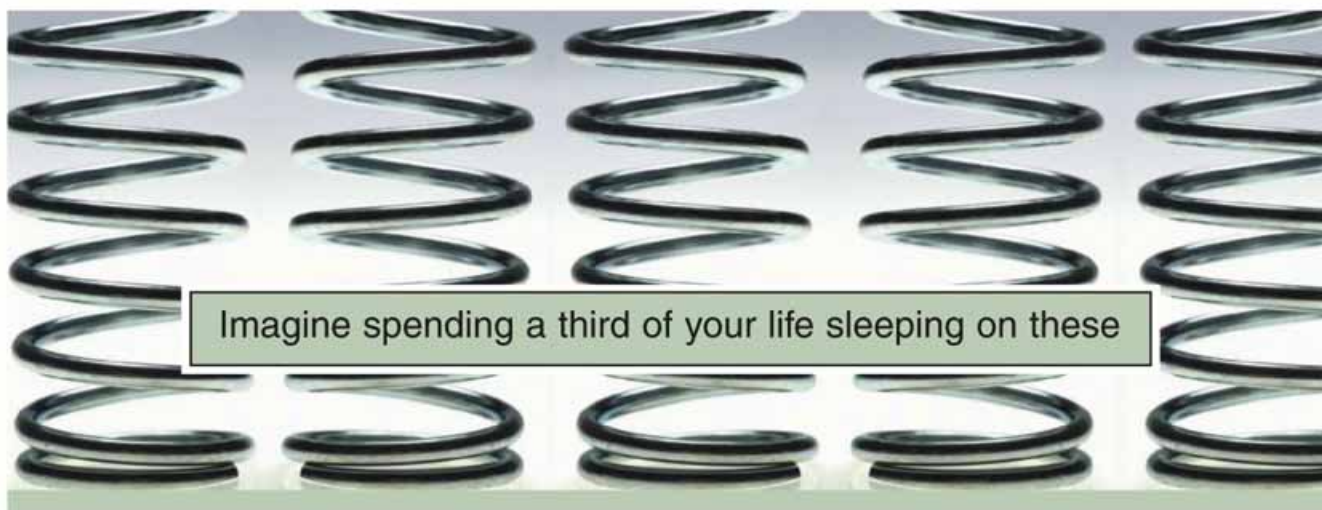
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NEW ORLEANS

SOUL OF THE

Every day is party day in New Orleans. This tomato celebration features the Kazoozie Floozies.

CITY

Do you know what it means to miss out on New Orleans? Our guide fills you in

By Dan Gilgoff

It's pushing midnight when we arrive at Snug Harbor, a cabin-like jazz bar just east of the French Quarter, to catch piano player Ellis Marsalis's second set. His son Jason is at the drums, and as they navigate a set of jaunty, improvisation-heavy takes on standards like "It Don't Mean a Thing (If It Ain't Got That Swing)" and "On Broadway," my companion remarks that the quartet, which includes an upright bass and a saxophone, is "getting excited, letting the tempo get away from them."

He's not just whistling Dixie. Cosimo Matassa is a legendary New Orleans recording engineer—the first to record hits by Little Richard, Fats Domino, and other early rock-and-rollers. Sporting a blue rugby shirt

and black baseball cap, the rotund 79-year-old has been showing me around his hometown for the past 12 hours. I ask if he's getting tired. "We used to start recording sessions at 3 in the morning," he says dryly, nursing a Sprite.

Piano man. The show ends at 1, and Ellis—whose other progeny includes musicians Wynton and Branford—stops by our table. Matassa tells him he recently found a tape, recorded in his studio in the '50s, that sounds like the now 70-year-old Marsalis is on the keys. Matassa wants to enlist Marsalis to help identify the other personnel. "If I was on it," Marsalis chuckles, "the rest of the cats are probably dead."

That may well be. So many musicians from the late 1940s and '50s—the ones who carried the world from the era of big bands and blues into the age of R&B and rock—are dying off that Matassa is taping interviews with the last of them. Much of the Crescent City that Matassa once knew, where streets rang with black jazz and old-world marches, is gone, too. But the right guide can help bring it back, which is why I've asked Matassa to clear a Friday to give me a tour. We meet in the Quarter's northeast corner, in the grocery his Italian-born father opened in 1924 and that his sons now own.

The streets here are gentrified now and drawing out-of-towners who want a vacation toehold in the Quarter, so the first order of business is catching a cab north, away from Bourbon Street's T-shirt shops and schmaltzy cover bands. Ten minutes later, we're handed menus at Dooky Chase's, a Creole eatery opposite a housing proj-

ect in the Tremé district. Big-band leader Dooky Chase Jr. recorded in Cosimo's studio in the mid-'40s; his wife, Leah, has been cooking here since almost that far back.

As we scoop scraps of shrimp, oyster, sausage, and chicken from our bowls of gumbo, Leah approaches to trade memories with Matassa. "Dooky loved the music," she says. "But he couldn't live that lifestyle." There was no steady paycheck, and late nights and long tours brought with them the drugs, women, and loneliness that did many musicians in. "These guys came from struggle," says Matassa. "They got a few thousand dollars and didn't know what to do. One guy got his first royalty check, didn't even fold it. Walked down the street and bought a Cadillac." Our waiter—Leah's grandson—interrupts to deliver Matassa's pork chops and collard greens and my shrimp clemenceau: a mound of garlic-marinated prawns tossed with peas, mushrooms, and cubed potatoes.

Skipping the praline pudding in hopes that our appetites return for dinner, we hop a cab to the Backstreet Cultural Museum, in a former Tremé funeral parlor just north of the Quarter. Museum director Sylvester Francis—who actually retrieves bodies and does odd jobs for a local funeral home franchise—leads us to the viewing room, now a gallery of electric orange, green, and pink costumes worn by the city's African-American neighborhood "tribes" during Mardi Gras. A nod to the Indian tribes who took in runaway slaves, the handmade suits feature dazzling beadwork and a dozen varieties of dyed feathers, costing thou-



sands to construct. By tradition, they're worn only twice before being retired.

The adjoining room is a temple to jazz funerals, the horn and drum parades held to honor the passing of notable Crescent

LOCAL FAVE



"Take the **streetcar** down St. Charles Avenue, home to antebellum houses, to the bend in the road at Carrollton Avenue. You're right near **Camellia Grill**, which has the best hamburgers and a drink called a **chocolate freeze**. If you have to wait, **flatten a penny** on the streetcar tracks."

KOKIE ROBERTS, political analyst, author, and New Orleans native



NAWLINS. Too cheap to buy a CD? The Louisiana Music Factory hosts free concerts. Down-home cooking (at Mother's Restaurant) and dressed-up schmoozing are part of the Blg Easy style.

ductions. The store has a long aisle devoted to early R&B and New Orleans CDs. Matassa, who made thousands of recordings before his last studio closed in 1965—and engineered records in other studios later on—fingers disks that wouldn't be there without him. "The Ikettes were in the studio once, and the mike was on," he says, stopping at the "Ike Turner" section. "One of them actually said, 'You ain't been made love to till you been made love to by a chiropractor.'" I ask Matassa if old-school New Orleans jazz ever seeped into his R&B recordings. "Definitely," he says. "On the bottom, it's the rhythm, and on the top it's the freedom of the horns to do what they want."

Unstoppable. Within an hour, we're witnessing that formula live, as a traditional jazz sextet takes the stage at the Palm Court Jazz Café, farther down on Decatur. Drummer Ernie Elly plays an endless loop of rolls on his snare and tom-tom drums, kicking the songs forward, while the clarinet, trumpet, and trombone take turns screaming over one another and falling back. A burly female singer joins the troupe to belt out standards like "Mean to Me." When I tell her during the set break that Matassa's trying to think up a song to stump the band, she deadpans, "If they don't know it, they'll fake it." Her bandmates, meanwhile, swing by our table



City denizens. Francis commiserates with Matassa on the current state of the funerals. "Used to be a group of people that went to the house of the deceased and played dirges," says Matassa. "They marched to the cemetery, then started drinking because the dead person was in a better place. Now, marches have devolved into drunken parties. It used to be about respect."

In this town, Matassa still commands plenty of it. During an afternoon taxi ride,

our driver asks, without turning his head, "Did you produce 'Carnival Time'?"

"Yeah," Matassa nods; Al "Carnival Time" Johnson recorded the song in Cosimo's studio in 1960.

"I don't even like Mardi Gras numbers," says our cabbie. "But that's one of the great bass lines of all time."

When we duck into the Louisiana Music Factory, a CD and record depot on Decatur Street in the Quarter, the staff take turns making gape-mouthed intro-

one by one to pay regards to Matassa, who's finishing his shrimp remoulade. (I'm working on a bigger plate of crawfish nantua in a brandy cream sauce.)

A short while later, we're off to Snug Harbor, where we grab a table in back. Matassa's beeping watch announces midnight a few songs into Marsalis's set. He squeezes the watch tightly with his right hand, muffling the beeps and looking for all the world like he's trying to stop time from moving on. ●

SAN FRANCISCO

A PREMIUM CABLE CAR RIDE

By Kim Clark

Tuck it in. Cable car coming on the left side!" Dangling by an arm, I was gulping cool salty air, and looking down the dizzying California Street hill to the bay. I quickly pulled myself in and hugged the wooden strut on the outside of my descending cable car. The uphill car rattled by so close I could have bumped shoes with the other open-air riders.

Gripman Walter Scott III muscled the chest-high metal trigger that works the front brakes on the 99-year-old car. He carefully creaked our 9-ton load down the hill. Luckily, on this descent, the brakes held, and none of the passengers got sideswiped off into traffic. Such accidents are rare, but that little whiff of danger is another reason that riding a cable car is so much fun.

Wharf speed. Riding the nation's only moving monument is, of course, a quintessential San Francisco experience. The vast majority of tourists, however, settle for the least authentic and least interesting version. They typically wait in two-hour queues to ride the Powell Street lines that take them to touristy Fisherman's Wharf.

That's too bad. For the same price—\$3 one way, or, better yet, \$9 for an all-day pass—tourists can join the locals who jump right on the city's oldest cars (there's usually no line) and take an open-air tour of San Francisco history. Noting that his car rumbles through Chinatown and up Nob Hill, gripman Scott declares: "Every trip is an adventure."

The adventure begins just two blocks up from the bay, where the California line starts off for the skyscrapers of the financial district. It clangs slowly up to Grant Street, the gateway to Chinatown.

Stepping off here at first seemed a little disappointing,



WHEEL DEAL. Since 1878, the California line has trundled locals from the bay to Nob Hill.

since souvenir joints are increasingly pushing out butcher shops with live chickens and basement vegetable emporiums cluttered with crates of mysterious dark roots. (Many locals have shifted their shopping one block west on Stockton Street.) But there are still plenty of authentic bits of history from the 19th century, when Chinese immigrants sought their fortune at what they called "Golden Mountain," and thousands of Asian workers were imported to do the back-breaking work of building the transcontinental railroad.

It took only a few minutes to find the real Chinatown. I strolled three blocks to Clay Street and turned down Ross Alley, which quickly grew eerily dark and quiet. The alley cuts between dingy buildings with musty doorways emblazoned only with Chinese symbols. The sense of mystery deepened for me when I saw a small man in a soiled white butcher's jacket and

knee-high black rubber boots wheeling a big trash barrel toward me. I stopped, fascinated by the big green mesh bag that seemed to be squirming on top of the barrel. Why that's... frogs! At least two dozen hand-size fat green frogs were jumping

and wriggling inside the bag. Ignoring the temptation to trail the frogs, I instead followed a delicious smell—cooking vanilla. Up to the right was a sign: Golden Gate Fortune Cookies factory.

Now the standard dessert in Chinese restaurants, this cookie was actually invented by the operators of San Francisco's Japanese Tea Garden in Golden Gate Park, a few miles away.

Could that dank anonymous-looking basement be the factory? Sure enough, past the cluttered boxes of sugar and flour, three women wrapped disks of warm, still-soft cookie around slips of paper. The cheery owner of the 43-year-old factory, Franklin Yee, handed out a



LOCAL FAVE



"I'm a painter. I like to paint the **Palace of Fine Arts**. I like that classical building and the swans. There are so many views, of the **Golden Gate Bridge**, of the **sailboats**. It is just great. When the fog comes in, it is glorious."

TONY BENNETT, whose signature song is "I Left My Heart in San Francisco"

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free sample. "Make you strong. Makes you long life," he said. "Schoolchildren eat my cookies, get smart!"

I took a couple of bags (\$3 apiece) on the chance he might be right and headed back to the cable car. The next car (they come by every 10 minutes or so) trundled up Nob Hill. The glory of the robber barons, who got rich off the ore mined and railroad built by workers like the Chinese, was short lived. San Francisco's 1906 earthquake and fire destroyed many 19th-century mansions.

Lofty lobby. But one surviving example crowns Nob Hill. The Fairmont Hotel was built by the daughters of silver magnate James Fair. After being gutted in the 1906 fire, the lobby was restored to its original gold and marble elegance. It has long been *the* place for important events. The first charter for the United Nations was drafted here in 1945. And it was in the Venetian Room that Tony Bennett first sang "I Left My Heart in San Francisco."

The Venetian Room is now reserved for private parties. But anybody with a hungering for a 360-degree panorama and a thirst for history can walk across the street to the Mark Hopkins hotel, take the elevator to the Top of the Mark, and watch the fog roll in past the Golden Gate Bridge while sipping a martini, another San Francisco culinary invention.

I opted to jump on a cable car heading back toward the bay. Gripman Scott, who has placed second in several bell-ringing competitions, clanged musically at the Dirty Harry-like drivers recklessly trying to squeeze past. It was a short two-block stroll from the terminus to the renovated Ferry Building, where local chefs and organic farmers sell San Francisco specialties such as Teleme cheese and sourdough baguettes. The gold prospectors who set off this city's first boom in 1849 discovered that if they left a batter of flour and water out, a native yeast would start to ferment. Knead a bit of that "starter" into some bread dough, and you get a uniquely delicious loaf of bread that is crusty on the outside and soft, moist, and tangy on the inside. I sat on one of the benches overlooking the city's "other" bridge—the silvery Bay Bridge—and watched the boats plow through the swells while enjoying a little fresh bread and cheese. Now that's a *real* San Francisco treat. ●

CHICAGO

GRIN AND BEAR IT

By Kenneth Terrell

Four rows ahead of me, on the Friday-afternoon flight from Washington, D.C., to Chicago, some passengers are getting nervous. Summer storms have delayed takeoff, and they are in danger of missing their next connection: a cab ride to Wrigley Field to catch the opening pitch in a Cubs game, with starter Greg Maddux pitching to the Red Sox in the teams' first face-off since the 1918 World Series.

Cubs fans, you see, are a dedicated and numerous lot, spread across the country.

to the game, a trickle of fans decked out in Cubs caps and T-shirts gathers on the platform. We squeeze into a train that gulps up more with each stop. The train reaches the Addison Street stop for Wrigley Field, and a tide of excited fans—including many Red Sox loyalists—pours out. Built in 1914, Wrigley is the oldest ballpark in the National League. For many ardent baseball lovers, it is the sport's true mecca.

Unfoiled curse. Until last fall, the two teams were wed in the folly of famous curses: the Red Sox doomed to lose for trading Babe Ruth to the Yankees in 1920 and the Cubs for kicking a faithful fan out of Wrigley

Field during the 1945 World Series because he brought along his allegedly smelly pet goat. Now the Red Sox are world champs and the Cubs bear their jinx alone—a characteristic that no doubt will further endear them to their supporters.

The throng sweeps me past peanut vendors on the street and the red-and-white "Wrigley Field Home of Chicago Cubs" marquee sign into the ballpark. As I take my seat, I glance at the stadium's venerated features: the ivy covering the outfield wall, the old-fashioned scoreboard, Ernie Banks's uniform number waving from a flag on the left-field foul pole. But what I notice most of all (besides the game, of course: Cubs win, 7-6) is how much the view of the ballpark opens out to the surrounding community, appropriately dubbed Wrigleyville. From my seat, I can look outside the park and see fans watching the game from the rooftops of nearby apartment buildings, some of them barbecuing, others seated on bleachers as though they're actually part of Wrigley Field. And the truth is, they are. ●



KEVIN HORAN FOR US&W

STRIKING. Wrigley Field's view of baseball is incomparable.

I've lived on both coasts and in between, and wherever I tell people Chicago is my hometown, they eagerly ask about the Cubs. Not Michael Jordan and the six-time champion Bulls. Not "Da Bears." And certainly not my beloved White Sox, who—by the way—happen to have the best record in baseball right now. So after a lifetime spent avoiding the "Friendly Confines," in the interests of investigative journalism, I venture to Wrigley Field to experience its mystique.

On Saturday afternoon, as I wait to catch the El train

LOCAL FAVE



"The Cape Cod Room in the Drake Hotel is old Chicago. They have the best rice pudding in the world—and Lake Michigan whitefish is the thing to get."

BOB BALABAN, actor/writer/director and Cape Cod Room patron since boyhood



CHRISTOPHER ANDERSON FOR USN&WR (2)

NEW YORK CITY

LOWER EAST STRIDE

By Diane Cole

In search of New York's immigrant history, I took a walk along streets whose very names are redolent of the Yiddish-speaking pushcart culture of the turn-of-the-20th-century Lower East Side—Hester, Delancey, and Orchard, to name a few. What I found was a distinctly 21st-century neighborhood, where the hip mixes with the traditional and the word *fusion* applies to more than cuisine.

From the mid-1800s on, the area's one constant has been change, as a visit to the Lower East Side Tenement Museum (tenement.org) makes clear. The museum's six-story tenement at 97 Orchard Street dates to 1863, when German immigrant Lucas Glockner began renting its four tiny (325 square feet each) railroad flats, none with indoor plumbing, to ever newer arrivals. Guided tours of the furnished rooms reveal the stories of immigrant families and sweatshop workers—primarily German and Eastern European Jews and Italian Catholics—who resided here.

In one sense,

the neighborhood itself is a living museum, and a tasty one at that. At Guss Pickles (85-87 Orchard Street, the last pickle store of 80 that once existed here), you can snack on aromatic full or half sours. Katz's Delicatessen (205 E. Houston Street, katzdeli.com) has been serving spicy hot pastrami and brisket since 1888. My favorite is Russ & Daughters (russanddaughters.com; 179 E. Houston Street), a smoked-fish and cheese emporium run by the same family for four generations. Their chocolate chip bagel (instead of

KEEN STREETS. The Lower East Side, once known for sweatshops and teeming tenement slums, is now funky and chic.

bread) pudding is to die for.

To track more recent immigration waves, start by sampling the international treats at any number of kebab, tapas, falafel, Latino sandwich, or Asian noodle shops. Or just look at the multilingual signs on every block. "You used to be lost around here if you didn't know Yiddish. Now you're almost lost if you don't know Chinese," says Hanna Griff, program director of the Eldridge Street Project (eldridgestreet.org), whose dual mission is to preserve the 117-year-old Eldridge Street Synagogue and foster cultural exchange among the area's diverse ethnic populations.

Part of the fun of wandering down here is the quirky juxtaposition of old and new. On a once gritty strip of Rivington Street, it's "in" to pause for a vegan muffin and rosebud tea at teany (teany.com), a well-lit cafe owned by superstar musician Moby. Directly across the street you'll see the Romanesque arched windows and red brick facade of the First Roumanian-American Congregation, the synagogue where opera stars Jan Peerce and Richard Tucker began their careers—as cantors. In another contrast, the curvilinear Ali Baba-like entrance to the gleaming steel and glass 21-story-high Hotel on Rivington (hotelonrivington.com) directly faces the old-style storefront of aptly named Economy Candy (economycandy.com), founded in 1937.

But my favorite is Streit's Matzo Factory, which combines under one roof a kosher grocery store and an experimental art gallery known as the Matzo Files (matzofiles.org). Don white curator's gloves, and a volunteer will guide you through any of 250 art portfolios (from tiny metal sculptures to eerie photos) stored in file cabinet drawers or in stacks of tan cardboard boxes that are about the size of an unleavened bread (i.e., matzo) box.

Like each block in the neighborhood itself, each box holds an unexpected surprise. ●



LOCAL FAVE



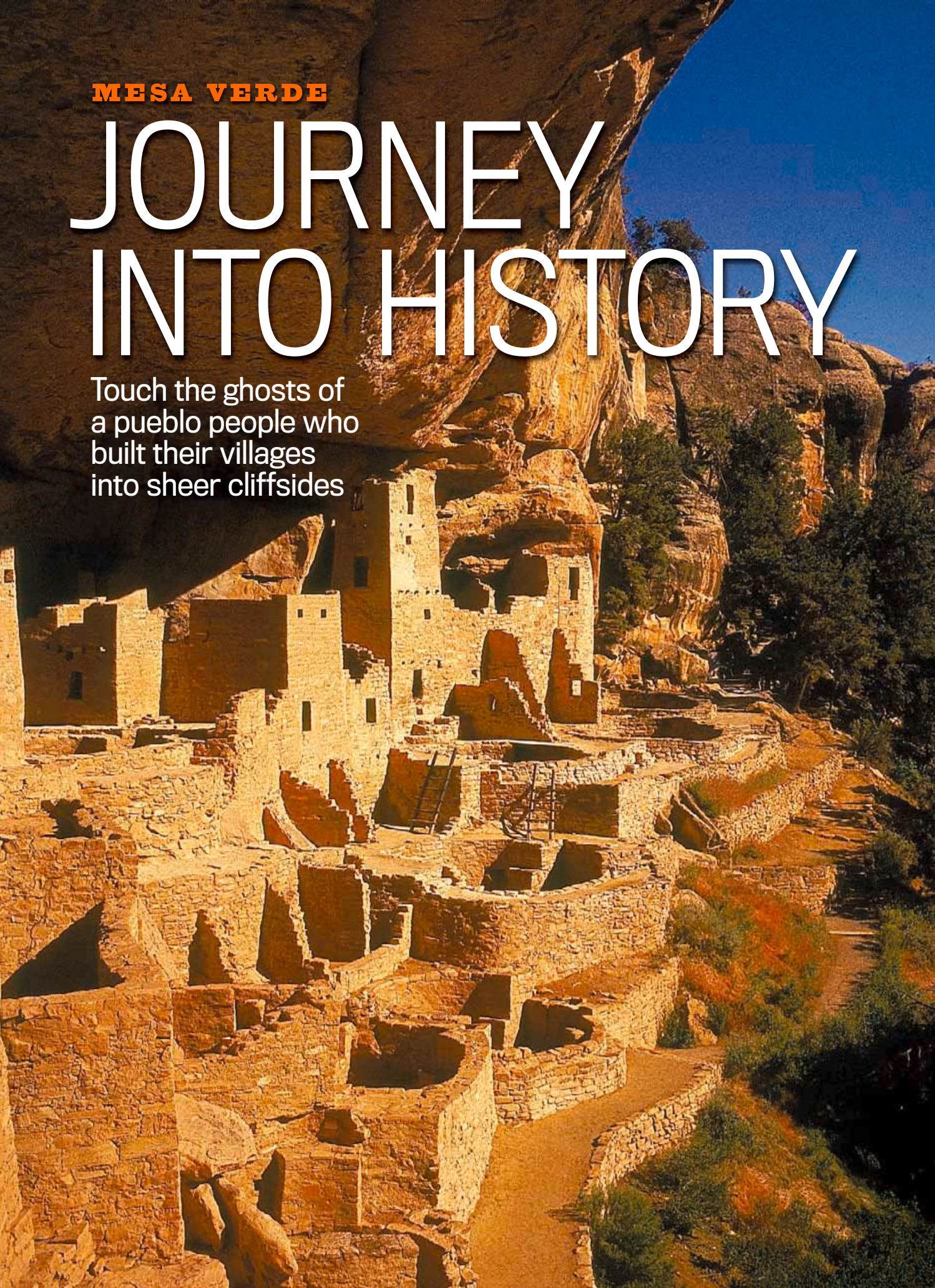
"My favorite restaurant is Amy Ruth's. It has the most heralded soul food in Harlem. It's a spot that you can see regular people and entertainers and politicians, kind of a meeting spot. I like the chicken and waffle dish No. 1, called the Al Sharpton."

THE REV. AL SHARPTON, former presidential candidate, was born in Brooklyn and now has his office in Harlem.

MESA VERDE

JOURNEY INTO HISTORY

Touch the ghosts of
a pueblo people who
built their villages
into sheer cliffsides



By Avery Comarow

A chattering pack of schoolchildren rounds a bend in a stony trail down the steep mesa wall and stops cold. For several heartbeats the kids are silent, locked on the vision a few hundred feet away. “Wow,” breathe several in unison. The ranger leading the group smiles knowingly. Awe. He sees it all the time, even in TV-besotted, attention-span-limited children. And in jaded adults like my wife and me.

Our collective gaze is riveted on Cliff Palace, a pueblo village of mortared sandstone blocks stacked into rooms and arranged around circular pits. It glows like burned gold in the angled afternoon sun—and it’s not at the bottom of the canyon 350 feet below or on the top of the mesa 75 feet above. The whole village is built right into the mesa

wall, inside a natural niche shaped like a down-turned mouth. Questions that leap to mind all start with “How . . . ?” and “Why . . . ?” Not to mention what happened to the people who once lived here. As with so many questions about the past, there aren’t always clear answers.

Cliff Palace is but one of the marvels (and mysteries) that draw about half a million visitors a year to Mesa Verde National Park. The attendance is remarkable considering the park’s remote southwestern Colorado location, at least a five-hour drive from Denver or Albuquerque, N.M.

By sheer size, Cliff Palace dominates the park’s attractions. But each dwelling has a personality. Balcony House is the adventure site. You have to scale a 32-foot-high log ladder (wide, sturdy, securely anchored), crawl through a cramped, 12-foot-long passage, climb a couple of smaller ladders, and exit on steep, winding steps cut into the rock. Why the obstacle-course design? Who knows? But it’s fun and not much of a challenge unless you’re afraid of heights. The two dwellings are the high points of any visit. You have to sign up in advance and pay \$2.75 for each ranger-guided tour.

Sleeping beauties. The cliffside dwellings were last occupied about 700 years ago. That’s when the inhabitants—called the Anasazi until a few years ago but now, more broadly, “ancestral pueblo peoples”—migrated into Arizona and New Mexico. After centuries of farming, the mesa’s soil most likely was tapped out. The dwellings lay sleeping for nearly 600 years. Once they became widely known in the 1870s, artifacts were looted and ancient building timbers became firewood. It’s easy to see where pieces have been picked away. Still, most of the bones of the villages remain, sheltered in the alcoves from direct assault by water and wind.



UP YOU GO. A 32-foot log ladder is the only way into Balcony House.

The architecture is classic Southwest, similar to pueblo complexes in New Mexico at Chaco Culture National Historical Park near the Four Corners area and Bandelier National Monument outside Los Alamos. Besides square chambers for sleeping and food storage, and circular pits, called kivas, which were cultural and religious gathering places, there are social plazas and small towers. Squint and you can almost see children wrestling, women braced against the back wall grinding corn, men crafting arrow points for hunting rabbits, deer, and wild turkeys. I am in a ghost village inhabited by the spirits of its former residents; as I stare at their old home, I have a shuddery feeling that they are staring back at me.

But why aren’t the villages at or near the ground, as at Chaco and Bandelier? No one can say for sure, but pieces of a possible explanation have emerged. The people farmed corn, squash, and beans in the rich soil of the mesa top, which was a few degrees warmer than the canyon bottom, so the growing season there would last a little longer. The alcoves, created when giant slabs of sandstone ripped loose, were there for the taking and offered some protection from summer’s



CLIFF PALACE. No one knows what purpose the towers may have served.



ALSO STARRING. Feral horses and fab flora are among the noncliffside draws. You're also likely to spot wild turkeys, which have no fear of tourists.

feral horse or wild turkey. The Far View's rooms are ordinary, but the views across the Montezuma Valley are spectacular, and the restaurant is first rate. (Try the tangy cactus dip appetizer.)

Carpentry snafu. The museum at Chapin Mesa brings these ancient people to life. There are artifacts: graceful baskets and pottery, weapons and tools, children's playthings, the corn and squash they ate. And there are village dioramas, crafted in the 1930s by Civilian Conservation Corps artisans. There is even a diorama joke, sneaked into the rightmost village re-creation by Don Ross, who ran the project and was so feared that no one dared challenge his authority. A guy in the pit is trying to make two logs meet, but they're too short. His hunched-over body says he's not happy. Another guy looks away with a "so, what's the problem?" expression. He clearly screwed up.

As long as you're at the museum, walk down the trail to nearby Spruce Tree House, the best-preserved cliff dwelling. A ranger at the site can answer questions. Then drive the Mesa Top Loop Road, where 12 sites encapsulate the 600 years of occupation, the first 500 spent in roofed-over pit and surface structures.

You'll want to meander through this haunting, haunted place and let it soak in. Not long ago a touring group from the Boys Choir of Harlem stood at the edge of the sprawling pueblo village called Long House. The setting forms a natural amphitheater, and the choir director found its quiet majesty irresistible. Hesitantly, he asked if his charges might sing. Muted voices are the norm to show respect for those who once dwelt here, but permission was granted. The pure, spare strains of "Amazing Grace" filled the canyon—two words that perfectly describe the cliffside pueblos of Mesa Verde. ●



and winter's extremes. Scaling the walls became a daily commute for the people of Mesa Verde.

This is not a park to breeze through in a few hours. Spend a couple of days—any time from May to November is fine weatherwise, but late September to early October is a bit less crowded and hot, and the fall colors are

showing. A room at Far View Lodge atop the mesa costs a few dollars more than at one of the motels below, but you'll save 40 minutes or more of driving a day: Navigating the switchbacks up and down the mesa takes a good 20 minutes each way—much longer in bad weather, or if you're pinned behind a driver unnerved by the scarcity of guardrails or distracted by a

LOCAL FAVE



"The **Anasazi Heritage Center** has hands-on stuff for kids, like looking at bone tools through a microscope. And the **Durango & Silverton Narrow Gauge Railroad** gives you a view of the San Juan Mountains you can't get any other way. Go one-way if you can. It's pretty long."

TOM VAUGHAN, editor of the weekly *Mancos Times* in the town next to Mesa Verde, was head of interpretation at the Heritage Center.

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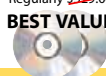
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CHARLESTON

WHEN 'CAROLINA GOLD' RULED

By Amanda Spake

Driving down Highway 61, past the fast-food chains and strip malls, the road narrows, and suddenly, I'm under a cool canopy of live oaks, dripping with smoke-colored Spanish moss. The bustle of downtown Charleston, S.C., seems years behind me: I am back in the days when rice was king. The truly rich and powerful of that era entertained here, on grand plantations along the Ashley River. A few of these estates remain. Drayton Hall survived the Civil War largely unscathed, because the owner made the Union Army believe it was infested with smallpox. And if you want a sense of the grandeur of the antebellum era and the hardships of its slaves, Middleton Place is enlightening.

Middleton boasts one of the first and most stunning formal gardens in America. There is a hush about the place, a calm that takes you over. Directly across a long reflecting pool is a row of *Magnolia grandiflora*, the grand dame of southern trees.

They reach up 60 feet and are covered with fat, white flowers, mirrored in the pool's water. I stand for a moment and drink in the sweet smell of the tea olives.

A grand garden. Towering pines and live oaks line the sandy paths in the garden. Middleton's 1,000-year-old oak, the largest in the state, has a limb spread of 180 feet. Henry Middleton, the first president of the Continental Congress, began plans for this 65-acre garden in 1741, modeling it after Versailles. It took 100 slaves nearly a decade to complete his elaborate, symmetrical designs. The centerpiece is a wide, sweeping view from the manor's gates, through what was once the hall of the main house—destroyed in the Civil War—down the middle of curved terraces and twin lakes shaped like the opened wings of a butterfly to the Ashley River. The south flank of the house, rebuilt after 1865, is open for visitors to see furniture, antiques, and family portraits, many painted by Benjamin West.

Doug Nesbit pours into my hand a lit-

tle rice, called "Carolina Gold" though the seeds were brought here from Madagascar. We set off to see how rice is grown. Nesbit is also the cooper, or barrel maker, in the plantation's re-created Stableyard, where animals are kept, tools made, grains milled, and—in the past—a large slave community lived.

This year, Middleton opened "Eliza's House," a preserved slave dwelling.

Over the door of the duplex—named for its last resident, Eliza Leach—is a horseshoe, turned upside down to catch good luck. Inside, furnishings, record books, and pictures offer a snapshot of the difficult lives of the more than 1,200 African slaves who worked at the family's many plantations. Slaves planted and cultivated the fields, separated grain from the stalks and "polished" it by hand, then carried the rice to ships, which took it downriver to the port of Charleston.

Middleton was the showplace of this empire. And for me, it unlocked the door to a critical time in the nation's history. ●



LOCAL FAVE



"The appeal of Middleton Place is not only in the beauty of its gardens but also in its refusal to sugarcoat the past. The contribution of slaves, and the harshness of their lives, is honestly and carefully told here."

R. W. "JOHNNY" APPLE JR., a travel writer and author of *Apple's America*. His wife is from a storied Charleston family.

ARLINGTON NATIONAL CEMETERY

GRAVES OF THE BRAVE

By Linda Kulman

Standing at Arlington House, the memorial to Confederate Gen. Robert E. Lee high atop a hill overlooking Arlington National Cemetery, President John Kennedy once said he had the most beautiful view of Washington. Across the Potomac River, he saw the magnificent stretch of the nation's capital, punctuated by the Capitol dome and monuments to Presidents Washington, Jefferson, and Lincoln.

A short time later, Secretary of Defense Robert McNamara walked the cemetery in search of a place to bury the president, who had been assassinated the day before. By nightfall, Jacqueline Kennedy had given a literal nod to a spot on an "invisible axis between the [Lee] mansion and the Lincoln Memorial," William Manchester writes in *The Death of a President*—yards from the ground JFK had so admired.

After climbing the same hill on a humid June day, I couldn't help but think how inevitable history always seems (OK, in truth, I was thinking how bloody hot it was and how, on the cemetery's hallowed ground, bottled water isn't sold anywhere). But, of course, history is not preordained, and Arlington stands as a monument to the uncertainty on which our democracy is built. Cemetery historian Thomas Sherlock argues it should be the first stop for any visitor to Washington. "Downtown, [many] monuments are dedicated to individual people, but those men couldn't have done great things without the support of the American people," he says. "How greatly would we remember George Washington if we didn't have the common soldier at Valley Forge?"

Arlington includes dead from each of America's conflicts,



HALLOWED GROUND. Unlike many military cemeteries, Arlington is not dedicated to one specific war.

back to the Revolutionary War. Looking at row upon row of headstones, like soldiers in formation, I was overwhelmed by the number of individual sacrifices—a vastness I could hardly take in.

Walking tour. One way to absorb the history is simply to wander part of the 624 acres on foot, an undertaking that, especially during summer, is best done when the gates open, at 8, before the temperature rises and the crowds descend. For \$6, you can catch an open-air bus outside the Visitor Center that stops at JFK's gravesite, the Tomb of the Unknowns, and Arlington House.

As I walked with my husband and young son through Section 60, where some 160 soldiers from Iraq and Afghanistan lie, I realized that while Ar-

lington serves as a shrine to the past, the cemetery is far from static. Pristine new headstones mark lives that ended far too soon, giving concrete measure to daily reports from the war on terrorism. Nearby,

a backhoe was digging a grave for one of some 27 funerals held each day, most for veterans of prior wars. A caisson bearing a flag-draped coffin rolled down York Drive in front of us. We listened for the three volleys of rifle fire and the playing of taps, honors accorded every soldier buried at

Arlington. Says Sherlock, "When we're at war, there's a different tone around here." Earlier, I overheard a conversation in which one funeralgoer confessed, "I don't wear eyeliner anymore." I knew what she meant. Even a casual tourist will find it hard not to tear up. ●



LOCAL FAVE



"The cheesy hotels in Rosslyn [Va.] have **penthouse bars**. I like the Key Bridge Marriott. Ignore the fake wood paneling and enjoy the **view of the monuments**, Georgetown, and the Kennedy Center, which only looks good at dusk. And I like a **good, old American bourbon**."

ANA MARIE COX, who blogs about D.C. gossip and politics as "Wonkette"

MONTICELLO

HIS HOME WAS HIS HEART

By Megan Barnett

He drafted the Declaration of Independence. He served as secretary of state to George Washington and vice president to John Adams. He was president of the United States for two terms and almost doubled the country's size by negotiating the Louisiana Purchase. And he most likely fathered his slave's children.

Perhaps no other person in U.S. history has been studied, debated, and written about more than Thomas Jefferson. Yet books alone won't give a full understanding of the man. For that, you need to visit Monticello, the 5,000-acre plantation nestled in the Blue Ridge Mountains of Virginia, with its hilltop architectural wonder. Jefferson inherited the land and spent most of his life building, tearing down, and rebuilding his beloved home.

I set out on a glorious, humidity-free June day to tour the house and its impeccably groomed grounds. I wanted to discover what life was like for Jefferson, his family, and the hundreds of slaves who kept Monticello operating from 1770 until his death in 1826. Two thousand visitors a day have the same aim. Yet in spite of the crowds, I was able to find a few secluded spots where I could imagine the vigorous activity required to run this plantation some 200 years ago.

The mail man. A 30-minute tour of the house took me into some of Jefferson's most intimate spaces, including his private book room and the bedroom where he died. Most days during his retirement, Jefferson was alone, pen in hand, in an office, dubbed his "cabinet," adjacent to his bedroom. In his lifetime, he produced some 20,000 letters. In



THE CABINET. Jefferson wrote for hours each day in a "cabinet" office (top) near his bedroom. After dinner, Monticello's guests tasted fine wines.



gazebo-like feel, with windows covered by green Venetian blinds instead of glass. The distant noises of children in the gardens were not enough to drown out the birds singing in the poplar tree that shades

the room. Peeking through the blinds, I looked out onto the great lawn and its canvas of purple, magenta, orange, pink, and white flowerbeds. Gone now are the workbench and tools I've read that Jefferson kept here for his carpentry hobby.

Jefferson's legacy is a complex one, divided between the magnitude of his achievements in public office and the tarnish of his role as a slave owner. Indeed, the heart of Monticello was its plantation community, even though the majority of those physical structures, including most of the slaves' quarters, did not survive time. At any given moment, Jefferson owned about 200 slaves, many of them children under 16. Slaves were ordered to do domestic, agricultural, or industrial

1817, he wrote to John Adams: "From sun-rise to one or two o'clock, and often from dinner to dark, I am drudging at the writing table." To relieve the pressure on his aching wrist, Jefferson used a swivel chair and an armless, backless sofa straddled by his writing table, his early American attempt at ergonomics.

I imagined Jefferson taking a break from his correspondence by walking through the french doors of his office into the exterior room called the south piazza. I wandered in through the greenhouse, and the piazza was a welcome respite of solitude, complete with a visitor's chair to rest my feet. The piazza has an airy,



LOCAL FAVE



"Sunsets in the fall are my favorite times to visit my ancestors' house. I like the tunnels under the house and all of Jefferson's revolutionary inventions, like his calendar clock, the letter copier, and the secret revolving doors."

SHANNON LANIER, descendant of slave Sally Hemings, who is believed to have had Jefferson's children

tasks, all to keep the plantation completely self-sufficient year round. Unlike at other plantations during that time, many of Jefferson's slaves learned to read and write. His own views on slavery were conflicted. While he once called it an "abominable crime," he felt he was protecting his own slaves and said freeing them "is like abandoning children."

Culinary side. Jefferson's functional design of Monticello included rows of "dependencies," working and living spaces for domestic slaves, which are still standing. The rows were built into the sides of the mountain on either side of the home, with a passageway connecting them. The recently renovated kitchen in the dependencies, and its adjoining cook's room, provide a window into the lives of domestic slaves and their interaction with Jefferson family life in the big house. Although it is cool underground, the room includes a massive fireplace, a bake oven, and a row of "stew stoves" that suggest a sense of the heat and the clam-

JEFFREY MACMILLAN FOR US&WR



ESTATE. Monticello, home and monument

or that must have come from the room. Copper pots and other kitchen tools are scattered throughout the rustic kitchen.

What came out of that underground kitchen was of great importance to the former president. Jefferson loved food, and the years he spent in France as U.S. minister only broadened his culinary tastes and palate for wine. A guest at Monticello in 1824 described his dinner as "served in half Virginian, half French style, in good taste and abundance."

As I ambled down a wooded path to return to my car and the 21st century, I passed Jefferson's grave. His epitaph, which includes what he believed to be his most significant contributions, is most notable for excluding any of his achievements during his presidency. He wanted to be remembered for giving us the Declaration of Independence, the Statute of Virginia for Religious Freedom, and the University of Virginia. Perhaps he couldn't have imagined he'd be remembered for Monticello, too. ●

GHOST RANCH

WHERE O'KEEFFE BLOOMED

By Jay Tolson

Art can die of overfamiliarity. Think of Leonardo's *Mona Lisa*, or Pachelbel's "Canon," works seen or heard so often that their vital strangeness and originality seem all but lost. Or more on native ground, think of Georgia O'Keeffe's flowers and cattle skulls, images that have been "posterized" to the point of near invisibility.

Among the rewards of traveling to one of the more austere enchanting places in the United States—a stretch of land in northern New Mexico extending up the Chama River valley from the bluff-perched hamlet of Abiquiú to the nearby 21,000-acre Ghost Ranch—is to recover a sense of the flinty originality of an artist whose deepest creative instincts resonated with this high-desert landscape. That rediscovery can even provide a light thematic backdrop to the traveler's own quest for renewal and re-creation, opportunities for which abound in this valley whose wide basin the Spanish dubbed *Piedra Lumbre*, or Shining Stone.

Many years after her first visit to New Mexico in 1917, O'Keeffe wrote that she was "always on my way back." And recalling her maiden journey to the Abiquiú area in 1931, she talked about the shapes of the hills and said that she had "never

had a better time painting." During the '30s and '40s, as O'Keeffe's marriage with photographer and New York art impresario Alfred Stieglitz teetered

precipitously, she began spending longer stretches in New Mexico, often using her car as her studio. Renting and then buying a house on the Ghost Ranch from publisher Arthur Pack, she went on to purchase and remodel a sprawling 18th-century adobe hacienda in Abiquiú. In 1949, three years after Stieglitz's death, the 62-year-old O'Keeffe moved permanently to her Chama valley homes, spend-



ing the warmer months on the ranch, the colder ones in the village.

Abstract tongue. Whether painting distant mountains (particularly her beloved Pederal), red and yellow sandstone cliffs, dead juniper trees, or the patio door of her Abiquiú house, O'Keeffe reconnected with her earliest artistic inclinations. She moved slowly from realism toward what one of her finest critics, Barbara Buhler Lynes, curator of the Georgia O'Keeffe Museum in Santa Fe, N.M., describes as a reacquaintance "with the issues of abstraction—the language that had always appealed to her." Increasingly, says biographer Hunter Drohojowska-Philp, O'Keeffe chose subjects for their "private symbolism and in-



AT WORK. Left: The cliffs and the junipers at Ghost Ranch were among O'Keeffe's favorite subjects. Below: the artist and her studio in Abiquiú.

tical arts of architecture, interior and furniture design, and even horticulture. Everything—from the delicate flour-paste-covered mud floors of the living room to the monastic simplicity of her bedroom perched almost on the edge of the bluff—is as carefully thought out as anything O'Keeffe ever put on canvas.

Bounty hunting. To engage more actively with O'Keeffe's beloved valley, the visitor should plan for a stay at the nearby Ghost Ranch, a retreat and conference center run by the Presbyterian Church (U.S.A.), which received the property as a gift from Pack in 1955. (Information on the ranch and its Santa Fe branch is available by calling 877-804-4678 or at ghost ranch.org.) Courses in everything from photography to paleontology to opera, as well as guided hikes, archaeological digs, and even a desert pilgrimage to many of the local sacred sites, enable one to explore the visible and hidden bounties of this place. An aspiring photographer might spend free hours hiking up to the mesa next to Chimney Rock to watch the late-evening shadows extend across the valley, the red rocks of what O'Keeffe called the "badlands" turning a deep purple as they do. You might explore the on-site paleontology museum housing the oldest remains of a North American dinosaur, a *Coelophysis* (unearthed on the property), or visit the nearby Monastery of Christ in the Desert or the



COLLECTION OF THE GEORGIA O'KEEFFE FOUNDATION © 1995 HESTER+HARDAWAY

herently reductive form—a door in a wall, a curved road against a white field . . .”

A visitor entering O'Keeffe territory might well begin in the village of Abiquiú, a small cluster of adobe houses and a mission church arrayed around a dusty dirt plaza. Just off the square sits the artist's walled 4-acre estate. A guided tour of the property, offered from spring through late autumn, must be booked—and paid for one month in ad-

vance—through the O'Keeffe Foundation (505-685-4539), though travelers should note that the house and other assets of the foundation will be transferred to the O'Keeffe museum by 2006.

The tour is richly rewarding. Each meticulously planned detail of the sprawling 5,000-square-foot house and studio shows how seamless art and life were for O'Keeffe and how little a distinction she drew between fine art and the more prac-

breathtakingly serene white mosque of Dar al Islam. You can even sign up for a bus tour of O'Keeffe's favorite painting sites and subjects on the ranch.

Back in 1955, O'Keeffe had been a bit huffy when she learned that Pack had given the ranch to the Presbyterians. But she softened with time, perhaps realizing that the church was offering other seekers a glimpse of what had nourished her own soul for so long—and so well. ●

LOCAL FAVE



“The first thing to do in Santa Fe: Have a typical New Mexican breakfast [of eggs, tortilla, beans, rice, and chile] at **Tia Sophia's** or **Pasqual's**. The plaza is the heart of the town. It gives a sense of what the town looked like ages ago. There is music, and you can see the world go by.”

MARSHA MASON, Oscar-nominated actress who now lives outside Santa Fe, N.M.

LITTLE BIGHORN

NOT JUST FOR CUSTER

KENNETH JARECKE—CONTACT FOR US&WR



INDIAN INDIGNATION. Area tribes, angry at being ignored, lobbied for a memorial at Custer's last stand.

By David LaGesse

Indian warriors ride to combat in a sculpture fashioned from thick bronze wires. Tied to them are offerings left in tribute: bandanas, now faded by the sun; swags of dried sage; "Native Pride" caps that flutter in the breeze. It is, in some ways, the last thing you'd expect to see at the monument to Custer's last stand.

Controversy has swirled around the Little Bighorn Battlefield since Lt. Col. George Custer and 262 other men lost their lives in an epic two-day clash with Plains Indians. So it was with the Indian Memorial, added in 2003 over the protests of Custer buffs who oppose any building on the battlefield. The memorial itself was a response to earlier protests by Indian activists, including longtime Lakota leader Russell Means: "For the first time, the United States government has recog-

nized that we were defending our way of life." The sculpture and offerings are reminders that the tensions that exploded here in 1876 are not entirely history, adding to the surprising immediacy and intimacy of this battlefield.

Love/hate. Little Bighorn is a place to relive the raw Old West and its war of atrocities between vastly different cultures—and to ponder how the arrogant Custer personified the time's moral ambiguities. "Even before he died, people loved him or hated him," says Vincent Heier, a Roman Catholic priest in St. Louis who speaks and writes on the battle.

Then there is the mystery of why, and how, Custer died. It's easy to imagine this fight at a personal level. Tombstones mark where individual fighters fell—Lt. James Sturgis died here, Cheyenne Chief Lame White Man over there—and the landscape is little changed from when their bodies

from where Custer was already dead on what's still called Last Stand Hill. It's a short climb to the tightly packed tombstones, which conjure up a desperate fight.

The story best unfolds on an hour or two drive across the battlefield. There are also a couple of hikes—for example, to the lonely ravine where Sturgis and dozens more died. Were they fleeing in hysteria or responding in vain to a final Custer command to find reinforcements?

The drive dead-ends about 4 miles from the visitor center, where those reinforcements, fighting from hastily dug rifle pits that can still be seen today,

were pinned down by warriors.

Along the way, you will pass vistas of the river and of Montana hills rolling toward distant mountains. And as you stand on bluffs where the doomed cavalry faced warriors rising from the valley below, you'll appreciate that Custer had a splendid last view. ●



LOCAL FAVE

"Rosebud Battlefield is about 45 miles southeast of Little Bighorn. It gave the Indians a taste of victory eight days before they fought Custer. It had everything: attacks, retreats, more charges. Nobody goes there—you might have it to yourself."

KEN WOODY, head of interpretation, Little Bighorn Battlefield National Monument



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THE THRILL ISN'T GONE

By Alex Kingsbury

There is a tense silence between the reassuring *click* of the restraint bar that pins riders into their seats and the ominous *pfffft* of the pneumatic launch mechanism engaging. In that brief interval, as passengers scan the steel track looming ahead, the anticipation is nearly unbearable. Suddenly, they rocket forward, slammed into the back of their seats as the coaster accelerates to 120 miles per hour in four seconds. Even drawing in enough breath to scream takes effort, as the train snakes up a 90-degree incline to a height of 420 feet, equivalent to 42 stories. There is a brief moment of zero gravity as

the cars crest the loop, gliding past a flashing beacon installed to deter wayward airplanes. Riders clinch their hands as they plummet, twisting 270 degrees. And then, less than half a minute after hurtling out of the station, the train slowly glides back in, the restraining bar unlatches, and the ride is over.

The Top Thrill Dragster, just two years ago the fastest and tallest roller coaster ever, is the crown jewel of Cedar Point, in Sandusky, Ohio. The 364-acre park by the shores of Lake Erie boasts 16 coasters, both wooden and steel. And while the midway and the bumper cars draw crowds, for coaster buffs who seek out the latest machines with an almost religious fervor, the park is a thrill-ride nirvana.

America's obsession with the roller coaster has had its, well, ups and downs. The rides date back to the ice slides in czarist Russia, when people would careen down steep frozen water tracks on wooden sleds. The modern contraptions owe more to mining trains that carried their cargo along steep and winding skeletal rails—an ancestry visible today in the many mine-themed rides around the country. The first true scream machine, the undulating, 6-mile-per-hour Gravity Pleasure Switchback Railway, opened on Coney Island in 1884. Tame by today's standards, it nonetheless launched an amusement park arms race for the fastest, tallest, and most stomach-turning coaster experience. Coaster mania, which slowed to a near standstill as the park industry disintegrated during the Depression, didn't pick up again until franchise amusement parks and a new generation of powerful steel coasters emerged in the 1970s.

Today, the contest for most terrifying ride is being played out with new hypercoasters like the Top Thrill Dragster and Six Flags' Kingda Ka, which is a few feet taller and a few miles per hour faster. Both are twice the height of the tallest coasters constructed 15 years ago, when the structures topped out at about 200 feet. Competition for the next record-breaking coaster is so fierce, officials are loath to reveal details about

future rides, fearing that another park will snatch the record and the long lines of riders that accompany it. Insiders say the 500-foot barrier, roughly 47 stories, will be the next peak to reach, provided a park can shell out the millions needed to build it.

Amusement-park attendance has increased steadily over the past few years, and coasters, whatever their age, are still drawing adrenaline junkies. While many of the grand old trains, like Coney Island's Thunderbolt, which ran from 1925 until 2000, have tumbled under the wreck-



A race to the top: Parks have waged a coaster war for decades.

ing ball, the survivors still draw crowds—and not just for the nostalgia. “If a park keeps an old coaster, then you know it can still scare you,” says Georgann Hallenbrook, 48, a member of the “Coaster Zombies” enthusiast club. In the end, a good coaster isn’t measured just by acceleration and raw power. Rather, it’s the design of the track, the surprising turns, and the “decapitation moments” when the speeding train appears destined to crash, only to plunge into a dip at the last second. Says Bill Ollio, 47, an aficionado who has ridden hundreds of coasters: “You work hard all week, but when you get on a coaster, all you can think about is the next dip. There’s nothing else.” ●

LOCAL FAVE



“My first ride on **Superman** at Six Flags New England blew me away. I felt out of control. It’s a coaster that combines **high speed, quick turns**, and so many moments of **negative gravity** that I was off my seat more than I was sitting down. I was surprised, thrilled, and entertained.”

PAUL RUBEN, a 68-year-old coaster historian who’s traveled more than 9,000 miles of track.

You deserve a factual look at . . .

48F

A Demilitarized Palestinian State

Should Israel, should the world, rely on it?

To most people, the establishment of a Palestinian state seems to be the indispensable outcome of the decades-long attempt to settle the Arab/Israel conflict. Such an outcome might be desirable between two countries that could live side-by-side in peace with each other. The Arabs, however, have never changed their position and are sworn to destroy the Jewish state.

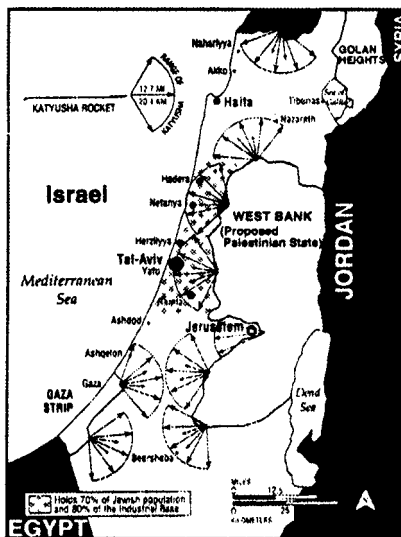
What are the facts?

Israel threatened by enemies. Israel is a very small country. Including the Golan and the "West Bank," it is only one-half the size of San Bernardino County in California. Israel has for some time been in a "cold peace" with Egypt and with Jordan. Other Arab states are still in a declared or undeclared state of war with Israel. Iran, Moslem though not Arab, is the most determined and deadly of them all. It lurks in the background, its foremost military and political objective being the destruction of the state of Israel.

The Palestinian Authority (PA), the successor of the murderous PLO, has not abandoned its core objective, namely to kill the Jews and to destroy the State of Israel. While the latter objective is until now beyond its reach, it has been most successful in the former. Over 1,000 Jews have been killed so far in the murderous intifada and countless thousands have been grievously wounded. It seems almost incomprehensible that the supposedly level-headed men who are the government of Israel would be trustful of such people and, under whatever pressure from "the international community," would countenance the establishment of a Palestinian state on its border. Despite statements to the contrary, the PLO (and its successor PA) have still not complied with one of Israel's main requirements, namely that it abrogate the clauses in their covenant that call for the destruction of Israel. Abu Mazen, though better tailored, better barbered and better spoken than his thuggish predecessor still pursues the old goal of destroying Israel in "stages" – first by creating a Palestinian state, from which an allied all-out assault against the critically vulnerable Jewish state can be launched and then, hopefully, the deathblow delivered.

The myth of demilitarization. The assumption that "Palestine" would be demilitarized is not tenable. The

Arab nations would not allow it, even in the most unlikely case that the Palestinians themselves so desired. Also, the Palestinian entity would have thousands of trained soldiers, camouflaged as police. They could be helicoptered in minutes to positions on the border with Israel, with armored forces from Syria reaching them within the same night. But such mobilization of the "demilitarized" Palestine would not be required. The weapons of preference of Arab terrorists are the Soviet-made Katyushahs, highly effective missiles, truck-mounted and mobile, ideal for hit-and-run raids against Israel. Israel could not prevent them from flooding Palestine. A look at the map makes clear that these rockets, short-range though they may be, would dominate the heartland of Israel. Easily moved and hidden along Israel's new eastern borders – to be increased from less than 40 miles in length to over 200 miles – these Katyushah rockets would rain destruction over most of Israel. They would cover in their entirety Israel's narrow waist that holds 70% of the Jewish population of the country, 70% of its industrial base, its only international airport, and its most important military installations.



A Palestinian state-demilitarized?

The Arabs who live in Judea/Samaria (the "West Bank") danced on the roofs of their homes when Iraqi Scud missiles fell on Tel Aviv during the first Gulf War. They have continued to engage in unrelenting terror and murder against the Jews. Only incurable optimists can believe that an "autonomous" Palestine would become a peaceful neighbor of Israel. Foolishly, Israel has now ceded the Gaza Strip – the invasion route since before biblical times – with Judea/Samaria (the "West Bank") perhaps not too far behind. With Gaza and Judea/Samaria in the hands of its implacable and sworn enemies, it would make the country indefensible and Israel would have laid the groundwork for its own destruction.

Tanks, warplanes, and missiles would only be needed for the final mopping-up process. In the meantime, mortars and Katyushahs located on the Judean ridges – Israel's proposed new borders – would suffice to paralyze life and industrial and military activity in Israel. But one can hope that the leaders of Israel clearly understand this danger and that they will ultimately not make concessions that will endanger the security of their country.

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A Teacher Success Story

WITH TRIBAL WARFARE SPREADING in politics, corporate chieftains heading to jail, the news media sinking, and casualties rising in Iraq, it's easy these days to be discouraged. No wonder over 60 percent of Americans think the country has swerved off track. But hold on. To lift your spirits, just spend a little time with leaders of the younger generation.

This spring on many college campuses, something absolutely remarkable happened: Talented young people lined up by the scores to teach lower-income kids in urban and rural public schools. In years past, investment banks like Goldman Sachs were the recruiting powerhouses at top campuses; this year, they were joined by Teach for America, a program that expresses the fresh idealism and social values of this new generation.

At Yale, no fewer than 12 percent of the graduating seniors—nearly 1 out of every 8—applied. At Dartmouth and Amherst, some 11 percent did; at Harvard and Princeton, 8 percent. Hundreds more signed up at Northwestern, Boston College, the University of Texas, and the University of California–Los Angeles. Altogether, over 17,000 seniors applied for 2,100 openings.

A few words of background:

Sixteen years ago, Teach for America was merely an idea in a thesis by a Princeton senior, Wendy Kopp. She thought the country needed an organization modeled after the Peace Corps that would attract top college graduates into classrooms with poor kids. With thesis in hand, she bravely ventured out to raise money, find recruits, and find school superintendents who would hire them. Kopp experienced the bumps and detours of every new start-up, but a year later, she had 500 recruits.

This summer, the newest class of teachers will enroll in a five-week training institute to prepare them for the classroom. In the fall, they will report for work at some of the toughest public schools in America, classified by the federal government as “high need.” Some 95 percent of their students will be minorities. Each member of the program is committed to two years of teaching, paid by the local school systems at the same rate as other starting teachers; at the end of their service, they may qualify for a \$9,500 scholarship for graduate study.

As you can imagine, skeptics have popped up all along the way: professors at schools of education scoffing that college graduates who haven't enrolled in formal teacher education will never succeed in the classroom; cynics who say that these are a just bunch of

elitist kids punching their tickets to make it into law or business school who will then turn their backs on social reform. Well, the doubters just don't get this young generation.

A year ago, Mathematica Policy Research found that students of Teach for America recruits got better results in math and the same gains in reading as did those of other teachers, including veteran instructors. In math, the TFA students made a month more progress than other students. The results partly reflect the fact that 70 percent of Teach for America volunteers come from among the nation's most highly rated colleges, compared with fewer than 3 percent of other teachers; the results also reflect the passion that these volunteers bring to their work.

Dedicated to the cause. The 10,000 alumni of TFA have not turned their backs after their service, either. The organization says that nearly two thirds still work full time in education, most in low-income communities. TFA alum

Jason Kamras, a math teacher in a Washington, D.C., public school, was just named national teacher of the year. Two other alumni, Mike Feinberg and David Levin, founded and now run what is probably the most successful set of charter schools in the country: the KIPP academies (Knowledge

Is Power Program). Started in Houston and New York, the academies have become a network of 38 schools in low-income communities that demand extra studies by students, balance that with extracurricular activities like martial arts, music, chess, and sports, and—guess what?—have achieved the largest and quickest improvement in learning around the country. No fewer than 25 principals in KIPP schools are alumni of Teach for America.

What does all this mean? First, the nation owes a debt of gratitude to Wendy Kopp. She represents the emergence of a new breed of social entrepreneur, talented doers who are unleashing their generation's innovation and idealism to address long-standing social problems. Even as they struggle for the resources to turn their visions into reality, the success of Kopp and others shows that this has the makings of a social movement.

But it also shows that the rest of us need to wake up and see what we can do to help. It's time for the country to embrace the national service movement with serious money—not the cheap change we are putting today into AmeriCorps. It's time to scale up nonprofits so that when 17,000 kids volunteer, there are 17,000 openings. It's time, in short, to recognize the greatness that lies in the next generation. ●

Once an ambitious dream,
Teach for America has become
a movement that's tapping
the innovation and idealism of
the youngest generation.

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