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JUNE 27, 2005

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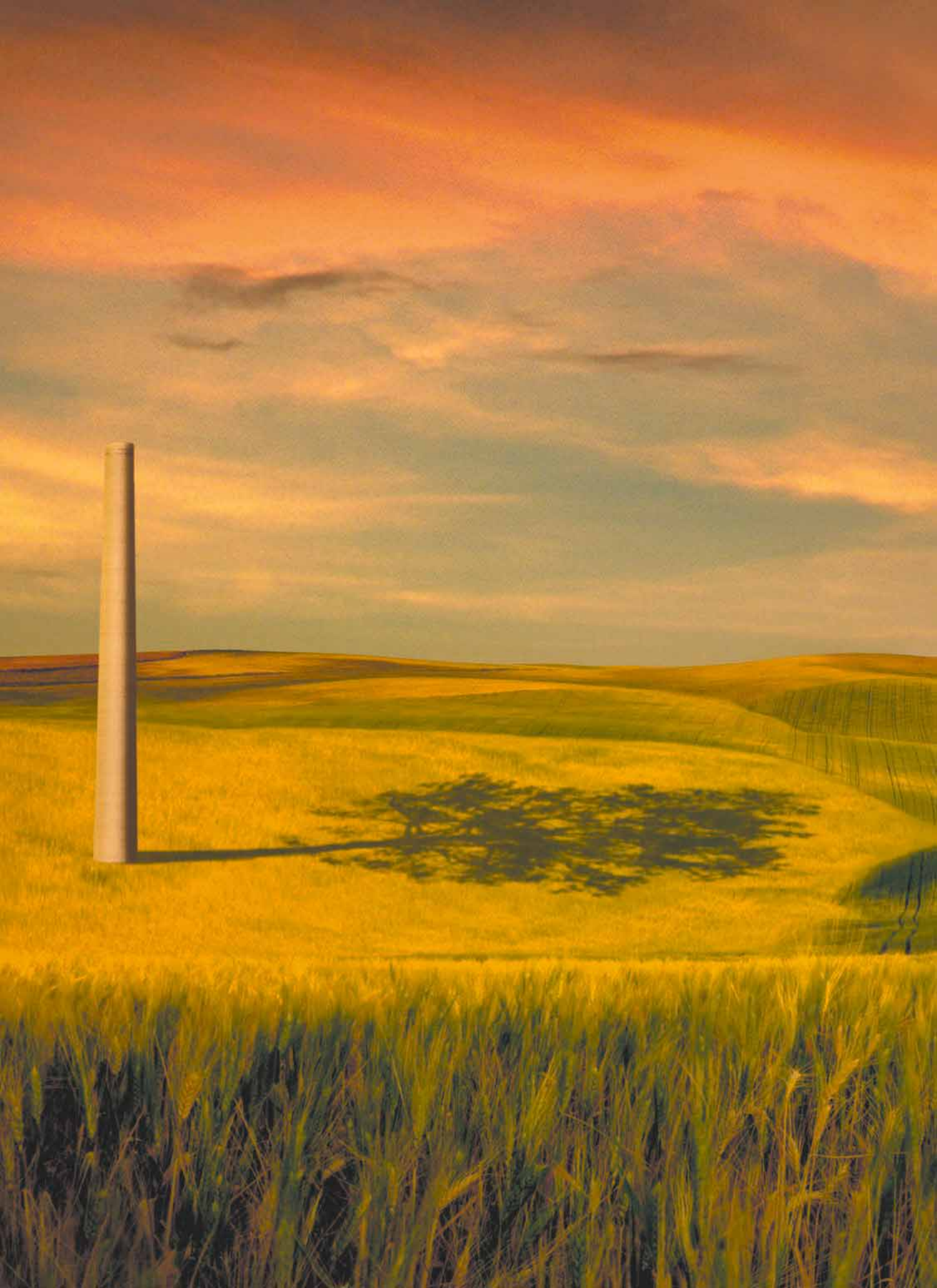
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A full-page background image showing a vast landscape of rolling hills under a dramatic, sunset-colored sky. A faint rainbow is visible in the upper left portion of the sky. The hills are covered in green and yellow vegetation, with some areas appearing to be plowed fields. A single, small, dark tree stands on a distant ridge. The foreground is filled with tall, golden-brown grass.

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**Washington Whispers 6**

The White House catches Nats fever; Mrs. Jeb Bush won't catch presidential fever; a bestseller list from a fever dream

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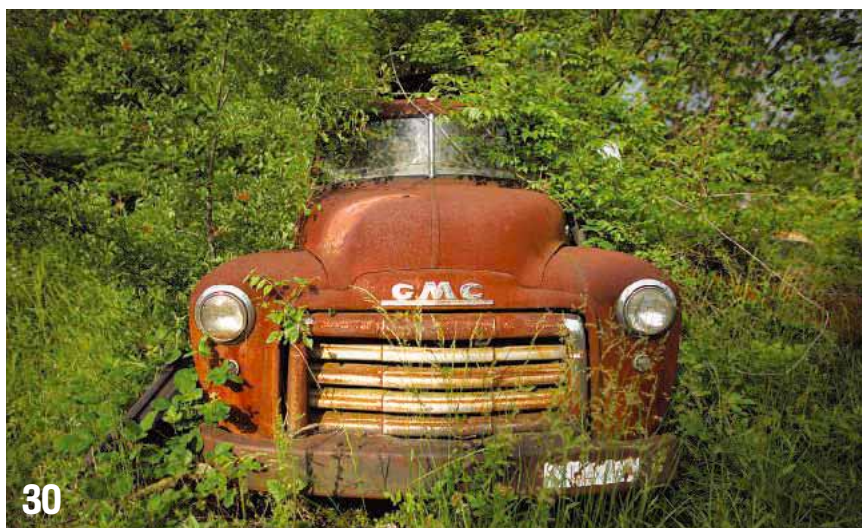
Five big unions threaten to break ranks with the AFL-CIO unless millions more are allocated to recruitment

**Money Watch 40**

Breaking up big conglomerates is fun to do; a sweaty summer for investors; outsourcing is out; the housing boom is driving consumer spending

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COVER: PHOTOGRAPH BY MELANIE ACEVEDO—BOTANICA/GETTY IMAGES


**COVER STORY**
**Agony in the Bones 42**

Doctors are learning how to beat the pain of arthritis. Our guide covers the pros and cons of nine key ways, from topical treatment (but not a copper bracelet!) to surgery. By Josh Fischman and Katherine Hobson

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# How to make sure your PC isn't a welcome mat for hackers.

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Okay, this is going to be hard. Really hard. Because hackers are downright devious and ruthless, and for you to go toe-to-toe with them with nothing but your wits just isn't very smart. (Pardon the bluntness, but it's the truth.) Anyway, your first order of business will



be to learn the hackers' lingo.

And it's not exactly English.

It's programming languages.

Stuff like C++, HTML, VBScript,

and various forms of assembly language (don't ask). Then you're going to have to learn about your browser. And we don't mean how to point and click. No, we mean the inner, inner workings, the really geeky stuff that hackers like to take advantage of so they can install viruses, steal your identity, and destroy all those photos you took last summer. By the way, are you still reading? Wow,



you're a glutton for punishment.

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You can have everything—including the kitchen sink—in your backyard

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In 1980, millionaire inventor Robert Graham launched an exclusive sperm bank to provide sperm from high achievers to infertile couples—a story recounted in the new book *Genius Factory* by journalist David Plotz. Thomas Hayden spoke with Plotz about how the Repository for Germinal Choice didn't quite live up to its promise but did change the way Americans think about fertility.

[www.usnews.com/genius](http://www.usnews.com/genius)

**Photo Gallery**

Jim Lo Scalzo captures scenes from Philadelphia, Miss., where Edgar Ray Killen is now on trial for the 1964 murder of three civil rights workers.

[www.usnews.com/photo](http://www.usnews.com/photo)

**Healthy Profits**

Whole Foods has grown from a single store run by hippies for hippies to a \$3.9 billion company that caters to up-scale foodies.

[www.usnews.com/wholefoods](http://www.usnews.com/wholefoods)

**A Balanced Life**

A new feature looks at ways to stay healthy amid pressures of work and home. This week, Marianne Szegedy-Maszak investigates why jet lag makes the body clock go haywire.

[www.usnews.com/jetlag](http://www.usnews.com/jetlag)

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**America's Best Hospitals** See which hospitals made the *U.S. News* Honor

Roll in 17 specialties.

[www.usnews.com/besthospitals](http://www.usnews.com/besthospitals)

**Auto Reviews** Ride along with Richard J. Newman as he takes the latest muscle cars and minivans for a spin.

[www.usnews.com/auto](http://www.usnews.com/auto)

**Whispers Poll** Can the Nationals compete with the Braves, Cubs, Cardinals, and Yankees for nationwide popularity?

[www.usnews.com/wwpoll](http://www.usnews.com/wwpoll)

*Toyota's South Campus complex in Torrance, California received Gold Level Certification for Leadership in Energy and Environmental Design (LEED®) from the U.S. Green Building Council.*



## **A business environment where the emphasis is on “environment.”**

This striking new building, part of Toyota's U.S. sales and financial headquarters in Southern California, was built using materials from scrapped cars. It contains over 90% recycled content and is powered by one of the largest privately owned solar arrays in America. Toyota is a global leader in environmental innovations like hybrid technology, and as we continue to grow in the U.S., we'll keep searching for new ways to ensure that all of our operations are as environmentally responsible as possible. Caring for the Earth: we think it's good business.

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# Washington Whispers

By Paul Bedard

## The White House Catches Nats Fever

**W**ashington Nationals fever, stoked by a 10-game winning streak and an improbable first-place standing in the National League East Division, is fast spreading through Washington. It's so bad that local power brokers are fighting for good seats and politicians are considering sidelining their home teams for the new kids parked temporarily at **Robert F. Kennedy Memorial Stadium**.

Just listen to Vice President **Dick Cheney** go on about the Nats. "I am impressed, I got to tell you," he says. "Ten in a row and first place in the division. I might even have to reconsider my Cub loyalties." Adds a Cheney associate: "It's clear he caught Nats fever." Then there's his boss, **President Bush**, who built the stadium in Arlington, Texas, when he ran the Texas Rangers. We're told the prez is deeply interested in the construction of the new Nats stadium and even points it out to coptermates when Marine One flies over the Anacostia River site.

Meanwhile, Commerce Secretary **Carlos Gutierrez** has wangled a July 24 invitation to throw out the first pitch. And it's not uncommon to see White House Chief of Staff **Andy Card**, GOP boss **Ken Mehlman**, top aides to Democratic Party Chair **Howard Dean**, and Treasury Secretary **John Snow** in the stands. Could this lead to bipartisanship? "Everyone wants to go," says GOP pollster **Frank Luntz**. "They have the potential to be America's Team."

### Here's Why Jeb Bush Won't Run

Florida Gov. **Jeb Bush** has for months sternly rejected running to replace his brother in the White House, but only now are we finding out why. Friends say it's his wife, **Columba**, who closed the door. "His wife has just said no," a close Bush Florida political pal tells us.

### Will Barbara Bush Tuck Bubba In?

Republican mutterings over former President **George H. W. Bush's** budding friendship with one-time archrival **Bill Clinton** are growing. What

started when **President Bush** put the two foes on the tsunami relief parade has some GOP-ers worried that the old man and wife **Barbara** have fallen for Bubba. And now this: Clinton's staying at Bush's Kennebunkport, Maine, summer home during a book tour this month. Why care? Republicans fret that the ties might prompt the Bushes to pull punches against Sen. **Hillary Rodham Clinton** if she runs in 2008.

### Playboy Adviser: Start With Veep

**Christie Hefner** knows what it's like to be a female in a man's world, even if it is her

dad's *Playboy* empire. Which gives her an interesting perspective on politics and a woman's becoming president. Fact is, she told us over breakfast last week, she doesn't see it happening. Sorry, Sen. **Hillary Rodham Clinton** and Secretary of State **Condi Rice**. For Ms. Hef, it's a question of voters' accepting a woman as commander in chief. Her advice: Get elected veep first and handle military issues.

### Journalism Is War: The Times at 25

For fans and even foes of the scrappy and conservative *Washington Times*: Editor

**Wes Pruden** recently told C-SPAN that he's leaving in a couple of years after 13 plus at the top, a period that saw the paper's influence expand as it paved the way for other conservative media like Fox News. But don't worry about the *Times's* tempering its aggressive style when Pruden departs, around the paper's 25th anniversary in 2007. That's because it looks as though Managing Editor **Fran Coombs** will take over. His motto: "Journalism is war."

### Afghan Foes Grow In Numbers, Hits

As the killings of Americans creep upward in Afghani-



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stan, we're hearing that the attacks are coming more frequently and from larger gangs. Where in the past the enemy attackers were huddled in small groups, Special Forces tells us that the killer bands are growing to over 100, a sign they are gaining support.

## Air America to Land On Tom DeLay

Imagine some of these titles leaping from bookstore shelves in the years to come: *Hammer Time*, a memoir about House Majority Leader **Tom DeLay's** stint in prison and his conversion to Islam, and *Liberals Are to Be Hunted Down and Killed*, by conservative vixen **Ann Coulter**. Silly? Yes. Crude? You bet, but what would you expect from a satirical bestseller list in 2020 as dreamed up by **Sam Seder** and **Stephen Sherrill** of lefty radio Air America's *Majority Report*? It's in their forthcoming book, which has a title lifted from a crude military acronym for "f[ouled] up beyond all recognition." They title it *F.U.B.A.R.: America's Right-Wing Nightmare and How You Can Wake Up From It*.

## The New Hill Look: Wireless Clip-ons

Has anybody else noticed all the **Madonna** look-alikes on Capitol Hill? No, not the bra she wore on the *Blond Ambition* tour; it's the headset look she made so famous. Thanks to new wireless technology, the combination earpieces and microphones are showing up on the ears of chattering lawmakers. "This is the greatest invention," Rep. **Jesse Jackson Jr.** told us. "I used to be tethered to a cord," but the new gizmos "work even 25 feet away from my cellphone." Another fan is Rep. **Ellen Tauscher** of California, who likes that it hides under her shoulder-length hair. "You

STEVE BREEN / COPLEY NEWS SERVICE / SAN DIEGO UNION-TRIBUNE



## OUT LOUD

"Barney is like, kind of like the son I never had."

**President Bush**, father of twin daughters, on the first dog

"This just shows you the lengths at which the Bushes would go to get another president in the family, and I wish I could get them to adopt Hillary."

**Bill Clinton**, explaining that former first lady Barbara Bush calls him "son"

"I don't care if it's Ralph Lauren's table. That's not his real name, anyway."

**Roger Ailes**, Fox News chairman, on taking a New York restaurant table reserved for the fashion king

"I'm going to show Washington that a porn star is more than someone who just flashes her boobs."

**Mary Carey**, a porn star, on attending a presidential fundraiser

Sources: NBC, *Late Show With David Letterman*, *Daily News*, (2)

don't even see it," she cheers. "It's great for girls."

## Who Had the First Presidential Car?

The famous Petersen Automotive Museum in Los Angeles has offered us a bit of unusual trivia: All presidents from **George Washington** to **Teddy Roosevelt** had to pay for their own vehicles. Granted, that meant horses and buggies back then, but it wasn't until 1909 that **William Howard Taft** won an appropriation for \$12,000 to hire a chauffeur and buy four cars—a White Steamer, two Pierce-Arrows, and a Baker Electric. Other tidbits from Petersen's upcoming exhibit of cars that presidents, popes, and potentates drove: **FDR** liked Fords, and the first "Pope-mobile" was **Paul VI's**, a Toyota painted white to signify the important passenger.

With **Linda Robinson** and **Richard J. Newman**

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Edited By Peter Cary

SAMANTHA REINDERS FOR USN&WR

## A President's Problem: Too Many Battles, Too Few Chits

**S**ome administration officials are now saying that President Bush doesn't have enough political chits to pull off a victory on Social Security, given his other battles with Congress, which include the nomination of John Bolton as ambassador to the United Nations, his federal court appointees, tax overhaul, energy legislation, and the Central American Free Trade Agreement. The officials, who agree with key congressional leadership aides, believe that Bush should instead put Social Security on the back burner, make reform "a goal," and turn up the heat on the other issues. The White House, however, is not ready to back down on revamping Social Security, despite grim assessments of its chances. A key aide says that Bush will soon begin personally lobbying for the package with critical members of Congress—as he is already doing for CAFTA.

## Regarding the Gulag, Tell Me More

President Bush has shown an abiding interest in the plight of North Koreans caught up in that country's gulag—its constellation of political prisons believed to hold some 200,000 people. Last week, the president and Vice President Cheney hosted Kang Chul Hwan, a gulag survivor who fled North Korea and wrote about his experience—he nearly starved to death—in his book *The Aquariums of Pyongyang: Ten Years in the North Korean Gulag*. In recent weeks, however, Bush has seemed to mute his rhetoric about North Korean leader Kim Jong Il. His past references to Kim as a "tyrant"—he once told journalist Bob Woodward that "I loathe Kim Jong Il!"—angered North Korea, which is defying the United States and other countries by staying away from talks on abandoning its nuclear weapons programs. When Bush recently used the honorific "Mr." before Kim's name, the change was noted approvingly in Pyongyang. With the North Koreans dangling the possibility of returning to the six-party nuclear talks, the Bush administration may be watching its words more carefully. But, for Bush, the stories of the camps remain utterly compelling.



**8:24 a.m., June 17, White House South Lawn**

Members of the public on a White House visit snap photos of President Bush as he heads for his helicopter, Marine One. The president was off to Maple Grove, Minn., where he visited a community center and spoke of his efforts to improve Medicare benefits, especially for illness prevention and for drugs.

## Blair Seen Steering Bush Toward Africa

Instead of focusing on security, President Bush's main interest since 9/11, the Group of 8 economic summit next month in Gleneagles, Scotland, is expected to concentrate on debt relief and aid to Africa. Sources say that much of this is owed to Tony Blair, who supported Bush on Iraq and to whom Bush now listens. And Blair has made African debt relief and aid a centerpiece of Bush-Blair talks in recent weeks.

## And Now, Iraq, a Right-to-Work State

A half-dozen Iraqi labor activists are on a 20-city U.S. tour, and their tales of woe are harrowing. In Washington last week they told of how their leaders have been assassinated, arrested, threatened, and fired from their jobs. Iraq's labor movement dates back to the 1920s, but it was crushed by Saddam Hussein in the '80s. Among the group's top frustrations today: U.S. and Iraqi officials have let stand a Saddam-era law that bans organizing in the public sector, which makes up most of the economy. "Here's an Iraqi group that works for secularism and democracy and is being treated like it's al Qaeda," says Alec Dubro of the International Labor Communications Association. ●

*With Paul Bedard, Thomas Omestad, and David E. Kaplan*

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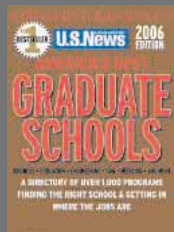
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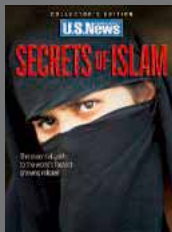


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## Letters

# Reagan's Patriotism

"REMEMBERING REAGAN" [JUNE 6] was an honest assessment of patriotism and President Reagan's brilliantly devised script that he "flawlessly delivered." Yet I wondered if this cover story was honoring "the boys" of Pointe du Hoc, or was it homage to a two-term president, recently buried with the highest honors a statesman can receive?

CHARLES WALNUT  
*Barnegat Light, N.J.*

SERVING AS A MILITARY ESCORT TO President Reagan at Pointe du Hoc was one of the highlights of my career and life. I saw and heard his passion as he honored the heroes of Normandy. As I walked those beaches, I noticed the tears on the faces of elderly men remembering buddies who lost their lives 40 years earlier. Those men were truly heroes.

MASTER SGT. MIKE ANDREWS  
USAF (RET.)  
*Chattanooga, Tenn.*

AS I READ "REMEMBERING REAGAN" about the Rangers of Pointe du Hoc, I was shocked to see my father, Richard Wintz, mentioned. I've always felt that my father did not get the proper recognition for his actions on that historic day in books written about the amphibious attack and climbing the cliffs. He is rarely mentioned for his actions. His ropes got the majority of men up on the cliff. He was awarded the Silver Star for his actions.

THOMAS WINTZ  
*Norwalk, Calif.*

# Revealing Records

I WAS PLEASED TO SEE COVERAGE IN "Washington Whispers" of the important opening of the 1.2 million official military personnel files at the National Personnel Records Center in St. Louis ["The Last Secrets of Sergeant Presley," June 13]. Your column, however, mischaracterized the relationship between the National Archives and the Department of Defense. The decision to make these military personnel files permanent records of the United States was a collaborative partnership. Working together, we came to an agreement in 1999 that was signed in July 2004, transferring this first group of records to the National Archives. At no time was there any discussion about disposing of these files.

ALLEN WEINSTEIN  
*Archivist of the United States  
Washington, D.C.*

Founder: David Lawrence 1888-1973

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# The Week

By Lisa Stein

DAMIR SAGOLJ—REUTERS



Supporters  
of reformist  
Mostafa Moin

## Time for A Change?

Iranians flocked to the polls last week to vote in one of the closest presidential races since the 1979 Islamic Revolution. It didn't appear that any of the seven candidates would get the 50 percent margin required, setting the two top vote-getters up for a runoff election Friday. Ayatollah Hashemi Rafsanjani, president from 1989 to 1997, went in as the front-runner; reformist Mostafa Moin and former police chief Muhammed Bagher Qalibaf, backed by conservatives, were in a contest for second.

## Tyco Execs Found Guilty on All Counts

Former Tyco International Ltd. CEO Dennis Kozlowski and CFO Mark Swartz last week were found guilty of grand larceny, securities fraud, conspiracy, and other charges for stealing more than \$150 million in bonuses from the company they built into one of the world's biggest manufacturing empires. The two men were also accused of defrauding shareholders by selling \$430 million in Tyco stock while mis-

representing the company's financial health. The verdict culminates a four-month trial during which Kozlowski, 58, and Swartz, 44, were accused of misusing company funds to finance lavish lifestyles.

● *They each face a maximum of 30 years, but their lawyers plan to appeal.*

## Autopsy: No Way Out for Schiavo

Nothing—not even a mother's soothing voice—would have gotten a response from Terri Schiavo, the comatose

Florida woman whose right-to-die case entangled the courts and mesmerized America for weeks, according to an autopsy report released last week. Any message would have to travel the neural pathway to a part of her brain called the neocortex. But that incoming route was destroyed some 15 years ago when, her brain deprived of oxygen, she slipped into a coma. Examiners said that Schiavo was blind, and, also, that they found no evidence of strangulation or abuse as alleged

by her family in court efforts to prevent her husband from removing her feeding tube. "They did an extremely thorough job," says Karen Weidenheim, chief of neuropathology at New York's Montefiore Medical Center, "of ruling that out." Schiavo's death on March 31 ended a legal and political struggle over her fate.

● *The autopsy revealed that Schiavo's brain was half the normal weight. "No amount of therapy or treatment," said examiner Jon Thogmartine, "would have regen-*



## SPOTLIGHT

# The Cost of Walking

Michael Jackson is free but debt ridden

**L**OS ANGELES—And now the comeback begins. Cleared of child-molestation and other charges last week, Michael Jackson is set to embark on that greatest of American traditions: converting his trashed image and tale of woe into cash. After weathering a 14-week-long trial, the King of Pop's finances are as shaky as his reputation. He's more than \$300 million in debt, according to testimony, and he's reportedly burning through millions more monthly. Plus, his accuser could still slap him with a civil suit. But, to borrow from a British tabloid, no matter how bad it gets, Jacko could come back. He's a celebrity, after all, and celebrities have a way of cashing in on infamy. One need look no further than sales of his albums, including *Thriller* and *Bad*, which have soared 40

KEVORK DJANSEZIAN—AP / POOL



Michael Jackson and lawyer Tom Mesereau exit court post-verdict.

percent since the verdict. Promoters of next month's Live 8 concert in Philadelphia have hinted that the Gloved One may join the lineup. There's also talk of a book, a reality TV show, and a Jackson Las Vegas act. Music industry executives also believe the pop star, 46, could earn a cool \$100 million if he goes on tour. "I don't see why he couldn't do a greatest hits world tour," says David Renzer, chairman and CEO of Universal Music Publishing Group. "He hasn't toured in a long time, and people love to be part of a comeback."

The potential gigs are all aimed at getting Jackson out of debt so he doesn't have to sell his share of one of the most valued music holdings in the world. Jackson and Sony/ATV Music Publishing each own 50 percent of the catalog that includes over 250 Beatles songs and hits by Elvis and other rock-and-rollers. Jackson's share is estimated to be worth \$500 million; he also owns the rights to his own music. Righting his financial situation won't be a moonwalk. Jackson not only has to make money, but he needs to dramatically scale back his \$25 million-a-year lifestyle. "The problem with celebrities is that they don't treat themselves like a business, and at the end of the day that's exactly what they are," says David Bach, author of *Start Late, Finish Rich*. "Financially, Michael Jackson is living in a fantasy land. It's time for him to join the real world." —Betsy Streisand

erated the massive loss of neurons."

## Getting to the Heart Of the Matter

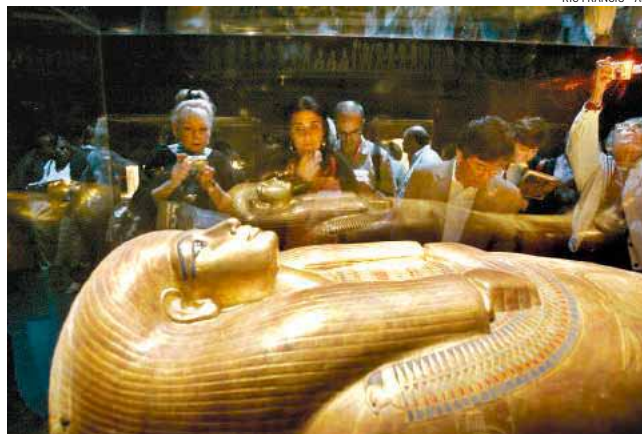
Health officials last week advised the Food and Drug Administration to OK a new drug that's specifically designed to treat blacks with chronic heart failure. The move marks the first time race has come into play in such decisions and prompted debate over whether it should be a factor. The FDA advisory panel unanimously voted to recommend that the agency approve BiDil, found in a clinical trial to be successful in treating blacks with heart failure who were not helped by other meds. The panel of outside experts agreed with manufacturer NitroMed Inc. that the label should specify that the drug is intended for blacks. Controversy has swelled around BiDil since last fall, when a study in the *New England Journal of Medicine* said that it reduced death in black patients with heart disease by 43 percent. BiDil enhances nitric oxide, a compound that dilates vessels, allowing the free flow of blood. Some doctors have speculated that black patients have lower levels of nitric oxide than other racial

and ethnic groups. Critics say BiDil could open the door to racial stereotyping. ● *In other heart news: A new study shows that fish oil may increase life-threatening abnormal heartbeats in patients with defibrillators implanted to regulate them.*

## Will Tobacco Fines Go Up in Smoke?

Democratic lawmakers have asked Attorney General Alberto Gonzales to hold off settling the government's racketeering case against Big Tobacco until the Justice Department completes an internal probe into whether politics played a role in the feds' sudden move to reduce the penalty they are seeking from \$130 billion to \$10 billion. Internal memos obtained by the *New York Times* show that senior Justice Department political appointees overruled career lawyers running the case, ordering them to lop a whopping \$120 billion off the fine being sought. At issue: the price tag for the tobacco industry to implement nationwide smoking cessation programs. A Justice Department spokesman says the stunning reversal was designed to comply with court limits on penalties sought by the government. But

RIC FRANCIS—AP



**THE KING RETURNS.** In a town known for sequels, King Tut returns to Los Angeles as part of an exhibit at the Los Angeles County Museum that will also travel to three other U.S. cities.



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*(sildenafil citrate) tablets*

**Keep that spark alive.**

**FACT:** Viagra can improve erections for guys with ED. Studies show Viagra can also improve their sexual relationship satisfaction.

Viagra can improve the ability to achieve and maintain an erection for guys with erectile dysfunction. **Ask your doctor if VIAGRA is right for you.**

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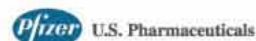
VIAGRA is prescribed to treat erectile dysfunction. We know that no medicine is for everyone. If you use nitrate drugs, often used for chest pain (known as angina), don't take VIAGRA. Taking these drugs together could cause your blood pressure to drop to an unsafe level.

The most common side effects of VIAGRA are headache, facial flushing, and upset stomach. Less common are bluish or blurred vision, or being sensitive to light. These may occur for a brief time. Remember to protect yourself and your partner from sexually transmitted diseases.

Talk with your doctor first. Make sure you are healthy enough to have sex. If you have chest pain, nausea, or other discomforts during sex, seek medical help right away. Although erections lasting for more than four hours may occur rarely with all ED treatments in this drug class, it is important to seek immediate medical attention. Erections lasting longer than six hours can result in long-term loss of potency.

**VIAGRA is covered under most Managed Care Plans.**

Please see our patient summary of information for VIAGRA (25 mg, 50 mg, 100 mg) tablets on the following page.



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## PATIENT SUMMARY OF INFORMATION ABOUT

# VIAGRA® (sildenafil citrate) tablets

This summary contains important information about VIAGRA®. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking VIAGRA. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about VIAGRA.

This medicine can help many men when it is used as prescribed by their doctors. However, VIAGRA is not for everyone. It is intended for use only by men who have a condition called erectile dysfunction. VIAGRA must never be used by men who are taking medicines that contain nitrates of any kind, at any time. This includes nitroglycerin. If you take VIAGRA with any nitrate medicine your blood pressure could suddenly drop to an unsafe or life threatening level.

### • What is VIAGRA?

VIAGRA is a pill used to treat erectile dysfunction (impotence) in men. It can help many men who have erectile dysfunction get and keep an erection when they become sexually excited (stimulated).

You will not get an erection just by taking this medicine. VIAGRA helps a man with erectile dysfunction get an erection only when he is sexually excited.

### • How Sex Affects the Body

When a man is sexually excited, the penis rapidly fills with more blood than usual. The penis then expands and hardens. This is called an erection. After the man is done having sex, this extra blood flows out of the penis back into the body. The erection goes away. If an erection lasts for a long time (more than 6 hours), it can permanently damage your penis. You should call a doctor immediately if you ever have a prolonged erection that lasts more than 4 hours.

Some conditions and medicines interfere with this natural erection process. The penis cannot fill with enough blood. The man cannot have an erection. This is called erectile dysfunction if it becomes a frequent problem.

During sex, your heart works harder. Therefore sexual activity may not be advisable for people who have heart problems. Before you start any treatment for erectile dysfunction, ask your doctor if your heart is healthy enough to handle the extra strain of having sex. If you have chest pains, dizziness or nausea during sex, stop having sex and immediately tell your doctor you have had this problem.

### • How VIAGRA Works

VIAGRA enables many men with erectile dysfunction to respond to sexual stimulation. When a man is sexually excited, VIAGRA helps the penis fill with enough blood to cause an erection. After sex is over, the erection goes away.

### • VIAGRA is Not for Everyone

As noted above (*How Sex Affects the Body*), ask your doctor if your heart is healthy enough for sexual activity.

If you take any medicines that contain nitrates – either regularly or as needed – you should never take VIAGRA. If you take VIAGRA with any nitrate medicine or recreational drug containing nitrates, your blood pressure could suddenly drop to an unsafe level. You could get dizzy, faint, or even have a heart attack or stroke. Nitrates are found in many prescription medicines that are used to treat angina (chest pain due to heart disease) such as:

- nitroglycerin (sprays, ointments, skin patches or pastes, and tablets that are swallowed or dissolved in the mouth)
- isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed, chewed, or dissolved in the mouth)

Nitrates are also found in recreational drugs such as amyl nitrate or nitrite ("poppers"). If you are not sure if any of your medicines contain nitrates, or if you do not understand what nitrates are, ask your doctor or pharmacist.

VIAGRA is only for patients with erectile dysfunction. VIAGRA is not for newborns, children, or women. Do not let anyone else take your VIAGRA. VIAGRA must be used only under a doctor's supervision.

### • What VIAGRA Does Not Do

- VIAGRA does not cure erectile dysfunction. It is a treatment for erectile dysfunction.
- VIAGRA does not protect you or your partner from getting sexually transmitted diseases, including HIV – the virus that causes AIDS.
- VIAGRA is not a hormone or an aphrodisiac.

### • What To Tell Your Doctor Before You Begin VIAGRA

Only your doctor can decide if VIAGRA is right for you. VIAGRA can cause mild, temporary lowering of your blood pressure. You will need to have a thorough medical exam to diagnose your erectile dysfunction and to find out if you can safely take VIAGRA alone or with your other medicines. Your doctor should determine if your heart is healthy enough to handle the extra strain of having sex.

Be sure to tell your doctor if you:

- have ever had any heart problems (e.g., angina, chest pain, heart failure, irregular heart beats, heart attack or narrowing of the aortic valve)
- have ever had a stroke
- have low or high blood pressure
- have a rare inherited eye disease called retinitis pigmentosa
- have ever had any kidney problems
- have ever had any liver problems
- have ever had any blood problems, including sickle cell anemia or leukemia
- are allergic to sildenafil or any of the other ingredients of VIAGRA tablets
- have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have stomach ulcers or any types of bleeding problems
- are taking any other medicines

### • VIAGRA and Other Medicines

Some medicines can change the way VIAGRA works. Tell your doctor about any medicines you are taking. Do not start or stop taking any medicines before checking with your doctor or pharmacist. This includes prescription and nonprescription medicines or remedies:

- Remember, VIAGRA should never be used with medicines that contain nitrates (see *VIAGRA is Not for Everyone*).
- If you are taking alpha-blocker therapy for the treatment of high blood pressure or prostate problems, you should not take a dose of greater than 25 mg of VIAGRA at the same time (within 4 hours) as you take your dose of alpha-blocker.
- If you are taking a protease inhibitor, your dose may be adjusted (please see *Finding the Right Dose for You*).
- VIAGRA should not be used with any other medical treatments that cause erections. These treatments include pills, medicines that are injected or inserted into the penis, implants or vacuum pumps.

### • Finding the Right Dose for You

VIAGRA comes in different doses (25 mg, 50 mg and 100 mg). If you do not get the results you expect, talk with your doctor. You and your doctor can determine the dose that works best for you.

- Do not take more VIAGRA than your doctor prescribes.
- If you think you need a larger dose of VIAGRA, check with your doctor.
- VIAGRA should not be taken more than once a day.

If you are older than age 65, or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg) of VIAGRA. If you are taking protease inhibitors, such as for the treatment of HIV, your doctor may recommend a 25 mg dose and may limit you to a maximum single dose of 25 mg of VIAGRA in a 48 hour period. If you are taking alpha-blocker therapy, you should not take a dose of greater than 25 mg of VIAGRA at the same time (within 4 hours) as your dose of alpha-blocker.

### • How To Take VIAGRA

Take VIAGRA about one hour before you plan to have sex. Beginning in about 30 minutes and for up to 4 hours, VIAGRA can help you get an erection if you are sexually excited. If you take VIAGRA after a high-fat meal (such as a cheeseburger and french fries), the medicine may take a little longer to start working. VIAGRA can help you get an erection when you are sexually excited. You will not get an erection just by taking the pill.

### • Possible Side Effects

Like all medicines, VIAGRA can cause some side effects. These effects are usually mild to moderate and usually don't last longer than a few hours. Some of these side effects are more likely to occur with higher doses. The most common side effects of VIAGRA are headache, flushing of the face, and upset stomach. Less common side effects that may occur are temporary changes in color vision (such as trouble telling the difference between blue and green objects or having a blue color tinge to them), eyes being more sensitive to light, or blurred vision.

In rare instances, men have reported an erection that lasts many hours. You should call a doctor immediately if you ever have an erection that lasts more than 4 hours. If not treated right away, permanent damage to your penis could occur (see *How Sex Affects the Body*). Heart attack, stroke, irregular heart beats, and death have been reported rarely in men taking VIAGRA. Most, but not all, of these men had heart problems before taking this medicine. It is not possible to determine whether these events were directly related to VIAGRA.

VIAGRA may cause other side effects besides those listed on this sheet. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

### • Accidental Overdose

In case of accidental overdose, call your doctor right away.

### • Storing VIAGRA

Keep VIAGRA out of the reach of children. Keep VIAGRA in its original container. Store at 25°C (77°F); excursions permitted to 15-30°C (59-86°F) [see USP Controlled Room Temperature].

### • For More Information on VIAGRA

VIAGRA is a prescription medicine used to treat erectile dysfunction. Only your doctor can decide if it is right for you. This sheet is only a summary. If you have any questions or want more information about VIAGRA, talk with your doctor or pharmacist, visit [www.viagra.com](http://www.viagra.com), or call 1-888-4VIAGRA.



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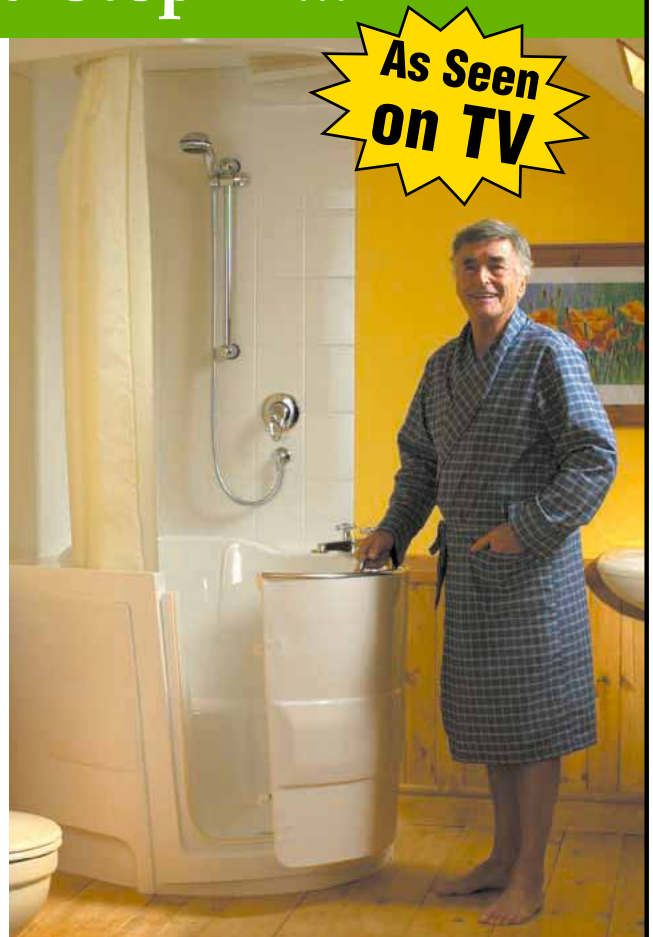
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antismoking advocates don't buy it.

● *"I think this is political interference," says William Corr of the Campaign for Tobacco-Free Kids, "from the Bush administration out of concern for the financial interests of the tobacco industry."*

## Club Gitmo—or Hell? Ask the Lawmakers

Leading congressional Democrats are pushing for an independent investigation of allegations of detainee abuse at military-run prisons in Iraq, Afghanistan, and Guantánamo Bay, Cuba. House Dems this week plan to introduce a measure that calls for creation of an independent panel à la the 9/11 commission. Meanwhile, Senate Republicans and Democrats last week clashed over the future of the lockup



**HOME AGAIN.** Charles Jenkins, 65, flanked by his wife (left) and daughter, reunited with his mother in Weldon, N.C., during his first visit to the United States since deserting the U.S. Army 40 years ago and defecting to North Korea.

at Guantánamo Bay. Democrats charged the detention center is an "international embarrassment" that should be shuttered, but many Republicans pooh-poohed

complaints of detainee abuse. "The inmates in Guantánamo have never eaten better. They've never been treated better, and" said Rep. Duncan Hunter at

a news conference, "they've never been more comfortable in their lives . . ."

● *Vermont Sen. Patrick Leahy hit Republicans for portraying Gitmo as "more a Club Med than a prison."*

## Deep Pockets: No More Secrets

After years of keeping mum, the king of whistle-blowers, Mark Felt—aka Deep Throat—has inked a deal to tell all. Universal Pictures and Public Affairs Books have, respectively, bought the film and literary rights to Felt's life story for a movie to be developed by actor Tom Hanks's production company, Playtone. Felt, now 91, is the G-man who helped topple President Richard Nixon by feeding *Washington Post* reporters inside info.

● *So much for silence is golden.*

## PEOPLE

### School of Hard Knox

At 15, **Shelby Knox**, a Southern Baptist girl from Lubbock, Texas, donned a promise ring as a symbol of sexual purity until marriage. Living in a county where 1 in 23 female teens becomes pregnant, she then spent the next two years fighting the school board in an effort to replace an abstinence-only sex-ed curriculum with a comprehensive one teaching contraception. *The Education of Shelby Knox*, a Sundance award-winner tracing her transformation, airs June 21 on PBS's *P.O.V.* Now 18, Knox is a rising junior at the University of Texas–Austin.

**What's wrong with abstinence-only sex ed?** Abstinence is the only 100 percent effective way to prevent STIs [sexually transmitted infections] and pregnancy. The problem is when kids who take abstinence pledges break their pledge, they don't have much [sex] education. So those pledges are really very dangerous.

**What was your school sex ed like?** Ed Ainsworth [pastor and local leader of a Christian abstinence program] comes in your seventh-, eighth-, and ninth-grade year and before the junior and senior prom and tells you condoms

don't work, and if you have sex your life is over. We also have health classes where we're shown advanced stages of sexually transmitted disease but aren't told how they can be prevented or cured. It's all scare tactics.

**Why so much controversy over sex ed?**

A lot of parents think, "If my kid goes to church, they're not having sex." In reality, a lot of kids have sex in junior high and high school.

ROBERT MAASS



**Do you still wear your promise ring?**

Are you asking me if I've had sex yet?

No.

Well, I have not, but that is because I have not found the person I want to have sex with. It's not that I won't wait until marriage, I just don't know.

**And your ring?**

The ring got stolen. If I still had it, I would not wear it.

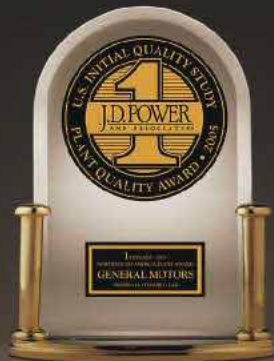
**Did you face fallout for your activism?**

A Spanish teacher called me a baby killer—evidently abortion and sex education are synonymous in her mind. The school board wrote my principal saying I was causing problems. And once someone broke my windows on my car at school. People at my church told me I was on the path to hell.

**What did you say to them?**

Thanks very much for your input, but I think I'll let God decide. —Caroline Hsu

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# BROTHERS IN ARMS

IN FALLUJAH, U.S. MARINE ADVISERS ARE TRYING TO DEVELOP A FEW GOOD MEN

By Julian E. Barnes

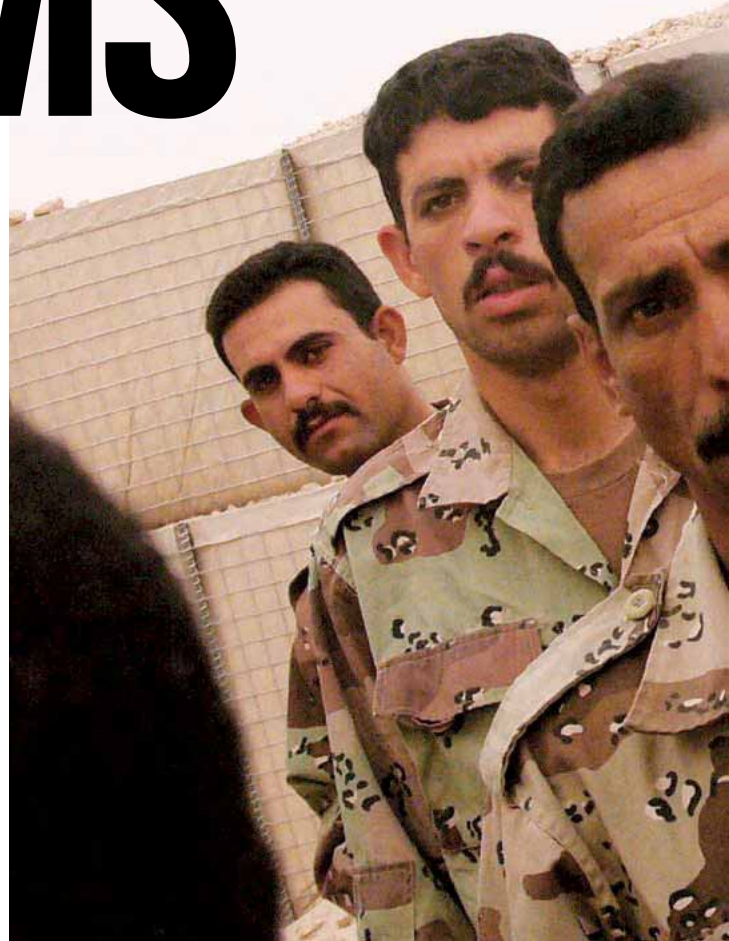
**F**ALLUJAH, IRAQ—For two nights in a row, shadowy gunmen took a few potshots at the Iraqi soldiers that 1st Lt. Khalid Abdul Rahman Muhamad sent on patrol through Fallujah's Jolan district. That's hardly an uncommon occurrence, and typically, Muhamad would just report the incidents to U.S. marines tasked with securing the northwest section of this restive city. But this time, for the first time, Muhamad turned to Marine Corps Maj. Larry Huggins and offered his own plan to rout out the insurgents with a nighttime raid.

That may not seem like much of a development, but even such a nascent show of initiative is taken as evidence of progress. It is just what the U.S. military is hoping to encourage through a nationwide experiment that is putting small deployments of American troops alongside their Iraqi counterparts to provide around-the-clock training, support, and encouragement. In fortified outposts here, for the past four months, Huggins and his team of advisers have lived and worked with the *jundi*, Arabic for soldiers, of the 2nd Brigade of the Iraqi Intervention Force, a division of the Iraqi Army. The concept is that having marines constantly work with Iraqis will build up strong Iraqi forces faster than can be done through the conventional combination of classroom training, exercises, and occasional joint patrols. And since the Bush administration links U.S. military withdrawal to the readiness of Iraqi defense forces, U.S. soldiers and marines see success in this style of training as America's best hope for a ticket out of Iraq.

Still, no one should underestimate the challenges. While some former Saddam Hussein-era soldiers have joined the force, many Iraqi recruits have no military background. In any event, American officers are trying to create a fresh mind-set along with a functional structure. Under Saddam, for instance, there was no seasoned corps of noncommissioned officers, the senior enlisted soldiers who enforce discipline and direct train-

ing for lower-ranking soldiers. In the old Army, officers gave orders, unresponsive to feedback from below. The Americans hope to model the new Iraqi Army on the U.S. military, yet that adds to the enormity of the task.

**Training wheels.** The past four months, the Marine advisers in Fallujah acknowledge, have been a slow crawl. Even the simple things—like getting Iraqis to pay attention on guard duty or refrain from shopping while on patrol—have been difficult to accomplish. So Muhamad's initiative was regarded as something of a breakthrough; it was the first time that one of the company leaders had identified a problem *and* proposed a solution. Huggins agreed with Muhamad's assessment: There





was a likely problem with insurgents in the Jolan district. Huggins urged Muhamad to refine the plan with his platoon leaders and then take it to the commander of the 2nd Battalion, Col. Raed Jasem Edan. Behind the scenes, Huggins was working to get backing for Muhamad's plan—a fairly basic nighttime operation that would establish a line of *jundi* and then send a patrol to draw fire and flush the gunmen from their positions toward the waiting cordon of soldiers. "This is the first time the training wheels will be coming off," Huggins says.

All Army recruits, including the Fallujah force, go through a basic six-week training course. The military claims it has so far trained and equipped 169,000 soldiers with a goal of

**ARMY MEN.** While many members of the new Iraqi Intervention Force are new to the military, some formerly belonged to a Shiite militia.

having a 240,000-man Army a year from now. But "trained" is a relative term in Iraq. The marines in Fallujah say the "trained" recruits are very raw. Indeed, they run them through another two weeks of training in Fallujah before putting them on the street. In other parts of the country, Iraqi troops have reported that they face suspicions from American soldiers. But in Fallujah, the Iraqi *jundi* who speak English say they believe they get respect from the Americans, at least the ones living at their bases. First Lt. Kahdim Ali Kahdim, a battalion surgeon,

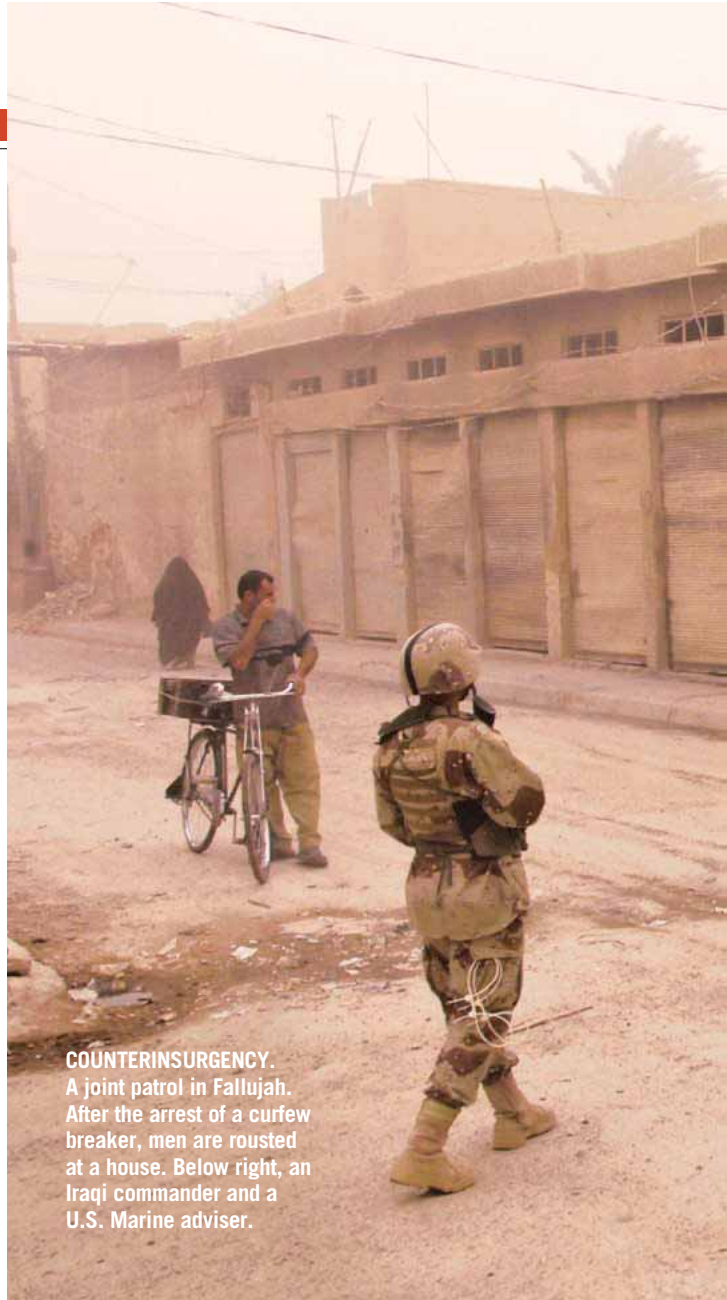


cites a strong friendship with the Marine advisers. "I am trying to learn how the American officers think," he says. "I follow their suggestions, and I suggest things too. We try to find the best way for success for all."

There are two groups of marines that work with the Iraqi military in Fallujah: the Marine advisers, like Huggins, who live in the Iraqi compounds with the *jundi*; and the Marine rifle companies that have formal responsibility for securing Fallujah. Huggins has the fit physique and military haircut of a central casting marine, but he has an easy, if sometimes wry, smile that puts his Iraqi tutees at ease. Whenever something involving the Iraqi military goes out of kilter, he smiles and says: "You just can't make this stuff up." He possesses the most important attribute for a military adviser: patience. The Marine riflemen split their attention between conducting their own operations and training the Iraqis, and some advisers complain that the training mission sometimes gets shortchanged. Often infantrymen will not include Iraqis while they plan operations—for fear that advance word will leak out. And the riflemen may show less patience and understanding than the advisers.

In the morning sun last week, a group of Marine combat engineers, part of the rifle company, trained a group of Iraqi *jundi* to erect fences made of sharp concertina wire. It is the first class the engineers have taught for the Iraqis, and these marines are not impressed. "The biggest problem is the work ethic. I am used to working with marines, and marines have a different attitude," says 1st Lt. Robert Spalla. "In the afternoon when it gets hot, the Iraqis start to whine. It is a challenge."

**Night shift.** By western standards, many of the raw Iraqi recruits are slackers. But there is a cultural difference at play. In the Middle East, activity stops during the hottest part of the day. And at midnight, when the primary Marine Corps shift is heading to bed, the Iraqi command posts are frequently abuzz with activity. Staff Sgt. Tom McCarty, one of the American advisers, says it is hard for many of the marines to grasp that there is an Iraqi way of doing things. Some Iraqi habits, McCarty says, should be discouraged, even if they cannot be stopped—like slipping away from post to shop at the market. But in some



**COUNTERINSURGENCY.**  
A joint patrol in Fallujah. After the arrest of a curfew breaker, men are rousted at a house. Below right, an Iraqi commander and a U.S. Marine adviser.

## American officers are trying to create a fresh mind-set.

cases, McCarty says, the marines could learn something from the Iraqis. Though marines refuse to allow any civilians to walk past a foot patrol, the Iraqi Intervention Force patrols refuse to stop women or children. "In some ways I think the IIF have the right idea," McCarty says. "You want to interfere with the local populace as little as possible." Proximity has earned the Iraqi troops some measure of respect: "These guys are about the bravest guys around," McCarty says as he walks on patrol with the *jundi*. "Most guys don't see that because of the ugly-American mentality. Some guys never get beyond the bad Iraqi BO or the fact that these guys eat with their hands. But here, it's me and one other marine; my life depends on them. And I sleep good at night knowing these guys will protect me."

McCarty says the marines would be better off just giving the Iraqi military formal control of Fallujah. But Marine officers like Huggins and Col. Mark Gurganus, who oversees military











operations around Fallujah, disagree. The Iraqis need more skills before control is handed over to them. Move too fast, they say, and that will set up the Iraqis for failure.

Fallujah is very much still a scarred city trying to rebuild after last November's intense battle between U.S. forces and Sunni insurgents. While the bulk of the Iraqi Army's efforts go into conducting patrols and manning checkpoints, there is the occasional modest humanitarian relief mission. As about 250 schoolgirls looked on last week, the *jundi* unloaded supplies from the back of a Marine humvee including Beanie Babies, jump-ropes, notebooks, and pens into a classroom for the teachers to distribute. Of course, nothing in Iraq is simple: The next day, parents complained that the teachers didn't distribute the supplies and instead took them home. "You can't make this stuff up," says Huggins. "I'd like to think the semester is coming to an end and the teachers decided to save it for the fall, but I am not so naive."

As more civilians have begun returning to Fallujah, so has the scourge of the Iraq war, the improvised explosive device. The Marine advisers for the 2nd Brigade, who just recently received armored humvees, and the Iraqi soldiers, who pile in the back of small unarmored Nissan pickup trucks, have begun to avoid some of Fallujah's main streets because of the threat of bombs. Last week, the 2nd Battalion found several roadside

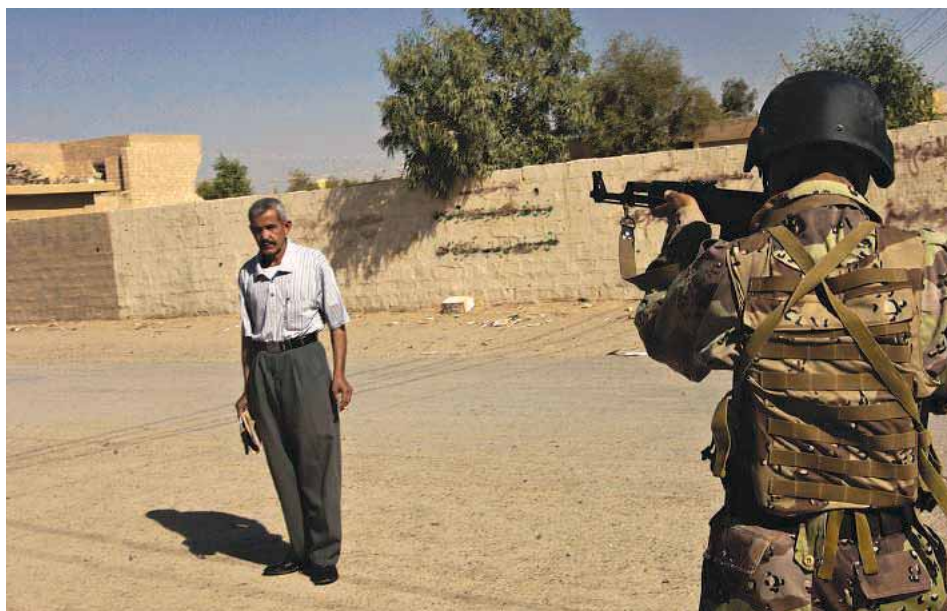
bombs before they could be triggered. The 1st Battalion, which patrols northeast Fallujah, was not so lucky; a roadside bomb went off as a mixed patrol of Iraqi soldiers and U.S. marines passed by, killing Pfc. Joshua Klinger, 21, of Easton, Pa. The Iraqi Intervention Force is just as much a target as the Americans, in part because it is a largely Shiite group in an overwhelmingly Sunni city. (Indeed, some of the *jundi* say they are former members of Moqtada al-Sadr's militia. When they plastered pictures of Sadr on the company cars, the marines ordered the pictures removed.)

The growing number of civilians and the rising threat of bomb attacks have led to a growing number of confrontations between Iraqi troops and Fallujah residents. *Ka-pop!* At the sound of an AK-47 firing from the rear of the patrol, Master Sgt. Dan Whitton started moving toward the sound. "Escalation of force!" shouted a Marine infantryman. A white pickup truck continued to approach, and an Iraqi *jundi* fired a second shot, hitting the driver's door. The pickup stopped. The driver, hit in the leg, was not seriously injured and was sent to the hospital in a taxi. Back at the company base, Whitton praises the *jundi*: "Very good aim; he did very good."

But a similar confrontation the next day does not go so well. During another patrol, an Iraqi *jundi* stopped an approaching vehicle, only to have the car behind it swerve and drive for-



## One Iraqi officer says it will take five years of American training to build a good army.



**WAITING.** A group of U.S. marines (left), getting briefed before heading out on a joint patrol with Iraqi soldiers in Fallujah. Above, an Iraqi soldier aims his rifle to keep a civilian at a distance while the joint military patrol goes past.

ward toward the patrol. According to the Marine adviser, the *jundi* dropped to his knee and fired at the approaching car. But the car swerved again, and the bullet slammed into the previously stopped vehicle, killing the driver. A few hours after the incident, Huggins huddled with Capt. Jody White, who leads the Marine infantry unit that oversees this section of Fallujah, to discuss the repercussions and compensation for the victim's brother. "We have to take care of him," White said. "If not, he is a prime candidate for the insurgency." Huggins nodded: "If not actively, then passively."

Back at battalion headquarters, Huggins sat down with Lt. Col. Saleem Naem Hatab, the 2nd Battalion executive officer, to discuss the incident. The Iraqis report that indeed the family of the slain man is angry and Huggins wants to talk about delivering financial compensation. "We want to bring money to family on Wednesday," Huggins tells Hatab. "No good," he responds. "Thursday?" Huggins asks. Hatab seems not to understand. Huggins tries again: "Tomorrow, next tomorrow, next tomorrow." "Yes maybe," Hatab answers. "Not Wednesday, but Thursday. Three days?" Huggins asks. "Three days," Hatab agrees. When the interpreters are not around, such is the pace of conversations at the Iraqi base.

With light seeping through the bullet holes of last November's battle, the metal gates of Jolan homes glowed like star

charts as Lieutenant Muhamad launched his midnight operation. With Huggins standing nearby, Muhamad followed his men down the alleys of the market district as they looked into courtyards for curfew violators. Above a Marine unmanned plane buzzed in the sky. The soldiers moved according to Muhamad's plan and their American lessons, stopping at phase lines and reporting their progress. The idea is to squeeze the curfew violators between a patrol advancing from the north and a cordon of soldiers stationed at the south.

The sweep netted just one curfew violator, who said he was out checking his generator at a neighboring house. The story does not ring true to the Iraqis, and under questioning he admitted he was sneaking out to play poker with a neighbor. "First he moved from that house to fix the generator," says Kahdim, the battalion doctor. "Now it's a poker game." Huggins smiles and shakes his head. Turning to Muhamad he asked, "Does anyone in Fallujah tell the truth?" In English, Muhamad answered, "No, not Fallujah."

**"Tomorrow tomorrow."** Despite failing to net any insurgents, Muhamad's operation is considered an important, but small, success. "This is not going to happen immediately," Capt. Tim Eichhorn, Huggins's deputy, said the morning after the raid. "As the Iraqis say, it will be 'tomorrow tomorrow.'" McCarty, listening in, agrees. "If the Iraqis say 'tomorrow tomorrow' it could be days, or it could be years," McCarty says. "And if we are going to get it right, we are going to have to stay for years." Hatab, the Iraqi battalion executive officer, has a very precise answer for when "tomorrow tomorrow" will come, and the American advisers will no longer be needed. "Five years," he says in English. "Five years, police and Army good."

Iraqi Army officers may have greater patience for a large U.S. presence than the Iraqi people—or the American public. But the Iraqi Army may have to re-evaluate its timeline. For now, though, the Iraqi troops have the help, and the training wheels remain in place. ●



CHARLIE ARCHAMBAULT FOR USN&amp;WR



**President Bush plans to step up his defense of his actions on Iraq.**

ham have voiced their concerns. And two Republicans, including the congressman who brought "freedom fries" to the Capitol, even joined a pair of Democratic colleagues in sponsoring a bill calling for a troop withdrawal plan to be drawn up by year's end. "I feel confident that the opposition is going to build," says Rep. Ron Paul, the other Republican sponsor and a longtime opponent of the war.

**Sagging polls.** The measure is not likely to go anywhere, but Hagel calls it "a major crack in the dike." Whether or not that's so, the White House has reason to worry that the assortment of critiques of Bush's wartime performance may be approaching a tipping point. Only 41 percent of Americans now support Bush's

handling of the Iraq war, the lowest mark ever in the Associated Press-Ipsos poll. And the Iraq news has combined with a lethargic economy and doubts about the president's Social Security proposals to push Bush's overall approval ratings near all-time lows. For now, most Republicans remain publicly loyal to the White House. "Why would you give your enemies a timetable?" asks House Majority Leader Tom DeLay. "[Bush] doesn't fight the war on news articles or television or on polls."

Still, the Bush administration is planning to hit back, starting this week, with a renewed public-relations push by the president. Bush will host Iraqi Prime Minister Ibrahim Jafari and has scheduled a major speech for June 28, the anniversary of the handover of power to an Iraqi government from U.S. authorities. But Congress's patience could wear very thin going into an election year. "If things don't start to turn around in six months, then it may be too late," says Hagel. "I think it's that serious."

Bush's exit strategy—which depends on a successful Iraqi political process—got a boost last week when Sunni and Shiite politicians ended weeks of wrangling over how to increase Sunni representation on the constitution-writing committee. Now, however, committee members have less than two months before their mid-August deadline. And given how long it took to resolve who gets to draft the document, it's hard to imagine a quick accord on the politically explosive issues they face. ●

*With Ilana Ozernoy and Terence Samuel*

# HIT BY FRIENDLY FIRE

With his polls down, Bush takes flak on Iraq from a host of critics—including some in his own party

By Kevin Whitelaw

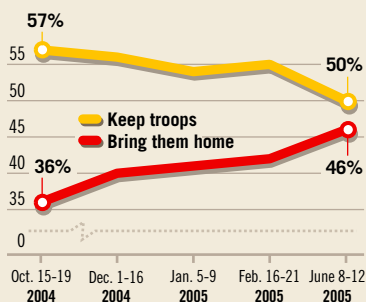
**N**ebraska Republican Sen. Chuck Hagel is angry. He's upset about the more than 1,700 U.S. soldiers killed and nearly 13,000 wounded in Iraq. He's also aggravated by the continued string of sunny assessments from the Bush administration, such as Vice President Dick Cheney's recent remark that the insurgency is in its "last throes." "Things aren't getting better; they're getting worse. The White House is completely disconnected from reality," Hagel tells *U.S. News*. "It's like they're just making it up as they go along. The reality is that we're losing in Iraq."

That's strikingly blunt talk from a member of the president's party, even one cast as something of a pariah in the GOP because of his early skepticism about the war. "I got beat up pretty good by my own party and the White House that I was not a loyal Republican," he says. Today, he notes, things are changing: "More and more of my colleagues up here are concerned."

Indeed, there are signs that the politics of the Iraq war are being reshaped by the continuing tide of bad news. Take this month in Iraq, with 47 U.S. troops killed

in the first 15 days. That's already five more than the toll for the entire month of June last year. With the rate of insurgent attacks near an all-time high and the war's cost set to top \$230 billion, more politicians on both sides of the aisle are responding to opinion polls that show a growing number of Americans favoring a withdrawal from Iraq. Republican Sens. Lincoln Chafee and Lindsey Gra-

**"Do you think the U.S. should keep military troops in Iraq until the situation has stabilized, or do you think the U.S. should bring its troops home as soon as possible?"**



Source: Pew Research Center for the People and the Press  
NOTE: Numbers do not add up to 100 because of those responding "unsure."

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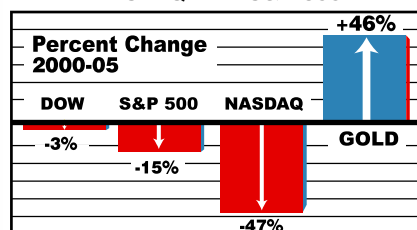
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By Michael Barone



## A Less Perfect Union

**L**ONDON—THE RECENT REJECTION OF THE European Union constitutional treaty by the voters of France and the Netherlands has led to the opposite of the “ever closer union” that has been the goal of the fathers of the EU since it was established in 1957. British Prime Minister Tony Blair had been looking forward to shaping the EU under its new constitution in Britain’s six-month presidency of the union, which starts next month. And he had been looking forward to persuading British voters to approve the EU constitutional treaty in the referendum slated for next year.

Now all those plans are off. After the French and Dutch votes, Blair called for a “pause for reflection,” and last week the French foreign minister said the issue would not be submitted to voters again. Since the EU constitution requires approval by all 25 member nations, it is obviously dead. Instead, the leading nations are squabbling. French President Jacques Chirac called for a scaling back or elimination of the rebate Britain negotiated from the EU in 1984. In response, Blair attacked the huge subsidies French farmers have been receiving from the EU. Blair has a point. Britain contributes far more to the EU and gets far less out of it than France. The farm subsidies enrich citizens of a rich country and tend to bar imports from Third World countries that desperately need markets for their agricultural products. The EU seems headed not to a closer union but to one that is flying apart.

On the face of it, this goes against the stated policies of the United States. Since World War II, American governments have favored European unification. Postwar American statesmen admired Jean Monnet, the intellectual father of the EU, and found him a refreshing contrast to the shortsighted European officials of the pre-World War II period. Americans, like many Europeans, hoped that a common market would prevent European powers—especially France and Germany—from going to war as they had done so disastrously in 1914 and 1939. Americans may also have had a sentimental attachment to the idea that Europe was following our example, uniting a continent into a single market and a single continent-size nation. And to the extent that the EU has actually provided a common

economic market—leave aside its agricultural protectionism—a united Europe was thought to be in the economic interest of the United States.

**Elites.** Policies that economic elites favor for good reasons and that diplomatic elites favor for sentimental reasons are seldom re-examined. Thus successive American administrations of both parties have followed the Truman and Eisenhower policies favoring European unification. The Bush administration, most recently in statements by Secretary of State Condoleezza Rice, signaled approval of the EU constitution.

Yet it was far from apparent that the constitution was in the interests of the United States. It aimed at establishing a European foreign ministry intended to harmonize and overshadow the foreign policies of the 25 member states. In practice, that might well have meant domination by the French and German governments. Remember that France and Germany worked against us on Iraq, even when EU member states Britain, Spain, Portugal, Italy, the Netherlands, Denmark, Poland, and the Czech Republic supported us. A lowest-common-denominator European foreign policy might well have turned out to be a counterweight to, rather than an ally of, the United States.

The arguments now going on between Britain and France and other EU members, in contrast, could work out in our favor. At least some of the provisions of the EU under attack are very much contrary to the Bush administration’s policy goals. The farm subsidies, 25 percent of which go to France, have been a huge obstacle to a new international trade agreement. Anything that undermines those subsidies works in our favor. Moreover, the French and Dutch

**It was far from apparent that the EU constitution was in the interests of the United States.**



Cows at an agricultural trade fair in Porte de Versailles, France

votes got Blair to switch emphasis—away from knitting Europe together and toward aiding Africa. Bush has already shown a willingness to increase funding of AIDS programs to unprecedented levels and has argued that aid efforts should be continually monitored for effectiveness. The EU’s “ever closer union” unfortunately emphasized the selfish interests of some countries, especially France. The move to a more fractious union could enable both the United States and willing EU members to constructively direct their attention to those needing help in the rest of the world. ●



Special Report

# TRYING TIMES

Scenes from the rural Mississippi town where a trial is reopening a dark chapter in civil rights history

FBI / AP (3)



SCHWERNER

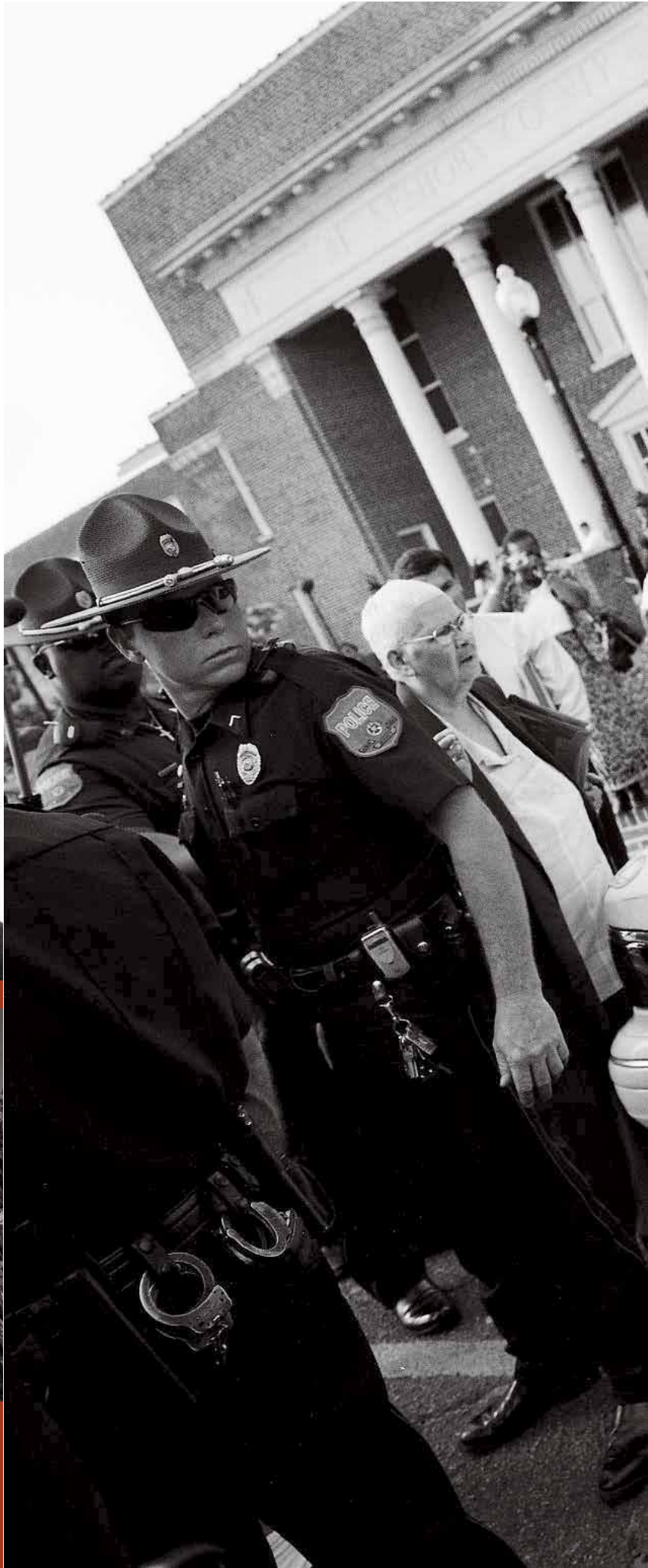
CHANEY

GOODMAN



THE ROAD WHERE THREE CIVIL RIGHTS WORKERS WERE SLAIN. **EDGAR RAY KILLEN**, THE MAN IN THE WHEELCHAIR, IS NOW ON TRIAL FOR THE CRIME.

Photography by Jim Lo Scalzo for *USN&WR*











BYRD AVENUE

By Danielle Knight

**P**HILADELPHIA, MISS.—Edgar Ray Killen sat hunched in his wheelchair as he was pushed past a towering magnolia up a ramp into the Neshoba County Courthouse. Frail and silent, the 80-year-old Killen made a halfhearted swat at the media horde swarming around him on the opening day of his trial for murder.

More than 40 years have passed since the bodies of three young civil rights workers were discovered outside this tiny timber town in central Mississippi. The slayings of James Chaney, Andrew Goodman, and Michael Schwerner on June 21, 1964, marked a pivotal moment in the civil rights movement, riveting the na-

tion and galvanizing the federal government into action. The FBI's inquiry into the murders was dramatized in the film *Mississippi Burning*.

**Point blank.** There is neither a bronze plaque nor a marble marker where Rock Cut Road meets a dusty country lane just outside Philadelphia—the spot where the young men were slain all those years ago. No prim memorial has been placed on the lush, pine-covered hill. “This has been a shadow over us for the last 40 years,” says Nettie Cox, a 64-year-old retired teacher born and raised here. Cox was 23 years old when the three came to this town of about 7,000 to look into the burning of Mount Zion United Methodist Church. After leaving the church, they were pulled over by a sheriff's deputy for speeding and taken to the tiny town



HIGHWAY 16



HIGHWAY 15



GUM STREET





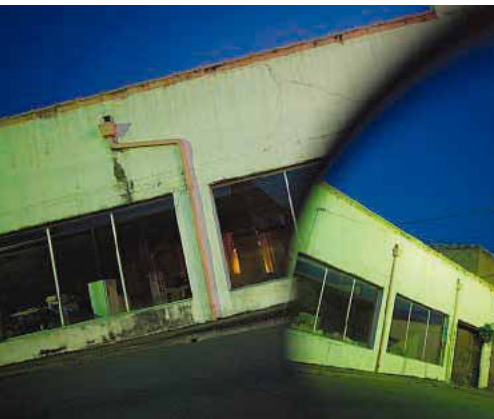
NESHOBA COUNTY FAIRGROUNDS

jail. Soon after their release late that night, a gang of Ku Klux Klan members ran the young men down on a back road. They were brought to the fork where Rock Cut Road meets the unmarked gravel trail and shot at point-blank range. Forty-four days later, the bodies of Chaney, Goodman, and Schwerner were pulled from an earthen levee.

Killen, a former sawmill operator and Baptist preacher who lives on Rock Cut Road, had long been suspected of organizing the carloads of Klansmen who killed the threesome. In 1967, the federal government tried 18 men, including Killen. Seven were convicted. None served more than six years in prison. An all-white jury deadlocked on Killen; one juror said she just couldn't convict a man of the cloth.

Former state Attorney General Michael Moore reopened the case in 1999. He acted after the *Clarion Ledger*, a Jackson-based newspaper, reported that Sam Bowers, a Klan leader imprisoned for the 1966 murder of a prominent civil rights leader, Vernon Dahmer, told authorities that Killen had organized the mob that murdered the three men. In January 2005, Jim Hood, Moore's successor, filed the indictment against Killen.

At least four of the witnesses scheduled to testify in the Killen trial were defendants back in 1967. After the indictment, it was unclear if Killen would be fit to stand trial. In March, he broke his legs in a tree-cutting accident. Circuit Court Judge Marcus Gordon schedules pauses during the trial every two hours so Killen can rest. On the fourth day of the trial, Killen was



MYRTLE STREET



ROCK CUT ROAD



MYRTLE STREET





MOUNT ZION UNITED METHODIST CHURCH

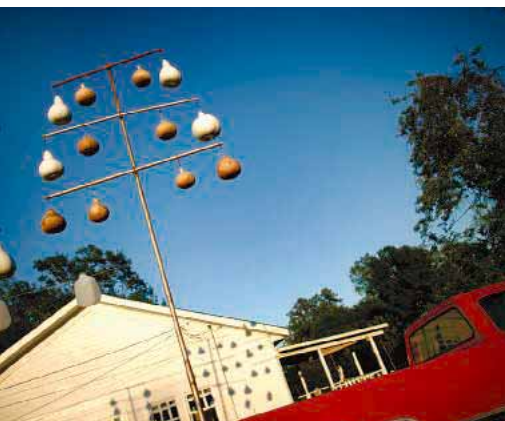
wheeled out of the courthouse on a stretcher for an unknown ailment, and the judge put the trial on hold. Security is tight around the courthouse. Twelve jurors—nine white, three black—have been seated.

**Fair trial?** One of Killen's defense attorneys, James McIntyre, who represented former Neshoba County Sheriff Lawrence Rainey when he was acquitted back in the 1967 trial, says his client can't possibly receive a fair trial after all this time: "His peers have all died. It's going to be extremely difficult to get a fair jury. They've had time to think about this for 40 years." Killen, if convicted, could face life in prison.

Some in Philadelphia say the trial can't fully erase the stain of the murders. The proceedings shouldn't be viewed as a way to "simply clear our name," says Jim

Prince, editor and publisher of the *Neshoba Democrat* newspaper. Others call the civil rights workers outside agitators who didn't belong in the South. "I certainly don't condone murder," Hugh Thomasson, a prominent local businessman, wrote in a letter to the *Democrat*. "But when you have activists deliberately antagonizing extremists, you are going to have trouble."

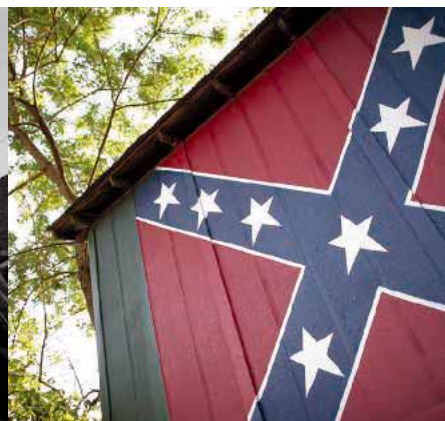
After the long passage of years, there are still others in Neshoba County and across the South who stand behind Killen. As potential jurors were escorted by police through the side door of the courthouse, a Klan leader from Georgia, Joseph Harper, quietly greeted Killen out front. Meanwhile, an old sedan cruised slowly up and down Main Street. On the back window, painted in large white letters, were the words "Free Edgar Ray." ●



MAIN STREET



BEACON STREET



NESHOPA COUNTY FAIRGROUNDS

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# WAL-MART'S MOST

Attention, affluent shoppers. The retail giant is bent on capturing your dollars



By Marianne Lavelle

**A**t Fair Lakes shopping center in Northern Virginia, where the median household income of \$81,000 is nearly double the national average, Wal-Mart certainly has no problem attracting the customers it sees as its future. But a peek in their shopping carts reveals the retailing titan's plight. Laura Swearingen, who lives 25 miles away in Alexandria, Va., comes to buy cleaning supplies and cat food and perhaps "tank tops and stuff for softball." Penny Peyton of Annandale also has

made a long drive from the inner suburbs to look for staples such as paper towels and toothpaste. As for clothing, she'd look to Wal-Mart only for "maybe something cheap to knock around in" and, of course, for underwear. Not for a nice outfit for work or a special occasion. "They don't have the selection or quality," says Peyton.

A low-cost, middle-America image certainly has served Wal-Mart well on its march to worldwide dominance in the retail industry. With annual sales of \$285 billion and 5,350 stores (3,700 in the United States), Wal-Mart has pushed aside Main Street small businesses,

crushed competing grocery chains, and changed the way America shops. It is still retail's undisputed king, but now Wal-Mart faces new challenges in its drive for future growth. Sales at existing stores—an important industry benchmark—increased just 2.9 percent in the first quarter, considered lackluster compared with the 6.2 percent hike at cheap-but-chic competitor Target. Although Wal-Mart's revenues are still six times as high, its stock price has slid 15 percent since March 2004, while the value of Target shares has soared 23 percent. High gasoline prices and the uptick in interest rates have dealt a bigger blow to Wal-

# WANTED



company's labor practices; or the activism that has blocked the opening of new stores. Scott's main concern now is how to capture a new prey, the upscale customer.

Americans already know they can turn to Wal-Mart for low prices on food, detergent, and underwear. But its executives are convinced that if the behemoth is to maintain the momentum that Wall Street expects, it will have to sell more profitable goods like stylish apparel, home fashion, and electronics. "Historically, they're the low-cost replenishment leader," says Mandy Putnam, analyst at Retail Forward, a market research firm in Columbus, Ohio. "Their challenge has been how to get that shopper across the store to shop for something other than basics."

**Nice threads.** Wal-Mart's efforts thus far have often fallen flat. Analysts at Credit Suisse First Boston noted recently that the quality of goods has improved, including, for example, high-thread-count cotton bedsheets. But in stores the analysts visited, nothing distinguished the fancy sheets from the cheaper alternatives. "The merchandising of the improved product has not kept up," said the CSFB report.

At the Fair Lakes store, Wal-Mart has a display showcasing its designer line of apparel, George, named after British fashion guru George Davies. Wal-Mart acquired the line as part of its purchase of the United Kingdom's ASDA supermarket chain in 1999. But Wal-Mart has done little to trumpet the brand it clearly hopes will appeal to higher-income consumers. In the center of the George display, for example, stands a well-picked-over rack of clearance items, including sleepwear, maternity blouses, and house-brand casual wear, with quite

a few of the items strewn on the floor.

Sticking a "pile-it-high, let-it-fly" rack amid the stylish coordinates is a "Merchandising 101" error that is all too common at Wal-Mart, says Putnam. She contrasts Wal-Mart's approach with that of Target, which heavily advertised its partnership with designer Isaac Mizrahi. In contrast, Wal-Mart did nothing to introduce its designer line. "I'll literally stand in a Wal-Mart and hear people ask, 'Who the heck is George?'" says Putnam. Scott has admitted that crowding stores with cheap items has turned off customers. "The more congested the store, the junkier the store looked," said Scott, and "it became less relevant" to shoppers with more disposable income.

Wal-Mart brass have laid out an aggressive merchandising campaign. The company is hiring fashion experts to help train store managers to, say, feature items that will catch the consumer's eye and draw it toward more expensive goods. Wal-Mart plans to make some of its stores showcases for new tech goodies, including wall-length displays of high-end TVs. Wal-Mart also hopes to widen its appeal by offering more organic and natural foods—at lower cost than groceries or specialty stores, of course. "We don't think you should have to have a lot of money to feed your family organic foods," said Scott at the annual meeting. "Let's face it, affluent customers appreciate saving money, too."

At the same time Wal-Mart is making its pitch to the well heeled, it is forging ahead with its better-known strategy: expanding its so-called Supercenters. Providing groceries along with apparel, sporting goods, tires, and eyeglasses has proved enormously successful. Groceries are a lower-margin business than designer clothing or electronic gadgetry. But the volume Wal-Mart generates at Supercenters is so high—more than \$100 million in annual sales at some locations—that the company says the return on investment outstrips that of its traditional discount stores. (Wal-Mart does not disclose sales figures for individual stores.) An example of the impact on the market: Earlier this year, venerable supermarket chain Winn-Dixie, which operates 920 stores in the Southeast, was driven to seek bankruptcy protection, largely, in analysts' view, because it could not beat Wal-Mart prices.

Wal-Mart currently has 1,713 Supercenters, and it plans to open 2,700 more and convert 1,200 current stores to the format. But as the nonunion company has steamrolled traditional grocers, Wal-Mart has made a slew of enemies, many of

Mart because its average shopper has less disposable income, an annual salary of \$35,000, compared with \$50,000 for the Target regular.

When Wal-Mart shareholders convened near the Bentonville, Ark., headquarters earlier this month for the company's annual meeting, Chief Executive Officer Lee Scott confessed, "We aren't where we need to be." He wasn't talking primarily about the myriad troubles that have made headlines in the past few years: the largest class action lawsuit ever, a discrimination case on behalf of its 1.6 million female employees; the union-funded campaign against the

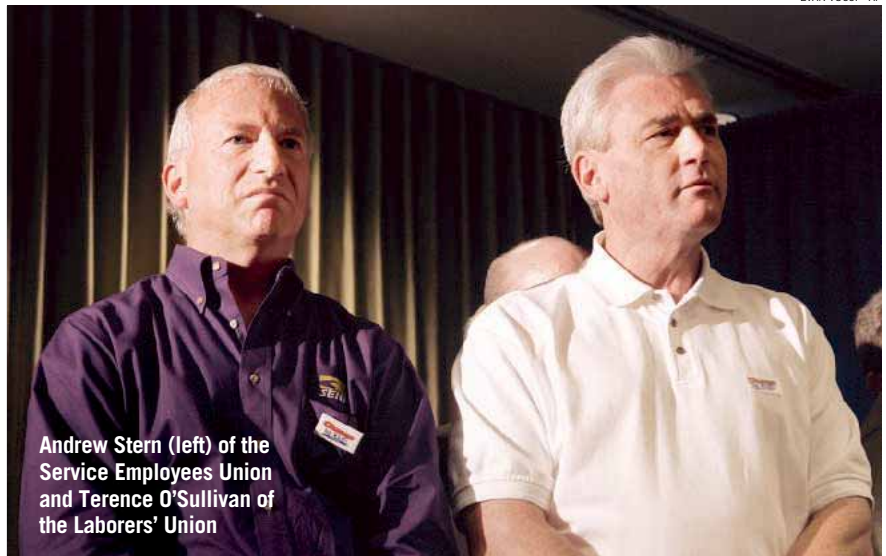


whom are now uniting to battle the retailer. Both the United Food and Commercial Workers union and the Service Employees International Union have mounted anti-Wal-Mart campaigns, arguing the retailer does not pay a fair wage and burdens state governments by failing to provide adequate healthcare benefits. The UFCW has hired Paul Blank, former political director for Howard Dean, to organize the opposition.

Sometimes joining with grocery chains, the unions have had some triumphs. In Turlock, Calif., the City Council passed an ordinance banning retailers larger than 100,000 square feet. Wal-Mart, which planned to place a 226,000-square-foot store there has sued to overturn the restriction. Meanwhile, Maryland's state legislature recently passed a law that would have forced Wal-Mart to pay more of its workers' health benefits. Republican Gov. Robert Ehrlich vetoed it, but the UFCW is lobbying for the same bill in all 50 states. "We're the focus of one of the most organized, most sophisticated, most expensive corporate campaigns ever launched against a single company," Scott told shareholders.

**Bad press.** Blank says Wal-Mart shouldn't blame the unions but the press it has gotten over the discrimination lawsuit and the fines it paid for federal child and immigrant labor violations. "It is going to be a problem as Wal-Mart gets into markets where price isn't the only consideration, and people can afford to ask, 'Does this company reflect my values?'" he says, noting that Wal-Mart has opened only four of the 40 Superstores it said in 2002 it hoped to in California. Bob McAdam, Wal-Mart's vice president for community affairs, says that figure is a four-to-six-year goal. "Even in places where we've seen opposition, once the stores open, they are phenomenally successful," he says.

Resistance to new stores could pose a problem, however, since many of those planned locations are in more-affluent areas. "It's a complicated issue, because large numbers of people want to shop at Wal-Mart. They just don't want them across the street," says Edward Weller at ThinkEquity Partners in San Francisco. But based on how Wal-Mart has reigned supreme since the early 1990s, he and many analysts are betting the company will weather its current woes. And if U.S. growth proves difficult, there's the rest of the world, which already accounts for 20 percent of the retailer's business. "I don't think Wal-Mart can ever be underestimated," Weller says. "They are so very good." ●



Andrew Stern (left) of the Service Employees Union and Terence O'Sullivan of the Laborers' Union

## DISORGANIZED LABOR

Five big unions threaten to break ranks with the AFL-CIO

By Kim Clark

**D**esperate times call for desperate measures. Last week, five big unions banded together to take what may be a historic make-or-break gamble for the labor movement.

Unions representing around 40 percent of the 13.5 million-worker AFL-CIO formed an alliance to aggressively recruit new members. Members of the Change to Win Coalition issued veiled threats that they'd quit the federation if it didn't vote to allocate millions of dollars more to recruitment at its convention in Chicago next month. "Business as usual . . . will not reverse the decline" of union membership, said James P. Hoffa, leader of the International Brotherhood of Teamsters.

Joining the 1.4 million-member Teamsters are the AFL-CIO's largest union, the 1.8 million-member Service Employees International Union, as well as the 1.4 million-member United Food and Commercial Workers, the 800,000-member Laborers' International, and Unite Here, the merger of the garment and restaurant unions, with 450,000 members.

**Downhill.** This rift is just the latest in a long string of troubles for organized labor. For several years, the 57 AFL-CIO unions have been adding 450,000 new members each year. But that has not been enough to offset the many members lost to plant closures, outsourcing, and workers' changes of heart. AFL-CIO President

John Sweeney, who has increased organizing expenditures and laid off staff to appease critics, warned that the internal dissension will only add to the unions' woes. "Disunity only plays into the hands of workers' worst enemies," he said. Some say the division might make the labor movement stronger, and there's still a chance the parties will mend their fences.

Despite its decline, the labor movement wields outsize power in Washington, says Randel Johnson, a U.S. Chamber of Commerce lobbyist who often goes head to head with the AFL-CIO. Though only 12.5 percent of the workforce, the unions made it difficult last year to win changes to overtime rules that exempt more workers from time-and-a-half pay. The new coalition said it will emphasize alternatives to standard organizing drives because federal laws give employers too much of an advantage in union votes. Laborers' chief Terence O'Sullivan said the group will use its leverage to help workers. If his members are building a new hotel, he will push the hotel operators to allow Unite Here to represent the waiters. Money for the effort could come from the \$7.32 the AFL-CIO takes from each union member's annual dues.

Even such big money and firm intentions may not be enough when employers are already pressuring workers for concessions on healthcare and retiree benefits, and when foreigners—here illegally or overseas—are willing to work for a fraction of a union wage. ●



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By Paul J. Lim

## THE WEEK AHEAD

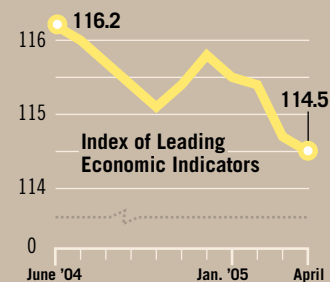
### HOME ECONOMICS

With the real-estate market in full boom, housing is playing an ever larger role in the overall economy. In fact, for the fourth consecutive year, "the wealth effects from rising home prices generated about a third of the growth in consumer spending," according to a new report by **Harvard's Joint Center for Housing Studies**. This week, Wall Street finds out how healthy today's housing market really is. On Thursday, the National Association of Realtors will report on May's existing home sales. Then on Friday, the Commerce Department is slated to reveal how many new homes were sold last month. In addition to the quantity of homes sold, pay close attention to the quality of those sales: In other words, how quickly are homes selling, and are median prices rising as fast as they have been in the past? In April, prices rose 7 percent for existing homes and 6 percent for new homes.

### SLOWDOWN AHEAD?

For the past four months, the Conference Board's index of leading economic indicators has been signaling an economic slowdown. On Monday, investors will find out if the index fell for a fifth straight month when May's results are released.

### ON THE DECLINE



## Breaking Up Is So Fun to Do

The era of big conglomerates is over. So says Viacom Chairman Sumner Redstone. At the end of the '90s bull market, Viacom became a symbol of the megacorporation when it swallowed up CBS Corp. But last week, Viacom's board agreed to split the media giant in two, with an entertainment business of Paramount Pictures, MTV, and Nickelodeon, and a broadcasting firm including CBS, UPN, and Infinity Broadcasting. Redstone told MarketWatch (of which Viacom once owned a piece) that "the world has changed, I'm adjusting to it, and that's my job." But isn't this just a face-saving measure? Redstone argued in 2000 that "the extraordinary reach" of Viacom made it a "pre-eminent growth vehicle for shareholders." Now, Redstone says shareholders would be best served by two more "focused and nimble companies." Merrill Lynch analysts noted that there are "few remaining synergies between the two sides of the company and that for all intents and purposes they had already been operating independently of each other."



## A Sweaty Summer for Investors



The official start of summer is here. That means it's time to beware of sunburns, sharks, and, yes, stocks. The market, like the weather, has its seasons. Historically, winters and springs are best. Summer, on the other hand, is the only season in which stocks usually lose ground. Between 1990 and 2004, the S&P 500 has averaged losses

of 1.2 percent during the summer, says Sam Stovall, chief investment strategist for Standard & Poor's. Compare that with spring's 4 percent gains. On average, all 10 sectors of the S&P 500 have lost value between June and August. This shouldn't come as a huge surprise. Summer is when "investors are more concerned with their tans than their portfolios," says Stovall. And unlike the beginning or end of the year, when tax planning drives money into stocks through IRA contributions, there is little motivation to put new money to work now. So remember: When the surf's up, stocks are usually down.

## Outsourcing Is Out

Conventional wisdom loves to count the U.S. economy out. In the 1980s, the Japanese were supposed to eat America's lunch. That was before Japanese stocks entered a 15-year bear market. Last year, the big fear was the outsourcing of service jobs to India. But less than a year later, U.S. service exports "have never been stronger," says Joseph Quinlan, chief market strategist for Bank of America's Investment Strategies Group. Indeed, service exports hit a monthly record in April, and the U.S. trade surplus in services is on pace to set a new annual record. ●

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# AGONY IN THE BONES

ARTHRITIS IS CRIPPLING MORE PEOPLE, BUT THERE ARE **NINE KEY WAYS** TO BEAT THE PAIN

By Josh Fischman and Katherine Hobson

**I**T IS A TIMEWORN SIGN OF OLD AGE and frailty. Yet arthritis often strikes the young. “At night, I just cried and cried because my feet hurt so much,” says 11-year-old Leona West of Springfield, Ill. And it hits the strong. “It was like having a dentist drilling into my knees,” says Rich Kase, 52, of Cuyahoga Falls, Ohio, an insurance broker, former college football player, and self-described jock. “I was up to 12 ibuprofen a day. I had a terrible time walking. I had to walk down hills backwards.”

This disease of the body also has a terrible impact on the mind. “I got very depressed. I couldn’t sleep. When pain is constant like that, it changes your personality. And it affected everyone around me,” says Nora Baldner, 41, of Quincy, Ill., who had arthritis in both hips. “I’d pour evaporated milk on my kids’ cereal because I didn’t want to walk to the back of the supermarket where the real milk was.”

Joint problems are now hurting and crippling 43 million Americans, and they’re more costly than cancer or diabetes. The most common form, osteoarthritis, affects about



21 million. Rheumatoid arthritis, another common type, hits slightly more than 2 million. (There are 95 or so other forms, often affecting fewer people.) And the numbers are going up steadily. By 2025, the total is expected to top 60 million, as an obese population pounds more heavily on its joints and an active generation of baby boomers grinds them down.

What's worse, these people will be fighting the disease without medicines that had become staples of treatment: The drugs Vioxx and Bextra have just been yanked off the market because they appear to raise the risk of heart disease, and that same shadow of fear has been cast over remaining drugs like Celebrex and even ibuprofen—a medicine that had already worried doctors because heavy use can cause bleeding in the stomach.

Yet instead of being crushed, doctors and patients say there is now more hope for beating the disease than ever before. "Arthritis has always been looked at as the minor aches of getting old, and there's nothing you can do about it. None of that is true," says rheumatologist Roland Moskowitz, codirector of an arthritis research program at the University Hospitals of Cleveland. "We're seeing it in younger people. But you can arrest the disease, and you can manage the pain."

In osteoarthritis, doctors have recently learned how a program of exercise and simple braces can make major improvements in misaligned joints. The remaining anti-inflammatory drugs, it

turns out, can be used to great advantage—especially when combined with medication that protects the stomach. And there have been tremendous strides in joint replacement surgery. For rheumatoid arthritis, there's a lot of excitement about new medicines known as biologic response modifiers, which can hit the disease hard and fast and either slow it down or stop it altogether. Says rheumatologist John Klippel, president of the Arthritis Foundation: "We have a huge amount of optimism. In the next decade, I think we're going to change the course of this disease."

**Two diseases.** To understand those changes, it helps to know that rheumatoid arthritis (RA) and osteoarthritis (OA) affect joints in two different ways. RA is an autoimmune disease, in which the body turns on itself and attacks the tissues lining the ends of bones, causing serious inflammation. It's a bodywide ailment. OA, by contrast, is often confined to one joint and occurs when the cartilage breaks down, causing the bones to rub together. Disease seriousness is rated by degree of pain—using a 1-to-10 scale or similar measure—and loss of movement, as well as the impact on daily activities. X-rays can also determine the amount of deterioration in the joint.

For both conditions, treatment starts with the simplest and least risky interventions and progresses to more intense medicine that is specialized for each illness. "We use everything we can," says

Joe Couri, a rheumatologist in Peoria, Ill.—an OA patient himself, currently recovering from shoulder surgery. "I did anti-inflammatory drugs for a while and then cortisone shots. The challenge is finding the right combination for the right person. Sometimes it takes months, or even years, but eventually we get there." The approaches Couri and other doctors call on fall into nine general categories.

## 1 TOPICAL TREATMENT

SOME ARTHRITIS REMEDIES GO ON the skin, not into the body. The most common include heat and cold. This can be as simple as a hot water bottle or a bag of frozen peas. Cold, says Klippel, keeps inflammation down, while heat increases blood flow and loosens up a stiff joint. Some rheumatologists feel that heat can actually increase inflammation, so if your knee is red and swollen, stay away from the heating pads and use ice or those pea bags. Ultimately, it's an individual choice.

A skin patch containing 5 percent lidocaine, a topical anesthetic, cut OA pain, according to a study published this year. Creams are also common remedies. Celecaine, a cream made of natural oils, improved pain and function better than a placebo did in several scientific trials.

Doctors are a lot more skeptical about two folk remedies: magnets and copper bracelets. While some studies have shown that magnets of certain strengths may relieve a little pain, Roy Altman, a rheumatologist at the medical school of the University of California-Los Angeles, concludes: "If you're going to try them, don't spend too much money." As for a copper bracelet, you're best not spending anything at all.

## 2 SUPPLEMENTS

ONE POPULAR SUPPLEMENT, called glucosamine-chondroitin, really seems to work. A review in the *Journal of the American Medical Association* concluded that the compound has a modest beneficial effect and is safe. Glucosamine is supposed to help cartilage form, and chondroitin is supposed to prevent it from breaking down. There are lots of preparations on the market, however, and one lab analysis found that not all



**STILL SWINGING.** After two knee replacements, Rich Kase, 52, can enjoy his golf game again.



AN "OLD AGE" DISEASE? Leona West, 11, was laid low by rheumatoid arthritis, but new treatments have her back on her feet.

of them contain as much of these substances as they claim. Chondroitin was the ingredient most likely to come up short—in one case, only 18 percent of the claimed 500 mg. Some brands that did meet their label claims included CosaminDS and Puritan's Pride.

### 3 STRENGTH AND BALANCE

ONE OF THE MORE DRAMATIC recent discoveries about OA is that it can be driven by "malalignment" of the bones, says rheumatologist David Felson of Boston University. In the legs, this shows up as being either knock-kneed or bowlegged. "If you are malaligned you get worse; if you are neutral you don't," Felson says. If the upper and lower legs are bent out at the knee, for instance, the inner side of the joint will be closer together. That makes cartilage damage more likely, and erosion of cartilage brings the bones even closer, producing a vicious cycle of more erosion.

The way out of this trap is to balance the joint, usually by strengthening the muscles and tendons that support it. A brace can also hold the joint in a neutral position. Because of this, doctors are recognizing that managing arthritis often can be done by physical therapy rather than drugs. "It's not the caboose; it's the engine. Too often we tend to pick up the newest prescription with the hopes that will be it," says Kenneth Brandt, a rheumatologist at the Indiana University School of Medicine. The first goal is stretching to improve the range of motion, says Brenda Greene, a physical therapist at Emory University. Then comes strengthening the surrounding muscles, and then a plan for aerobic exercise to increase overall fitness and control weight. "I'm bicycling, I'm swimming, I'm on the elliptical trainer—if you'd told me I'd be doing all that two months ago, I'd have said you were crazy," says Shlomo Twersky, 63, who had both knees replaced earlier this year.

Physical therapists or orthopedists may

also recommend other simple changes. "I tell most of [my patients with arthritis] to move into sneakers," says Altman.

### 4 EXERCISE

OUTSIDE THE PHYSICAL THERAPIST'S office, you can't use arthritis as an excuse for staying on the sofa. Exercise, in fact, should be part of your routine. Strength and flexibility exercises help keep your joints supported and allow you to reach the full range of motion, and aerobic exercise helps keep off the weight that can exacerbate arthritis. Even weight loss of 7 or 8 pounds helps cut the strain.

The much-maligned sport of running can help. If you're used to your daily runner's high, there is no reason to stop solely out of fear that in 10 years or so you will wear out your knees. There's no link between running and developing arthritis, says Cedric Bryant, chief exercise physiologist with the American Council on Exercise. The only connec-



tion is to sudden trauma, which occurs in contact sports and other activities. Torn cartilage or ligaments make it more likely that you'll get arthritis further down the road.

If you begin developing arthritis, it's probably time to switch to something less pounding. "Your knee is like a tire—there's only so much life to the tread," says Jason Snibbe, an orthopedic surgeon at the Beverly Hills Orthopedic Group. Bryant suggests looking for low-impact alternatives, like an elliptical trainer or activities in the water, like swimming or pool running. Cycling is also great, especially on a recumbent bike, which strains the knees less. Studies have shown that to lose weight, you need 60 to 90 minutes of aerobic activity six days a week, but even walking 30 minutes a day is a good start. In addition to cardiovascular exercise, weights help build up the muscles,

and activities like yoga and tai chi are great for improving flexibility, he says.

If you're just starting an exercise routine, don't hesitate to talk with a physical therapist or doctor about any new aches and pains. "One of the first things we do is differentiate between normal pain at the beginning of an exercise program and arthritis," says Greene. If the pain is in the muscles and fades in 24 to 48 hours, it's probably old-fashioned muscle soreness. If the joint is inflamed—swollen and feels warm to the touch—and stays that way for a long time, it's most likely linked to arthritis.

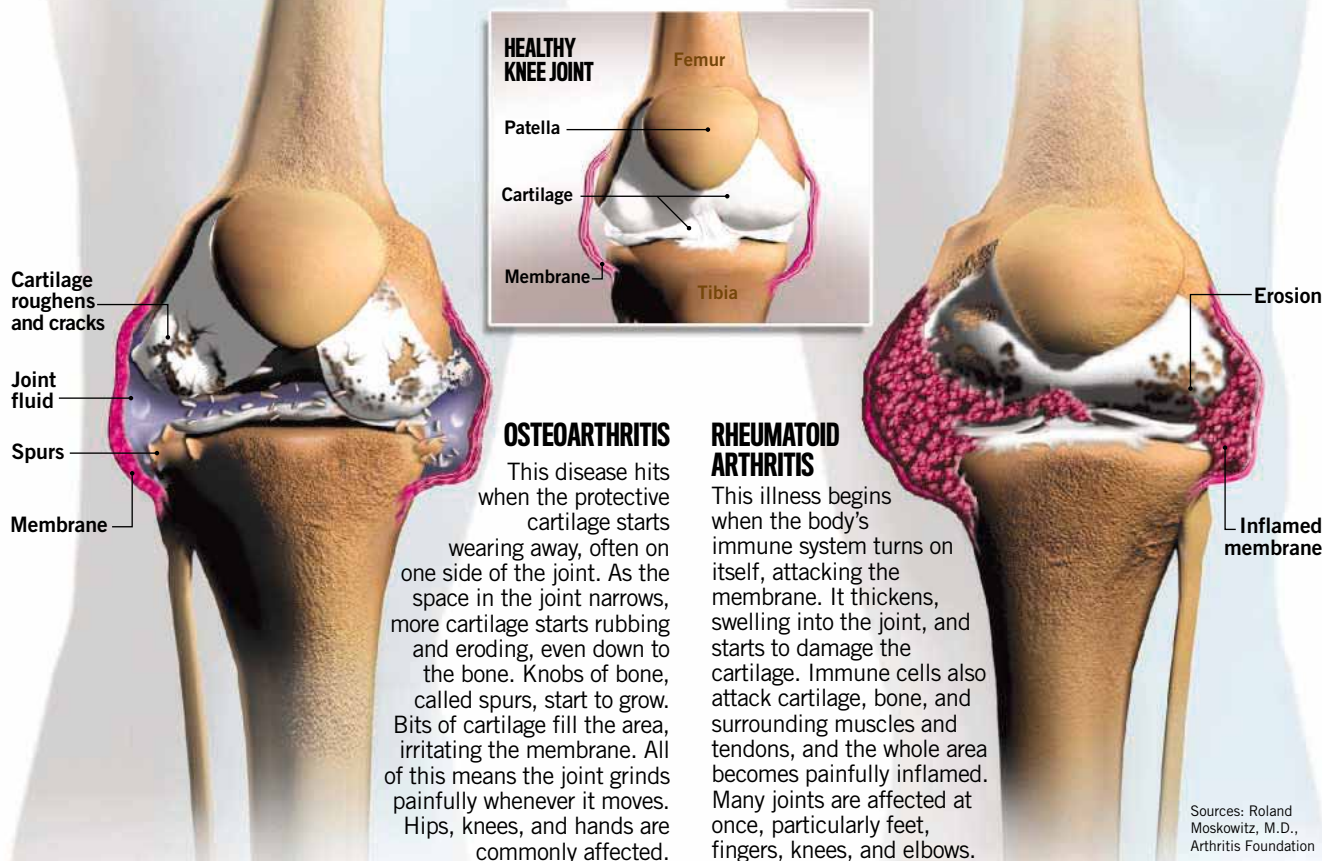
## ANTI-INFLAMMATORY DRUGS

DRUGSTORE SHELVES ARE FILLED with different brands of aspirin, ibuprofen (such as Motrin or Advil), and naproxen (such as Aleve). And behind the

prescription counter, there used to be a host of more specialized drugs like Vioxx, Bextra, and Celebrex. They not only killed pain but blocked inflammation, a special boon for arthritis patients. Then, last fall, the roof caved in. Vioxx, it turned out, was raising the risk of heart attacks. The manufacturer, with nudging from the Food and Drug Administration, pulled it. This February, Bextra also got the hook, leaving only Celebrex and the over-the-counter drugs—and a lot of scared arthritis patients. Susan Silbiger, a retired schoolteacher from Aurora, Ohio, who has OA, says: "I was on Vioxx for a while, but my blood pressure went up. So then I switched to Bextra. Then all the news reports came out about those heart problems. It was all a little scary. I just stopped as soon as I heard." Now she gets by with a few over-the-counter pills. "I'm a lot more cautious now. My big problem is in my

## BAD TO THE BONE

Joints, the place where two bones meet, are meant to move. The junction is lined by a thin membrane that releases a fluid, which serves as a lubricant. The end of each bone is covered by a cushion of slippery cartilage. Arthritis can damage any, or all, of these crucial parts.



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**Important Safety Information:** You should not take prescription BONIVA if you have low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the once-monthly BONIVA 150 mg dosing instructions carefully to lower the chance of these events occurring. Side effects are generally mild or moderate and may include diarrhea, pain in the arms or legs, or upset stomach. If you develop severe bone, joint, and/or muscle pain, contact your healthcare provider. Your doctor may also recommend a calcium and vitamin D supplement.

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\*Subject to eligibility.

Please see Patient Information on the next page.



Pharmaceuticals



GlaxoSmithKline





## Patient Information

# BONIVA® [bon-EE-va] (ibandronate sodium) TABLETS

### Rx only

Read this patient information carefully before you start taking BONIVA. Read this patient information each time you get a refill for BONIVA. There may be new information. This information is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or your treatment. Talk about BONIVA with your health care provider before you start taking it, and at your regular check-ups.

### What is the most important information I should know about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers (see “What are the possible side effects of BONIVA?”).

**You must take BONIVA exactly as prescribed for BONIVA to work for you and to lower the chance of serious side effects (see “How should I take BONIVA?”).**

### What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause (see “What is osteoporosis?”). BONIVA may reverse bone loss by stopping more loss of bone and increasing bone mass in most women who take it, even though they won't be able to see or feel a difference. BONIVA may help lower the chances of breaking bones (fractures). For BONIVA to treat or prevent osteoporosis, you have to take it as prescribed. BONIVA will not work if you stop taking it.

### Who should not take BONIVA?

Do not take BONIVA if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand up for at least 1 hour (60 minutes)
- have kidneys that work very poorly
- are allergic to ibandronate sodium or any of the other ingredients of BONIVA (see the end of this page for a list of all the ingredients in BONIVA)

### Tell your health care provider before using BONIVA:

- if you are pregnant or planning to become pregnant. It is not known if BONIVA can harm your unborn baby.
- if you are breast-feeding. It is not known if BONIVA passes into your milk and if it can harm your baby.
- have swallowing problems or other problems with your esophagus (the tube that connects your mouth and stomach)
- if you have kidney problems
- **about all the medicines you take** including prescription and non-prescription medicines, vitamins and supplements. Some medicines, especially certain vitamins, supplements, and antacids can stop BONIVA from getting to your bones. This can happen if you take other medicines too close to the time that you take BONIVA (see “How should I take BONIVA?”).

### How should I take BONIVA?

- Take BONIVA exactly as instructed by your health care provider.
- Take BONIVA first thing in the morning at least 1 hour (60 minutes) before you eat, drink anything other than plain water, or take any other oral medicine.
- Take BONIVA with 6 to 8 ounces (about 1 full cup) of plain water. Do not take it with any other drink besides plain water. Do not take it with other drinks, such as mineral water, sparkling water, coffee, tea, dairy drinks (such as milk), or juice.
- Swallow BONIVA whole. Do not chew or suck the tablet or keep it in your mouth to melt or dissolve.
- After taking BONIVA you must wait at least 1 hour (60 minutes) before:
  - Lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
  - Eating or drinking anything except for plain water.
  - Taking other oral medicines including vitamins, calcium, or antacids. Take your vitamins, calcium, and antacids at a different time of the day from the time when you take BONIVA.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

- Keep taking BONIVA for as long as your health care provider tells you. BONIVA will not work if you stop taking it.
- Your health care provider may tell you to exercise and take calcium and vitamin supplements to help your osteoporosis.
- Your health care provider may do a test to measure the thickness (density) of your bones or do other tests to check your progress.

### What is my BONIVA schedule?

#### Schedule for taking BONIVA 150 mg once monthly:

- Take one BONIVA 150-mg tablet once a month.
- Choose one date of the month (your BONIVA day) that you will remember and that best fits your schedule to take your BONIVA 150-mg tablet.
- Take one BONIVA 150-mg tablet in the morning of your chosen day (see “How should I take BONIVA?”).

### What to do if I miss a monthly dose:

- If your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150-mg tablet in the morning following the day that you remember (see “How should I take BONIVA?”). Then return to taking one BONIVA 150-mg tablet every month in the morning of your chosen day, according to your original schedule.

- **Do not** take two 150-mg tablets within the same week. If your next scheduled BONIVA day is only 1 to 7 days away, **wait** until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150-mg tablet every month in the morning of your chosen day, according to your original schedule.

- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

#### Schedule for taking BONIVA 2.5 mg once daily:

- Take one BONIVA 2.5-mg tablet once a day first thing in the morning at least 1 hour (60 minutes) before you eat, drink anything other than plain water, or take any other oral medicine (see “How should I take BONIVA?”).

### What to do if I miss a daily dose:

- If you forget to take your BONIVA 2.5-mg tablet in the morning, **do not** take it later in the day. Just return to your normal schedule and take 1 tablet the next morning. **Do not** take two tablets on the same day.

- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

### What should I avoid while taking BONIVA?

- Do not take other medicines, or eat or drink anything but plain water before you take BONIVA and for at least 1 hour (60 minutes) after you take it.
- Do not lie down for at least 1 hour (60 minutes) after you take BONIVA.

### What are the possible side effects of BONIVA? Stop taking BONIVA and call your health care provider right away if you have:

- **pain or trouble with swallowing**
- **chest pain**
- **very bad heartburn or heartburn that does not get better**

### BONIVA MAY CAUSE:

- pain or trouble swallowing (dysphagia)
- heartburn (esophagitis)
- ulcers in your stomach or esophagus (the tube that connects your mouth and stomach)

### Common side effects with BONIVA are:

- diarrhea
- pain in extremities (arms or legs)
- dyspepsia (upset stomach)

Less common side effects with BONIVA are short-lasting, mild flu-like symptoms (usually improve after the first dose). These are not all the possible side effects of BONIVA. For more information ask your health care provider or pharmacist.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take, by mouth, bisphosphonate drugs to treat osteoporosis (thin bones). This group of drugs includes BONIVA. Most patients experienced relief after stopping the drug. Contact your health care provider if you develop these symptoms after starting BONIVA.

### What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is living tissue, just like other parts of the body, such as your heart, brain, or skin. Bone

just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

Osteoporosis causes the body to remove more bone than it replaces. This means that bones get weaker. Weak bones are more likely to break. Osteoporosis is a bone disease that is quite common in women after menopause. At first, osteoporosis has no symptoms, but people with osteoporosis may develop loss of height and are more likely to break (fracture) their bones, especially the back (spine), wrist, and hip bones.

Osteoporosis can be prevented, and with proper therapy it can be treated.

### Who is at risk for osteoporosis?

Talk to your health care provider about your chances for getting osteoporosis.

Many things put people at risk for osteoporosis. The following people have a higher chance of getting osteoporosis:

Women who:

- are going through or who are past menopause (“the change”)
- are white (Caucasian) or Oriental (Asian)

People who:

- are thin
- have a family member with osteoporosis
- do not get enough calcium or vitamin D
- do not exercise
- smoke
- drink alcohol often
- take bone thinning medicines (like prednisone) for a long time

### General information about BONIVA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information. Do not use BONIVA for a condition for which it was not prescribed. Do not give BONIVA to other people, even if they have the same symptoms you have. It may harm them.

Store BONIVA at 77°F (25°C) or at room temperature between 59°F and 86°F (15°C and 30°C).

Keep BONIVA and all medicines out of the reach of children.

This summarizes the most important information about BONIVA. If you would like more information, talk with your health care provider. You can ask your health care provider or pharmacist for information about BONIVA that is written for health professionals.

For more information about BONIVA, call 1-888-MY-BONIVA or visit [www.myboniva.com](http://www.myboniva.com).

### What are the ingredients of BONIVA?

BONIVA (active ingredient): ibandronate sodium  
BONIVA (inactive ingredients): lactose monohydrate, povidone, microcrystalline cellulose, croscopovidone, purified stearic acid, colloidal silicon dioxide, and purified water. The tablet film coating contains hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

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thumb, probably from playing too much golf. I still play. But I take an Aleve, I don't grip the club quite so tightly, and I'm ready to go."

This spring the FDA, after reviewing many studies of these nonsteroidal anti-inflammatory drugs, or NSAIDs, as these drugs are collectively known, came to two basic conclusions. First, all of these drugs raised the risk of heart trouble. But, second, it remained unclear just how much that risk was increased. Some studies implied a little rise or even none at all, while other studies pointed to a big jump. So rather than banning ibuprofen, naproxen, and Celebrex, the agency opted for big warning labels and left it up to doctors and patients to sort things out.

The latest news is that lower doses of these drugs appear to be safer. That's according to a massive study of some 650,000 arthritis patients just announced at the Annual European Congress of Rheumatology in Vienna. Gurkirpal Singh, a gastroenterologist from Stanford University who conducted the study, says even at higher doses the increased risk was "modest." Basically, this means arthritis patients with high blood pressure or other heart disease risk factors should be watched carefully if they use these drugs for pain on a daily basis. Occasional use doesn't seem to be a problem.

The heart isn't the only concern with these drugs. There are well-documented worries about stomach ulcers, even with Celebrex, which is supposed to be easier on the stomach. So one thing that

patients can do is add a drug called a proton-pump inhibitor, which protects the stomach. "You can use Nexium, or better yet the generic version of Prilosec, which is a lot cheaper and you get the same protection," says Moskowitz. "If I had to use naproxen, I'd feel a lot more comfortable adding one of these."

Still another way to manage serious inflammation is with steroids, either in pill form (prednisone) or as cortisone

with big decreases in pain and big increases in their ability to function.

Methotrexate alone has made a huge difference for Cindy Morris, who was diagnosed with RA a year ago. The 37-year-old Peoria, Ill., woman had severe pain in her heels, ankles, and fingers. "But today it's unbelievable how good I feel. I forget I even have it," she says. "It's a lot different from what my mom has gone through." Morris's mother, Dorothy Ma-

injections directly into the joint. RA patients are often put on prednisone, because it works throughout the body, but doctors don't like to use it for extended periods, because it has been linked to diabetes, high blood pressure, and osteoporosis. OA patients, who don't have a system-wide illness, can get the local injections. They relieve pain but don't stop the underlying cartilage degeneration; in fact, if repeated more than two or three times a year they can make it worse.

## 6

### DISEASE-MODIFYING DRUGS

RA PATIENTS HAVE OTHER medication options, including newer drugs that block their immune systems from attacking their joints. Methotrexate, a mild immunosuppressant originally developed as a cancer drug, has become a valuable tool in the past decade. Now doctors have started combining this drug with others, like Enbrel or Remicade, which inhibit inflammatory immune system proteins. About 70 percent of patients given this combo soon after their diagnosis respond well,



FAMILY ARTHRITIS. Dorothy Maloney and daughter Cindy Morris

## What Do You Have?

**T**here are about 100 different types of arthritis. These tests can help doctors distinguish two major forms: osteoarthritis and rheumatoid arthritis.

### OSTEOARTHRITIS

**Medical history.** The disease often affects the hips, knees, and lower back. It usually starts with a joint on one side of the body, not both. In the morning, people feel stiff for a few minutes, rather than for several hours.

**Tests.** Blood tests are not very helpful. Nor are X-

rays. But one test, a fluid sample from the joint, may help rule out other diseases.

### RHEUMATOID ARTHRITIS

**Medical history.** Hands, wrists, and feet are often affected, on both sides of the body. They look red. Patients can feel tired. And morning stiffness

often lasts for hours.

**Tests.** Blood tests can reveal signs of inflammation, a hallmark of the disease. Many people also have a substance called rheumatoid factor in the blood, though children often don't. A joint-fluid sample may reveal a high number of white blood cells, another sign. —J.F.



KEVIN HORAN FOR USN&amp;WR (2)



Joe Couri looks at a young boy in his arthritis clinic.

## Way Beyond Growing Pains

**N**early 300,000 children in this country suffer from arthritis. That fact surprises most people, including many doctors. Cheryl West is still angry about the misdiagnosis her daughter, Leona, received, and the extra suffering that it caused her. “When she was 4, her knuckles swelled up really big, and then her feet hurt, so we took her to our regular doctor. They told us it was just growing pains,” says the Springfield, Ill., woman. It was another four years before a rheumatologist correctly diagnosed Leona. By that time, the girl had deformed toes and knobby fingers.

Almost all juvenile arthritis is rheumatoid arthritis, a systemic immune problem. Especially with children, early diagnosis and treatment are very effective and prevent a lot of joint damage. “The drugs we can use now, like methotrexate, often seem to work even better in children than in adults,” says Laura Schanberg, a pediatric rheumatologist at Duke University. “The frustrating thing is that by the time we see the kids, we may have already missed the chance to treat it early.”

**No simple test.** One problem is that parents who see a swollen joint usually think it’s simply from a tumble off the

seesaw. And most of the time they’re right. But if the joint stays swollen and warm to the touch for several weeks, and if other joints are also affected, it may be time to see a rheumatologist. “There’s no simple blood test,” says Schanberg. She says that the only way to find out is through a good joint exam, but there are few doctors well-trained in this. Most pediatricians never learn this skill, and orthopedists don’t have a lot of experience at recognizing childhood arthritis, either: “You have to go through every joint, feel for warmth and loss of range of motion, and a host of other things.”

Treated early, kids can do very well. Waylon Holland, 15, of Dwight, Ill., was diagnosed nearly two years ago, and today it’s hard to drag him out of football practice. “It’s my favorite sport, because I like to hit people,” he says. “But I’m also on the swim team and play shortstop in baseball. It hurts a little, but as long as I take my meds in the morning, it’s not that bad.” Leona, now 11, says her favorite part of school is phys ed. She’s a little shy about how her hands look, but she copes. “This boy teased me and said I have witch fingers. So I got mad and yelled at him. He backed down.” —J.F.



A chart helps doctors track swollen joints.

loney, 61, was diagnosed with RA a quarter century ago. “I started on coated aspirin, taking 10 pills a day, and it didn’t help. Then ibuprofen, which was prescription back then.” Today she has trouble walking because her toes have become all swollen and knobby—as have her fingers, making it difficult for her to hold a fork or zip up a dress. Maloney thinks her daughter will have a different future, and so do doctors.

### 7 OPIOID ANALGESICS

THE DEMISE OF VIOXX HAS SENT some patients, who have not gotten relief from NSAIDs and who have intermittent, not constant, pain, to opioids like Darvocet and Ultram. For many, the pain is worse at night, and though drowsiness is an opioid side effect, that doesn’t matter at bedtime. But doctors say patients are often scared to take these mild drugs, even though they’ve been in use for decades and have very good safety records. They are mostly afraid of addiction. Yet research has shown that addiction is more a function of personality than it is of the drugs, especially when they are used intermittently.

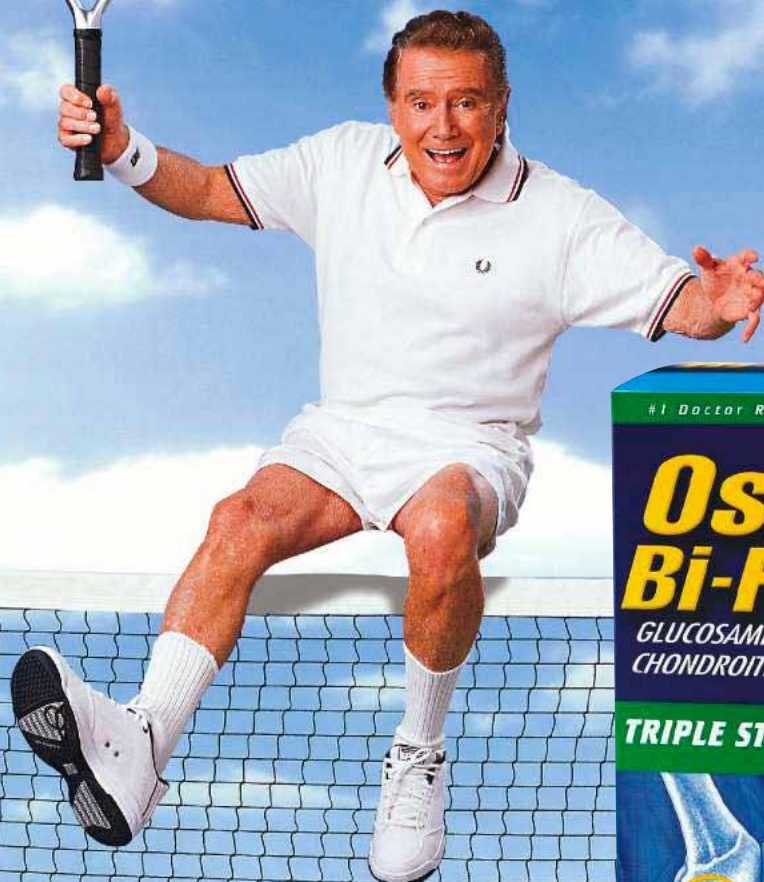
### 8 JOINT LUBRICATION

BECAUSE SO MANY PEOPLE NOW worry about taking oral medications, injections of substances called hyaluronans into the joint are growing in popularity. “It’s like oil within your knee that lubricates it,” says orthopedic surgeon Snibbe. It may also act as a chemical barrier, blocking cells involved in the inflammatory process. Injections are not for everyone, because not everyone gets relief. The best candidates have moderate, rather than severe, disease, with some cartilage damage but no bone-on-bone-crunching.

### 9 SURGERY AND REPLACEMENT

“I TELL MY PATIENTS, ‘WHEN YOU’RE sick and tired of the conservative stuff and it doesn’t work, it’s time to think about surgery,’” says rheumatologist Couri. For OA, one option is an osteotomy, in which a surgeon cuts away part of the bone to relieve pressure on damaged cartilage and shift weight to a healthier spot. People with RA have their own set of operations, including synovectomy, to remove inflamed tissue that surrounds the joint. Simply scrap-

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Regis Philbin



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*\*Based on the results of the National Disease and Therapeutic Index syndicated report among physicians who recommend a branded Glucosamine/Chondroitin or Glucosamine supplement, December 2004  
As a reminder, discuss the supplements and medications you take with your health care providers. Read label directions and warnings prior to use.  
Regis Philbin is a paid Osteo Bi-Flex endorser. ©2005, Rexall Sundown, Inc.

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ing and cleaning out the joint, or arthroscopic surgery, has been on the decline since a recent article in the *New England Journal of Medicine* showed a sham surgery relieved pain and improved function just as well.

Then there's the big one: joint replacement. It's extremely popular both with patients and with doctors, and for good reason—it works. "It's one of the most successful operations in the history of medicine," says Lester Borden, head of adult reconstructive orthopedic surgery at the Cleveland Clinic. In recent years, implants have become much more durable and now may last for 30 years, and surgeons have figured out how to insert them using smaller incisions, reducing recovery time. But it's still not to be taken lightly.

Recovery can be painful and involve many days in the hospital or a rehab facility. But for Rich Kase, after 15 years of drugs and injections and smaller knee surgeries, "I wanted it. I wanted a new lease on life. I could only walk about 50 yards, the pain was constant, and my orthopedist said I had the joints of an 80-year-old." He was 50 at the time and opted for a double-knee replacement. "My surgeon said to do them both at the same time, because I'd only have to go through rehab and recovery once. And it's excruciating. It's tough surgery. I wouldn't want to do it twice. The next morning they made me get up and out of bed, and I'd say the pain was a 9 or a 10, even though I had a morphine drip in."

**Road to rehab.** Kase went home and had physical therapy there for three weeks, followed by three more weeks at the therapist's office. In a month he was back at work and soon after that, back on the golf course. "It's been phenomenal. I walk the course, going down hills the right way. I can go on vacation and bike 10 miles with no pain. I had to get my pants lengthened because I'm taller and straighter. I do, however, use the surgery as an excuse not to kneel in church."

Susan Thompson, a 72-year-old retired veterinarian in Sag Harbor, N.Y., says she is conservative by nature, which is why she is holding off on hip replacement for now. She's got osteoarthritis in that joint and rheumatoid arthritis else-

where and is taking Enbrel and other medications to keep her pain in check. "They recommend surgery to me all the time, but the idea of the recuperation really throws me," she says. "You never know how long it will take, how long you'll be out of your home." She can still do housework and get around and is happy to wait until she absolutely needs surgery. "After all, it's not like I'm resuming a career in the dance," she says.

For RA patients, joint replacement can be even more complex. "Some of the patients with osteoarthritis are coming in here because they can't play golf or tennis. Rheumatoid arthritis patients are coming in because they can't get out of a wheelchair or walk," says Mark Figgie, chief of the surgical arthritis service at the Hospital for Special Surgery in New York City. Many are on immune-system-altering drugs that may need to be temporarily stopped before surgery. Their bones are softer, skin is more fragile, and they run a higher risk of infection. And since many joints can be affected, surgeons also have to strategize about which ones to fix first.

Patients need to take care of their new joints, since the life of the implant depends on how much wear it gets. "It's mileage dependent, like a part on your

car," says David McAllister, an orthopedic surgeon at UCLA. Even with the new materials, patients under 50 may live long enough to need surgery to tinker with or replace the replacement at some point.

**THERE ARE OTHER TREATMENTS IN the offing.** An experimental trial with the tried and true (and cheap) antibiotic doxycycline indicates that it stops OA progression by blocking enzymes that help break down cartilage tissue. And earlier this month, researchers reported on the world's first gene therapy for arthritis, in which an anti-inflammatory gene was transplanted into the knuckles of RA patients. The gene was active, but doctors are going to have to conduct longer studies to see if it has a real-world benefit.

For now, arthritis patients are bringing available treatments together in a management program, including drugs, physical therapy, exercise, and surgery. Nora Baldner, the mother who couldn't walk to the back of a supermarket for milk, took glucosamine-chondroitin and had hip replacement operations five years ago. Today she rides her bike and feels pain free. "In the roulette wheel of medical problems," she says, "I think I came out pretty lucky." ●



**COMEBACK TRAIL.** Pain took Nora Baldner away from her family; new hips helped bring her back.

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By Bernadine Healy, M.D.



## The Tyranny of Experts

**W**HEN ENTERING THE COMPLEX WORLD of cancer treatment, beware of "I am God" doctors who, however well meaning, are saying do it my way or you die. Stop right there, and find someone else to care for you. That might have prevented the hell that has broken out in Corpus Christi, Texas, because the now 13-year-old cancer-stricken Katie Wernecke and her parents refused doctor's orders. Her oncologist wanted radiation treatments to follow her four cycles of chemotherapy, which appeared to be working. Her parents feared its long-term toxicity, and for months they battled. Finally, social workers from the state Child Protective Services, armed with a court order and a sheriff's posse, chased down the tearful Katie. To assure that she got radiation treatment, they placed her in a foster home away from her parents, brothers, and friends. In custody, Katie's cancer was found to have relapsed. Her doctor quit, and, in one ray of light, Katie is now with a medical team at M. D. Anderson Cancer Center that promises to consider all options.

The agency and the doctor had good intentions. The parents, maybe themselves a handful, had solid information. But the state blundered when it big-footed their custody rights for challenging "standard medical care." Standard-care regimens are not rigid directives chiseled in stone. They are evidence-based guidelines with some give. In Katie's case, the state mistakenly believed that the immediate radiation ordered by her doctor was a government-sanctioned and required treatment, part of the complete standard of care needed for her survival.

**Controversy.** Most pediatric oncologists would beg to differ. James Nachman, a Hodgkin's expert and professor of pediatrics at the University of Chicago medical school, says standard treatment for advanced Hodgkin's is more like five to eight cycles of chemotherapy. And there's controversy as to whether children showing a complete response to that treatment—particularly after two or four cycles of chemotherapy—get any added benefit from radiation. "I would not hesitate," Nachman says, "to bring in child services to insist on cancer treatment that parents are resisting if it's a matter of life or death, but radiation for this situation is not one of them."

Toxicity concerns about radiation are real and counter some of its benefits. Long term, there is a threefold increase in fatal heart attacks and a 25 percent chance of having breast cancer or another malignancy in 25 years, rising 1 percentage point each year. Patients are pretty good at weighing these trade-offs. Look at the Web. There's an ongoing chat room on the topic of "Radiation or not?" One patient details her remission with six cycles of chemotherapy and says she is just not sure if she should opt for radiation or not. Her doc is giving her the choice. Another chatter tells her to do it; he's a five-year survivor but relapsed with chemo alone. Joe points out that the only consistent thing he has read is that overall survival is the same regardless of whether you get radiation or not. TC summarizes—accurately, I might add—recent findings from a medical journal. Simone's mom says: "We are working through this exact question at the moment. Thanks for asking it for me."

This brings to mind another young Texan and his mom. As almost everyone knows, before he was rich and famous and the winner of even one Tour de France, Lance Armstrong was hit with advanced testicular cancer. In his book *It's Not About the Bike*, he relates his encounter with an oncologist who said Armstrong's best chance to live was with him: "I'm going to kill you. Every day I'm going to kill you, and then I'm going to bring you back to life." And since one of the standard treatments would tear up his lungs, he should forget about his bike. In despair, Armstrong and his

mom went off to Indiana University, where an expert there became his doctor. This doc was willing to work with Armstrong to modify customary care so he could race again. He replaced the lung-damaging drug. He preserved his mental and physical coordination by substituting neurosurgery for standard radiation to wipe out the cancers that spread to his brain. The first doctor focused on survival; the second on making him whole. At the time, Lance Armstrong was 25 years old. Had he been eight years younger when he got sick, sports history could have been changed: The state of Texas might have stepped in to impose on him the tyranny of standard care. ●

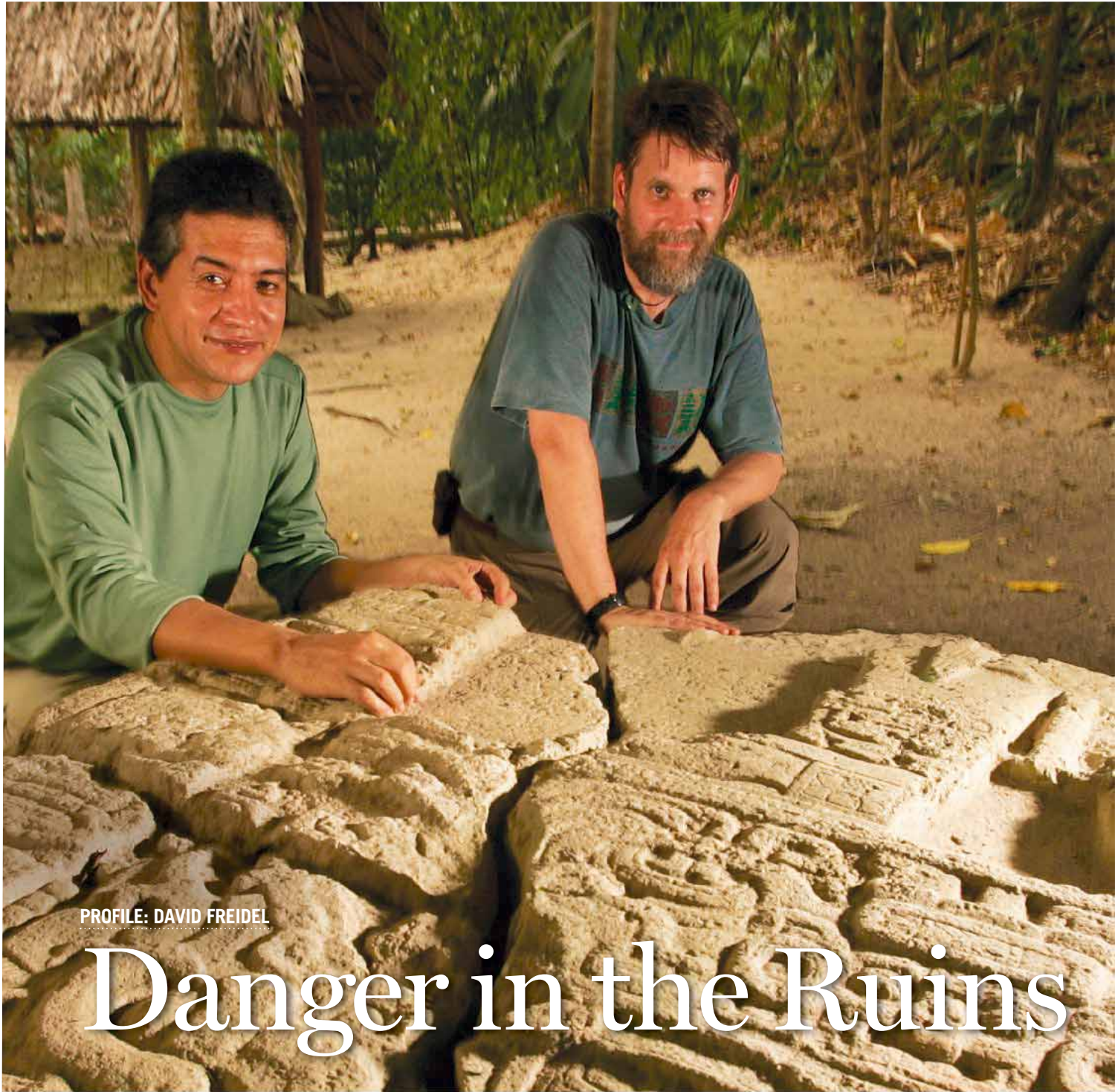
Regimens for standard medical care are not rigid directives chiseled in stone.

COURTESY OF THE WERNECKE FAMILY



Katie Wernecke (second from right) with her three brothers and a friend. The Wernecke children were seized by the state.





PROFILE: DAVID FREIDEL

# Danger in the Ruins

By Kim Clark

**D**EEP IN THE MAYA BIOSPHERE RESERVE, GUATEMALA—The patches of sky visible through the palm and bamboo jungle canopy here are white—not just hazy and pale from the steamy, 90-plus-degree heat but smoky white, thanks to nearby fires kindled by farmers and ranchers illegally clearing this national park set aside for scarlet macaws, howler monkeys, and jaguars.

Wearing calf-high laced boots to protect against the fangs of poisonous fer-de-lance pit vipers, David Freidel drips with sweat

as he peers into a 20-foot hole dug into a tree-covered, rocky mound. At the bottom, a local worker carefully jabs a trowel at a stone near his feet. If they do it right, the excavators will open up a passage into a perfectly preserved, 1,600-year-old royal tomb. If not, they'll cause an avalanche that will destroy the jade-eared skeletons and museum-quality ceramic bowls.

It's risky, but on this spring morning, there isn't time to try anything else. There are only 10 days or so before the year's money runs out and the rains make work impossible. And tomorrow, Freidel, the Southern Methodist University archaeologist who runs this dig, must leave, tak-

ing the three-hour stomach-jarring jeep ride to the nearest airport, close to Flores. There, he will hop onto a plane to Guatemala City and deliver a report to government officials. Freidel must convince them that his excavation is doing enough good for the country—creating jobs for locals, for example—that he should be allowed to return next year. Then, he'll fly back home to Dallas to start fundraising.

As digger Catalino Ramos pries out the 40-pound capstone that covers the roof of the crypt, a dozen archaeology students and workers gathered above hold their breath. A half-minute of anxious silence passes—not a creak or snap from a falling



David Freidel (right) with project codirector Héctor Escobedo; bearded dragons on a ceramic lid from Waka'.

to painstakingly excavate every shard and bone. And for the first time since his initial dig at age 17, Freidel must protect ruins from overcrowding, poverty, and greed by, for example, putting out forest fires and creating jobs for locals. "When I first walked in here four years ago, I was naive. I had no idea I'd have to be doing all this," to excavate jungle mounds hidden deep in the Laguna del Tigre National Park, about 50 miles west of the more famous Maya city of Tikal. "But it has become impossible to do archaeology without protecting the sites," Freidel says.

That realization has put him "at the very leading edge" of an archaeological revolution, says Kenneth Ames, president of the Society for American Archaeology. Looting, of course, has been a problem since King Tut's time. But the recent stripping of Iraq's treasures woke up the entire profession to the need to better protect sites with both security and economic incentives for locals, says Ames, an archaeologist at Portland State University. Other archaeologists in Guatemala and other underdeveloped countries such as Cambodia and Peru have been trying to help locals build up businesses that depend on the preservation of important sites. Indeed, it is probably just a matter of time before all archaeologists have to augment their expertise in traditional skills like hieroglyphics and carbon dating with security and economic development strategies.

At first glance, one wouldn't take Freidel for an action figure. Long walks through the jungle and a camp diet heavy on rice, black beans, and thick, handmade corn tortillas keep the 58-year-old Harvard grad in fairly trim shape. But with his longish bangs, beard (the camp only has makeshift showers and no hot water), wire-rimmed glasses, and slightly hang-dog look, the celebrity he most resembles is a middle-aged, high-IQ version of Shaggy from *Scooby-Doo*. His evening guitar solos of '60s folk music and penchant for long, eye-crossingly detailed lectures about obscure Maya deities only add to his mild-

mannered-professor aura. But as Freidel's last day on the site—known in Spanish as "El Perú" and in Maya as "Waka'"—shows, modern archaeologists are at least as brave as any Hollywood version.

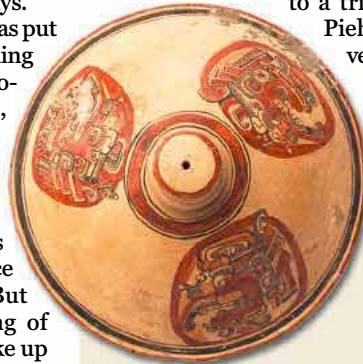
After the hole is opened up in the ceiling of the crypt, graduate student Jennifer Piehl steps into a harness the workers have jury-rigged out of thick yellow nylon rope. (Fellow grad student Michelle Rich, who is running the mound excavation, jokingly calls the harness the "rope diaper.") They thread the rope through a pulley attached to a tripod made from fallen logs.

Piehl, a 32-year-old Tulane University graduate student, is lowered into the tomb. She wryly complains that her slight build and childhood training as a gymnast usually win her these contortionist, ghoulish assignments. But her mind quickly turns to the pressing business: "How the hell are we going to do this?"

The crypt ceiling is only about 4 feet above the floor, and there is no place to put her feet that might not crush some hidden artifact. Unhooking herself, Piehl wedges her feet against the walls and crouches. She carefully measures the closest bowl and shouts up the numbers so staff carpenter Fidelino Díaz can build a wooden crate. Then, she starts shooting photographs of every 30 centimeters or so to create a map of the tomb.

Meanwhile, a dozen machine-gun-toting soldiers and park rangers have marched up the

mound. In Spanish, Freidel tells the guards that they have just discovered a tomb containing the skeletons and adornments of royal women who died around A.D. 350–400. Back then, this forest was mostly cropland, planted with orchards of fruit trees, corn, beans, and squash. They would have been standing atop a pyramid near the center of a 16-square-kilometer city of 10,000. The green mounds and hills seen from this vista hide the ruins of at least 700 buildings and walls. The freshwater marshes in the area were probably lakes, part of a river system that connected this city to the other major cities of a great Maya empire as sophisticated as any-



**"It has become impossible to do archaeology without protecting the sites."**

**Born:** July 11, 1946

**Family:** Wife is Carolyn Sargent, an anthropology professor; two daughters.

**Education:** B.A. and Ph.D., anthropology, Harvard

**Books:** *Maya Cosmos* and *A Forest of Kings*

PATRICK AVENTURIER—GAMMA

rock. "We're in!" someone exhales. It is thrilling, yes, but also terrifying: Word of the discovery can't help leaking out, threatening to draw in looters and maybe even whoever fired warning shots at fellow archaeologists exploring nearby ruins that day.

**Modern-day heroes.** Indiana Jones would have just grabbed the treasure and bullwhipped his way to safety. But today's real-life archaeologists don't have it so easy. Freidel braves poisonous snakes, flesh-boring flies, arsonists, murderous thieves, and machete-armed, hostage-taking mobs. But he must also do meticulous science, using dental picks and soft brushes



thing in Europe at that time. Freidel asks the officers for help protecting the tomb while the archaeologists work, noting that by law, everything discovered here will eventually go to Guatemala's national museum.

Telling them about the discovery is a risk in this nation where 37 percent of the population live on less than \$2 a day. Already, many of Waka's steles—4-to-5-foot-tall limestone slabs carved with hieroglyphics telling of important events—have been sawn into pieces and carted off by thieves. That has created huge gaps in the historical record about how this great city grew and why it was mysteriously abandoned in about A.D. 950. And that's not all. Freidel has found hundreds of trenches dug by looters (including some just a few months old). Not surprising, perhaps, bowls not quite as nice as the ones in the crypt were recently valued by Sotheby's at about \$10,000 apiece; the auction house says that some of the bowls Freidel has found could go for five times that much.

**At risk.** It's not just the artifacts that need protection. In 2003, park rangers got into a shooting match with armed thieves attempting to steal a fledgling from a scarlet macaw nest not far from the camp. The spectacular 2½-foot-high, blood-red parrots sell for about \$2,000 each in the United States. Since the end of the civil war in 1996, desperately poor farmers and rich cattle ranchers have been pouring into this vast, virgin rain forest. In the past five years, more than 5,000 homesteaders have illegally built homes and set fires to clear the land for corn and cattle. In 2003, Freidel's first year of excavation here, the flames got so close—about 2 miles away—that he had to pull workers off the ruins to dig fire lines to save the camp. This year's fires haven't been so threatening, but the air is almost always scented with smoke, with ashes that flutter down like hellish snowflakes in the tropical heat. The ground fires have so far burned an estimated 40 percent of the park, which is supposed to protect a lake that is one of the most important wetlands in the world.

The growing forest population also creates serious threats to the archaeologists themselves. Just that day, a group of Freidel's staff scouring a new part of the jungle for more excavation sites did belly-flops into the dust when they heard shots, clearly warning them to keep out of what could have been a looting camp or even one of the drug runners' airstrips, common in the park. And earlier this year, as Freidel was returning from one of his rare breaks in town, his truck was stopped on a dirt road by a rubble roadblock set up by machete-armed farmworkers. The angry

mob detained him, his photographer, and his driver to exact negotiations with soldiers who had arrested one of their compatriots. After about 45 nerve-racking minutes, negotiations began, and they were released.

The lawlessness and greed that are destroying the rain forest and hidden history that he loves "got my dander up," Freidel says. "They think I am a naive archaeologist. But if you don't have somebody willing to take a stand in the world, then what are you going to do? What is going to happen if I fail? There is a very good chance that the looters and ranchers will not stop until they get to the border," he says.

As the workers' 4 p.m. quitting time nears, Piehl and Rich have finally measured and photographed every centimeter

of the crypt and can start moving the treasures out. Piehl carefully lifts the closest bowl and wraps it up in a sheet of foam. She attaches it to the winch, and the workers pull it up. Above ground, everyone stops to admire the fanciful black-and-orange serpents painted on its top. Rich wraps the lidded pot in more foam and gingerly places the bowl in the hand-made crate. After stuffing all the foam they had brought up to the site that morning, she realizes with dismay that there's not enough. The pot will bounce around inside the crate and could get damaged. But Rich has an inspiration. She runs to the makeshift outhouse built here for the workers and the Army guards, grabs an armful of toilet paper rolls, and stuffs them all around the bowl. Now the fit is snug. "Actually," she jokes, "this is a bet-







A forest fire near the Waka' site in the Laguna del Tigre National Park, probably set by illegally homesteading poor farmers or rich cattle ranchers. Left: Pieces of jade jewelry and jade items from a helmet were found at the site.

which creeps back to camp.

Over a dinner of rice, beans, and tortillas, the archaeologists turn to the less obvious dangers of the site. The mosquitoes that breed in the marsh next to their sleeping tents and lab buildings not only carry diseases like malaria but, occasionally, the eggs of the botfly. When deposited in human flesh, the larvae eat an air hole and then keep chomping away at the host's flesh until ready to pupate. A vigorous debate ensues over the best way to remove the botfly. One person swears that dangling a piece of raw meat over the air hole will lure the worm out. Another says that covering the air hole with electrical tape will suffocate it.

**Shoptalk.** After dinner, the cooks, diggers, and tradesmen crowd into the screened-in laboratory building to watch the opening of the crate. As Freidel declares the bowl a masterpiece, one of the students translates into Spanish. Because Piehl and Rich can find no evidence of disease or trauma in the bones, Freidel theorizes the two young women, one of whom was pregnant, were royal family members sacrificed as a part of a ritual to bring back a king or other very high figure. This discovery would then further debunk the old stereotype of the Maya as a peaceful, star-gazing civilization. Archaeologists have in recent years discovered plenty of evidence of self-mutilation and human sacrifice by the Maya. "The Maya were not a peaceful people," says Freidel, but they were no more bloodthirsty than any other civilization, he adds, citing bloody sacrifices and massacres perpetrated by everyone from the ancient Greeks to our own contemporaries.

The aim of these lectures is not only to educate the local Maya descendants about their own history but to give them the knowledge they'll need to take paying tourists here. Since he started excavating in 2003, Freidel has traveled to four of the poor farming communities around the park, making sure to hire at least a few workers (at above-market wages) from each. There is no way the two private guards Freidel pays can possibly defend 16 square kilometers of ruins. His only

hope, he says, is that "the local people will defend the site because it is a source of income for them."

Freidel is starting to win some converts. Francisco Botzoc, 47, the project foreman, previously made his money cutting down trees. The excavation job has been a revelation to him. "I always thought the Mayans just piled up rubble. Now I can see there were structures," he says in Spanish. The archaeologists pay workers the equivalent of about \$200 a month, 30 percent more than local farms offer. Botzoc and his friends now agree, "there will be more jobs if this is a park" than if it is burned and looted. "We must protect it," he says.

Freidel is not alone in the fight to protect the site. Guatemalan government agencies, as well as nonprofits such as RARE Conservation, Rainforest Action, and the Wildlife Conservation Society, have set up nearby offices and are training locals to set up ecotourism businesses and harvest

the rainforest sustainably as well as sending in monitors and guards to protect the park. But Freidel's dig has been one of the most successful preservation ventures so far, says Carlos Albacete of ParksWatch, a nonprofit that monitors parks around the world. "If they were not there, El Perú would have disappeared, burnt," says Albacete, who heads the nonprofit's Guatemala office.

The shield Freidel has erected around Waka' will only last as long as he has money to support it. He'll need to raise \$300,000 to pay for next year's dig and several million more to jump-start tourism businesses. But that is all down the road. Thrilled with the discovery and convinced that Rich and Piehl will be able to clear the tomb before the rains and looters come, Freidel steps outside and lights a cigar. The workers gather on benches and camp chairs as a staffer hooks up a generator, DVD player, and projector aimed at the wall of the archaeologists' dining hall.

Freidel leans back in his chair and chorales at the escapades of George Clooney and his gang of thieves in *Ocean's Twelve*. It's only a movie; Freidel's treasures are safe, for now, anyway. In the black, starless sky above the palm jungle, the moon rises orange amid the smoke of fires just a few miles away. ●



ROB CADY—USIN&WR

ter use of this particular brand."

Then, in a scene that even Piehl admits "is sooo Indiana Jones," the crate, hand-made of a local, rusty, red-colored wood, is loaded up on two poles. The local workers, with short, powerful, copper-colored bodies, and 2-foot-long machetes dangling from their belts, heft the poles onto their shoulders. They carry the crate, Ark of the Covenant-style, down the steep, treacherous path to the four-wheel-drive pickup waiting on the road to the camp. The workers laugh as they slip down the narrow jungle path, lined with palm trees bristling with 2-inch thorns that can break off in the skin and quickly become infected. Miraculously, everybody manages to arrive at the road unharmed. There are wide grins as the workers and archaeologists pile into the back of the truck,



# Summer School Goes to the Beach

Virtual classes give high school kids flexibility

By Anne McGrath

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Ingenious teenagers can find every manner of reason to take a pass on summer school: There's the two-week family vacation in the middle of the four-week session, not to mention the potential for a day job scooping ice cream—or the fear that they might bomb at cramming a semester's worth of work into a month.

In the digital age, however, none is reason enough. The rapid spread of online learning at the secondary level—experts estimate that more than half of all school districts offer some virtual coursework, up from just 30 percent two years ago—is now creating “anywhere, anytime” flexibility for summer students, too.

While the total numbers are still small, many hundreds of students around the country will be signing on in the next week or two for everything from U.S. history to human space exploration. Take Betty Su, a rising senior from McLean, Va. She plans to complete an English class she needs to graduate through Fairfax County Public Schools Online Campus this summer—while visiting her grandparents in China. In California, Graham Petersen, who just finished his junior year in Palo Alto, will study Algebra II through the online arm of Oregon's Salem-Keizer school district while working as a teacher's assistant in a children's program. “This is no shortcut—it's the full course. But you can work at 11 o'clock at night,” says Robert Currie, executive director of Michigan Virtual High School, whose courses, like most, are available nationally.

**Wired.** That's because programs like Michigan's (which costs \$275 for a regular 90-hour class or \$375 for Advanced Placement courses, already underway) are asynchronous: Interactions with teacher and classmates don't take place in

real time but through E-mail and threaded discussions. “You don't have to tune in at the same time to hear the talking head,” says Liz Pape, president and chief executive of Massachusetts-based Virtual High School, a collaboration of some 300 high schools that is launching a full-fledged summer program this year after a two-year pilot.

Beyond convenience, there are instructional reasons to consider the virtual classroom. Those who have strug-

gled in a course during the year often find that the online format makes it easier to master the content. “Most students finish with A's and B's, because teachers don't let them go through with D's,” says Jan Bleek, principal of the Internet Academy, an arm of the Federal Way district near Seattle that is offering 45 summer courses at \$180 each. “There's lots of revision, a lot of work that goes on in depth between teacher and student after work has been submitted.” While grading policies vary, kids often are free to re-take assessments or to work through several practice exams until they're ready to be tested. “I got a B—the highest grade in math I've ever, ever gotten since sixth grade,” says Petersen, who took the first half of Salem-Keizer's online Algebra II class this spring after failing the course first semester.

Success depends largely on actually tackling the content, of course—and nobody (other than parents, perhaps) will be breathing down a student's neck. So it's important to be realistic about whether online study is a good fit with a teenager's learning style.

“The No. 1 thing is, are you capable of working on your own?” says Kathy Armstrong, an English teacher at Harris County High in Hamilton, Ga., who is also an instructor for Virtual High School. Since material is presented as text rather than by lecture, being a proficient reader is a must. And it goes without saying that students had better know their way around a computer.

A note of caution: Families shopping for an online class not offered by their child's own school will want a sign-off from the principal upfront. The home school, not the online provider, grants course credit, and that won't happen if the class doesn't meet the school's curriculum standards. Because the quality and content of online courses vary considerably—and even very good offerings might not cover all the right ground—the principal will probably request a detailed course outline before giving an OK. “I'd go so far as to determine if the principal is willing to say in writing that credit will be accepted,” advises Mark Jackson, director of K-12 research at the Boston firm Eduventures. It would be a real bummer to lug a laptop to the beach and then discover that the work was all for naught. ●



**It's important to be realistic about whether online study is a good fit with a teenager's learning style.**

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By John Leo



## An Autopsy Won't End It

**J**UST WHEN IT SEEMED THAT EVERY LIBERAL commentator on the Terri Schiavo case was starting to sound like Barney Frank, the great Joan Didion published a long and remarkable article on the case in the quite far left *New York Review of Books* of June 9. Frank, of course, took the occasion of last week's Schiavo autopsy results as yet another opportunity to denounce Republicans as "this fanatical party willing to impose its own views on people." For those of you still somehow unaware, "imposing their views" is a semiofficial Democratic meme or code phrase meaning "religious people who vote their moral views and disagree with us." Didion, on the other hand, cut through all the rhetoric about imposing views and said the struggle to spare Schiavo's life was "essentially a civil rights intervention." This is a phrase of great clarity, particularly since Democrats have a long track record of protecting civil rights and Republicans don't. Behind the grotesque media circus, the two parties were essentially switching roles. In the first round of public opinion—the polls—the GOP took a beating. But in the long run, the American people tend to rally behind civil rights, and the party that fights to uphold them is likely to prevail.

On the "rational" or "secular" side of the dispute, Didion wrote, there was "very little acknowledgment that there could be large numbers of people, not all of whom could be categorized as 'fundamentalists' or 'evangelicals,' who were genuinely troubled by the ramifications of viewing a life as inadequate and so deciding to end it." Amen. There was also little admission that this was a "merciful euthanasia" controversy posing as a "right to die" case. Many of us understood, as the autopsy has now shown, that Schiavo was severely damaged, but a national psychodrama built around the alleged need to end a life without clear consent is likely to induce anxieties in all but the most dedicated right-to-die adherents.

"The ethical argument." Didion did not conclude that ending Schiavo's life was a wrongful act, but she seemed to be leaning that way. She wrote: "What might have seemed a central argument in this case—the ethical argument, the argument about whether, when it comes to life and death, any of us can justifiably claim the ability or the right to judge the value of any other being's life—remained largely unexpressed, mentioned, when at all, only to be dismissed."

The alleged need to end a life without clear consent is likely to induce anxiety in many.



Terri Schiavo in a 2003 photograph

That issue was slurred and muffled by the media and by shrewd, though completely misleading, right-to-die arguments that distracted us from the core issue of consent. George Felos, the attorney of Terri Schiavo's husband, Michael, told Larry King, "Quality of life is one of those tricky things because it's a very personal and individual decision. I don't think any of us have the right to make a judgment about quality of life for another." Here Felos piously got away with adopting a deadly argument against his own position by presenting it as somehow bolstering his case. This can happen only when the media are totally incurious or already committed to your side. Michael Schiavo made a somewhat similar eye-popping argument to King: "I think that every person in this country should be scared. The government is going to trample all over your private and personal matters. It's outrageous that these people that we elect are not letting you have your civil liberties to choose what you want when you die." Americans were indeed scared that they might one day be in Terri Schiavo's predicament. But Michael was speaking as though Terri Schiavo's wishes in the matter were clear and Republicans were determined to trample them anyway. Yet her wishes, as Didion says, were "essentially unconfirmable" and based on bits of hearsay reported by people whose interests were not obviously her own—Michael Schiavo and two of his relatives.

One hearsay comment—"no tubes for me"—came while Terri Schiavo was watching television. "Imagine it," Didion wrote. "You are in your early 20s. You are watching a movie, say on Lifetime, in which someone has a feeding tube. You pick up the empty chip bowl. 'No tubes for me,' you say as you get up to fill it. What are the chances you have

given this even a passing thought?" According to studies cited last year in the *Hastings Center Report*, Didion reminds us, almost a third of written directives, after periods as short as two years, no longer reflect the wishes of those who made them. And here nothing was written down at all.

The autopsy confirms the extraordinary damage to Schiavo and discredits those who tried to depict the husband as a wife-beater. But the autopsy has nothing to say about the core moral issue: Do people with profound disabilities no longer have a right to live? That issue is still on the table. ●

# Diversions

Edited by Marc Silver



Giving new meaning to eggs "sunny side up"

## Kitchens Without Borders

By Michelle Andrews

**W**hen Sharon and Alan Ottomeyer's two grandsons came to stay a few weeks ago in Indian Wells, Calif., the kids ate most of their meals by the pool. Well, actually, they were in the pool, perched on barstools at the water's edge, at the granite counter of the Ottomeyers' outdoor kitchen. Sharon whipped up pancakes and hot dogs, but with a 48-inch rotisserie grill, plus side burners for griddle and wok cooking, a refrigerator, garbage disposal, and warming drawers, she could have handled anything, from a stir fry to cheese fondue.

Outdoor kitchens are red hot, says Donna Myers, spokesperson for the Hearth, Patio, and Barbecue Association. Bruce Spangrud, president and CEO of Outdoor Kitchen Concepts in Las Vegas, has already sold more than 5,000 in the past three years. Prices range from several thousand dollars to \$50,000 and up.

Although kitchen may be something of an understatement. A high-end outdoor model is chockablock with fancy cooking appliances. But installations can come with retractable flat-screen TVs, stereo systems, mood lighting, and stand-alone fireplaces or firepits for nippy weather. And a kitchen supplier will be glad to recommend a specialty vendor who'll sell you a weatherized wine rack or, for a few hun-

dred dollars, an aluminum version of a painting or photo that won't fade or rust or be defaced by bird droppings.

**Patio potato.** Part of the fun is putting together an outdoor kitchen that suits your style. David Christal's Las Vegas unit has a 38-foot bar on two levels with a dozen chairs and a flat-screen TV, along with a four-burner barbecue, pizza oven, ice maker, sink, and refrigerator. "With the TV behind the bar, I can sit there and eat and never need to go indoors," he says.

There are lots of options. Retailers offer mix-and-match modular pieces or prefab "islands" into which appliances can be dropped. Both can be customized to varying degrees for appliances and accessories as well as countertop and other structural materials—stucco or tile for the island, for example. For a totally customized kitchen, some people hire a contractor to build from scratch. In all cases, you may need permits to bring electricity, gas, or water to your backyard kitchen.

Remember to ask about installation:

### GRATE OUTDOORS

**Cal Spas** ([calspas.com](http://calspas.com)). The works: flat-screen TVs, stereo, waterfalls.

**Vintage Outdoor Gourmet Kitchens** ([vintage-grills.com](http://vintage-grills.com)). Grills galore.

**Outdoor Kitchen Concepts** ([outdoorkitchenconcepts.com](http://outdoorkitchenconcepts.com)). Many modules.

**Palm Tree Islands** ([thepalmtreeislands.com](http://thepalmtreeislands.com)). Lightweight, on wheels.



A crane may be necessary to hoist a large unit into the backyard, says Rob Santos, special projects manager for Cal Spas in Pomona, Calif. Delivering a kitchen unit along with a hot tub might run \$300 to \$400.

With all the glitzy add-ons, it's easy to forget that the essence of the outdoor kitchen is still the grill. While a decent gas grill runs just a few hundred dollars, you can spend thousands on a high-end model. A popular feature is an infrared section that burns as hot as 1,700 degrees, used for searing meat. (A typical gas grill reaches only 500 or 600 degrees.) Pizza ovens (\$1,200) and smokers (\$200 and up) are in demand, too. But fancy grill features may be just smoke and mirrors, cautions Steven Raichlen, author of *The Barbecue! Bible* and host of PBS's *Barbecue University*. "It's been my experience that how much you spend on a grill is only tangential to how it performs," he says. Key design ele-

RICHARD GEORGE—ROBERT H. PETERSON CO.



**FIRE ALFRESCO.** Ideal for cool summer nights

ments to look for, according to Raichlen: a built-in thermometer and gas gauge as well as a good grease evacuation system—like a pot with a handle or a removable foil drip pan.

Before they put in an outdoor kitchen last year, Jackie and Bill Fritsch never used their Broomall, Pa., backyard. "We spend all our time there now," says Bill. But some prefer simpler backyard pleasures. Don Vandervort, building expert at *hometips.com* and editor of *Building Barbecues & Outdoor Kitchens*, graduated from a charcoal grill to a gas grill with a temperature gauge a few years ago. But that's as high-concept as he wants to get. Moving the entire kitchen to the backyard, he says, you've got to wonder, "Why don't we just use the indoor kitchen?" Besides, how can you enjoy the great outdoors if all those steel appliances shine brighter than the stars? ●

## SMART CHART

### A Crafty Plan for Summer

Perhaps your kids are already uttering the dreaded cry, "I'm bored!" Or spending way too many hours online.

Try an old-school remedy: a craft kit. This year's imaginative offerings might put your child in touch with his or her inner child.



#### THE KIT

#### WHAT'S IN IT

#### CRAFT LADY SEZ

**A. Sparkle Bead New Vintage Pins & More** \$16  
*growingtreetoys.com*

Plastic flowers and bugs, glue, microbeads, glitter, pin backs, hair ties.

*C'est chic!* The kit creator formerly designed trendy adult jewelry.

**B. Cool Soap Kit** \$11  
*soapplace.com*

Soap bricks, dye, fragrance, molds with mottos (like "whatever").

An adult should supervise microwaving and pouring soap—yikes, it's hot!

**C. Make Your Own Twinkly Tiaras** \$13,  
*klutz.com*

Three metallic tiaras and all the fixings.

For ages 4 and up. Our 10-year-old tester loved it and even made a tiara for dad.

**D. Critters & Creatures Fun Pack** \$4, *michaels.com*

Colored wires, laces, pom-poms, wiggly eyes, beads, lanyard hooks.

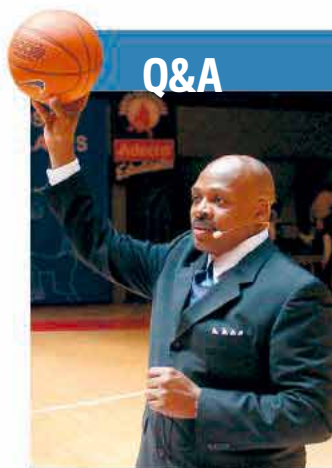
Restock the basics and let your kid create weird new life forms. —Eleanor Levie

## TRY IT OUT



### A Camcorder You Can Toss

Kids are video stars at the beach, dancing among waves and building (and destroying) sand castles. But water and grit can wreck an expensive camcorder. Enter the disposables: CVS drugstores now carry the **One-Time-Use Video Camcorder** (\$30), which captures 20 minutes of motion and sound. It's small and easy to operate, though you can review or delete only the most recently recorded clip. Drop it off at a CVS store for processing (\$13), and you get back a DVD, viewable on any player. You can then use a PC to E-mail or edit scenes. Image quality is so-so, with dullish colors outdoors, grainy footage indoors, and weak sound. But this camcorder isn't about top quality—it's for catching young Missy as she squeals at her first sand crab. —David LaGesse



## Q&amp;A

## Aiming High For a Coach

Locking his team out of the basketball court until they honed classroom skills was initially an unpopular move for Richmond High School Coach **Ken Carter**. But as a result, his California students became champs and scholars. *Coach Carter*, the movie based on his life and starring Samuel L. Jackson, is now on DVD (\$30).

**How did Jackson do?**  
You mean Mr. Samuel L. Jackson. I spent a lot of time with him. When he's coaching in the movie, he's not acting.

**That accurate?**  
The movie is 98.5 percent correct. The

names of some of the players and schools were changed, but we really dealt with drug dealers, gangs, teen pregnancy.

**Any sequel chances?**  
There could be a follow-up four or five years later to see where the team is, where I am. Getting *Coach Carter* made could be a movie itself. —V.H.



## DVD TRENDS

## Airing the Fans on DVD Sets

**L**istening to a director yap about setting up a shot gets old. And actors often seem to barely remember being in the movie. But fans have minute details from every scene committed to memory, can rattle off dialogue, and have altered their lives to honor their favorite TV shows and films—which is why they're being drafted to take part in the DVD.

The latest case is *Moonlighting*: Seasons 1 and 2 (\$50), the 1980s Cybill Shepherd/Bruce Willis pas-de-deux detective series. The fans behind *Moonlighting21.com* lobbied for disks of the series, meeting with studio execs to plead their case. Their zeal was so impressive that the producer decided to put some of them into "The *Moonlighting* Phenomenon" featurette. "You'd want to see how far they'd push it," explains fan Pamela G. Hardin about the couple's chemistry during the featurette. "Every episode they'd



inch it along a little further."

Fans are even getting the chance to record their own commentary tracks. Last

fall, Jennifer Garner's

spy saga *Alias*: **The Complete Third Season** (\$70) pioneered the concept. *Red Dwarf*: **Series V and VI** (\$70) followed this spring with

commentaries featuring eight fans selected from 600 applications sent to the show's website. The British sci-fi comedy's producer Doug Naylor says the passion of the fans was an asset. The commentary yields offbeat re-



Moonlighting

marks like "For some reason, haddocks are funny" and "The hair in this episode is fantastic."

While fans of *Star Wars* aren't featured on the movies' DVDs yet, they do play a key role in the *Trivial Pursuit DVD Star Wars Saga Edition* (\$45). Mixed in with the other questions are 20 clips of queries from devotees, including Ken "Elvis Trooper" Tarleton. He dons his custom-made stormtrooper outfit along with an Elvis cape and glasses to perform a scene from *Return of the Jedi*. Try getting Harrison Ford to do that. —Vicky Hallett

*Star Wars*, re-enacted by an Elvis impersonator



## BEST EXTRA

## A Farewell Forethought

Were you too anxious about the outcome to laugh at coverage of the George Bush/John Kerry campaigns? With the *Daily Show*: **Indecision 2004** DVD set (\$30), "you can finally watch the election unfettered by context or relevance," quips star Jon Stewart in his intro. The set offers more than just a recap of last year's red-blue war, though.



"Correspondent" Stephen Colbert's bonus feature mockumentary, "Requiem for a Show That Was Daily," offers a behind-the-scenes look at the series presented as if the news-as-comedy program has been off the air for

years. Colbert's premise is undermined as his camera crew keeps bumping into *Daily Show* staffers working on new shows, no doubt keeping sharp for the 2008 campaign. —Joshua Davidovich





## A Nightmare Scenario

**S**HOULD WE SOUND THE ALARM FOR A worldwide epidemic that might not occur? There is no choice with the avian flu emerging from Asia. Last week's disclosure that an Indonesian man tested positive for the bird flu that has already killed more than 50 people in Southeast Asia was just the latest chilling news about the disease. Should it develop certain genetic changes, international health experts warn, bird flu could spark a global pandemic, infecting as much of a quarter of the world's population and killing as many as 180 million to 360 million people—at least seven times the number of AIDS deaths, all within a matter of weeks.

This is utterly different from ordinary flu, which kills between 1 million and 2 million people worldwide in a typical year. In the worst previous catastrophic pandemic, in 1918, more than 20 million died from the Spanish flu. That's more than the number of people who died from the Black Death in the Middle Ages—and more people killed in 24 weeks than AIDS killed in 24 years.

What is a pandemic? There are three elements. First, a virus emerges from the pool of animal life that has never infected human beings and is therefore one to which no person has antibodies. Second, the virus has to make us seriously ill. Third, it must be capable of moving swiftly from human to human through coughing, sneezing, or just a handshake. For avian flu, the first two elements are already with us. Well over half the people who have contracted it have died. The question now is whether the virus will meet the third condition, of mutating so that it can spread rapidly from human to human.

**Tipping point.** It has already moved from chickens to birds to pigs. The latter often serve as a vessel for mixing human and animal viruses because the receptors on the respiratory cells of pigs are similar to those of humans. This illustrates the dangers we face, because this mixture of bird flu and human flu, in either an animal or a person, could cause the viruses to exchange genetic materials and create an entirely new viral strain capable of sustaining efficient human-to-human transmission. This would be the tipping point to a pandemic.

At this point, nobody knows just how close we might be to such a crisis. Experts are alarmed, however, because we are singularly ill prepared. Worldwide, we currently produce only about 300 million doses of flu vaccine a year to serve over 6 billion people. A pandemic that began in Asia could race around the globe in days

or weeks, given the number of airliners crisscrossing the oceans from Tokyo, Vietnam, and Indonesia to New York, Los Angeles, and London.

What should we be doing? A whole lot more. First: We need operational blueprints to get various populations through one to three years of a pandemic. We must coordinate the responses of the medical community, of food providers, of transportation, and of care for first responders from public health, law enforcement, and emergency management at the international, federal, state, and local levels. Second: We must strengthen the World Health Organization so that it can be an accurate clearinghouse of information about the scope and location of the disease, should it begin to spread, and quell false rumors that could lead to global panic. Third: We must track the human cases already documented so as to gain the very earliest warning of any transformation of the disease, and thus of an emerging pandemic. Days

would be critical. Fourth: The Bush administration must think of this as terrorism to the nth degree and immediately set up a senior-level emergency task force to develop a strategy. It could serve as a permanent framework for curtailing the spread of future infectious diseases.

**The havoc that would be wrought by an avian-flu pandemic is so awful that we must act now to be able to prevent such a disaster.**

Fifth: We must prioritize research money to develop a vaccine, expand the production of flu vaccine, and stockpile antiviral medications. It would be irresponsible to begrudge time and money. A pandemic could well bring global, national, and regional economies to an abrupt halt in a world that relies on the speed and distribution of so many products. A pandemic could lead many countries to impose useless but highly destructive quarantines that would disrupt trade, travel, and production—something that has never happened with AIDS, malaria, or tuberculosis. At home, many venues of human contact—schools, movie theaters, transportation hubs, and businesses—would have to be shuttered.

Imagine the chaos. These killer viruses simply can't be isolated in any part of the world. If avian flu were allowed to develop into a pandemic, it would be a direct threat to our health, security, and prosperity.

The word *influenza* derives from the Latin *influentia*, reflecting the belief at the time that epidemics were due to the influence of the stars. Today, we have moved far beyond that fantasy, but even so, the world is clearly not ready for an avian-flu pandemic. With the scientific consensus already shifting from if to when the next global outbreak takes place, we have no time to lose. ●

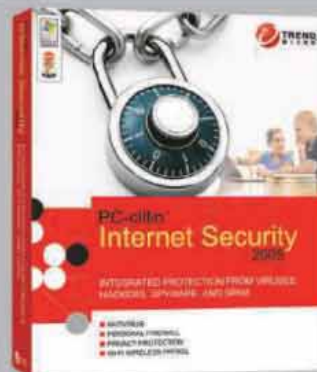
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