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October 2009 | Volume 18 | Number 9

Men's Journal

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**VIGGO
MORTENSEN**
Man of No Compromise

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**JAMES ELLROY on
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Cook Like a Man

Cooking is time-consuming, messy, frustrating — and brings great joy. Our cookbook-defying real-life guide is packed with essential tools and tips to help you build your kitchen arsenal — and master Michelin-worthy braised pork.

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STYLE

The Portland Supper Club

Portland's five leading chefs bring new flair to the classic three-piece suit.

by **CHUCK THOMPSON**
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A History of Defiance | 72

A prankster, poet, pianist, art-house publisher, and Argentine soccer fanatic, Viggo Mortensen is quietly building an unsurpassed rogues' gallery of movie villains and antiheroes with a brutally proficient violent streak.

by **DAN MIRTH**

The Mystery of Survival | 80

From Ernest Shackleton to Reinhold Messner, numerous adventurers on the brink of death have had an eerily similar experience:

a vision of a spectral being coming to their aid.

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A new era of war has ushered in a new debilitating injury: severe brain trauma from powerful bomb blasts, which is silently crippling our most tenacious soldiers. So why is our government failing them?

by **PAUL SOLOTAROFF**

ON THE COVER

Viggo Mortensen, photographed exclusively for *Men's Journal* by SAM JONES on August 5, 2009, in Culver City, California. Styled by BECKS WELCH for The Wall Group. Grooming by CATHERINE FURNISS for Kiehl's/Celestineagency.com. Mortensen wears a sweater by G STAR and jacket by COHESIVE.

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Our annual ranking of standard bearers in five categories
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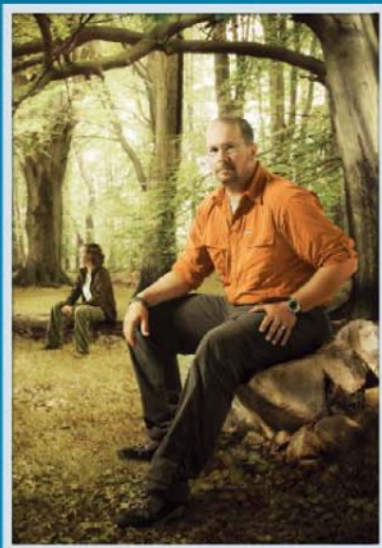


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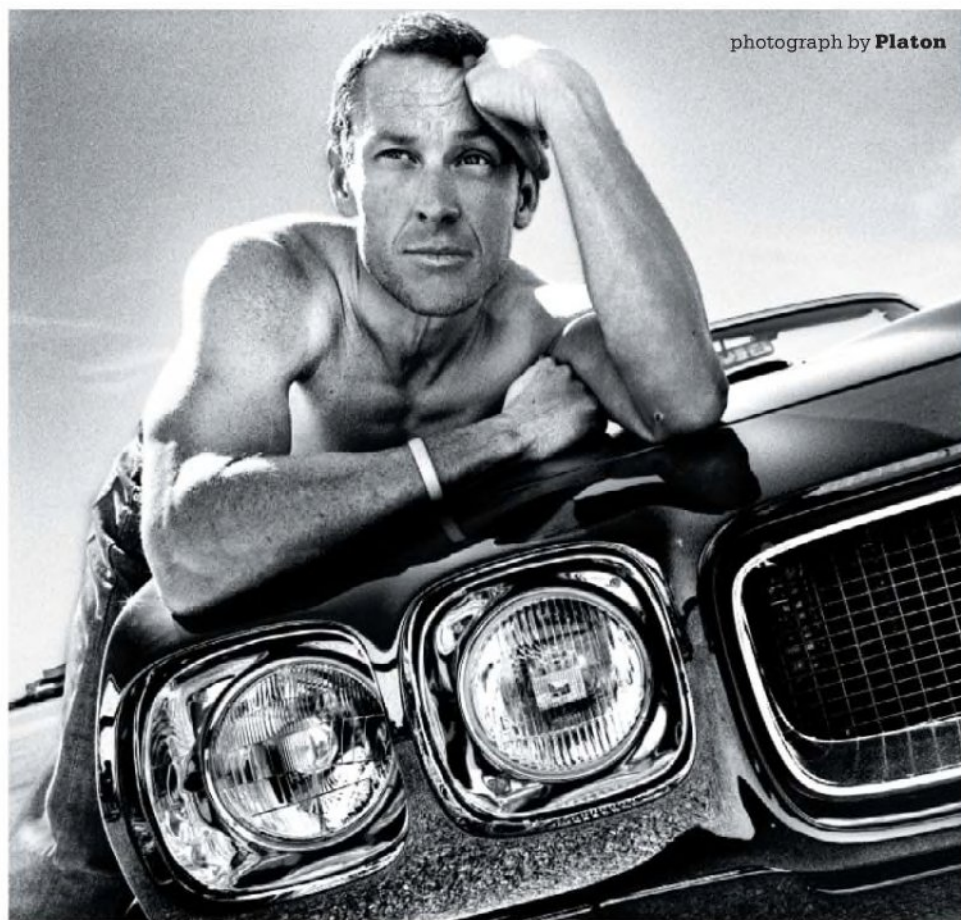
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photograph by **Platon**

CONGRATULATIONS ON JASON GAY'S ARTICLE ON LANCE Armstrong ["Lance Strikes Back," July/August]. It's great to see that *Men's Journal* hasn't fallen into the six-pictures-with-two-or-three-sentences-under-them school of journalism. Gay did a great job of giving us a snapshot of a very complicated guy in a very complicated sport. —*J.D. Shults, Lake Marian, IL*

WHO AT MEN'S JOURNAL has a man crush on Lance Armstrong? The last time MJ put him on the cover, I promised my wife that I would throw up the next time he graced the cover. While I have nothing against Armstrong, there are just so many other people worthy of stories and the honor of appearing on the cover.

—DONNY SAVATTA
New York City

SURVIVING THE RUSSIANS

OTTO POHL IS A LUCKY man ["Hunting Down the Man Who Shot Me," July/August]. Not just for surviving the blood-

bath in Moscow in 1993, but for cowboying up to his memories and fears about his brush with death. Acknowledging our fears, asking the tough questions of ourselves, then pursuing reconciliation with those fears: These things make us men. A fitting lesson for us all. Keep up this caliber of article, and you've a reader for life.

—LANE BOTTEMILLER
Anchorage, AK

I WANTED TO THANK POHL for sharing his story with strangers like myself. Understanding why someone seeks answers to some of the most

difficult questions in life helps others realize that their quest for answers may not be so difficult after all.

—ADAM WEINSTEIN
New York City

AT THEIR OWN RISK

SHANE MCCONKEY AND Jeremy Lusk spent their lives pushing the limits, so no one should be terribly shocked by their deaths ["Dying to Fly," by Bill Gifford, July/August]. Fans want to see these guys succeed; the grand spectacle of death defiance is the defiance. But death is part of the deal. McConkey had a wife and child; Lusk had

a wife. Whether these guys should have hung up their wingsuits was up to them and their spouses.

—KEVIN MCCANN
Redondo Beach, CA

BEST BEACH ADDENDUM

GREAT SPOTLIGHT ON THE "20 Best Beaches in America" [July/August], but why did Michigan beaches get the ax? Were they numbers 21 to 30? I shouldn't have to point out that Michigan has the longest freshwater shoreline in the nation, which includes great sand beaches and dunes. Please, in the future, do not overlook the beautiful state of Michigan. We're having a hard enough time as it is.

—JOHN OTTERBEIN
Grand Rapids, MI

THE TALENTED MR. TAIBBI

YES, HE'S IN YOUR FACE, and yes, he's opinionated. But Matt Taibbi can flat out write. "Nine Guys I Don't Hate" [July/August] is one of the funniest articles I've read in *Men's Journal*. On a recent flight, some of my fellow passengers were peering at me ever so cautiously over their newspapers as I burst out laughing — it was his comment concerning Bill Walton and a Clydesdale's anus.

—PAUL MANN
Sacramento, CA

I AM SO OFFENDED BY THIS article on so many levels. It displays how ignorant Matt Taibbi really is. David Beckham is an example for today's athlete and for common people. He is passionate, disciplined, and a philanthropist. All good reasons to hate him, I suppose. Or is it that you're just jealous of his life?

—ANDREW B. GOODARE
Valmeyer, IL

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Manny Howard

"How to Cook Like a Man,"

PAGE 86

"Americans spend more time watching meals being cooked on TV than they do cooking," says Howard, who penned our cooking manifesto. "I suppose I put this piece together to convince somebody to spend a little more time doing rather than spectating." He developed a passion for food through practice: "The more I cook, the better I get, the more fun it is. It also goes good with drinking." *My Empire of Dirt*, Howard's account of living exclusively off food grown in his Brooklyn backyard, is due out in March 2010.

John Geiger

"The Mystery of Survival,"

PAGE 80

Fortunately for him, Geiger has never had to experience the Third Man factor, where a supernatural presence rescues the nearly dead, but he has had an encounter with the otherworldly. "I came face-to-face with a rattlesnake as a child and had this sense of detachment," he says. "So I guess I was preconditioned early on for strange psychological experiences in nature." Geiger stumbled across the phenomenon reading about Sir Ernest Shackleton and spent five years researching his new book, excerpted in this issue. "If it was a one-off, it could be dismissed. But I found scores of cases."



Gregg Segal

"The Portland Supper Club,"

PAGE 94

"I wanted the portraits to feel like a moment in a film that you wished you'd seen — or would go to see, like a single-frame movie trailer," says Segal about this month's style feature. For the shoot, the photographer had five Portland chefs do everything from getting tattooed to leaping over 50 plates to posing in a pigeon's roost with a five-foot foam bird (with Segal above). "It's sort of a blend of romance and absurdity, which appeals to me," explains Segal, who lives in Pasadena, California. "It's great when you have license to step outside the everyday and the humdrum."

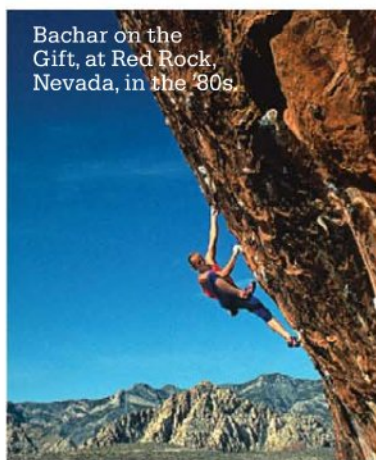


CLIMBING'S OUTER LIMITS

DEATH CAN SEEM TO COME IN WAVES TO THE CLIMBING community, and for a month this summer it hit like a tsunami. In May, climbers **JONNY COPP**, 35, **MICAH DASH**, 32, and videographer **WADE JOHNSON**, 24, from Boulder, Colorado, were in southwestern China to try a new route on a soaring granite citadel called Mount Edgar (21,713 feet). When they missed their flight home, a search was launched, and on June 6, Copp's body was identified amid avalanche rubble. Johnson's was found nearby on June 8; Dash is still missing. Then less than a month later, **JOHN BACHAR**, 52, the visionary free-soloist whose exploits made him the poster child of Yosemite's free-climbing revolution, fell to his death while soloing near his home in Mammoth Lakes, California.

Bachar had occupied an outpost of climbing's insular fiefdom for nearly three decades. A fierce guardian of the sport's traditionalist roots, he had been introduced to free-soloing (i.e., climbing without ropes) in the early 1970s. At that point Bachar began an unprecedented exploration of its outer limits: He soloed 5.12 when it was still climbing's hardest grade, developed a systematic training regimen when most climbers simply did

Bachar on the Gift, at Red Rock, Nevada, in the '80s.



pull-ups, and fought, sometimes literally with his fists, to protect climbing's most exotic characteristic — adventure — from the sacrilege of safety.

Like Bachar, the chiseled and charismatic Copp embraced the purity of the sport. He was a new-school traditionalist who sought adventure in every form of climbing and revered its pioneers. Born in

Singapore in 1974 to parents who would soon take him around the world in a pop-up camper, Copp had come to prominence in 2000, when his audacious alpine-style ascents in Pakistan's Karakoram landed him on the cover of *American Alpine Journal*. Subsequent first ascents in Patagonia, Alaska, and India (where, with budding alpinist Dash, he blasted a new route in pure alpine style) only increased his standing, and in 2004 he augmented his impressive climbing résumé by co-founding the Boulder-based Adventure Film Festival.

Climbing is a bit like rolling the dice: The more we do it, the greater the chance they'll come up snake eyes. In both free-soloing and alpinism, the risk of death is amplified. But that's essential to its allure: Adventure begins where the certainty of survival leaves off. Bachar once wrote of the effort to create his most famous route, the Bachar-Yerian, "Over and over I'd felt my whole life come down to one small move, one crystal — and within those tiny spaces and moments, I'd tried to get a measure of myself." Adventure was the yardstick by which Bachar, Copp, Dash, and Johnson measured themselves.

—CHRISTIAN BECKWITH

JOHN McDONALD



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wish you were here

Arches National Park, Utah

STANDING ON THE LIP OF A TOWERING sandstone fin, Mark Trevithick peers into the heart of Arches's Fiery Furnace, a labyrinth of narrow passageways and rock columns immortalized in Edward Abbey's *Desert Solitaire*. "What's unique about this area is that within 10 minutes of entering the park, you're right in the middle of all of this," explains photographer Whit Richardson. "Get a guide, because they'll take you to some of the cooler places. Plus, without them it's hard to figure out where the hell you are." In addition to direction, outfitters such as Desert Highlights (deserthighlights.com) provide guidance on how to enjoy the park (like rappelling uncrowded backcountry canyon walls) without disrupting its fragile biological soil crust. Arches is just one of the national parks featured in Ken Burns's new six-part documentary on PBS (for more on *The National Parks: America's Best Idea*, see page 42). —DACUS THOMPSON

photograph by **Whit Richardson**



NOTEBOOK

OCTOBER 2009

1963 First American Ascent
Everest / Jim Whittaker
OUTFITTED BY EDDIE BAUER

1966 First Ascent Vinson Massif
Highest Point in Antarctica
OUTFITTED BY EDDIE BAUER

1983 First Route Ascent
Everest East Face
OUTFITTED BY EDDIE BAUER



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WHAT'S NEW

OCTOBER 2009

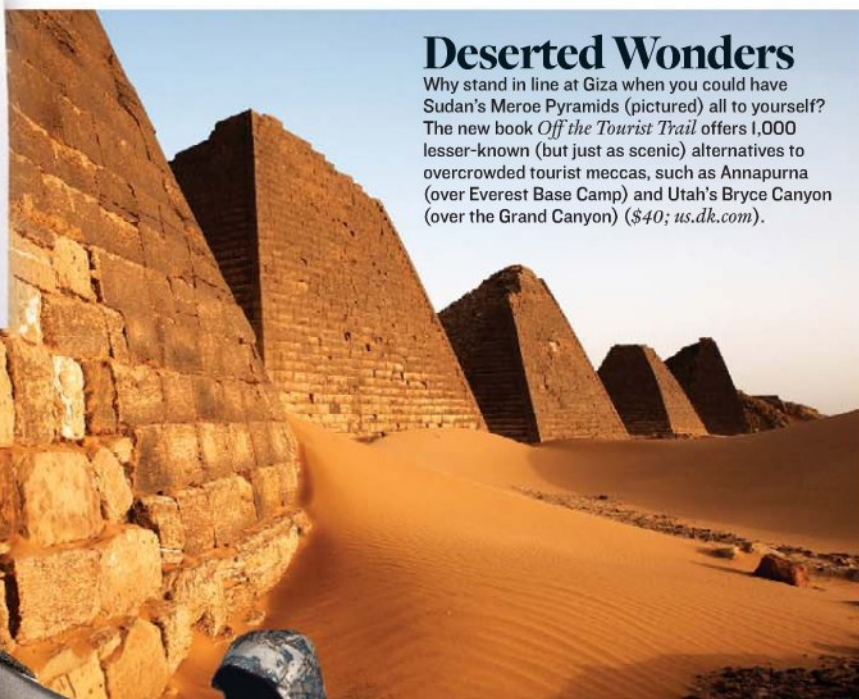
A LONG (LOST) WALK

Based on its original 95-year-old design, Wolverine's 1,000 Mile boot keeps the classic aesthetic, but upgrades to high-quality Horween leather to reach four digits in comfort (\$325; wolverine1000mile.com).



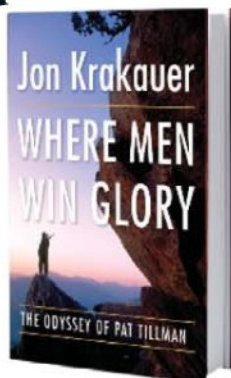
Deserted Wonders

Why stand in line at Giza when you could have Sudan's Meroe Pyramids (pictured) all to yourself? The new book *Off the Tourist Trail* offers 1,000 lesser-known (but just as scenic) alternatives to overcrowded tourist meccas, such as Annapurna (over Everest Base Camp) and Utah's Bryce Canyon (over the Grand Canyon) (\$40; us.dk.com).



Tillman's End

It's tough to think of a better match than Jon Krakauer, the best-selling Everest survivor of all time, and the story of Pat Tillman, the All-Pro safety who left the NFL for the army and died from friendly fire (or was he fragged?) on a battlefield in Afghanistan. Delayed a year at Krakauer's insistence, this account is certain to reopen the file on one of the most ironic, disgraceful episodes of the war — and maybe get at something more: what defines a hero (\$18.45; amazon.com).



Coat of Invisibility
Developed by a West Point professor and an animal vision scientist, Optifade camo is based on studies of deer sight (\$499; optifade.com).

SURF PARTY On October 9, the band Incubus will join the top names in surf to help the Surfrider Foundation celebrate 25 years of saving beaches, breaks, and marine life around the world (\$200; surfrider.org).



H₂Eco

It may feel a bit pretentious to use rocks from the mountains of Kanazawa to filter your tap water, but the *Iouseki* stones and *binchotan* charcoal in the classily designed (and simply named) Water Pitcher will outlast the small pebbles in your Brita filter by four months — and can then be safely tossed in your yard (\$85; dwr.com).



STREET CRED

Taking a page from guerrilla gardeners, Cardon Webb spruces up his corner of Queens, New York, by finding flyers advertising math tutors and lost pets and turning them into works of art (cardoncopy.com).





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The World's Most Sadistic Race

Every year in Vermont, men put themselves through hell — just for the hell of it.



THE DEATH RACE IS POSSIBLY the toughest, definitely the oddest, multisport competition in the world. Composed of a series of inane tasks (hacking tree stumps from the ground, rebuilding Lego cubes), it's designed to break participants physically *and* psychologically. This year, only 18 of the 54 entrants finished. "Tell your readers we don't recommend they sign up," says founder Joe DeSena. "We don't want weekend warriors." Applications for next year's 24-hour race are now being accepted (youmaydie.com). The course changes yearly, but here's a breakdown of 2009's. —MARTIN MULKEEN

DEATH RACE				
Racers are required to finish tasks by certain times, all while hauling an ax and a bike frame. Below, the stages and entrants left at the end of each.				
TASK	DEAD-LINE	WHAT YOU MUST DO	ADDED DIFFICULTY	RACERS LEFT
1 BUST STUMPS	6 AM	After the first of several mud crawls under barbed wire, locate a tree stump with your race number on it and dig it out of the ground with your ax.	You have to carry the stump (and a bike frame) for the entire race.	50
2 FIND A LIGHT	8 AM	Run three miles through a rocky creek to retrieve a single match, followed by another 1/8-mile barbed-wire crawl.	Don't get the match wet — you'll need it later.	36
3 SPLIT WOOD	9:30 AM	Using your ax, split 20 log chunks into firewood, then lug it all the way to the top of a 2,000-foot hill.	Along with wood, you're still toting a stump and bike.	33
4 TEST YOUR MEMORY	11:30 AM	At the top of the hill, memorize a list of the first 10 U.S. presidents, then return to the bottom and recite them.	Jumble the names and you climb back to try again.	33
5 BUILD A LEGO CUBE	1 PM	Study a multicolored Lego cube, taking careful notes. Then crawl more than a mile under barbed wire and reconstruct the cube — after retrieving the pieces from a pond.	If you fail — yep, you guessed it — go back through the barbed wire and start over.	29
6 RUN A RIVER	3 PM	Do another barbed-wire mud crawl, run 1.5 miles through a shallow river, then find an egg hidden in high grass.	Slippery rocks and no free hands to catch yourself.	27
7 MAKE FIRE AND COOK AN EGG	6 PM	Using the match you picked up in the morning, start a fire to boil a tin can of water and cook your egg — the only food you get to eat all day.	Ruined the match? Hope you remember your Boy Scout training.	22
8 BIKE AROUND THE POND	8:30 PM	Retrieve your wheels from the woods, dive into a pond to find your chain, assemble the bike, and ride it around the pond. Then weigh yourself on a scale.	After carrying the bike all day, you get to ride it for only seconds.	21
FINISH	4 AM	Carry 20 percent of your weight in rocks up an 1,800-foot hill. Repeat with water. Then sprint 2.5 miles.	First place wins \$2,000. Second place wins squat.	18

OTHER RECORDS



Greenland End to End

On July 26, Dubai-based explorer Adrian Hayes, along with Devon McDiarmid and Derek Crowe, crossed the Greenland ice cap, completing the longest unsupported arctic expedition in history. Over 67 days, they trekked and kite-skied 2,648 miles from the ice cap's southern to northern tip, then carved out a new route to the west. They bested the previous mark by 120 miles.

—DARREN REIDY



New England by Paddle



Just two years after picking up a paddle for the first time, Mike Stavola, 59, completed a 32-day solo kayak along the 740-mile

Northern Forest Canoe Trail in early July, breaking the previous speed record by 18 days. Despite nor'easter-induced 25-mph headwinds and 75 muddy miles of portage, the Pennsylvania native averaged 22 miles a day. Next up: paddling across Nicaragua from Pacific to Atlantic.

—CHRISTOPHER PERCY COLLIER



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Running the Lau-gavegur trail on the way to Thorsmork Nature Reserve

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OFF!**

BEST FOR HIKING AND SOAKING

Iceland

BASE CAMP: Reykjavík

Iceland has long been a pipe dream for those traveling on a budget — until last fall, when economic meltdown left the nation with \$200,000 of debt for every citizen. Take advantage of Iceland's half-off sale at the **Hotel Reykjavík Centrum**, within walking distance of the city's bustling bars and harbor, complete with a glass-enclosed, ninth-century Viking archaeological site (\$150; hotelcentrum.is). To get a feel for the world's northernmost capital, meet dirty joke-prone **Jonas Thorsteinsson** for his free daily

walking tours (meet at *Adalstræti 2* by 1 PM; goecco.com), and join the line of locals at the red **Baejarins Bestu street cart** for lamb hot dogs with mustard, remoulade, and fried onions (\$3). Be sure to leave time for a visit to the **Blue Lagoon**, the famous pool of milky blue water set in crags of volcanic rock (\$50 for bus and entry; re.is).

EXCURSION 1: Thorsmork Nature Reserve Named for the god of thunder, this park, surrounded by glaciers and peaks, requires four-wheel drive to navigate boulder-strewn roads and swollen rivers. The best bet

is a chauffeured trip with Iceland Excursions: Hike through a mossy gorge to a cave with a waterfall (\$130; grayline.is). If you can't bear to leave, camp or rent a cabin (from \$7; hostel.is), or get a bit of luxury — and a hot tub under the northern lights — at the four-star **Hotel Ranga** (\$200; hotelranga.is).

EXCURSION 2: Vatnajökull National Park It's tough to find any spot on Earth that feels this far from home. Founded in 2008, Europe's biggest national park, a full 11 percent of Iceland, is five hours from Reykjavík (stop at the black-sand beaches of Reynisfjara on the drive). Hike an hour to **Svartifoss**, a waterfall whose basalt pillars resemble a pipe organ, then to the **Skaftafellsjökull glacier** (rent crampons on-site). The **Hotel Skaftafell** is a bit basic, but boosted by delicious

lamb and a bar that looks out to glacier-capped mountains (\$140; hotelskaftafell.is).

CAN'T GET IT AT HOME: Brennivín Affectionately dubbed Black Death by Icelanders, this aquavit-like 75-proof schnapps is flavored with cumin.

Receipt

7 Days in Iceland

Airfare.....	\$500
Hotels.....	\$600
Food.....	\$175
Blue Lagoon.....	\$50
Thorsmork trip.....	\$130
Bottle of Brennivín.....	\$35

TOTAL

\$1,490

READ BEFORE YOU GO *Independent People* by HALLDOR LAXNESS. This tale of a stubborn sheep farmer won Laxness a Nobel.



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BEST FOR AN ANNIVERSARY

Turkey

35% OFF!

Receipt

7 Days in Turkey

Airfare.....	\$625
Hotels.....	\$650
Food.....	\$280
Drinks.....	\$85
Cappadocia flight.....	\$130
Rental car to Troy.....	\$60

TOTAL

\$1,830

BASE CAMP: Istanbul

If you love the tumble of city life for a steal, then East/West ancient/modern Istanbul is the place to be. The Turkish economy has crashed some 5 percent this year (worse than the annual rate during our Great Depression), and flights now cost 20 percent less than a year ago. You can live like a king and queen in the jail from *Midnight Express*, now a **Four Seasons**, and arguably Istanbul's finest hotel (\$500; *fourseasons.com*).

READ BEFORE YOU GO *Istanbul: Memories and the City* by ORHAN PAMUK. The Nobel winner explores the city's hopeful melancholy.



Dining at Istanbul's Four Seasons Hotel at Sultanahmet

.com). Or enjoy a bargain at the Naz Wooden House Inn, built on the ruins of an eighth-century Byzantine palace, with views of Istanbul's Blue Mosque (\$100; *nazwoodenhouseinn.com*). Cross the Bosphorus to Asia for Turkey's best restaurant, **Ciya Sofrasi**, so seasonal there's no set menu; brave the intestines stuffed with lamb (\$8, *ciya.com.tr*). After haggling for spices you've never heard of at the Spice Market, have a beer under the **Galata bridge** (\$2) and watch the flickering lights of the Old City while leathery fishermen reel in their catch.

EXCURSION 1: Cappadocia Take a one-hour flight to **Kayseri** (\$130; *thy.com*) to explore the sci-fi moonscape of **Cappadocia**. The ultrasoft volcanic tufa rock has worn into minaret-like pillars, which early Christians carved underground churches into. Stay at **Serinn House**, a stylish five-room cave hotel (\$150; *serinnhouse.com*).

EXCURSION 2: Troy Ruins from the city of antiquity, as well as the bloody battlefields of **Gallipoli**, are a half-day's drive away.

CAN'T GET IT AT HOME: Raki This elegant anise-flavored brandy is the national drink.

With a beachside villa in Sayulita, you may never want to leave.



30% OFF!

BEST FOR HONEYMOONERS

Mexico

BASE CAMP: Sayulita

Just as drug wars were forcing already cheap Mexico to slash prices to keep tourists, swine flu hit. To fill empty beaches, hotels and airlines are piling on deals, even to the area near Puerto Vallarta known as **Riviera Nayarit** (\$300 flights from L.A.). A surfer's mecca and fishing village, **Sayulita** dead-ends at a white beach with two breaks — **the Right** is slow and steady, good for longboarders and beginners, while **the Left** rolls fast and high for shortboarders — and the bottom is all sand. For the best fish tacos outside of Baja, try **Sayulita Fish Taco Restaurant**, which also boasts more than 300 rare tequilas (\$2; *sayulitafishtaco.com*). Stay in a private ocean-view villa with your own staff and pool (\$100; *sayulitalife.com*), or drive 15 minutes to **Punta de Mita**, where many luxury resorts are throwing in a third night free (\$279; *starwoodhotels.com/stregis*). Come from June to February, when volunteers free thousands of olive ridley and leatherback turtle hatchlings from their nests (*project-tortuga.org*).

EXCURSION 1: The waters off

Nayarit offer amazing blue-water spear and deep-sea fishing (\$980 for four nights; *puntamitaexpeditions.com*).

EXCURSION 2: Sierra Madre Mountain biking this jungle's singletrack reveals rare birds, deserted beaches, even jaguars (\$50; *wildmex.com*).

CAN'T GET IT AT HOME: Intricate, handmade silver jewelry, sold by weight (\$14 per ounce).

Receipt

7 Days in Mexico

Airfare.....	\$300
Hotels.....	\$200
Food.....	\$210
Tequila.....	\$20
4-night fishing trip.....	\$980
Sierra Madre biking.....	\$50

TOTAL

\$1,760

READ BEFORE YOU GO *Gringos in Paradise* by BARRY GOLSON. A retiring editor and his wife try to build their dream house in Sayulita.

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MAKE SURE YOU "I KNOW."



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The golf courses at the dramatic Kings' Island resort near Hanoi are reachable only by boat.



Bargain Bespoke The custom-made shirts and suits in Hoi An are high quality – and unbelievably cheap (\$8 a shirt; try Yaly or Thu Thuy).

England-like bent grass (\$90; vietnamgolffresorts.com). Live like a French colonist at the grand **Sofitel Dalat Palace Hotel** (\$200) and its authentic restaurant, **Le Rabelais**. (Try the wild boar stewed in red wine.)

EXCURSION 1: Hoi An The narrow cobblestoned streets of Hoi An's **Old Town** are lined with centuries-old houses built when this was a trading center. Stay in the laid-back **Life Heritage Resort** (\$120; life-resorts.com), and don't miss the "eclectic fusion" cuisine of **Mango Rooms**, where Texas A&M alum Duc Tran is renowned for his Exotic Dance (prawns wrapped with beef). The new **Montgomerie Links** course, designed by Scottish scowler Colin Montgomerie, offers 18 meticulous holes over gently mounded terrain featuring lakes and stretches of sand (\$88; montgomerielinks.com).

EXCURSION 2: Ba Vi Mountains Like politicians everywhere, Vietnam's bosses love golf. The best game in Hanoi is at **Kings' Island** resort in Dong Mo Lake, accessible only by boat (\$80; kingsislandgolf.com). Its Mountainview course is dramatic, with vistas of the **Ba Vi Mountains**, also a great area for hiking and biking (adventuretours.vn). To taste the French influence on local cuisine, try flower crab (\$10), or any fresh fish, at chef Didier Corlou's **La Verticale** (verticale-hanoi.com).

Receipt

7 Days in Vietnam

Airfare.....	\$700
Hotels.....	\$960
Food.....	\$170
Golf at Dalat.....	\$90
Golf at Mountainview.....	\$80
Two custom shirts.....	\$16

TOTAL

\$2,016

BEST FOR GOLF ADDICTS

Vietnam

BASE CAMP: Dalat

The Communists may have won the "American War," but Vietnam has fallen to the ultimate capitalist weapon — golf — with nearly 20 world-class courses now open. Rounds are very affordable (often less than \$100), as are a crop of fine hotels and restaurants. The country's oldest and best

layout is **Dalat Palace Golf Club**, 50 miles north of Ho Chi Minh City, in the center of a mountaintop city built by the French in the 1920s, which plays up and down hills and along a series of lakes with lush, New

READ BEFORE YOU GO *Shadows and Wind* by ROBERT TEMPLER. A fascinating, nuanced postwar history of a misunderstood nation.

35% OFF!

BEST FOR SEAFOOD AND SURF

Ireland

35%
OFF!**BASE CAMP:** Galway

The humbled Celtic tiger has thrown out a welcome mat, with \$400 flights from New York to Shannon Airport in the West Country — the Ireland of song, with green mountains, deep lakes, great whiskey, and a jolly middle finger to the capricious weather. **Galway** is all cobblestones and bright-colored buildings, where old-world rooms at the **Hotel Meyrick** are a short stumble from your favorite pint (from \$134; hotelmeyrick.ie). Sample some of the planet's freshest

seafood at **O'Grady's on the Pier** (ogradysonthepier.com), and be sure to buy a round for the musicians singing of seafarers and shipwrecks during a musical pub crawl along **Shop and Quay streets**. During the annual **Oyster Festival** (September 24–27, galwayoysterfest.com), 30 pubs offer free oysters to anyone who

downs a pint of Guinness.

EXCURSION 1: Surfing Aileen's Wave is a monster barrel with a consistent winter break off the stunning **Cliffs of Moher**. Rent a car, take the N6, N18, then N67, and follow signs for the Cliffs (60 minutes). Too advanced? Take a class nearby (\$55; lahinchsurfsschool.com).

EXCURSION 2: The Aran Islands

The craggy rocks at the mouth of **Galway Bay** are the best spot around for deep-sea fishing (\$85; galwaybayfishing.com). Ferries from **Ros-saveal** take 45 minutes (\$35; aranislandferries.com).

CAN'T GET IT AT HOME: **Burren Smokehouse's** hot-smoked salmon Dill and honey make Ireland's famous salmon a world-class gift (\$16; burrensmokehouse.ie).

READ BEFORE YOU GO *Paddy Clarke Ha Ha Ha* by RODDY DOYLE. A comic tale of a working-class preteen hooligan in Dublin.

Receipt

7 Days in Ireland

Airfare.....\$400
Hotels.....\$800
Food & drink.....\$420
Surf lessons.....\$55
Ferry to Aran Islands.....\$35
Deep-sea fishing.....\$85

TOTAL

\$1,795

Surfing Aileen's Wave, off the Cliffs of Moher.

30%
OFF!

Living out of your car is one of the best ways to see Oz — and to save money.

BEST FOR EXPLORING WILDERNESS

North Australia

BASE CAMP: Darwin

Australians banked on the Hugh Jackman epic *Australia* to attract hordes of tourists. It didn't happen, and plane fares, usually the main hurdle to an Oz vacation, have been halved. **Darwin** is the very best place to exploit the weak Australian

dollar: Its remoteness has kept it cheaper than Sydney and more authentically Aussie. Start at the **Mindil Beach Sunset markets**, where 59 vendors serve up tasty barramundi, mud crabs, and crocodile kabobs under a tropical sunset (mindil.com.au). Just off the

READ BEFORE YOU GO *The Songlines* by BRUCE CHATWIN. An evocative human history told through a trek in the outback.



THE DARWIN STUBBY

Only available in the Northern Territory, the 2-liter uniquely Australian beer is the world's largest.

beach, the **Medina Grand Darwin Waterfront** has cheap kitchenettes (\$163; medina.com.au). Get a tour from **Robert Mills**, who lends an aboriginal perspective on Darwin (\$82; batjittours.com.au).

EXCURSION 1: Groote Eylandt Take a 90-minute Air North flight (\$125) to idyllic **Groote Eylandt**. Not a tourist destination until 2008, this island is home to the area's best beaches and fishing — catch massive barramundi and black marlin right offshore. The lone hotel hugs a fishing village and miles of deserted coast (\$230; dugongbeachresort.com.au).

EXCURSION 2: Katherine Region From Darwin, catch the **Ghan train** (\$56) to **Elsey National Park**, where you can wade in the Mataranka Thermal Pool or canoe through the Victoria, Daly, and Katherine Rivers (\$600 for a three-day trip; geckocanoeing.com.au).

Receipt

7 Days in N. Australia
 Airfare.....\$1,100
 Hotel.....\$556
 Food & drink.....\$150
 Trains and domestic flights...\$180
 Three-day canoeing trip.....\$600
 Aboriginal tour.....\$82

TOTAL

\$2,668

BEST FOR HORSES, STEAK, AND WINE

Argentina

25% OFF!

BASE CAMP: Buenos Aires

Argentina's capital is a lot like Paris, only much cheaper, with better weather (highs of 60 to 80 degrees year-round) and even more innately elegant women. Thanks to the newly recollapsed Argentinian economy, there are dozens of great neighborhoods with cheap lodging, but **Recoleta** is the most beautiful. (It boasts the extraordinary **Recoleta Cemetery**, which has blocks of towering tombs and Eva Perón's final resting place.) Save more cash by renting an apartment with your own kitchen for \$230 a week (baapartments.com.ar). Soak up the country's love affair with

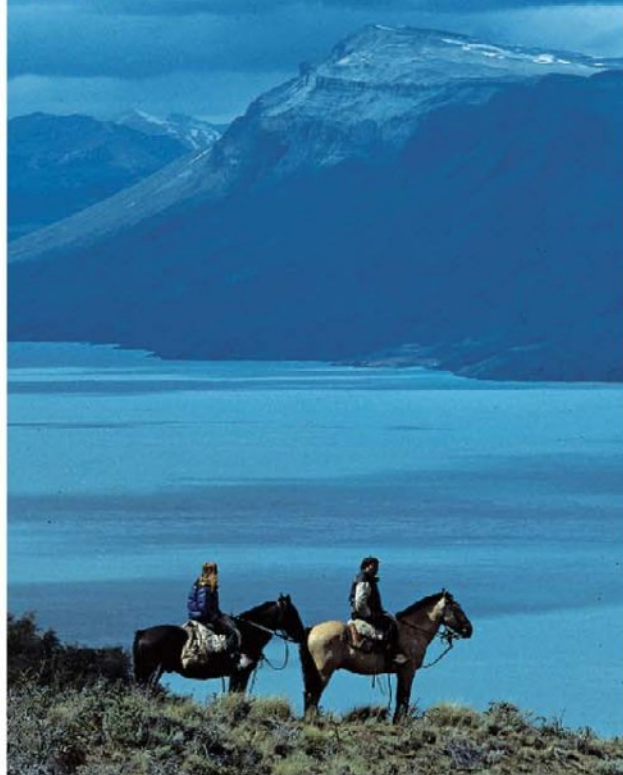
horses at the timeless race-track **Hipódromo Argentino de Palermo** (\$3; palermo.com.ar); opened in 1876, it still feels like something from another era. Argentines eat more steak per person than anyone in the world; learn why at **Cabaña Las Lilas** (laslilas.com), where you can gorge on some of the most delicious beef you've ever tasted for \$20, preferably around midnight, when most locals have supper.

EXCURSION 1: The Paraná Delta

Roughly 20 miles outside of Buenos Aires, five rivers come together to form a mix of grassland, swamp, and forest, with hundreds of islands begging to be explored. Catch a

READ BEFORE YOU GO *El Diego: The Autobiography of the World's Greatest Footballer* by DIEGO MARADONA. He's no Borges, but in his rise from poverty, Maradona casts a sharp eye on social strata.

A half-day's ride into Parque Nacional Perito Moreno



Receipt

7 Days in Argentina
 Airfare.....\$600
 Apartment rental.....\$230
 Food.....\$140
 Paraná Delta train and boat tour.....\$5
 Airfare to Patagonia.....\$270
 Car rental.....\$70

TOTAL

\$1,315

60-minute train to **Estación Tigre** (\$1), and walk one block to **Estación Fluvial**, where you can hire a boat for a tour (from \$4). Or just stick around and go swimming, kayaking, wakeboarding, and sculling in a place that feels a world away from the city.

EXCURSION 2: Parque Nacional

Perito Moreno Barely 1,000 visitors a year dare to visit this remote, often bitterly cold — April through October is particularly rough — and utterly magnificent park in the mountains of Patagonia. Fly Aerolíneas Argentinas to Aeropuerto **El Calafate** (from \$270), rent a car (\$70; milletrentacar.com.ar), and drive National Road No. 40 until it intersects with No. 37, which takes you to the park. Be sure to stock up on supplies in advance (including extra gas), as you'll be staying in your ride or camping. The payoff: plenty of breathtaking glacier-topped peaks (**Cerro San Lorenzo** stands 12,100 feet), metallic blue lakes, wildlife like condors, pumas, and foxes — and virtually no people.

CAN'T GET IT AT HOME: Dulce

de Leche **Empanadas** Separately, real Argentinian empanadas (small pies stuffed with meats, cheese, etc., from street carts) and *dulce de leche* (a caramelized sauce of milk and sugar) are delicious. But a warm empanada with this sweet filling? Addictive.

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*EPA fuel estimates for 2010 Subaru Legacy 2.5i with CVT up to 31 hwy. Actual mileage may vary. †MSRP excludes destination and delivery charges, tax, title and registration fees. Dealer sets actual price. Legacy 2.5i Premium pictured has an MSRP of \$20,995.

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An instructional ultralight flight banks over Maui's Keanae Peninsula.

BEST FOR RELAXING ON THE BEACH

Maui

BASE CAMP: Hana

As Hawaii's most accessible vacation island, Maui is chock-full of resorts desperately discounting in the recession, and flights are as low as \$450 from Los Angeles. But how do you find solitude in paradise? Fortunately, the 617 white-

knuckle switchbacks and 56 one-lane bridges on the road to **Hana** keep most tourists away. With dozens of spectacular waterfalls and secluded red-sand beaches, this cliffside jungle village with little more than a general store actively discourages development, with bumper stickers that read **KEEP HANA HAWAIIAN**. Rent a private home (*studios from \$600 per month; hanamaui.com*) or, for a bit more luxury, stay at **Hotel Hana-Maui**, whose island craft-adorned seaside bungalows, built from native woods in the 1940s as the spring-training home of the Pacific Coast League's San Francisco Seals, make it the most quietly beautiful hotel in the entire state — and \$200 cheaper than a year ago (*from*

\$495, hotelhanamaui.com). For a delicious bargain meal, simply head out on the **Hana Highway**, which is dotted with plate-lunch trucks selling fresh-caught seafood (\$5) and smoothies (\$3) made from fruit right off the tree. Still not convinced this is paradise? Hana is also home to Hawaii's **best nude beach**.

EXCURSION 1: Gliding over the waters off Hana An ultralight airplane is little more than a motorcycle with wings — all the exposure of a hog with the grace of a bird — but it's the best way to get close to stunning waterfalls and cresting humpback whales. At 10,000 feet, your instructor will cut the engine and glide on gentle winds to the remote Hana airstrip (*from \$220 per hour, hangglidingmaui.com*).

EXCURSION 2: Haleakala This dormant volcano dominates the island; you can make a



**CAN'T
GET IT AT
HOME**

An Authentic Gyotaku

Intricately detailed prints, made from the fresh fish you just caught, and framed in Hawaiian koa wood, by local artist Naoki Hayashi (\$100; *gyotaku.com*).

three-day trek to the crater and back by camping or booking cabins in **Haleakala National Park**. Take the Hana highway south, then follow signs to the park (\$5 fee plus \$75 for a reserved cabin; *nps.gov/hale*).

Contributors: SEAN CUNNINGHAM, NICOLE CUSICK, JAMES A. FRANK, KARIN KIRSHNER, SARAH ROSE, NATE STOREY, NORA ZELEVANSKY

FROM TOP: COURTESY AMIN ENGET/HANG GLIDING MAUI; COURTESY GYOTAKU BY NAOKI

Receipt

7 Days in Maui

Airfare.....	\$450
Apartment Rental.....	\$300
Food.....	\$175
Ultralight flight.....	\$220
Cabin in Haleakala.....	\$225
Gyotaku.....	\$100

TOTAL

\$1,470

READ BEFORE YOU GO *Fluke: Or, I Know Why the Winged Whale Sings* by CHRISTOPHER MOORE. Surviving a watery superrace.



IT'S GOOD TO BE KING.



A 4-YEAR AGED BLEND OF FRENCH COGNAC AND BRANDY.
AGED LONGER. TASTES SMOOTHER.

AMERICA'S BEST BEERS

These 25, from New York to San Diego, represent the new standard.

LAST SPRING WE dropped into Copenhagen's best bar, expecting to find it stocked with Scandinavian microbrews. But a strange thing happened: Beer from Brooklyn and San Diego ruled the place. What about the beer from *your* continent, bartender? "We can't sell it," he said. "They just want to drink your stuff." That observation guided this year's rankings: American craft brews now dominate. As once obscure breweries such as Stone have grown into institutions, a new crop of cult favorites has emerged — Left Hand, the Bruery — along with some world-class American beer cities. Now there's no reason to travel farther than your nearest specialty grocery store for a perfect beer.

by **Christian DeBenedetti**
and **Seth Fletcher**
photographs by **Nigel Cox**



Ommegang Three Philosophers

A blend of two classic Belgian styles, strong dark ale and cherry lambic, this beer perfectly combines dark warming goodness and hints of chocolate, cherry, and coffee, making it the best night-hued ale on Earth.

RUNNERS UP:



2. PENNICHUCK FEUER-WEHRMANN SCHWARZBIER

This brew is roasty, with flavors of coffee, cocoa, and hints of smoke that will make you re-think dark beers completely.



3. OSKAR BLUES TEN FIDY IMPERIAL STOUT

Despite coming in a can, this cinder-black espressolike 10 percent ABV elixir is great for special occasions.



Stone Levitation Ale

It has a deep amber body, roasted-malt flavors reminiscent of the finest English ales, and the sturdy dose of hops you'd expect from a leader of the West Coast's "extreme beer" movement. The result is the tastiest session ale we've had this year.

RUNNERS UP:



2. LAGUNITAS IPA

Brewed with plenty of bite (from the hops) and kick (from the 5.7 percent ABV), but not so much that your taste buds turn to leather after two pints.



3. ODELL 90 SHILLING SCOTTISH ALE

This incredibly drinkable Colorado brew is great in cold weather: warming and rich but not too heavy.

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NO PURCHASE OR PAYMENT IS NECESSARY. ABBREVIATED RULES. Contest runs 12:00:01 PM EST 9/9/09 through 11:59:59 AM EST on 10/31/09. To enter, create an original essay telling why you deserve the ultimate buddy trip to Las Vegas including a cigar smoking experience using Sponsor's products and submit your essay and all required information at www.macanudomillionaire.com. Essay must be in English and must be 100-200 words. You may also upload a photo or video to help illustrate your story, but it will not be factored in judging or determining the winner. Contest is open only to legal residents of the 50 United States and D.C. who are twenty-one (21) years of age or older at the time of submission. Void outside of the 50 United States, D.C., and wherever prohibited. Entries will be judged on: creativity or overall story (40%); conveyance of the cigar smoking experience (40%); and relevance to Macanudo (20%). One (1) Grand Prize: A 3-day/2-night trip for 4 to Las Vegas, Nevada and one (1) opportunity to play one (1) spin of a roulette wheel for \$1 million dollars (payable as a 20-year annuity in the amount of \$50,000 per year, ARV: up to \$1,010,000.00. Trip to Las Vegas, NV must be taken on dates designated by Sponsor, which is currently scheduled for 12/11/09 - 12/13/09. Subject to Official Rules available at www.macanudomillionaire.com. SPONSOR: General Cigar Co., Inc., 7300 Beaufort Springs Drive, Suite 400, Richmond, VA 23225

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SURGEON GENERAL WARNING: Cigar Smoking Can Cause Cancers Of The Mouth And Throat, Even If You Do Not Inhale.



Flying Fish Exit 4

This tripel (a Belgian term signifying that a massive dose of grain has been used to create the mash, the first stage in the brewing process) has an ample hop bitterness that balances the fruity, grain-given heft.

RUNNERS UP:

2. SOUTHAMPTON GRAND CRU

A strong, creamy-smooth Belgian-style ale that has appealing lashes of anise, coriander, and orange peel.

3. BRUERY ORCHARD WHITE

From the Bruery — Orange County's cult hit — this spicy witbier is light on the tongue and has hints of dry apple.

Allagash Confluence

Belgian yeast strains, German, American, and English hops, and a transatlantic medley of grains make for a perfect evening sipper that's earthy, tart, and winelike on the front end, warm and creamy on the back end, and delicious throughout.

RUNNERS UP:

2. DESCHUTES DISSIDENT

Flanders-style sour brown ale bursting with tart-sweet flavors that hang in an unlikely — but near perfect — balance.

3. DOGFISH HEAD SQUALL IPA

Hoppy but shockingly drinkable, thanks to the brewmaster's dedication to balancing insane quantities of hops and malt.

Left Hand Polestar

Because there are no overwhelming flavors to mask mistakes, pilsners are easy to screw up. Which makes a flawless one, like this delicate brew, with its perfect carbonation and enough malt to give it real flavor, that much more impressive.

RUNNERS UP:

2. VICTORY PRIMA PILS

Aggressive use of German and Czech hops gives this beer a fresh, grassy aroma and a spicy bite. This is the beer geek's barbecue brew.

3. FULL SAIL SESSION BLACK

Just as refreshing as the beers above; the dark hue comes from the roasting of the grains, which adds a nice smoky twist.



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THE TOP FIVE BEER TOWNS IN THE U.S.

An eagerness to experiment and a passion for a pint (or three) put these cities on top.

#1

San Diego

San Diego isn't just surfing and LaDainian Tomlinson anymore — it's the new beer capital of the U.S. Stone (maker of our number one ale) exemplifies the local approach, with aggressively hopped but completely drinkable brews. The variety of beers across the city is the most eclectic in the country.

WHERE TO DRINK:

Thirtieth Street in North and South Parks is easily the nation's best beer boulevard. Start with any of former firefighter Pat McIlhenney's range of tap-only ales at the laid-back Hamilton's Tavern (which taps special casks every Friday), then head to the beer-focused Linkery restaurant, which has frequent beer-pairing dinners. For your after party, hit the Tornado. The beer lists at all three are deep, stacked with the freshest local beers and exotic imports.

BEER CULTURE:

The sheer number of breweries (33) blows us away. (It has crept past Portland, which has 29.) Visit almost any of them and you'll find the brewmaster on hand, happy to chat over a pint.

BEST BEERS:

Alpine Ale, Lost Abbey Duck-Duck-Gooze

2. New York City

America's alpha city is home to more young, finicky drinkers than any other city in the country. The result: the greatest beer-bar scene in the U.S. More than 20,000 bars and restaurants operate within the five boroughs, and even dives carry great imports such as Jever and Hoegaarden.

WHERE TO DRINK:

Brooklyn. It's perhaps the best place in America for a pub crawl. Start with Gaffel Kölsch at the cavernous "middle European" beer hall Radegast. Continue the binge a 10-minute walk away at Spuyten Duyvil for smartly chosen Belgian brews. Then either finish the night on the patio of Park Slope's extreme-beer-focused the Gate or sipping magnificent, wallet-busting rarities (think \$50-plus bottles) at nearby Beer Table.

BEER CULTURE:

Nearly every week, the Blind Tiger in the West Village lets brewmasters from around the world hijack its taps to pour their own creations; it's the only bar we know of where this happens.

BEST BEERS:

Captain's Reserve Imperial IPA, Brooklyn Intensified Coffee Stout

3. Portland

Portland brewers — once the anarchists of Craft Beer Nation — are now practically the establishment. But the Rose City's festivals and a new vanguard of innovators haven't let the city get all fusty yet.

WHERE TO DRINK:

Deschutes, one of the world's most inventive breweries, is now serving its genre-bending stouts at a new pub in the Pearl District. Look for its Hop Trip Ale, made with hops brewed the same day they were picked.

BEER CULTURE:

Two festivals here rival any in the world: America's first organic beer festival (naobf.org) and the OBF, a huge outdoor summer event along the waterfront (oregonbrewfest.com).

BEST BEERS:

Hopworks Urban Crosstown Pale, Deschutes Hop Trip

4. Philadelphia

The City of Brotherly Love boasts a huge crop of emerging microbreweries, an upsurge in beer-focused events, and a strong brewing tradition dating to before founding beer godfather Ben Franklin and the Revolutionary War. But what earns Philly its status as one of the country's best beer cities is its abundance of truly world-class micro-pilsners.

WHERE TO DRINK:

Monk's Cafe, a dim downtown beer hall, is headquarters of the local suds intelligentsia, with a Belgian-focused list stocked with just about any beer you've ever tried, a speak-easy-style back room, and the only restaurant we know of where you can get trout baked in Saison Dupont, the Belgian ale we called the Best Beer in the World in 2005.

BEER CULTURE:

Within an 80-mile radius of the city center, Stoudt's, Victory, and Sly Fox breweries cook up creatively hopped pilsners and experimental pale ales that are pushing the limits of these traditionally mild styles.

BEST BEERS:

Stoudt's Pils, Victory Storm King Stout

5. Chicago

The neons may say Old Style, but now that Chicago has become the epicenter of the Midwest's microbrewing revolution, most bars stack the chalkboard tap list with craft beers brewed an L ride away. As a result, the Windy City has become one of the country's best places for small-batch beer you can't get anywhere else.

WHERE TO DRINK:

Map Room, famous for its vast, intelligent tap list of American micros (with plenty of Midwest breweries such as Bell's and Three Floyds) and hard-to-find Euro beers like De Ranke XX Bitter, is the best bar in the Midwest.

BEER CULTURE:

The city has more than 20 breweries and brewpubs, many of them award winning. At World Beer Cup champion Piece Brewery & Pizzeria in Wicker Park, the Dysfunctional India pale ale perfectly matches the New Haven-style pizza. The 13,000-square-foot Revolution Brewing brewpub, opening in Logan Square this fall, will serve promisingly attitudinal ales such as a pale ale called Iron Fist.

BEST BEERS:

Goose Island Matilda, Two Brothers Cane and Ebel Red Rye



The times, they are A-Cha-Chinging.

This is the year to take advantage of great deals on vacations.

2008



Back in 2008, a four-star flight+hotel vacation to Hawaii cost quite the large handful of change — \$1,545 on average.



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My goodness, I was handsome in 2008!

2009



These days, you can get the same Hawaii four-star flight+hotel vacation for only \$730 on average. Cha-ching is right!



Today, you can get that same Las Vegas four-star flight+hotel vacation for only \$373 on average. So long, high price!



+



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I'm an even handsomer chap in 2009!

2008 price is the average price of all Flight + Hotel vacation packages booked to Honolulu, Hawaii and Las Vegas on Travelocity during a one-week period in April 2008. 2009 price is the average price of all Flight + Hotel vacation packages booked to Honolulu, Hawaii and Las Vegas on Travelocity during the same one-week period in April 2009. See travelocity.com/guarantee for details on the Travelocity Guarantee. *Important restrictions apply. Refunds of \$10 to \$500 if the exact same Flight + Hotel vacation is booked on Travelocity. See www.travelocity.com/priceguardian for details. ©2009 Travelocity.com LP. All rights reserved. TRAVELOCITY, the Stars Design and The Roaming Gnome are trademarks of Travelocity.com LP. CST #2056372-50.



Teddy Roosevelt (front right) visiting California's giant redwoods in 1903

THE MEN BEHIND THE PARKS

In his third epic on great American inventions after *Baseball* and *Jazz*, Ken Burns turns his lens on *The National Parks*.

I THINK IT'S OUR BEST FILM," Ken Burns says, sitting with co-producer and writer Dayton Duncan in front of a roaring fire at Yellowstone's Old Faithful Snow Lodge in January. The 56-year-old filmmaker is here on a "victory lap" to thank people who helped on the project; Duncan also wanted to bring Burns in winter to see Yellowstone empty, as close as possible to its original state. They went wolf spotting in the morning (Burns

had never seen a wolf in the wild), and the expedition did not disappoint. We'd had a rare "three-dog day," seeing all three of the park's canine species: coyote, fox, and wolf. "We used to kill them," Burns says. "Their reintroduction is a big story in our film." He pops open a tiny bottle of champagne and offers a toast: "To Yellowstone."

Burns is toasting the park as the centerpiece of his most ambitious project, *The National Parks: America's Best Idea*, a six-part

documentary that includes all the signature Burns elements — sepia-tinted photos, camera pans, characters voiced by famous actors like Tom Hanks and John Lithgow — but also utilizes extensive original footage. Burns filmed in 53 parks, and even rented helicopters for aerial shots — making this the most expensive Ken Burns production yet (possibly ever, considering the main underwriters of the \$15 million budget are Bank of America and GM). The entire project took 10 years.

"We don't do things quickly, and we don't make short documentary films," says Duncan, who explains that their aim was to tell the history of the parks' creation and the people behind it, not to produce a nature film. But that's a bit misleading, as the film opens with 14 straight minutes of epic landscapes and returns frequently to footage of wildlife. "A herd of bison would come by and we'd spend an hour shooting them," Duncan admits.

Although such footage, particularly in episode one, may test viewers' patience, the narrative picks up and is carried by men like John Muir, whom Burns calls "the ghost who haunts the film"; Teddy Roosevelt, who left his security detail behind to spend a week observing Yellowstone's animals; and Truman Everts, a nearsighted 54-year-old who in 1870 lost his expedition and spent 37 days wandering the wilderness with no supplies, yet survived. "The first tourist," Duncan jokes.

Burns's series arrives at a critical moment for the parks, which have been starved for funds and have the rough edges to prove it. The Park Service has drawn up a \$3 billion renovation wish list for its 2016 Centennial. "Given the current situation, that's a drop in the bucket," Burns says. He's vowed to do his part, putting together a reel for President Obama highlighting the "important activist presidents" and pointing out that the parks actually thrived after the Great Depression. At the same time, if more visitors come to already overcrowded parks, rangers will know who to blame. Shortly after *The Civil War* first aired, Burns was touring a battlefield with that park's superintendent when the man picked up a candy wrapper. "This is your fault," he said, only half joking. —JOSH DEAN

Moments to watch for in *THE NATIONAL PARKS: AMERICA'S BEST IDEA* (September 27–October 2)

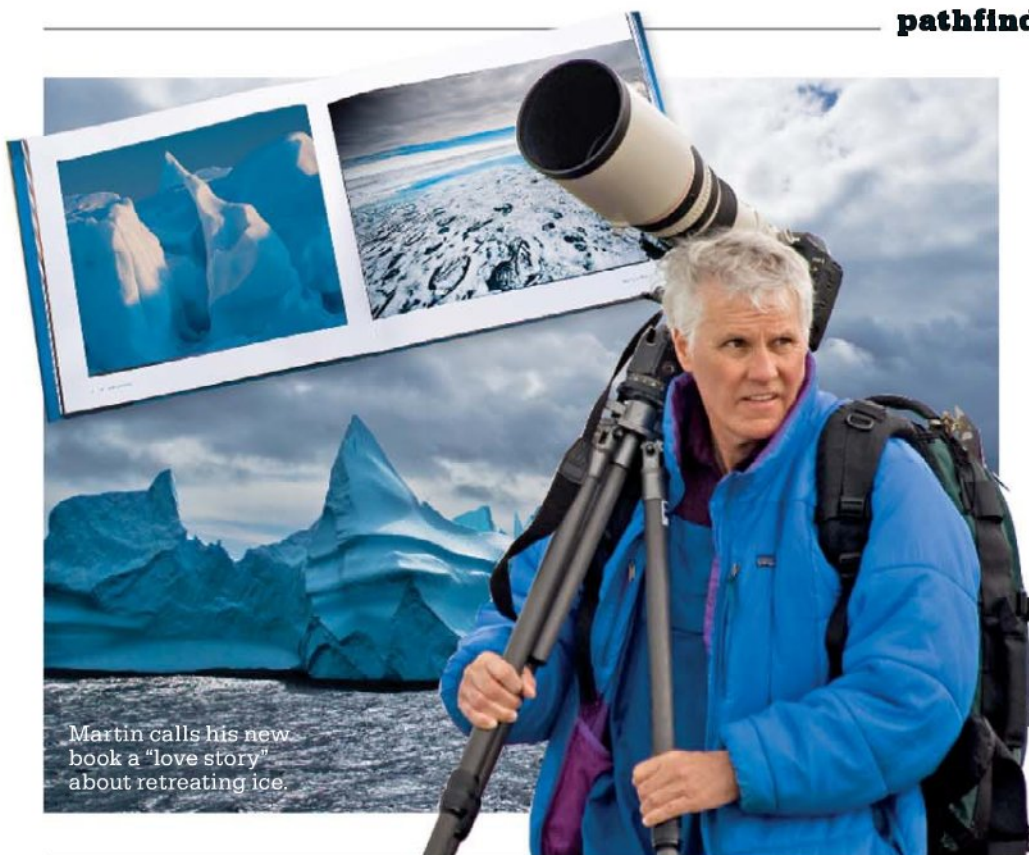


EPISODE 2: "The Last Refuge," 1890–1915
Hearing that buffalo are nearly extinct, an alarmed 24-year-old Teddy Roosevelt rushes west to the Badlands — to shoot one, cut off its head, and send it home to be mounted on his wall. Later, as president, on a visit to Yellowstone he kills and stuffs a mouse.

EPISODE 3: "The Empire of Grandeur," 1915–1919
Not long before his death, legendary explorer Bradford Washburn describes Mount McKinley: "There's something distant and special about that mountain. Well, it's bigger than hell. And it's colder than hell on top. They said it was cold as the heart of an elderly whore."

EPISODE 5: "Great Nature," 1933–1945
After secretly buying up tens of thousands of acres in the Grand Tetons, John D. Rockefeller Jr. donates them for a national park — and ignites a firestorm of outrage. The governor of Wyoming threatens to use state police to keep out any national park officials.

EPISODE 6: "The Morning of Creation," 1946–1980
President Jimmy Carter bypasses a stalling Congress and invokes the Antiquities Act, creating 17 national monuments that set aside 56 million acres of Alaska for the National Park Service. Alaskans call Carter a tyrant for stealing their land and burn him in effigy.



Martin calls his new book a "love story" about retreating ice.

CHASING THE ICE

James Martin's passion for glaciers has taken him to the ends of the Earth to photograph a vanishing resource.

FIVE YEARS AGO, GLOBAL WARMING dealt a direct blow to writer and photographer James Martin. "I went back to the Canadian Rockies, to the Columbia Icefield near the Athabasca Glacier," says Martin. "I stood in the place where I first taught myself to ice-climb 30 years ago. I couldn't see ice anymore. The cliff was absolutely bare. At that point the debate on global warming turned personal."

The loss drove the Seattle-based artist to embark on a photographic journey, confronting and capturing the retreat of ice with his camera all over the world. He traveled to central Africa's Mountains of the Moon, the Alps, the Andes, the Himalayas, Greenland, Iceland, and both of the polar ice caps over the course of almost three years, amassing a comprehensive and haunting catalog of the state of Earth's ice. His work, along with essays from Patagonia founder Yvon Chouinard, geologist Richard Alley, and others, is collected in his new book, out this month, *Planet Ice*, which Martin describes as a "love story."

An English major, Martin was first introduced to glaciology through the writings of Clarence King and John Muir, but it was Austin Post and Edward R. LaChapelle's groundbreaking 1971 photography book *Glacier Ice* that inspired him.

In contrast to other ice documentarians' work

— such as James Balog's exhaustive approach, employing time-lapse cameras to shoot on the hour, every hour, for months on end to record the mechanics of ice vanishing — Martin's photos are abstract studies of shape and light. His images capture vast landscapes, but also glacial surface details, sinuous moraines, fleeting surficial lakes, deep-blue crevasses, névé penitents, and cryoconites — the holes in the ice created by swirling dust.

"The thing that animates me is not the effect of the loss of ice on people in practical terms, but rather this loss of beauty," Martin says. "I want to show people what we stand to lose if we don't act in a responsible manner." Hiking with burros in Peru, riding aboard the Russian icebreaker Kapitan Khlebnikov above the Arctic Circle, dodging Antarctica's katabatic winds, camping on cryoconites in Greenland, and tiptoeing through mud bogs in an African cloud forest, Martin says he found "a photographer's dream and an environmentalist's nightmare."

Ultimately, Martin believes ice can be a valuable teaching tool. He plans to build a traveling exhibit and is developing online classroom resources for teachers, in addition to writing a children's book about ice and its animal inhabitants. "When I was growing up, I fell hard for ice, dazzled and awestruck," he writes in the introduction to *Planet Ice*. Even as he examines this natural resource under attack, the wonder endures. —MARTIN MULKEEN

GO BEFORE THEY'RE GONE

James Martin talks about three accessible glaciers to see before they disappear.



COLUMBIA ICEFIELD, ALBERTA, CANADA

How to get there: Drive 200 miles northwest from Calgary.

What to expect: "The Athabasca Glacier, which is rapidly receding, flows down from the ice field, bracketed by large mountains near the border between Banff and Jasper national parks. There is a hotel by the road and campgrounds nearby."



JOKULSARLON, ICELAND

How to get there: Drive 170 miles east from Reykjavik.

What to expect: "Giant icebergs in a lake with Europe's largest ice field in the background. The glacier has receded in recent years, doubling the lagoon's size."



ILULISSAT ICEFJORD, GREENLAND

How to get there: Fly to Kangerlussuaq from Reykjavik, and take a prop plane to Ilulissat.

What to expect: "This is the world's most amazing assemblage of icebergs, the detritus from the dissolution of the world's most active glacier. The parade of bergs hangs up on an underwater moraine at the terminus of the fjord. At night hundreds of huskies howl, and kids play soccer under the midnight sun."

► **GHOST RIDE**

The monochrome paint of the **Globe Roll 1** single-speed caught our eye, but cool details like the one-piece bar/stem set sealed the deal. [\$610; globebikes.com]



► **LAUNCH PAD**

Sadly the **MotoArt F-4 Ejection Seat**, its frame taken from one of the Vietnam-era sky fighters, won't help you escape boring meetings. [\$3,100; motoart.com]



THE WISH LIST

WHAT WE'RE COVETING THIS MONTH



▲ **AIR TIME**

Behold the **Louis Vuitton Tambour Mystérieuse Calibre LV115** and its floating movement. [\$250,000; 212-872-2000]



LEATHER HEAD

With retro style and pebbled leather, the **Piquadro Helmet** looks good on anything from a Vespa to a Ducati. [\$399; forziери.com]



◀ **FORGED MULTITOOL**

Only 1,000 of the **Leatherman Damascus Wave** exist, each bearing two blades made of ultra-sharp Damascus steel. [\$550; leatherman.com]

► **AUDI AND IVORY**

The **Audi Design Grand Piano** commemorates the automaker's 100th birthday with signature sleekness. [\$145,000; bosendorfer.com]



► **SHOOTING BACK**

The **Blackbird, Fly** camera is brand-new but fully old-school, with a top-mounted viewfinder, twin-lens reflex system, and 35mm film. Film! [\$135; icp.org]



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Brees, the NFL's reigning Offensive Player of the Year

DREW BREES

The New Orleans Saints quarterback on his gadget addictions and secret love of romantic comedies



Off-season acquisition

My child was just born this January, so my off-season was all about having a baby. We got him a little drum. I'm always taking the drumsticks and playing a little tune for him, and he's always grabbing the sticks out of my hands and chewing on them.



Rock 'n' roll

When the quarterbacks work out together, we listen to '80s music. The bands sing about all kinds of crazy stuff. A lot were one-hit wonders — but their one hit was awesome! My song: Bon Jovi's "Wanted Dead or Alive."

Breakfast

Whole-wheat toast with peanut butter, organic raw white Hawaiian honey, and a sliced banana on top.

Social media

I'm a BlackBerry guy. I use it to do a lot of texting and to send out Twitter messages. It's such a great way to stay connected to fans and give updates on what's going on with the team.

Motto

"Your actions speak so loudly, I can't hear what you're saying." Don't tell me about it; show me.



Refreshments

Most of the time I drink Penta water. I'm not saying Penta cures cancer, but science shows it acts like an anti-inflammatory and as a catalyst to help you digest vitamins faster. If I want a bit of flavor, I'll drink Izze, this carbonated fruit drink that's as healthy as you can get. During the off-season my one vice is root beer. My favorite is Virgil's microbrewed root beer.



Vintage ride

I love the idea of owning an old car, but I know nothing about taking care of them. I really wanted an old Bronco or Blazer, so my second year in the league I had the bright idea to get a 1970 K5 Blazer. It was red with a white top that I could take off to cruise convertible style, and it had big old

38-inch mud tires. It was awesome — a real beach cruiser. I ended up selling it a couple of years later, but I got my money's worth.



Home improvement

The Kaleidescape. It's a system of hard drives that runs throughout your house that you can download movies and music to. You can pull up anything from it to watch on any TV. It's pretty expensive, but it's awesome. Each drive holds a terabyte of information — a thousand gigs — and I have 14.

Overseas trip

I've been on four USO trips to seven different countries and had a chance to meet so many troops. Both of my grandfathers were in World War II — one in the army and one in the marines — so I feel strongly about supporting the military, especially in this day and age when there's so much going on overseas. These men and women are really sacrificing everything. I want to make sure they know how much we appreciate them.



CLOCKWISE FROM TOP LEFT: DONALD MINA/LE FOR NFLPLAYERS.COM/REAL MICHAEL PRIMROCCO COURTESY KALEIDESCAPE; COURTESY MIKE CLIFTON/USO; RON DALELLA/WIREIMAGE.COM; DAVE KING/GETTY IMAGES

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NOTEBOOK / my favorite things

Book

Golf's Sacred Journey: Seven Days at the Links of Utopia, by David L. Cook. It's a book about golf, but it's really a book about life.



Movies

There are so many. You've got *Gladiator*. You've got *300*. You've got *Braveheart*. Then you go the comedy route: *Caddyshack's* up there, and *Wedding Crashers*. I have to say that *The Hangover* was hilarious. If you go the serious drama route, *Legends of the Fall* was great. And *Seven Pounds* was good too. Like any married man, I get dragged to a lot of romantic comedies, but I don't mind them. Maybe that's why it's not embarrassing.

Clubs

My secret weapons are Callaway's 52-degree wedge and the appropriately named rescue club. They're my old trusties. I really just get a confidence boost with those clubs.



Escape

Audubon Park in New Orleans. It's huge, with a two-mile jogging and biking trail. It also has the New Orleans zoo and an 18-hole golf course that's rated one of the country's top 10 executive courses. You have these big, beautiful oak trees that are hundreds of years old hanging down and draping over the course. It's one of my absolute favorite places.

Away stadium

Arrowhead in Kansas City. I played there once a year as a Charger. There are great fans, it's loud, and it has a lot of history. I like those kinds of places.



Collectible

I collect military coins. Each unit in each branch of the armed forces has its own. They give you one as a sign of appreciation. I got one from General Petraeus and one from four-star admiral Mike Mullen. I actually made my own when I went to Guantánamo Bay to reciprocate with the troops there. It is shaped like a football, with a picture of an American flag, a marine sniper, and

three words: ATTITUDE, COURAGE, DISCIPLINE. You flip it over and it has a football helmet with the Saints logo, No. 9, Drew Brees. It's cool.



Eats

It's hard, because I know all the chefs in New Orleans, and if I give you one the rest will get mad at me. But the food you can get here you can't get anywhere else. At Delmonico, it's the tender pork with dirty rice. Charbroiled oysters at Drago's, the shrimp and tasso at Commander's Palace, and the turtle soup at K-Paul's, plus their steak with debris sauce — it'll probably clog your arteries within five seconds, but it's so fantastic.

Workout gear

On the road I use Fitness Anywhere's TRX, a total resistance suspension trainer. It's basically made of straps and buckles. You can take it anywhere — strap it to a pole, behind a door — and use it to work every part of your body: balance, speed, agility, core strength, shoulder and leg strength, and power. I train with it every day.



Good-luck charm

On my right wrist I wear a rubber bracelet that says FINISH STRONG.

—INTERVIEWED BY
SCOTT STEIN

CLOCKWISE FROM TOP LEFT: MICHAEL PRIMOCO; JERRY WARD; COURTESY TIANE HARRISON/USO; MICHAEL PRIMOCO; STEVE GRANITZ/GETTY IMAGES



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A WASTE-FREE LIFE

Before he could change the world, Colin Beavan had to put his money where his mouth is. *by* ALEXANDRA WOLFE

COLIN BEAVAN BEGAN BY eliminating his trash. Given that he and his wife, Michelle Conlin, had a five-nights-per-week take-out habit and an 11-month-old daughter in diapers, this brought an immediate shock to their Manhattan lifestyle. For one thing, it was all his idea and Conlin was not much of a cook, so it was Beavan who found himself preparing all of his family's meals, using only container-free foods. Fruits and veggies were bought from farmers markets; rice and grains were brought home in glass jars from the bulk dispensers at the local natural foods store. Even slice pizza was off the menu unless he could convince the pizzeria to serve it without a napkin and a paper plate.

Next came carbon emissions. Beavan and family bypassed subways and elevators for push scooters, bikes, and climbing nine flights

of stairs to their apartment on Fifth Avenue. Then Beavan took a step even he considered ludicrous: He shut off the electricity to their apartment — no more coal-powered TV, washer-dryer, or air conditioner. The couple learned to love board games, stomped their clothes clean in the tub, read by beeswax candlelight, all while Beavan researched ways to keep his daughter Isabella's milk from spoiling without a refrigerator. An intriguing Nigerian pot-within-a-pot device recommended by a green-living website "plain didn't work," Beavan admitted. "The milk went sour. The veggies rotted.... I learned to buy less food and go to the market more often."

It was all part of a yearlong experiment that began in January 2006 to see if his family could zero out their contribution to global warming, and grist for Beavan's blog, *No Impact Man*. A memoir of the same name is slated for release this month, and, along the

way, the couple picked up a documentary film crew, too. *No Impact Man*, the movie, debuts this fall.

"People ask if part of this save-the-world thing is about making a good book," Beavan says. "I do cop to that. If you're a megalomaniac and you use that for the good of the world, why not?"

On a clear day this spring, Beavan, 45, takes a stroll near his home in Manhattan's West Village. Slim, with tousled dirty-blond hair, he wears old jeans and a loose T-shirt, and looks every bit the Gen-X bohemian. Though the power is back on in his apartment, and his book all but finished, he continues to wrestle with which modern conveniences to bring back and which he'll continue to forgo. Polite and unassuming, he is pleasant company but easily vexed. After complaining about the exhaust from a nearby car, Beavan says he can't help but notice these things — "just like I noticed when you got your coffee in a throwaway cup." Beavan's own coffee mug is an old organic peanut butter jar filled to the brim, spilling down the sides, scalding his fingers.

Beavan had struggled with bouts of existential worry all his life, but one winter morning he awoke from a bad night lower than ever. Afterward, he couldn't help but notice that everyone was happy that it was 70 degrees in the middle of winter, except for him. He watched passersby in tank tops and shorts and started to panic.

"I was just in despair," Beavan recalls. "And it wasn't necessarily about the environment. I was just feeling like people in the United States, who were supposed to be at the top of the world, were feeling stressed. The world's melting and this societal hunger for oil is resulting in not-nice things, and I was connecting it all together and wondering, Is it really working?" For him, the answer was no, and so he began looking for practical ways to be less of a guilty liberal whiner.

An author of two works of historical nonfiction, Beavan knows he's not alone in rallying for the global warming cause, and that he's far from the first to write about such an experiment. The model for this sort of thing goes back to *Walden* and Henry David Thoreau's two years of "living deliberately," if not earlier. What distinguished his effort is that he has been remarkably strict in keeping to his self-imposed rules, endearingly candid about his mistakes, and has managed to create a memorable alter ego.

"This isn't about being Moderate Impact Man," he has often had to tell people who question his steadfast approach, like when he canceled a family visit to Massachusetts in order to spare the atmosphere more CO₂. "I remember suggesting that they take the train," his mother, Judith, tells me. She pointed out to her son that "the train would travel whether

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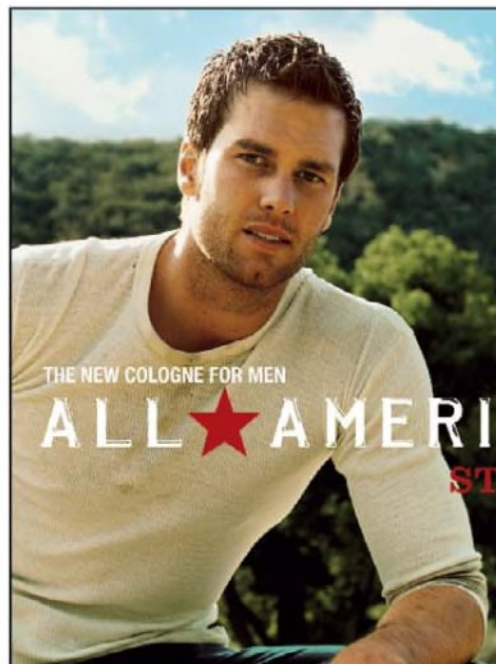
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or not they were on it, thus they would not be contributing to that particular carbon footprint. But I didn't get very far with that line of reasoning."

Beavan questioned every last thing in his family's cupboards. Coffee, a global commodity, was eventually phased out — despite the fact that Michelle relied on caffeine as a deadline crutch in her job as a reporter for *Business Week*. Red meat was out: too carbon-intensive. Even salt was banished, except when baking bread, as it was the one ingredient necessary to make it edible. While Michelle initially refused to replace her tampons with silicone menstrual cups, she eventually relented, and Beavan even succeeded in getting her to toss out her lipsticks and makeup. But his best PR move was giving up toilet paper. Though he feels that a *New York Times* profile entitled "The Year Without Toilet Paper" trivialized his effort, it also made him an in-demand talk-show guest. "To a reader it was really funny," Beavan reflects. "But it took away from people's ability to really think about it."

More than any unconventional practice, what emerges from Beavan and Conlin's story is a glimpse into a marriage and the art of negotiation. If their experience really is a guide, solving climate change may require a lot of marriage counselors. "When we got married, I said, 'I love you; I'll do anything for you, but the one thing I won't do is go camping with you,'" Michelle jokes midway through the documentary. "Now my whole life is a campground!"

Although No Impact Man grew out of Beavan's own despair, the project almost certainly would not have come to fruition if not for an argument he had with his wife about fur. When they married, they made a pact that she would give up fur if he let her watch reality TV. So when a friend offered her a free fur shawl worth \$1,000, it caused such a fight that the two talked it over with her shrink. Beavan made Conlin read aloud an excerpt from a PETA brochure, after which she finally agreed to refuse the gift. But winning this battle simply made

Beavan realize he spent an awful lot of time telling others how to live, yet rarely looked within. He told his agent that by making an example out of his own life, he might be able to convince others to change their ways. At the same time, Michelle had been wanting a second child and, in what becomes an affecting if melodramatic subplot of the memoir and documentary, Conlin reminds her husband of the sacrifices she is making to help him live his convictions. They decide to try to get pregnant.

One evening shortly after our walk in the West Village, I join Beavan, Conlin, and Isabella in their 700-square-foot apartment. They never reinstalled their 46-inch flatscreen TV, still shop at the farmers market, bike around the city, and eat no meat, aside from the occasional hot dog for Michelle. They have plugged the fridge back in, but not the freezer, which is filled with soil during my visit. Isabella, stalling to avoid bedtime, opens the freezer door for me. "It smells yucky in here," she says.

When the year was up, the first thing Michelle did was book a flight home to Minnesota so that she and Isabella could visit her folks. Anxious not to regress, Beavan didn't go and wandered New York alone, wondering if the masses would be willing to sacrifice even a fraction of what he had to stanch global warming.

"I practically wiped out everything I did with that one flight," Conlin says, as we sit together on the sagging second-hand furniture.

Beavan shakes his head. "Not everything."

"Okay, I didn't wipe it all out, but still, I'm more comfortable with 'I'm just going to cut this and that,' whereas you're more of an idealist," she tells her husband. "For you, it was a little bit of an identity crisis."

The greatest realization for Beavan: For his experiment to remain meaningful, it can't end. "[When I finished the book,] I thought I wasn't going to be No Impact Man anymore," he sighs. "Little did I know I would be No Impact Man for the rest of my life."

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Despite failing to meet the lone requirement, I received an invite from Ferrari — one with a notable addendum: Also attending would be seven-time F1 champion Michael Schumacher. I'm not sure I can express what a big deal that is. Getting driving lessons from Michael Schumacher is like getting transvestite lessons from RuPaul. So as I roll through Fiorano's gates, I envision Schumacher riding shotgun, and within a few laps declaring, "You remind me of...me," as a lone tear runs across his cheek — sideways, because I'm cornering so hard.

The reality, I find out, is that I'll be the passenger as Schumi takes the wheel of Ferrari's 620-horsepower, \$325,730 599 GTB Fiorano. I buckle in, ready to absorb racing genius, but within a half-lap realize it's futile: From the passenger seat, I can't tell that he braked, say, .005 seconds later than anyone else entering a corner. If my ass were that finely calibrated, I'd be arguing with my fellow F1 drivers over how many supermodels fit in a private helicopter.

So I egg him into doing something my gluteal nerves can appreciate. Exiting a hairpin, Schumacher floors the throttle and powerslides the 599. "I bet you could get more sideways on the next lap," I say. He glances over impassively and replies, "You like excitement?"

Schumacher obliges requests for an autograph (inset) and powerslides.



I reply that yes, please, I like excitement. On the next corner he pitches the car completely sideways, nonchalantly sawing at the wheel as the rear tires send up smoke signals. For the rest of the lap, he drifts the 599 around every turn. I feel like I've won an audience with the pope and then convinced him to do Groucho Marx impressions.

Then it's my turn behind the 599's wheel. Seated beside me is instructor Thomas Kemenater, who races a Ferrari in the Italian GT Championship series. On the first few laps, the traction-control light flashes constantly. My abrupt stabs at the gas pedal keep upsetting the car, making the electronic nanny cut in to prevent wheel spin.

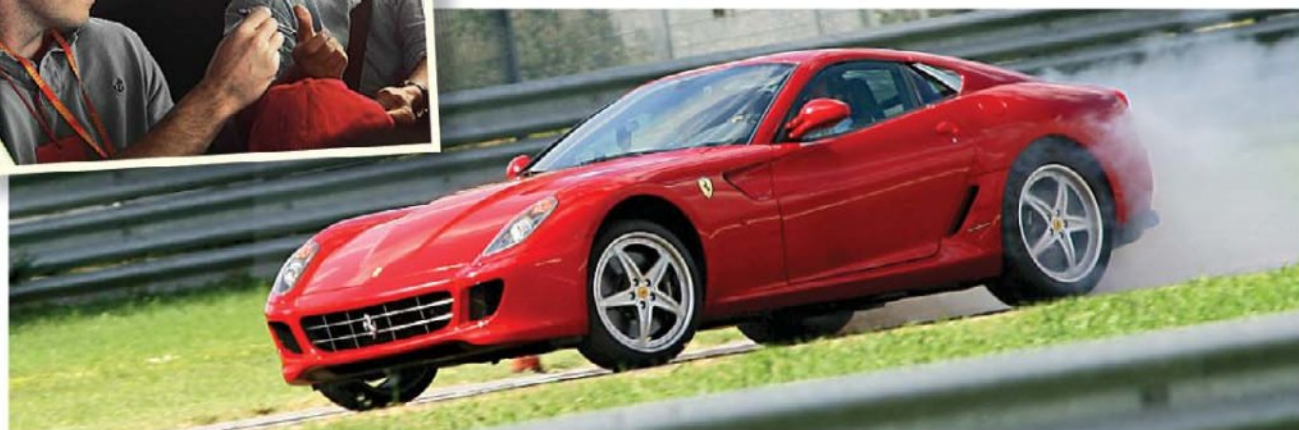
The goal, says Kemenater, is to drive smoothly and stay within the car's limits so that the traction control doesn't need to clean up my mess. I argue that it's hard to learn the car's threshold if you've never driven it with the system turned off. "Without traction control," he replies, "we would be dead." No need to get dramatic.

This is only practice, though. Next is the school's main event: laps in cars that log my speed, as well as how I work the brakes, throttle, and steering. I wring out the 599, and when I'm done, walk into a room ringed with computer monitors and sit next to instructor Alessandro Balzan. My data reveals that I stomp the brake like an angry elephant — a no-no in racing because the abrupt forward weight transfer can cause the rear tires to break loose. Balzan notes that my steering inputs closely match instructors', but that's where the similarities end.

I often took corners in second gear, motor screaming, while the Ferrari instructor serenely glided through in third. The V12's wail made it feel like I was flying, but I'd just need to upshift anyway. "The car has power, so you don't need to always be at high rpms," says Balzan. "Stay in higher gears." Again I learn that smoothness trumps theatrics. And yet, I beat the Ferrari driver by 1.8 seconds.

How? I cheated. There are four spots on the track where we were told to lift off the gas — ostensibly due to noise regulations, but likely to slow us down. I didn't obey as strictly as the Ferrari dude. At all.

A few years ago, NASCAR icon and former moonshiner Junior Johnson told me his philosophy on the creative interpretation of rules: "If you don't go after the advantage," he said, "you ain't racin'." A lesson I gladly passed on to the Ferrari instructor. ■



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A Guide to Sports Wives

What kind of female is drawn to a pro athlete? What woman would put up with a spoiled, narcissistic meathead, even in return for a lifetime of financial security? Turns out it takes a special breed, or seven.

WITHOUT EVEN BRINGING UP THE DEATH of Steve McNair — a genuine tragedy that has no place in a column that makes jokes about anything at all — it's been a bad year for sports romances. Just ask "Runaway Groom" Richard Jefferson; or former Red Sox left fielder Troy O'Leary, whose ex, an elementary school assistant principal by day, was outed for allegedly working as a \$450-an-hour escort by night; or Dirk Nowitzki, now fighting for custody of an unborn child he conceived with a since-arrested con woman. These men serve as brutal reminders that in the final analysis, no one is immune from relationship trouble.

Especially not athletes. It's hard to make a relationship work even if you *don't* spend the first 20 years of your adult life being followed around by 17-year-old underwear models who would happily deep-throat you in the back of an airport VIP lounge or while you wait on the deli line for a corned beef sandwich. So it's not surprising that professional athletes invariably fuck it up in spectacular fashion. It's all a matter of scale. On the one hand, they're human beings just like us, and just like us they're emotionally incompetent until about age 40 and doomed to pick exactly the wrong women. On the other hand, they're *not* like us: They're bigger, faster, stronger, plus their brains have been pumped full of all sorts of weird shit that coaches and agents have deemed necessary for their success — stuff that, when you think about it, might not be all that useful to their home lives.

The average professional athlete's interpersonal skills are basically limited to a bunch of cues he's been taught to perform whenever there's a camera on. *Be patriotic. Give credit to your teammates. Don't use the word "ass" too much. Repeat the interviewer's name at the*

beginning of each broadcast segment. If it's Jim Rome, call him Romie. All good stuff, but not much use in helping your average millionaire jock navigate the many species of Horribly Wrong Women he will inevitably encounter. Your average millionaire jock meets, on a regular basis, the kind of females most of us see only once or twice in our entire lives, including the Woman Who Deems Life with Less Than 600 Pairs of Shoes a Cruel Impossibility, the Woman Who Sits Languidly on the Edge of a Bar Stool Carrying Eight Different Strains of Chlamydia, and Tara Reid. If he's lucky enough to get past these gorgons unscathed, he typically just moves on to the usual variety of superficially acceptable marriage choices.

Sports wives, of course, much like mafia wives, always begin as inherently sympathetic figures, since the public tends to look at them and automatically assume they're being cheated on, beaten, or both. But in the end, a lot of them devolve into someone on the same short nightmarish list of archetypes:

THE SMOKING-HOT SKANK

It's hard not to respect the thinking that leads men to the Tawny Kitaens and Anna Bensons of the world. If you're just a working-class kid with a hose for an arm and the brains of a Clydesdale and your whole world is about making it to your first free agent deal with your rotator cuff intact, hell, you *want* a girl whose day job involves crawling on her hands and knees in her panties on the hood of a Jaguar in a Whitesnake video. It fits perfectly with everything you've been taught in life: Pound the strike zone with fastballs away, cover your heart during the national anthem, and bang the bar slut with the fake tits and the fleur-de-lis coccyx tattoo (and if you've seen her before on Cinemax, marry her).



The problem with the Smoking-Hot Skank as a permanent life choice is that she eventually gets bored and starts calling up reporters to share her Important Political Opinions and her thoughts about your general manager's personnel moves. Whether it's from that or from his being haggard from all-night, reverse-cowgirl sex, inevitably the player's career takes a sharp nosedive post-wedding.

THE MILF STARKWEATHER

A lot of elite athletes were already playing in AAU all-star games when their peers were still breast-feeding, which makes them easy prey for an unscrupulous older mother figure who ultimately talks them into cosigning loans in return for a few psychologically confusing blow jobs and some baby talk. Next thing you know, she's leading the *Cribs* crew on a tour of the house, then emptying the joint accounts and storming off on highway crime sprees. It happens more often than you'd think. Just this year there was Amalia Tabata Pereira, the 43-year-old convicted arsonist who married Pirates prized prospect Jose Tabata and got arrested for posing as an immigration official and attempting to steal a baby from a Mexican couple. Then there was Cristal Taylor, the 38-year-old live-in girlfriend of 31-year-old basketball star Nowitzki; turns out she had a stack of warrants over her head as a career con woman and paper hanger when she got pregnant with his Teuton-fetus. And though the dynamic isn't exactly the same, there were elements of the creepy psychosexual striving for a lost childhood in the chilling A-Rod/Madonna episode, with kabbalah bracelets playing the role of the security blanket.

THE EARLY-YEARS SWEETHEART

She met him before he was famous, in high school or in a bar in some single-A backwater town, back when he was still a broke, needy wreck of an overgrown teenager with no matching socks. And that's her crime right there — she remembers when he wasn't hot shit. So she almost always ends up getting traded in for a second-tier blond television actress and appearing in police reports, where she's getting a cell phone thrown at her head or rammed in her driveway by her ex-husband's Bentley. The most famous bad-luck first wives are Marguerite Simpson, Kim Moses (ex-wife of Joe Montana who got back at him for jilting her by hawking his love letters and memorabilia from his Notre Dame days), NiShea Gilbert (middle school teacher and restraining-order-wielding ex of baseball madman Elijah Dukes), and Lela Rochon's enduringly hot Vanessa character in *Any Given Sunday*. The few Early-Years Sweethearts who somehow avoid messy public divorces, a list that famously includes spiky-haired psycho-Christian Brenda Warner, usually end up graduating to the next category:

THE SPORTS WIFE INC.

She's a take-charge, go-getter type who wants the world to know she's thriving as the CEO, COO, and especially CFO of the booming public concern called My Sports Husband. You know you're dealing with a wife from this category when (a) you never once wanted to see her or read about her and (b) you often do anyway. You never wanted to see Brenda Warner's weird-ass feather boa or her giant gray sideburns or hear her crazy God talk, but she just keeps jumping in front of the camera. An extremely disturbing new phenomenon is the sports wife who gets a role on a reality show so that she can loudly yammer ignorant horseshit for 60 minutes every week. As we speak, international officials in The Hague are preparing indictments against former 76er Eric Snow and former Falcon Edgerton Hartwell for letting this happen

via *The Real Housewives of Atlanta*. Hard to say if Joumana Kidd, a serial scenemaker with Starkweather tendencies who set the standard for putting an ex's shit out on the street via divorce papers, fits in this grouping or not, but she very well may be the first sports wife to be accused of using her children as exhibitionist props.

THE VALIDATING FAMOUS-ACTRESS WIFE WHO PLAYS TAMMY WYNETTE IN THE STANDS

Bridgette Wilson-Sampras was generally panned for her film roles (although who can forget her stirring rendition of J.Lo's too-blond rival harpy in the 2001 estrogen-fest classic *The Wedding Planner*?), but her multiyear portrayal of a quietly supportive wife-in-the-stands who dutifully looks left, then right, then left again, raises her fingers to her mouth in terrified anticipation during tiebreakers, and leaps out of her seat in joyful mock-surprise at the end of the match remains the

benchmark performance in the genre. Even with all the famous actresses who have married sports legends — a list that includes Jane Russell, Marilyn Monroe, and Halle Berry — no one can touch her. Jessica Simpson, unsurprisingly, was a disaster for Tony Romo; on several occasions the cameras panned to her looking unaware that an interception was a bad thing. Nonetheless, the low point in athlete-actress marriage history has to be

Jason Sehorn and Angie Harmon's cheerily nationalist joint speech at the 2004 Republican convention, which in retrospect probably marked the beginning of the Bush administration's karmic demise.

THE INACCESSIBLE HIGH-END SUPERMODEL

One hesitates to make the connection between athletes who pick only high-end products (luxury watches, sports cars, colognes, financial companies) to endorse and athletes who pick only A-list supermodel goddesses to marry. After all, who wants to believe that anyone, much less our most cherished sports heroes, would choose a wife for the status she confers? But shit, is it coincidence that Tiger Woods and Jeff Gordon both endorse Tag Heuer and both married European models? Is it coincidence that Tom Brady hawks Movado and a private jet service — and that he jilted a perfectly nice, B-list American film actress for a Brazilian who happens to be the world's top-earning model? I think not.

CYNTHIA RODRIGUEZ

She gets a category all to herself because she's the Jackie O of sports wives, the iconic ultimate, the author of the sports-wife playbook. First, marry an enabled, emotionally retarded narcissist with too much money. Second, sit idly by and watch him beef up your family finances for a few years until marital ennui finally sets in and he and his Primobolan-shrunken testicles begin coming home late after games, stinking of cheap perfume and apple-tinis. Next, watch him publicly demean himself, first with a parade of doe-eyed strippers and then with a 65-year-old pop star, at which point you fly off to France and run up \$100,000 in charges to his credit card, all the time engaging in heated sessions of revenge sex with someone considerably more famous in Europe than your husband, preferably someone taller than Lenny Kravitz, but he'll do. Then, and only then, do you hire a prenup-busting killer litigator and pull out the four most deadly words in the English language: *equitable distribution of assets*. The next step is probably the purchase of a small African country, but that's all in good time. Well played, Cynthia Rodriguez, née Scurtis. God bless you. ■

The Early-Years Sweetheart almost always gets traded in, usually for a second-tier blond TV actress.



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*I've never been diagnosed
with chronic asthma.*

*I've never been rushed to the hospital
because I couldn't breathe.*

*I've never thought the doctor's
office was my second home.*

*I've never turned a penalty kick
into a new shot at life.*

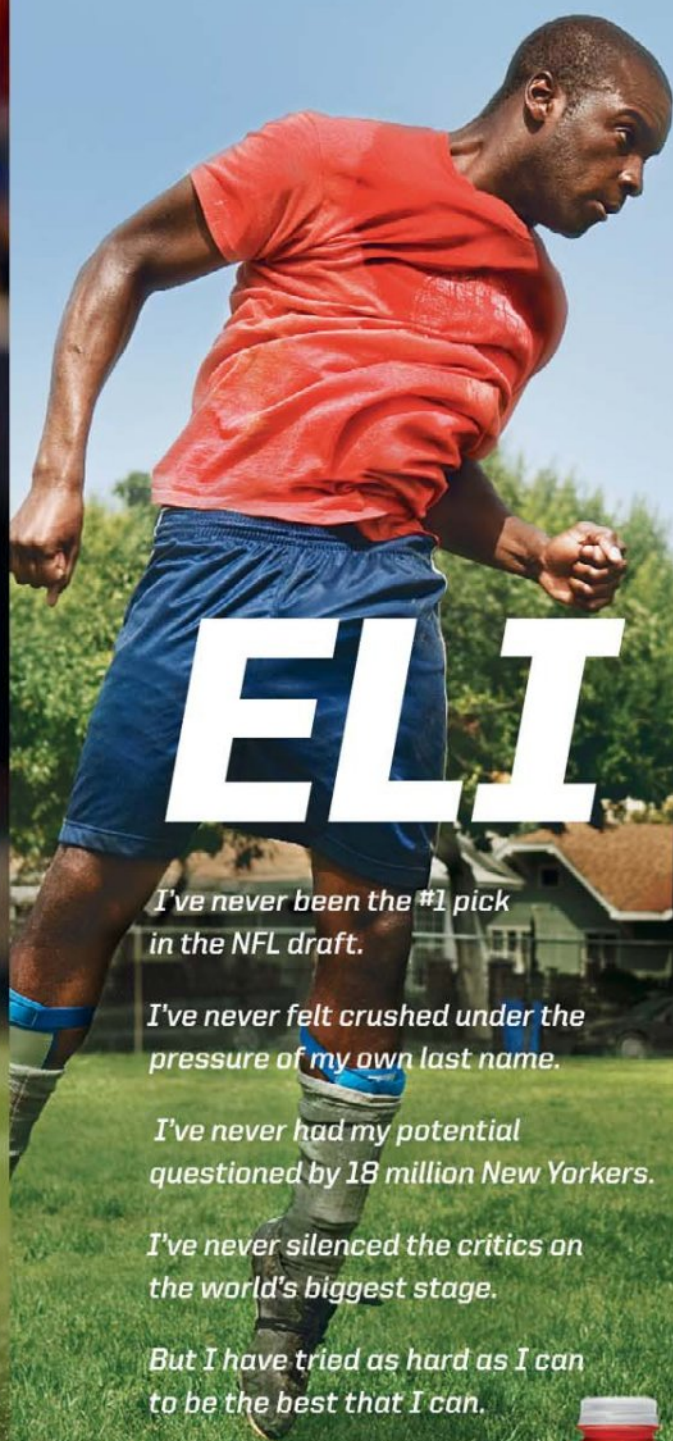
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NFL PLAYERS



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*I've never been the #1 pick
in the NFL draft.*

*I've never felt crushed under the
pressure of my own last name.*

*I've never had my potential
questioned by 18 million New Yorkers.*

*I've never silenced the critics on
the world's biggest stage.*

*But I have tried as hard as I can
to be the best that I can.*



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Jeff Harris



RETHINKING SKI PREP

To ski better (and stay on the hill longer) this winter, take a cue from the U.S. Ski Team and start cycling. *by* JOHN BRADLEY

SIX YEARS AGO, NEAL HENDERSON, DIRECTOR of sports science at Colorado's Boulder Center for Sports Medicine, visited the training facilities of Austria's national ski team. There, he watched as ski-racing legend Hermann Maier rode for hours on a stationary bike while trainers repeatedly pricked his fingers to test his blood for lactic acid. They wanted to make sure their marquee athlete wasn't working too hard. For anyone versed in conventional ski-training wisdom, with its decades-old focus on weights and explosive-movement work-

outs, Maier's low-impact aerobic spin might have seemed odd. But to Henderson, whose clients are mostly pro and elite cyclists, triathletes, and runners, it all made perfect sense.

"American sporting ideology has kind of been, 'You have to go hard and be tough, and if a little of that is good, we're going to do a lot more,'" says Henderson. "But there are ways of developing more successful athletes that don't involve that."

What the Austrians knew — and what the U.S. Ski Team has come to accept — is that basic low-level aerobic conditioning pays huge dividends in power and sprint sports like alpine



Aerobic training helped Marco Sullivan win his first World Cup race in 2008.

skiing and snowboarding. It's not that the squats and box jumps you've been taught to do as autumn approaches are wrong — strength and anaerobic power are key for the short, intense bursts a downhill run requires — but what of the next run? Or the one after that?

"We want to improve the quality and quantity of the work our athletes can do," says Per Lundstam, head trainer of the U.S. Ski Team. "We've switched away from trying to mimic the loads of skiing in the gym and replaced it with training that will allow our athletes to burden those loads for a much longer period of time. Now we do a lot of low-intensity aerobic work, so that when we put them on the snow, they can do five or six quality runs instead of three or four."

In other words, since the best way to become a better skier is to ski more, it follows that anything that enables you to stay on the mountain longer would, in turn, make you a better skier. That's supportive training: low-impact aerobic work off the slopes that lays a foundation for more and better runs once you're on them. For the rest of us, that means more of those runs when the mind and body are fresh enough to ski any line and fewer of those wobbly afternoon survival runs when all we can think about is beer and hot tubs.

Recover Faster

The primary benefit of adding more aerobic work to any training program is faster recovery. Low-impact aerobic exercise spurs the growth of new capillaries, which carry blood to, and flush lactic acid from, muscle tissue. Such workouts also improve the density of oxygen-carrying myoglobin and cellular

mitochondria, which fuel muscle contractions and burn excess lactic acid. Taken together, these increases make it possible to do more work before muscles start to ache and also enable the body to clear lactic acid more quickly, paving the way for the next hard effort. "For the first couple of years that you train like this, you get more efficient in the cardiorespiratory system," Lundstam explains. "After that you start to get these capillary and mitochondrial changes. Our older athletes who have reached this structural change can sustain a higher level of performance even better, and they come back faster after the off-season."

During June and July, Marco Sullivan, a 10-year veteran of the U.S. Ski Team, bikes near his home in Truckee, California, six days a week. "Some guys questioned it a little bit at first," says Sullivan, "since what we do is basically a two-minute sprint.

But with the results we've seen, everyone's coming around."

Indeed, since Lundstam began prescribing more aerobic conditioning in 2003, U.S. skiers have won two Olympic golds, 18 World Championship medals, eight individual World Cup discipline titles, and three overall World Cup crowns (not counting Bode Miller's past two seasons, during which he's been training on his own). Over the previous six-year period, the numbers were one, two, zero, and zero, respectively.

Go Easy to Go Harder

While it might strike you, as it did Lundstam's skiers, as counterintuitive, supportive training is not complicated in practice. As winter approaches, you should try for one or two easy runs, swims, or bike rides per week — 60 to 90 minutes each at a

It might seem odd, but low-level aerobic training pays off in power and sprint sports.

conversational pace. Limit intense resistance and plyometric workouts (see the next page) to just one or two times per week. But use your aerobic gains to push much harder during those sessions than you ever have — heavier weight, more reps, less rest between intervals. "A lot of times people say, 'You're telling me to go easy,'" says Henderson. "Well, yes. But because of that I also ask you to go harder at some points, because you have better recovery now. In the end I'm probably asking you to train more overall. There's no free lunch."

No. But at least you'll be able to ski past it. ■

YOUR NEW WEEKLY PROGRAM

Repeat this three-week plan as many times as possible before ski season.

WEEK 1	WEEK 2	WEEK 3
Monday: Threshold training: Bike 10 minutes at threshold (talking becomes difficult), 10 minutes very slow. Repeat once. Tuesday: Circuit (see next page) one time. Thursday: Bike at threshold three minutes, easy three minutes. Repeat three times, rest, then repeat four times. Friday: Run, bike, or swim 45 minutes.	Monday: Circuit one time. Tuesday: Threshold training Thursday: Bike three minutes at 60 rpm, easy for three minutes. Repeat six times. Friday: Bike at threshold three minutes, easy three minutes. Repeat three times, rest, then repeat four times. Saturday: Run, bike, or swim 60 minutes.	Monday: Circuit two times. Tuesday: Run, bike, or swim 90 minutes. Wednesday: Bike at threshold three minutes, easy three minutes. Repeat three times, rest, then repeat four times. Thursday: Run, bike, or swim 120 minutes. Friday: Circuit two times. Saturday: Jog 40 minutes.

Talk to your doctor.

Adding ABILIFY

to an antidepressant such as one of these* can help treat unresolved symptoms of depression.



Approximately 2 out of 3 people being treated for depression still have unresolved symptoms.

Ask your doctor about the option of adding ABILIFY to your current antidepressant.

ABILIFY is FDA-approved to treat depression in adults when added to an antidepressant.

*Or generic equivalents where available.

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Alert your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The common side effects in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Important Information about ABILIFY on the adjacent page.

*Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), Paxil CR® (paroxetine HCl) are trademarks of their respective companies.



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www.abilifytreatment.com

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Partnership for Prescription Assistance





IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this Important Information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ī-ī) (aripiprazole) (air-ī-PIP-ra-zoll)

What is ABILIFY?

ABILIFY (aripiprazole) is a prescription medicine used as an add-on treatment to antidepressants for Major Depressive Disorder in adults.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly

patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 07/09 1239550A5.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

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SIX EXERCISES TO SKI STRONGER

Adding aerobic work doesn't mean skipping plyometrics altogether. Gym work will give you a total pre-ski workout.

Vertical Medicine-Ball Toss

Hold a 15-pound medicine ball in your hands, feet shoulder-width apart. Squat down and explode up, throwing the ball above you in as close to a vertical line as possible. Eight reps.



Dead Lifts

Back straight, head up, grab a 45-pound bar with 45-pound weights on both sides, and push your hips out to lift. Eight reps.



Physio Ball Hamstring Curls

Lying on your back, feet up on a physio ball, curl the ball toward your butt. Ten reps.



Split Squat Jumps

Hold a 10-pound dumbbell (use more weight as it gets easier) in each hand. Step forward with one leg, as if doing a lunge, then leap straight up and switch legs so that you land with your other foot forward. Five reps each leg.



Lateral GS Jumps

Stretch a rubber cord or jump rope about knee high between two chairs. Jump over the cord and touch your outer hand to the ground as you land. Ten reps each side.



Hurdle Jumps

Using two hurdles (you can lay a broom across some chairs), one just above knee height and one at about midcalf, jump over the high hurdle, then the low one, and then backward over the low one, so that you finish between the two. Four sets.



VITAMIN WATERS EXPOSED

We lab-tested several enhanced waters to see if they contained the compounds they claimed — and if they had any extra substances they shouldn't.

NOTHING IS BETTER THAN FRUITS AND VEGGIES TO GAIN the nutrients your body needs. But vitamin-enhanced waters seem like a decent alternative: hydration and critical vitamins, such as B, C, and E, in one ready-to-drink package. The idea has certainly won over consumers: In the past year bottled waters containing vitamins or minerals had sales close to \$1 billion.

And yet, on closer examination, many of these drinks are high in calories, and they rarely provide more than 10 percent of your recommended daily serving of vitamins. To find out what's really in some popular brands, we tapped Denver-based laboratory ChromaDex. The results* can help you determine what to grab for your specific nutritional needs. —JAMIE BECKMAN

photograph by
Jeff Harris

FRUIT 20 ESSENTIALS
(PEACH MANGO)
Tested higher than the label in: B1, B2
Tested low in: B5, E
Half the B5 it claims; no E
Best for: Aiding digestion. B1 produces hydrochloric acid, which helps break down food.
Calories per bottle: 0
Evaporation test: According to the company, the total dissolved solids (TDS) should be 2 1/2 grams, but the test found 7. "What is the other stuff?" asks tester and ChromaDex CEO Frank Jaksch. It could be anything from flavoring to dirt.
Verdict: Zero calories is good, but the low levels of nutrients make it only slightly better than tap water.

SPECIAL K20 PROTEIN WATER (MIXED BERRY)
Tested higher than the label in: B1, B2, B6
Tested low in: B3
No B3; label claims 20% RDA
Best for: Warding off viruses. B6 helps produce antibodies.
Calories per bottle: 50
Evaporation test: Tested at 40

grams of solids; label claims below 30.
Verdict: More vitamins than advertised, but an extra 10 grams of unidentified solids.

SNAPPLE ANTIOXIDANT WATER (AGAVE MELON)
Tested higher than the label in: B1, E
Tested low in: Nothing
Best for: Heart health. E may prevent LDL ("bad") cholesterol from narrowing arteries.
Calories per bottle: 140
Evaporation test: Hits claim

Verdict: The label checks out, but overall, few vitamins.

VITAMINWATER 10 (ESSENTIAL)
Tested higher than the label in: B1, B2, B5, B6, C, E
Tested low in: B3
Little B3; label claims 10% RDA
Best for: Shortening a cold. C might get you better faster.
Calories per bottle: 25
Evaporation test: Hits claim
Verdict: Best overall. Contains more vitamins than the others, and the TDS matches the claim.

SOBE LIFEWATER (BLACK AND BLUE BERRY)
Tested higher than the label in: B1, B2, B5, B6, C, E
Tested low in: B3
3% RDA of B3; label claims 10%
Best for: Preventing headaches. New research shows that B2 may prevent migraines.
Calories per bottle: 0
Evaporation test: 3 grams under what the label claims
Verdict: Failed B3 tests but tested high in six vitamins, making it a clear second place.

PROPEL (BLUEBERRY POMEGRANATE)
Tested higher than the label in: B1, B5, B6, C
Tested low in: B3, E
18% RDA of B3, but label claims 25%; half the E it claims
Best for: Staying alert. A B1 deficiency can cause fatigue.
Calories per bottle: 20
Evaporation test: Hits claim
Verdict: Decent, but contains high-fructose corn syrup, a hard-to-digest processed sugar.

*TEST RESULTS COULD VARY AS MUCH AS 10 PERCENT.

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Q&A

SANJAY GUPTA

CNN's top doc on stem cells, the right way to exercise, and a breakthrough that brings us back from the dead.

MJ: Your new book, *Cheating Death*, seems to say we don't need to worry so much about dying.

SG: Well, the book challenges the notion that when your heart stops beating, you're dead. That doesn't mean you should stop using common sense, but medical advances have made it possible to keep people alive and allow them to recover after their heart stops. For instance, there was a skier in Norway who got caught in an avalanche. She ended up with her head in a freezing river for more than an hour and was hypothermic. When you become hypothermic, you greatly reduce the demand for oxygen and blood. The doctors decided to keep her in this state for more than three hours, and she slowly healed and was fine. Now paramedics can inject people with ice-cold saline if their hearts are failing to save them.

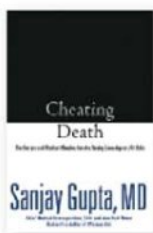
MJ: So what is the biggest threat to our health right now?

SG: It's still heart disease. But we're also

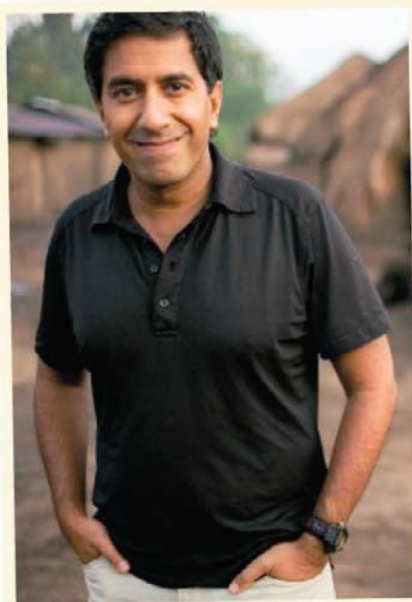
lagging behind in certain medical advances, stem cells in particular. I've traveled to a lot of labs all over the world and seen what's possible. I've seen stem cells used to reconstruct organs. So I think that within the next five years we're probably going to see some evidence of stem cells being used to correct maladies that we didn't think were fixable — a busted spinal cord or a failed heart, maybe.

MJ: At least Americans seem to be exercising more. Are we getting healthier?

SG: A lot of Americans think they are working out correctly but they're not. Many folks focus on more aerobic-



based activities, but they should concentrate on building upper-body strength. We know that people who work their upper bodies tend to have better lung function. Twenty



minutes a day of isometric exercise seems to be the sweet spot.

MJ: What about our diets?

SG: Seven different-colored foods a day. I'm not a huge fan of adding supplements to our diets. When companies try to take the good stuff out of food and put it into pill form, they're not surrounding it with the same micronutrient matrix that probably allows us to absorb those vitamins the way they were designed to be absorbed.

—INTERVIEWED BY GORDY MEGROZ

VITAL SIGNS

6 minutes of exercise is all you need.

At least that's what the eggheads in the department of kinesiology at McMaster University in Ontario, Canada, say. Recently lead researcher Martin Gibala put a group of 10 students on stationary bikes and had them ride for 50 minutes at a moderate pace five days a week, while another group of 10 students was asked to grind through four to six sets of 30-second sprints three days a week. After six weeks, the two groups exhibited equal gains in "blood vessel elasticity," an indication of reduced risk of cardiovascular disease. This finding helped support an earlier, similar study by Gibala that showed both groups of riders having significant increases in size and number of mitochondria, the parts of the cell that produce energy, allowing for longer sustained athletic performance.

SEX

Want Kids? Stay off the Bike and in Bed



Cyclists have been warned for years that all that time in the saddle could make it hard for them to become fathers. Now there's proof. Spain's University of Córdoba Medical School found that men who bike 185 miles or more a week produce sperm with large, misshapen heads and double tails, decreasing their chances of fertilizing an egg. But there's a welcome cure: less mileage, more sex. An Australian study says a daily ejaculation reduces the amount of DNA damage to sperm by limiting the time they rest in testicular ducts — where they're susceptible to damage by small molecules — which can increase fertility.

SECOND OPINION

Myers' Cocktail

Michael Jackson's death reignited the debate over the efficacy of the Myers' cocktail, an intravenously administered mixture of calcium, magnesium, vitamin C, and B vitamins, which Jackson reportedly took to boost his energy levels. "I've been impressed with how it aids recovery," says Robyn Benson of Santa Fe Soul Health and Healing Center. "Athletes burn B vitamins very fast, and this replenishes them." But the medical community remains divided on its utility. "The body will simply flush out excess vitamin C," says the Mayo Clinic's Dr. Donald Hensrud. "B vitamins are necessary, but unless you're a vegetarian, a deficiency is unlikely."



How to improve your body by lifting an ounce a day.

Step 1: Take some tasty California Almonds to the gym.

Step 2: Snack on a handful before or after you work out.

Step 3: Get pumped up knowing that studies show that eating an ounce of almonds a day (about 23) can help you maintain a healthy cholesterol level.

Step 4: Repeat daily.

Remember: Snacking on almonds always gives you a powerful lift. They have protein, fiber and vitamin E, plus every crunch is cholesterol-free.



Good news about good fat

U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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DITCH THE AB WORKOUT

If you're doing crunches to prevent back injuries, top trainers say you're wasting your time. *by* MIKE KESSLER

PAINFUL BACK PROBLEMS are a common hazard in the NFL, where the average career lasts three and a half years, so trainers monitor players closely. And recently they've discovered that the very exercises that were once prescribed to protect the back and spine — and the same ones men everywhere have embraced to build six-pack abs — are of little or no use. “We always thought that strong abs helped protect your back from injury,” says Jon Torine, strength and conditioning coach for the Indianapolis Colts. “Now we think that’s less likely the situation.”

Take the case of one of his most reliable linemen (he asked that his name be withheld, so we'll call him Q). “Anytime he was weight training, his lower back hurt,” Torine says. So Q tried a range of abdominal workouts — bicycle crunches, oblique crunches, Swiss ball sit-ups — intended to strengthen and align the spine and protect the back. “Those exercises were done to no avail,” says Torine. So the trainer prescribed a new program: no traditional ab workouts of any kind. “If they weren’t preventing his injury,” he says, “then why do them at all?”

The notion that strong abs prevent back injuries can be linked to an Australian study from the mid-1990s suggest-

ing that people with pain-free backs also had well-developed abdominal muscles. Pro athletes everywhere latched on to this and began crunching their way to what they expected would be a healthier spine. But after watching athlete after athlete who had been prescribed ab workouts end up on the sidelines with a back injury, fitness pros began to realize that a healthy spine isn't the result of an overly strong midsection — it's the result of an evenly strengthened body.

The abdominal muscles, says Gray Cook, a physical therapist and orthopedic clinical specialist, compose much of the core (the muscles between the upper thighs and the pecs), and the core “is a neurological mechanism that engages when we so much as take a step, turn our heads, or simply blink.” Strong abs are a foregone result of neuromuscular timing, alignment, and poise. In other words, sit-ups are useless, while functional movement exercises — those that replicate sports and work the whole body evenly (including your abs) — keep you balanced, which is proven to prevent injury.

With that in mind, Torine has done away with traditional crunch-intensive workouts that used to account for about a quarter of the team's exercise regimen. Instead, he has the Colts focusing on a routine of movements athletes might use on the field. “Sometimes it's just a matter of pushing or pulling a player to one side so that he can right himself,” says Torine. “That movement in itself engages the core in a way that's applicable to the game.” It's no coincidence that the Colts' injury rates have decreased. Not only did Q's back pain go away, but his range of motion and quickness also improved.

“Hopefully people will start to realize that a healthy spine is not about, ‘Do 50 crunches and call me in the morning,’” says Cook. “It's about creating a fit body through natural movements.”

Really Want Six-Pack Abs? Watch What You Eat

Dietitian and bodybuilder Jim White's four rules to eating well will help give you a washboard stomach.



TAPER CARBS AFTER BREAKFAST

Anchor your first meal with plenty of complex carbs, like oatmeal, for lasting energy, then eat fewer carbs throughout the day. “You don't need fuel overnight; it will go unused and become fat,” says White.



EAT SMALL, EAT OFTEN

Instead of three meals a day, aim for five snack-size ones. You won't be famished and eat unnecessary calories that turn into belly fat, and you'll speed up your metabolism, creating a calorie deficit that will burn fat.



CONSUME THE RIGHT CALORIES

Eliminate refined sugars and reduce calorie-dense foods, like anything processed. For a ripped stomach, make sure to eat plenty of veggies, which are filling but won't spike your sugar levels and become fat.



CHOW FRUIT FOR ENERGY

One hundred calories of fruit (half a banana) before a workout will energize you and get burned off. Another 100 calories after your workout restores energy. More than that is too much sugar and will turn to fat.



ASK DR. BOB

Advice from our in-house doc

LETHAL SUPPLEMENTS

Q I read that the Food and Drug Administration warns against using scores of muscle-building supplements because they can be bad for your health. What substances should I avoid? Is there anything out there that's safe and will help get me ripped?

A Over the past 24 months, the FDA has received 15 reports of serious health problems — including strokes, liver problems, and pulmonary embolisms — associated with body-building supplements. The government has warned against the use of several products that contain steroids. (You can find a list at Fda.gov.) But even the FDA is in a race to keep up with what's out there. I visited Don Catlin, founder and former director of the Olympic Analytical Laboratory at the University of California at Los Angeles, who showed me how scientists search for the newest designer steroids. Often, the lab hasn't even heard of a new drug when they detect it on highly sophisticated instruments. Unethical manufacturers of some of these supplements are always looking for ways to sneak potentially harmful steroids into their products so that the consumer sees results and buys more. If you are going to use such products, look for code words such as "anabolic," "tren," "blocks estrogen," or "minimizes gyno." These words indicate the potential presence of steroids. Eschewing these types of things altogether, I stick to a weight-training program with a professional trainer, and eat lean protein. That way, I know what I'm getting.

IN SUPPORT OF SPANDEX

Q I've noticed pretty much every sports manufacturer from Nike to Under Armour makes "compression clothing." Does wearing this stuff actually do anything for your athletic performance?

A Pro athletes use compression clothing (spandex shirts, shorts, pants, and socks that squeeze the muscles), and for good reason. A recent study in the *International Journal of Sports Medicine* compared runners who wear compression tights with those who wear loose-fitting running shorts. Researchers found that the runners in compression tights had better circulation and expended less energy. Compression clothing has also been shown to keep muscles warmer and looser, allowing them to act more efficiently. Former Buffalo Bill and All-Pro defensive lineman Bruce Smith wore a skin-tight Spyder ski-racing suit under his uniform in the early '90s, and I've been a big fan of these garments ever since. I even use compression socks when I'm not working out because they cause more blood to return to the heart and less to pool in the feet, thus reducing the risk of dangerous blood clots.

POWER NAPS

Q The brutal economy has me working late nights just to hold on to my job. I know that sleep loss can't be good for me, but what's the worst that can happen? Is there anything I can do to mitigate the effects of fatigue?

A Sleep deprivation can obviously have a number of ill effects on your body and mind: It can weaken your immune system, make you feel achy, and impair cognitive reasoning, to name a few. Troubling new research from the University of Chicago says that missing just one hour of sleep a night increases your risk of high blood pressure by 37 percent. There's not much you can do to stop those effects — except get the CDC-recommended seven to nine hours a night — but you can make yourself less tired. Grab a 20-minute midafternoon nap, then try for another one in the early evening. The refreshing effect is astonishing and you'll remain productive, even if your total amount of sleep per 24 hours is still less than seven hours.

E-mail your questions for Dr. Bob Arnot to dr.bob@mensjournal.com.



Hike like an Egyptian

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A HISTORY *of* DEFIANCE



Viggo Mortensen
PUBLISHES WRITERS
no one else will,
DOESN'T MIND
CAMPAIGNING FOR
A LOST CAUSE
(*Dennis Kucinich!*),
AND IS ABOUT
TO STAR IN A MOVIE
so bleak
FEW THOUGHT
IT COULD
EVER GET MADE.

by DANIEL MIRTH photograph by MARC HOM





Mortensen, photographed at Beaver Lake Nature Center, Onondaga County, New York

IT'S HARD TO IMAGINE VIGGO MORTENSEN pouncing on Oprah's couch. You don't see him doing the Starbucks shuffle for the paparazzi, hawking baby photos to celebrity tabloids, or getting caught in a Lake Como liplock with Sienna Miller. That's not the Viggo Mortensen way. Just look at him: hazel-eyed handsome, square-jawed and angular, but no trace of Hollywood jackass. He shows up in a Camry to our interview in a state park about an hour and a half from Watertown, New York, a leafy military town near Lake Ontario where he graduated from high school and still visits occasionally. Dressed in a David Wright New York Mets T-shirt tucked into wide-leg blue jeans, he looks as if he's going to the hardware store to buy a nail gun. Has one request: that the photographer please not airbrush out the jagged scar above his upper lip. Viggo doesn't need or want your Photoshop. Viggo doesn't need most of the illusion, really. Loves acting, the immersion, even the rehearsals, but tries to avoid everything else. Hell, when he lost the Oscar in 2008 for best actor, he danced.

"Most people don't win, you know?" Mortensen says, after we walk down a trail to a lakeside picnic table. "So on the way out of the big auditorium, the Kodak, I went over to these people and said, 'Hey, let's do a losers dance.' I started jumping, and they were just horrified at this loss they just suffered, you know? There were these filmmakers from Canada who lost and actually agreed. And I think Michael Moore did the losers dance. But I would say 99 percent of the losers didn't want to do the losers dance. They all just sort of ran from me like I was shitfaced drunk or something."

By now, you might have heard a few tales like this from the unconventional life of Viggo Mortensen. How he slept in his caped Aragorn costume while making the *Lord of the Rings* trilogy; how he walked barefoot around New Zealand for most of the three years he was there; how he stashes chocolate on his person like a marsupial, foisting blocks of it on unsuspecting costars and journalists; how he makes experimental records with his friend Buckhead, the enigmatic former guitarist of Guns N' Roses who's known for wearing a Kentucky Fried Chicken bucket on his head. Elijah Wood, Mortensen's friend and *Rings* costar, recounts how Mortensen called his cell phone for weeks, leaving nonsensical messages in the accent of a German military officer. "He would laugh hysterically for, like, 30 seconds, and then it would go back into this weird German accent," Wood says. "There really wasn't any purpose to it; he just

delighted in these messages. That's part of Viggo's madness."

Despite this quirkiness, or maybe because of it, Mortensen, a 50-year-old actor who has stubbornly resisted the formula for modern movie stardom, finds himself one of the last great leading men standing. At a time when what passes for masculinity is jogging shirtless on a beach, here is Mortensen, a multilingual polymath (English, Spanish, and Danish all fluently; Norwegian a little less so; Italian, French, and Swedish passably) who recalls the understated but commanding actors of a previous age. "There's just an authenticity to the guy," says Charlize Theron, Mortensen's costar in *The Road*, the

film adaptation of Cormac McCarthy's global bestseller that opens October 16. "He's not really caught up in it."

That's because *it* — movies and all the baggage that comes with them — is not Mortensen's only passion. He is an accomplished poet, painter, pianist, and photographer who has shown his work

in galleries from Santa Monica, California, to Denmark. He has also launched an independent publishing house, Perceval Press, through which he produces a small stream of art books and CDs. He's working on two books now about indigenous tribes in South America, and has published, among other titles, a critique of the U.S. invasion of Iraq, a collection by avant-garde multimedia artist Alix Lambert, and young adult fiction from Mike Davis, of *City of Quartz* fame. Mortensen helps edit and signs off on every book himself; he also has his own contributions, including *Linger*, a collection of eerie black-and-white landscape photos, and *At All*, an abstract new-age album on which he plays keyboards and guitar. "We're in the red mostly, and I can subsidize it," he says of Perceval, which is named, appropriately, for a knight who blazed his own path. "Once in a while, you get to break even."

By Hollywood standards, Mortensen is a late bloomer,

not approaching anyone's definition of stardom until he was a last-minute addition to *The Lord of the Rings*, which made him an international hero at age 43. More recently were a pair of sublime thrillers with Mortensen's oddity soulmate David Cronenberg: *A History of Violence* and *Eastern Promises*, the latter of which earned Mortensen the Oscar nomination for his portrayal of Nikolai, a taciturn driver for the Russian mob. Last year brought a critically acclaimed turn in *Appaloosa*, directed by and costarring Ed Harris, and the indie film *Good*, a morality piece about a German professor falling under the spell of the Nazi party. And now comes the much-anticipated *The*

SURVIVORMAN

With director John Hillcoat while filming *The Road*, based on Cormac McCarthy's novel



THE ROAD'S GRIM PLOTLINE DID NOT FEEL LIKE SCIENCE FICTION TO MORTENSEN.

Road, a relentless, uncompromising portrait of a postapocalyptic world that features Mortensen in nearly every frame.

It's as credible a run as an American actor has had lately, and it has heightened suspicions that the choreographer of the losers dance might again be invited to the waltz — and maybe this time he won't have to dance. Mortensen reacts to his ascension with bemusement. Yes, he can laugh at himself. "He's not one of those morose, inward-turning method actors at all," says Cronenberg. "He likes to have fun." Mortensen once reacted to being labeled one of the sexiest men alive by asking, "So there are a lot of dead men who are sexier?" and when I ask him for his favorite joke, he responds with a rare one-word answer: "Me."

FROM HIS CHOICE IN ROLES, NEARLY ALL OF WHICH PORTRAY men who, with varying degrees of reluctance, reveal a brutally proficient violent side (see "Viggo on His Most Violent Scenes," below), you might expect Mortensen to be inscrutable and intense, even difficult, but in person he is polite and so soft-spoken he can be hard to hear at moments. He does like to talk, however, especially when the topic turns to one of his many passions — the Mets, soccer, or the depiction of violence onscreen.

"I think carefully about it when I am acting out the violence. I try to be realistic about how it's portrayed, and the reasons for it," he says. "But I also understand that it's storytelling, and a lot of times the violence or the way it's shown is a metaphor for a re-

lationship." The extreme behavior and skills of his character in *A History of Violence*, he says, are exaggerated to make the point that all of us have secrets. "Nobody really knows anybody completely, even if they've been married to 'em for 53 years, you know? That's what the wife of my character has to face: Holy shit, look what I got married to!"

To prepare for Aragorn, the warrior in *Rings*, Mortensen trained extensively with fight choreographer Bob Anderson, a former British Olympian in the saber and Darth Vader stunt double. Anderson once called Mortensen as good a fencing student as he'd ever instructed. The actor has proven adept with other weapons as well. When he showed up to shoot *Appaloosa*, director Harris recalls, "Viggo was pretty startled by the size of the 8-gauge shotgun we had for him. But, you know, within two days, he'd made it his own."

And he's equally as convincing with few or no props at all, as in the desperate melee from *Eastern Promises* in which Mortensen's character grapples in the nude with two Chechen thugs. In the hands of a more self-conscious actor, a steam-room brawl could quickly have descended into camp, but Mortensen played it unbounded, without vanity. "Viggo is not particularly self-aware," says Cronenberg, who directed him in that scene. "He really understands that anonymity is a valuable thing for an artist," he adds, emphasizing that Mortensen's tendency toward reclusiveness isn't antisocial, but protective of his craft. "If you are always being observed, and your presence changes everyone's behavior, you lose that wonderful abil-

VIGGO ON HIS MOST VIOLENT SCENES

A PEACENIK IN REAL LIFE, MORTENSEN PLAYS VIOLENT MEN as well as anyone, and so we were curious: What went into creating some of the most savage scenes in recent memory? Before obliging, though, he wanted to make something clear: "Getting the horrible moments of staged violence done properly can be exhilarating, but

no more so than the satisfaction I get from being part of any scene in which there is a lot at stake dramatically or emotionally. I am not a fan of directors who use scenes that depict violence to show off their camera moves and display their callous immaturity. I find their work unrealistic and generally a waste of time and talent."



A HISTORY OF VIOLENCE (2005)

SCENE Front-yard mayhem. Ed Harris and his two goons show up at Viggo's house to force his return to Philly. **OUTCOME** Two dead and another left twitching on the ground, noseless. **VIGGO'S TAKE** "David Cronenberg built a viscerally engaging, perfectly escalated psychological minefield of a scene. Although my character hasn't handled a handgun for 15 years, he's still comfortable with it, with no hesitation about defending himself and his family. This does not keep him from being disturbed about regressing in this way, especially when he comes face-to-face with his son, who is in shock over what he has witnessed and participated in."



EASTERN PROMISES (2007)

SCENE Bathhouse bloodbath. Two Chechen hit men attack a stark-naked Viggo with wicked, curved carpet knives. **OUTCOME** Knife, meet Chechen eye socket. **VIGGO'S TAKE** "Again, we are in the hands of Cronenberg, a master. There is no compromising, no showing off, and no way for the audience to avoid confronting their own feelings, however mixed, about brutality and the savage, primeval instinct for survival. Like a great original painting, this scene may well be imitated and eventually improved upon, but he did it first. It probably was, on some level, as scary and uncomfortable for everyone involved in creating it as it was for people viewing it."



APPALOOSA (2008)

SCENE Shoot-out with the Shelton brothers. Harris and Viggo face off against rival hired guns. **OUTCOME** Bullet holes in everyone, but more in the other guys. **VIGGO'S TAKE** "Very raw. Very authentic. As Ed's character replies to my character's observation that the shoot-out had not taken very long: 'Everybody could shoot.' The choreography was loose and somewhat improvised, but Ed's direction was clear: We were going to go for it recklessly. In this scene, as with other gunplay in this movie, I appreciated that Ed did not want to show off, that we would sometimes miss, and that, as in most really deadly fights, it would be over shockingly fast."



THE ROAD (2009)

SCENE Forest standoff. A member of a postapocalyptic road gang holds Viggo's son at knifepoint. **OUTCOME** Don't bring a knife to a gunfight. **VIGGO'S TAKE** "My feeling is that my character has shot at threatening individuals before to keep them at bay — it is clear in a flashback that there were more bullets in the gun — but he has never shot someone up close. As you can see in the scene, he is not that sure of his ability to carry it off. I am, in reality, comfortable handling guns, but my job here was not to seem so and yet to have my need to protect my son override any nervousness or fear. The killing is an instinctual, protective act."

ity to observe things in their natural state. That's why huge stars, surrounded by sycophants and hangers-on, end up with a distorted worldview. They never see what's real anymore."

ONCE, WHEN HE WAS ASKED WHERE HE LIVED, MORTENSEN responded, "Planet Earth, mostly." It's easy to see why he resists being pinned down geographically. Mortensen's mother, who worked at the U.S. embassy in Oslo, met his Danish dad while skiing in Norway, but Viggo was born in Manhattan. When he was still a baby, the family moved to Venezuela, then to Argentina, where his father helped manage a ranch. When he was 11 his parents split, and Mortensen and his two younger brothers moved with their mother to Watertown in upstate New York. The transition was jarring. "Only with my mother did I speak English. We only spoke Spanish," he recalls. "And suddenly I'm in a small town in northern New York where nobody speaks it. That was a big change."

In Watertown, Mortensen swam competitively and played soccer, and often visited his father back in Denmark during summer vacations. After high school Mortensen briefly detoured back to Denmark, where he drove a truck while he tried to figure out his life plan. Later he enrolled at St. Lawrence University in Canton, New York, where he majored in government and Spanish literature. Following graduation he started to study acting and landed some film roles but usually ended up on the cutting-room floor. Then, in 1985, a pair of breaks: He got a regular job on a soap and made the final cut of *Witness*, in which he played an Amish farmer. A few years later he married singer Exene Cervenka, of the L.A. punk band X, whom he met when they worked together on the film *Salvation!* The couple, who split long ago, have a son, Henry, now 21. (In recent years Mortensen has been linked romantically with Spanish actress Ariadna Gil and artist Lola Schnabel, daughter of Julian. A devoted fan site speculated that his romance with the much younger Schnabel foundered on outdoorsman Mortensen's unfamiliarity with a bar of soap. "I'm not that involved in personal grooming," he has confessed in the past. "But I try not to be offensive to people.")

Fatherhood is central to Mortensen's life. As every *Rings* adherent knows, it was Henry, a Tolkien fanatic, who convinced his skeptical dad to take the part in the *Rings* trilogy. A poet and musician himself who attends school in New York City, Henry has traveled extensively with his dad, joined him for live readings, and played with him on his albums. On a coast-to-coast road trip when Henry was 11, Mortensen says, his son made a homemade map ahead of time to chart their itinerary, a map Mortensen has kept. "Instead of a little under 3,000 miles,

it looked like it was going to be 16,000 or so, a kind of insane cardiogram, you know?" he laughs. "It took us the time it took us."

Fatherhood is at the core of *The Road*, too. Mortensen called McCarthy, who won the Pulitzer Prize for the novel, to discuss the part prior to shooting, but "in the end, we didn't really talk too much about the book. We talked about our sons, which seemed appropriate."

Despite what the movie's trailer suggests, *The Road* isn't a blockbuster disaster movie. Directed by Australian filmmaker John Hillcoat (*The Proposition*), it seeks to replicate the almost claustrophobic intimacy of McCarthy's novel, in which its father-son protagonists try to evade cannibalistic gangs who occasionally hunt them.

Mortensen was bowled over by his costar, a then 11-year-old Australian actor named Kodi Smit-McPhee: "I haven't had a better acting partner ever. I've never seen any actor, of any age, man or woman, give the kind of focused and emotionally brave performance that he gives. Kodi's going to blow people's minds."

Filmed mostly during the gray late winter in western Pennsylvania, *The Road* was an appropriately challenging movie to make. "Snow and ice and rain and intense cold and bitter winds," says Hillcoat. "But it made it a real adventure and led to a lot of black humor. Whenever the sun came out, people were freaked out and depressed. And when we got really miserable weather, we were rejoicing."

Still, the mood on the set could be intense. Hillcoat describes an afternoon when Smit-McPhee, already shivering from the cold, began to cry in Mortensen's arms while filming a difficult scene. After Hillcoat called "cut," the boy remained locked in Mortensen's grip, even as Mortensen signaled Smit-McPhee's father to come in

and take his son. "Kodi's father actually stepped back, and he said it was one of the hardest things he's ever done in his life," Hillcoat says. "But it helped create an unbelievable bond between Viggo and Kodi. From that day on, there was this whole other kind of emotional layer."

"This story is no different from what every parent goes through," Mortensen says of *The Road*. "Any parent can understand the concern: What's going to happen to my child when I'm not around? Are they going to be okay? Are they going to have enough food? Are they going to have friends?"

For Mortensen, the film's grim plotline did not feel like science fiction. "Obviously, the whole world is behaving in a crazy manner," he says of the real-life state of things. "Those who have the power and should be the most responsible are often the least responsible. There are serious pollution problems, serious problems with nuclear proliferation, and if it continues that way, with disregard for both



VIGGO'S ROAD At about age seven, visiting grandparents in upstate New York, where he later moved from Argentina; shopping for old photographs in New York's SoHo with his son Henry, 21



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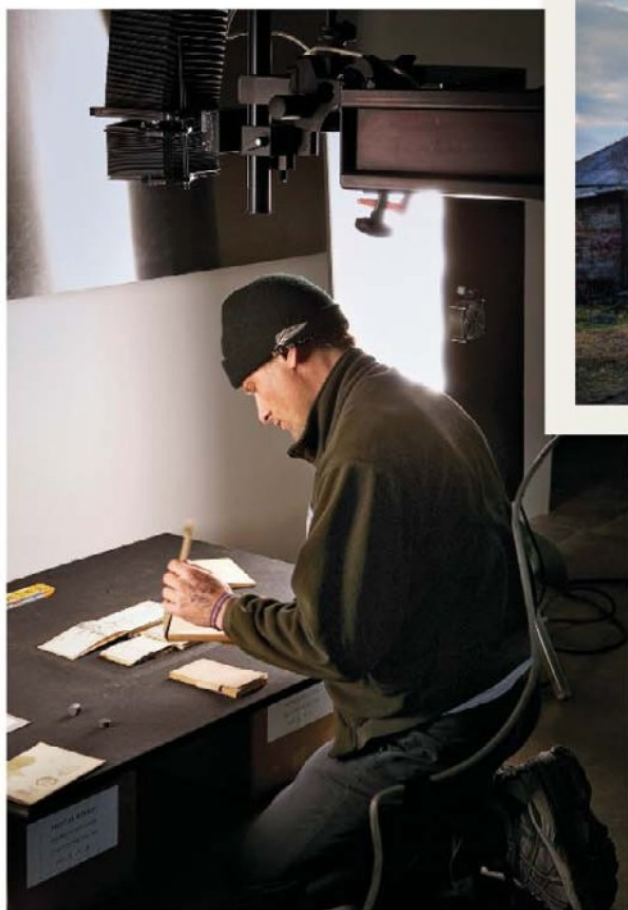
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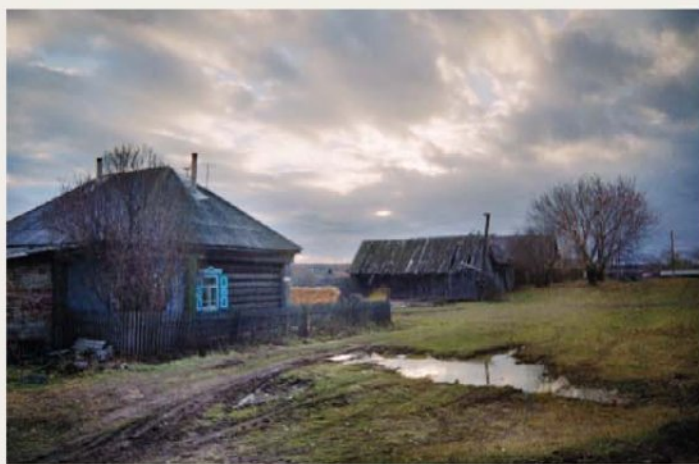
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ARTIST AT WORK The poet/photographer preparing images for his publishing house, Perceval Press; a landscape he shot in Russia's Ural Mountains region



But he's not shutting up. "It's supposed to be a participatory democracy," he counters. "Since when can't the average person on the street give their opinion about what their government is doing? We're paying their salaries."

WITH SO MANY ACTIVE INTERESTS, MORTENSEN ADMITS HE used to be impatient. "It felt unjust that we were given such a limited period on Earth, but I don't feel that way anymore. Maybe it's because I'm getting older, but I just figure, eh, what's your hurry?" He's also tried to put a friend's advice into practice. "He was talking about horses, but you could apply this to any activity in life. He said: 'Go slow to go fast.' You know, when you try to do 50 things at once, you end up doing them poorly, and you're probably less efficient and you probably go slower in the end than if you'd just done it methodically and tried to be relaxed and stay focused."

For now he's putting his film career on hold. "I have no plans to do another movie," he says, flatly. "I don't know what's going to happen. I'm open to seeing how I feel in a while, but right now I'm not saying yes to anything. And you know, my agent is like, 'Well, if you don't do anything, people will forget about you.' Maybe they won't say it in those words, but I just feel like I've taken on too much for a while."

It's hard to know how serious he is, or if it's just a tossed-out comment. In any case, it isn't as if he doesn't have enough to do. When he's not riding horses, gardening, or pruning trees at what passes for his primary residence these days, in the woods of northern Idaho, he'll be making trips back to Argentina and Paraguay for Perceval Press.

For one of the books, Mortensen has teamed up with a couple of anthropologists to collect photos of indigenous life — photos taken by the tribespeople themselves. "We've gone to all these different remote areas and taken disposable cameras and shown them how to use them. And we just say, 'Take pictures of things that are important to you, whatever it is.' And that's going to be the heart of the book, you know, noninterventionist, ethnographic workings."

He's also preparing for a role for a stage production in Madrid of Ariel Dorfman's play *Purgatorio* — "another joy ride," he jokes. He has acted in Spanish before, a language he says can be better than English for getting to the heart of the matter.

"I think Viggo has many faces," says Elijah Wood. "It's not to say he's elusive — just that there are different facets to his personality. He can be quiet. But once the doors are open and he gets a sense of comfort, he's hilarious and incredibly affectionate and loving and kind of crazy, in the best possible way."

We don't see too many like that anymore. Mortensen doesn't do the easy trail or the glib quote, and he doesn't claim to have all the answers. Maybe it's because he grew up in so many places, or it took him so long to find the top, but he's content to be a searcher. 

the environment and human life, it can only end badly, you know? This story is not such a stretch of the imagination."

Many actors, of course, abstain from talking issues, or politics in general, for fear of alienating their audience, or because they don't know what they're talking about, or perhaps a little of both. Mortensen is not one of those actors. With little prompting he will open a vein about the war on terror, the lack of universal health-care, or his vision for a wind-energy corridor in the United States that also preserves wild horse and buffalo populations. Asked, for instance, if he thought President Obama was moving swiftly enough to close the Guantánamo Bay detention center, he replied emphatically, "No!" Even a benign question can yield a deep answer. Asked about his favorite kind of chocolate, he e-mailed a detailed answer chronicling the lengthy history of "exploitation and child slavery connected to cocoa cultivation and production." (For the record, he likes single-bean organic chocolate from Venezuela, where such abuses are not the case, he says.)

Still, he listens to enough right-wing talk radio — opposition research, he says — to anticipate the negative reaction that usually follows when an actor dares to speak out, as Mortensen did when his preferred 2008 presidential candidate, Dennis Kucinich, was shut out of the debates. "Mind your own business — certainly if you're an actor or singer or sports personality," Mortensen says, mimicking a popular attitude. "Just be grateful that you're an overpaid baby and stop whining. Don't stick your nose in something you don't understand."

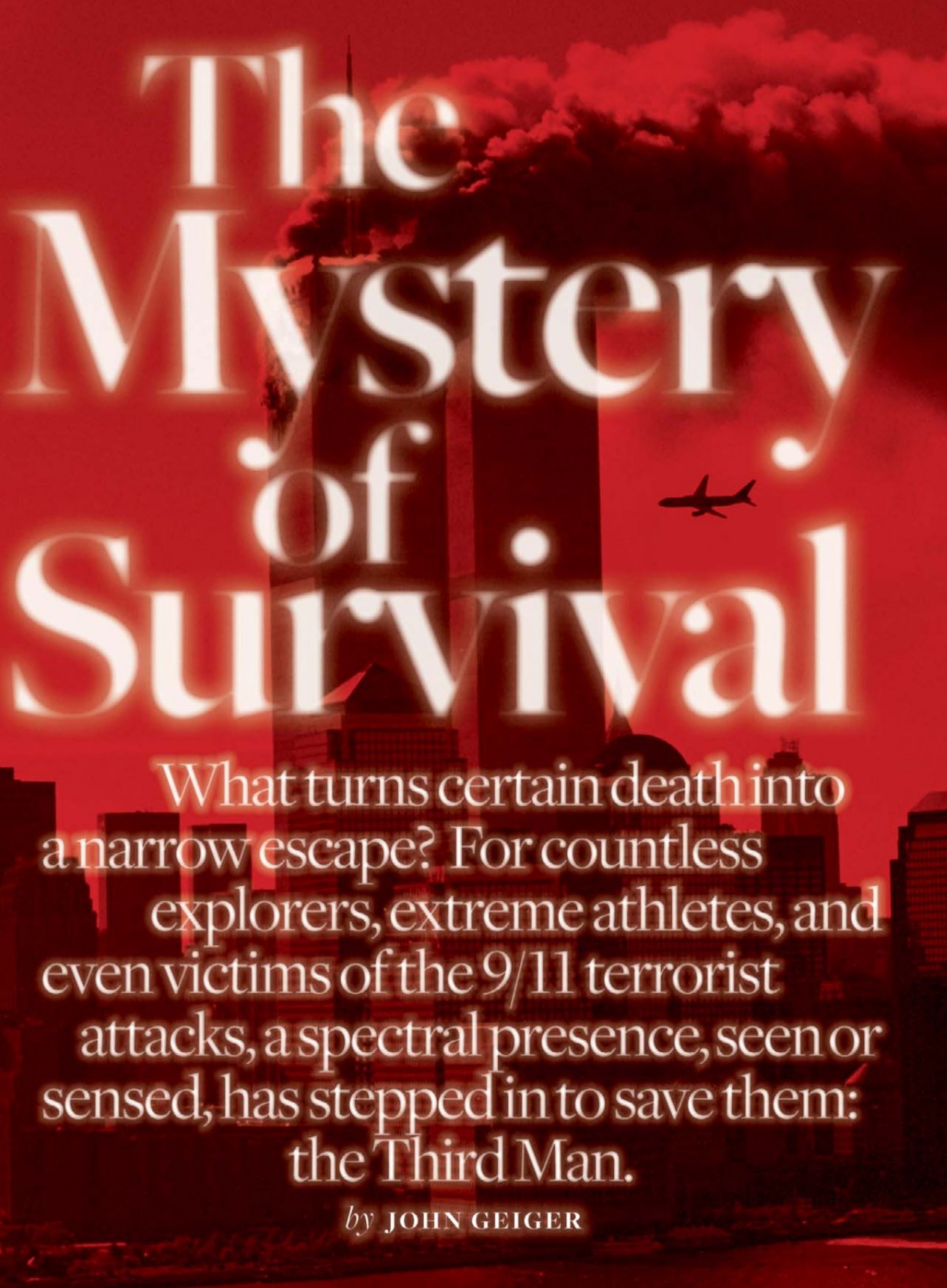
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The Mystery of Survival

What turns certain death into a narrow escape? For countless explorers, extreme athletes, and even victims of the 9/11 terrorist attacks, a spectral presence, seen or sensed, has stepped in to save them: the Third Man.

by JOHN GEIGER

RON DIFRANCESCO WAS AT HIS DESK AT EURO BROKERS, A financial trading firm on the 84th floor of the South Tower of the World Trade Center in New York, when the plane struck the North Tower opposite him. It was 8:46 AM on September 11, 2001. There was a loud boom, and the lights in the South Tower flickered. Gray smoke poured from the North Tower. At impact, all the stairwells in the North Tower became impassable from the 92nd floor up, trapping 1,356 people. Some waved desperately for help. Most of those who worked at Euro Brokers started to evacuate the building, but DiFrancesco stayed. A few minutes later, a terse announcement was broadcast over the South Tower's public-address system: An incident had occurred in the other building, but "Building Two is secure. There is no need to evacuate Building Two. If you are in the midst of evacuation, you may return to your office by using the re-entry doors on the reentry floors and the elevators to return to your office. Repeat, Building Two is secure...."

DiFrancesco, a money-market broker originally from Hamilton, Ontario, telephoned his wife, Mary, to tell her that he was fine and intended to stay at work. "It was Tower One that was hit," he assured her. "I'm in Tower Two." He tried to focus on the screens of financial data on his desk. Then a friend from Toronto called. "Get the hell out," he said. DiFrancesco agreed and, after calling a few people to tell them of his change of plans, began walking toward a bank of elevators.

A few minutes later, at 9:03 AM, the second plane struck. United Airlines Flight 175, traveling at 590 miles an hour, sliced into the South Tower, igniting an intense fire fed by up to 11,000 gallons of jet fuel. As the world was about to learn, the Boeing 767, carrying 56 passengers, two pilots, and seven flight attendants, had been hijacked by Al Qaeda terrorists after taking off from Boston's Logan International Airport en route to Los Angeles. The plane banked just before it slammed into the building between floors 77 and 85. The higher wing cut into the Euro Brokers offices, while the fuselage hit the Fuji Bank offices on the 79th through 82nd floors.

DiFrancesco was hurled against the wall and showered with ceiling panels and other debris. Brackets, air ducts, and cables sprang from the ceiling. The building swayed. The trading floor he had just left no longer existed.

DiFrancesco entered Stairway A. The South Tower had three emergency stairwells. Fortuitously, he had stumbled upon the only one that offered hope of escape for people above the zone of impact. An enormous elevator machine room on the 81st floor, where the nose of the 767 hit, acted as a firewall; in fact, the elevator equipment took up more than half the floor space and had forced the tower's architects to route Stairway A from the center of the building toward the northwest corner — the farthest point from the impact zone. Others joined DiFrancesco in the stairwell, and all began to descend. The stairwell was smoky, lit only by a flashlight carried by Brian Clark, an executive vice-president at Euro Brokers and a volunteer fire marshal on the 84th floor. Three flights down, they encountered a heavy woman and a male colleague who were coming up. "You've got to go up. You can't go down," the woman insisted. "There's too much smoke and flames below."

They briefly debated whether to ascend and wait for either firefight-



LAST MAN OUT Ron DiFrancesco was the final person to make it out of the South Tower alive.

large woman. She had convinced all of them that the best escape route was up the stairs. But as DiFrancesco continued up, the stairwell became more crowded. All the fire doors were locked. He guessed he had reached the 91st floor of the 110-story building.

Ron DiFrancesco is normally unflappable. He is a broker in a high-stakes business that demands steel nerves. But he is also slightly claustrophobic, and with the intensifying smoke, he began to panic. He thought of his family, that he had to see his wife and children again at all costs. He determined that he was "gonna make it out." DiFrancesco decided to turn around and start back down. This time, the situation was much worse. Thick smoke poured up the narrow stairwell.

He groped his way down, unable to see more than a few feet ahead. He stopped at a landing in the middle of the impact zone, on the 79th or 80th floor. Overwhelmed by the smoke, he joined others, about a dozen total, some stretched out facedown on the concrete floor, others crouched in the corners, all gasping for air.

A collapsed wall blocked further descent. DiFrancesco could see panic in people's eyes. Some were crying. Several began to slip into unconsciousness. Then, something remarkable happened: "Someone told me to get up." Someone, he says, "called me." The voice, which was male but did not belong to anyone in the stairwell, was insistent: "Get up!" It addressed DiFrancesco by his first name and gave him encour-

ers or a rooftop rescue by helicopter, or continue their descent despite the smoke. Clark shone his flashlight into his colleagues' faces, asking each, "Up or down?" Then they heard someone call for help. Clark grabbed DiFrancesco by the sleeve. "Come on, Ron. Let's get this fellow."

The two left the stairwell and fought through debris on the 81st floor to locate the person. But DiFrancesco was soon overcome by smoke. He had a backpack, and held it over his face in an attempt to filter the air. But it wasn't helping, and he was forced to retreat. Gasping for air, he decided to go up, hoping to escape the smoke. He climbed several flights, but at each landing, when he tested the fire doors, he discovered they were locked. A mechanism designed to prevent smoke from flooding the building had malfunctioned after the impact, preventing any of the doors, even on designated reentry floors, from being opened. He continued to climb and eventually caught up with some colleagues from Euro Brokers, several of whom were helping the

SAVED BY THE THIRD MAN

From John Muir to Joe Simpson, Ann Bancroft to Aron from their expeditions to report a particularly vivid in-



Ernest Shackleton

"There are some things which never can be spoken of," Shackleton said of the presence. "Almost to hint about them comes perilously close to sacrilege." After navigating a small boat on a 17-day sea journey, Shackleton and two other men had to traverse the forbidding peaks of South Georgia Island with little equipment or experience. As he later wrote, "I know that during that long and racking march of 36 hours over the unnamed mountains and glaciers of South Georgia it seemed to me often that we were four, not three." Both of the other men, without prompting, said the same thing.



Reinhold Messner

The first man to conquer Everest solo, and without oxygen, Messner had more than one encounter with the Third Man. His first was on a tragic descent from Nanga Parbat's Diamir face that claimed the life of his brother Günther: "Suddenly there was a third climber next to me. He was descending with us, keeping a regular distance a little to my right and a few steps away from me, just out of my field of vision.... The mere presence somehow helped me regain my composure." When the frostbitten Messner searched avalanche debris for any sign of his brother, "my ghostly third man was there too."

agement: "It was, 'Hey! You can do this.'" But it was more than a voice — DiFrancesco had a vivid sense of a physical presence nearby.

A lot of people made split-second decisions that day that determined whether they lived or died. What is different about Ron DiFrancesco is that, at that critical moment, he received help from a seemingly external source. He had the sensation that "somebody lifted me up." He felt that he was being guided: "I was led to the stairs. I don't think something grabbed my hand, but I was definitely led." He resumed his descent down the stairwell and soon saw a point of light. He followed it, fighting his way through drywall and other debris that had collapsed, obstructing the stairwell. Then he encountered flames. He recoiled from the fire. But still someone helped him. "There was still danger, so it led me to break through, led me to run through the fire.... There was obviously somebody encouraging me. That's not where you go, you don't go toward the fire...." He covered his head with his forearms and continued down, now running. He was singed by the fire. He believes the flames continued for three stories. Finally, he reached a clear, lit stairwell below the fire, on the 76th floor. Only then did the sense of a benevolent helper, one who had been with him for five minutes, end. Says DiFrancesco: "I think at that point it let me go."

Once he reached the ground floor, he headed for an exit, but a security guard stopped him, saying it was too dangerous. He looked out in horror at the falling debris and victims' bodies. The guard directed him to another exit. DiFrancesco walked back through the concourse toward the northeast exit, near Church Street. Fifty-six minutes had passed since the second plane hit. The impact had severed many of the South Tower's vertical support columns, and the heat from the explosion and fire had weakened the steel trusses. The floors of the crippled building began to pancake down in a floor-by-floor collapse. As he approached the Church Street exit, DiFrancesco heard an "ungodly roar." He saw a fireball as the building compressed. He doesn't know what happened next and was unconscious for some time, waking up much later at St. Vincent's Hospital in Manhattan.

As far as anyone can tell, DiFrancesco was the last person out of the South Tower of the World Trade Center before it came down at 9:59 A.M. According to the official 9/11 Commission report, DiFrancesco was one of only four people to escape the building from above the 81st floor. Moments before the tower collapsed, New York Police Depart-

ment officers within the building informed dispatch that they had encountered a stream of people descending a stairwell at the 20s level. None of those people survived, but it is believed they were descending from above the impact zone, in which case they had followed DiFrancesco's lead but had not been fast enough. To this day, DiFrancesco cannot understand why he survived when so many others did not. But he has no doubt how. A man of deep religious conviction, he attributes it to a divine intervention, "an angel" who guided and urged him through the impact zone to safety.

RON DIFRANCESCO'S ENCOUNTER MAY SOUND LIKE A curiosity, an unusual delusion of an overstressed mind or a testament to his faith. But over the years, the experience he described has occurred again and again, not only to 9/11 survivors, but also to mountaineers, divers, polar explorers, prisoners of war, solo sailors, shipwreck survivors, aviators, and astronauts. All have escaped traumatic events only

to tell strikingly similar stories of having felt the close presence of a companion and helper — one that offered a sense of protection, relief, guidance, and hope, and left the person convinced that there was some other being at his or her side, when by any normal calculation there was none.

There is, it seems, a common experience that happens to people who confront life at its extremes, and strange as it may

**"I was led to the stairs,"
DiFrancesco says. "I don't
think something grabbed my
hand, but I was definitely led."**

sound, given the cruel hardship they suffer to reach that place, it is something wonderful. This radical notion is based on the extraordinary testimony of scores of people who have emerged alive when they ought to have died. To a person, they report that at a critical point they were joined by an additional, unexplained friend who lent them the power to overcome the direst of circumstances. There is a name for the phenomenon: It's called the Third Man factor.

The most famous of these encounters comes from Sir Ernest Shackleton, who in his narrative *South* gave the strange report of an unseen presence that accompanied him on his escape from Antarctica after the expedition's ship, *Endurance*, had been crushed by ice. It was Shackleton's experience that inspired the term "Third Man factor" (although for his group it was actually a "fourth man" — T.S. Eliot misremembered the number when he wrote his poem *The Waste Land*, which popularized the idea). The brilliant and fearless climber Wilfrid Noyce considered the Third Man a "second

Ralston, almost any person who treads on the edges of survival seems to experience an encounter with the Third Man. Each of these explorers returned teraction with what they all classify as a lifesaving presence.



Charles Lindbergh

After 22 hours flying the *Spirit of St. Louis* over the Atlantic, Lindbergh was battling fatigue as well as bad weather, which forced him to fly so low he could feel spray from the whitecaps. That's when his plane became "filled with ghostly presences — vaguely outlined forms, transparent, moving" that were "conversing and advising on my flight, discussing problems of my navigation, reassuring me, giving me messages of importance...." Decades later, Lindbergh wrote: "I've never believed in apparitions, but how can I explain the forms I carried with me through so many hours of this day?"



Jerry Linenger

The NASA astronaut arrived on *Mir* in 1997 as the Russian space station was falling apart: The oxygen system failed, the cooling system leaked fumes, it lost electrical power, a fire filled it with smoke and nearly burned through the hull, and it was almost obliterated by a cargo ship. But it was while alone on a treadmill that Linenger had three vivid encounters with his Third Man, whom he recognized as his father, who had died seven years before. "I, as a physician, understood it as a psychological defense mechanism," he says. "But I didn't want to disbelieve it, and I didn't rationalize it."

self." Some say he's a hallucination. Some say he's real.

When I first began searching for answers, it amazed me that these stories had never been collected in a single place, so I began to assemble them. For five years I contacted survivors, read through old handwritten journals, and combed through published exploration narratives and survival stories. Sometimes all the conditions seemed right for such an experience, but there would be no mention of it in any published account. Then, when I would approach a survivor — such as the British climber Tony Streather, who narrowly escaped death on Haramosh in the Karakoram — I would discover that an unseen being had intervened to help him, too. It was only years after his ordeal that Streather, who was giving a lecture on teamwork and survival to a class at the British military academy at Sandhurst, told his students of the presence that sometimes seemed to actively help pull him up an avalanche field. As Streather later elaborated, "there was some being which helped me survive."

ALTHOUGH STORIES OF THE THIRD MAN HAD NOT BEEN collected and compared in a single volume, he is, nevertheless, no stranger to science. Neurologists and psychologists have for decades attempted to explain its origin: a hallucination caused by extreme physical exertion or monotony; a medical condition attributable to low blood glucose, high-altitude cerebral edema, or cold stress; a ghostly apparition or mediumistic experience; a manifestation of a guardian angel; or a psychological "compensatory figure" that draws on extraordinary internal resources. One explorer even confided to me privately that he had wondered at times whether there is "just one Third Man, a single entity," who has through time intervened to help those most in need. As the climber Greg Child said, solving the mystery of the Third Man is like a "detective stalking the invisible man; there is no fingerprint, no solid evidence at all. The clues lie deep within us." Increasingly, that is where the evidence leads: to a mechanism of the brain, activated in those who cross the line of physical or psychological tolerance.

The Third Man may behave like a guardian angel, but when asked whether it is in fact an angel, most who have experienced it say no. Fabled climber Reinhold Messner, who has had multiple near-death experiences and more than one encounter with the Third Man, is emphatic on the point: "No, no, no. I think it is quite natural, and I think all human beings would have the same feelings or similar feelings if they would expose themselves to such precarious situations. The body is inventing ways to let the person survive." That hindsight is not to say this "invention" isn't vivid enough to appear to be reality. In 1980, as he climbed Everest's North Face, Messner remembers being so fatigued he couldn't eat or drink, until he heard a voice say, "Get on with the cooking..." I divide the piece of dried meat, which I take out of the rucksack, into two equal portions. Only when I turn do I realize that I am alone."

Even in the midst of disasters, an overwhelming majority of people adapt and cope, help themselves and each other. In situations where panic might be expected, it is often not found. Peter Suedfeld, a psychology professor at the University of British Columbia who co-authored a landmark study of the Third Man phenomenon, has characterized *Homo sapiens* as the "indomitable species." Writes Suedfeld, "The fact is that most survivors have demonstrated surprising ability to endure, recover from, overcome, and even be strengthened by events that to outside observers seem overwhelm-

ingly destructive." While an inordinate amount of attention is paid to those whose problems overpower them, there is a tendency, Suedfeld writes, to "downplay or ignore the strengths of survivors."

Great emphasis is usually placed on post-traumatic stress, loss, and grief — much less on the capacity for coping. The typical reaction to disaster is not defeatist, but a determined struggle to survive, even in the face of staggering adversity. In some ways, people become stronger. Suedfeld said, "In general, it is true — people who come back from space or from polar research stations have a better sense of values, a better sense of purpose, a better sense of what's important, a better balance in their lives. Most survivors of even extreme trauma, such as the Holocaust and other genocides, construct new, contented, and well-adjusted lives, even if they continue to experience occasional symptoms of stress." No more eloquent testament to this resilience can be found than the Third Man. When the usual methods — resourcefulness, courage, and endurance — are exhausted, a mysterious power can still be called upon.

But does the Third Man guarantee a person's survival? No, it does not, as Maurice Wilson, an Englishman who attempted Everest in 1934, demonstrated. Wilson had no climbing experience, and his struggle was one of undeniable courage, but it had the pall of tragic

inevitability about it. Wilson was rebuffed on his first attempt at Everest by severe weather. On May 12, 1934, accompanied by two Sherpa porters, he set out to try again. This time he reached the 1933 British expedition's Camp Four and hunkered down for days through hellish winds, snow, and cold. When the weather improved, he announced his intention to continue, but his porters refused to go with him — certain death, they warned. On May 27, as he

fumbled into his sleeping bag, partially snow-blind and suffering from exhaustion, Wilson was overwhelmed by the sensation that someone was at his side. "Strange," he wrote in his diary, "but I feel that there is somebody with me in tent all the time."

His last diary entry was May 31: "Off again. Gorgeous day." From that point his diary fell silent, and the extremity of his suffering in his final hours can only be deduced. His body, and diary, were found in 1935, a year after his death, at 21,980 feet, by Eric Shipton and Charles Warren, members of another British Everest expedition. It is unknown if his invisible companion stayed with him during his final hours. Wilson's sad story emphasizes something important: There is no saving the life of one who will not be saved. The Third Man requires a willing partner.

The key to overcoming seemingly insurmountable obstacles in order to survive begins, then, with the simple belief that an individual will somehow triumph over his or her immediate appalling situation; that he or she is going to live. That is the premise with which most people begin their ordeal. It is when that faith is severely tested, and failure — even death — seems inevitable, that the Third Man appears.

So what changes? It appears our brains have a kind of placebo social sense, a humanity trigger. In a study published in 2006, researchers with the Presurgical Epilepsy Unit of the Department of Neurology at University Hospital in Geneva, Switzerland, were able to artificially induce an "illusory shadow person" in patients by using a mild electric current to stimulate their left temporoparietal junction — an area of the brain involved in our awareness of our physical self that helps us distinguish between ourselves and someone else. Researchers have found a change in parietal (continued on page 128)

It's like a "detective stalking the invisible man," says Greg Child. "There is no fingerprint, no solid evidence. The clues lie deep within us."

ARE YOU UP *for some* WHITETRAILCANOESKI?

Plato once said necessity is the mother of invention. At least we think it was him (we probably cut class that day to go skydiving). Regardless, we're pretty sure that's how something like whitetrailcanoeski came about. Necessity. See, in Upstate PA, there's so much to do—canoe, kayak, ski, shop, golf, bike, tube, dine—that it's nearly impossible to do it all. We say "nearly" because we know you love a good challenge. You just have to get creative. So put down the to-do list, step away from your office and mount up. Don't have a good enough excuse? Invent one.



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HOW TO COOK LIKE A MAN

by MANNY HOWARD
photographs by TRAVIS RATHBONE

Cooking is messy, complex, and a huge time suck — and that is as it should be. But learning a few fundamentals will make you a force in the kitchen.



See Recipe >>



HERE'S THE THING: EVERY JERK — THAT IS, ANYBODY who has something to sell — insists there is a trick to cooking well. It almost always involves buying more stuff that miraculously makes the job easy. I've grown weary listening to cookbook authors and TV personalities preach the word of the convenience gods. Truth is, cooking well isn't any easier with or without the mountain of crap that these hucksters are pressing on us, but nor is it harder than any other skill you wish to master. Like everything else we want to do better than the next guy, we must be willing — nay, eager — to get convenience behind us. As with other worthy pursuits, being adept in the kitchen requires seriousness of

purpose, the right tools (not *all* the tools), some specialized knowledge, and plenty of practice.

Why, after all, do we try to master any skill? An honest answer: So we can say we have. But, as food sustains us, cooking may be the only exception. There are really two motives for cooking well: There is showing off, and there is self-reliance. I have cooked paella for 50 on a Weber grill, never having once attempted to prepare the dish even on the stove before. I have marched past the pizzeria on the way home from a long day at work and the gym and been perfectly satisfied picking at steamed broccoli over seasoned sushi rice, standing alone at the kitchen counter while listening to the evening news. One gets you respect, one gets you fed. Both bring joy.

1. GET RELIGION

THE FIRST THING YOU NEED TO understand is that your kitchen is a workshop, and all good workshops have a standard operating procedure. In fact, more than one chef I know describes *mise en place* — “everything in its place” in French, what else? — as his religion.

Before you start any meal, you need to gather all the ingredients the dish requires: herbs and spices, vegetables, liquids and stocks, even partially cooked ingredients. Protein should be on the counter, well on its way to room temperature. **All ingredients must be cut, premeasured, and**

lined up like soldiers — in the order in which they are called for once cooking begins. Ideally, your kitchen has two surfaces: one for work and one for use as a staging area.

However, the reason so many describe *mise* as a religion is the leap of faith. If all this preparation, never mind the hocus-pocus, strikes you as a tad overwrought, consider the organized chaos of most working kitchens. Cooking in a restaurant is like working in a submarine that is on fire. When you cook, you'll be all alone (if you have any sense). Just you, your ingredients, and a whole lot of flame.



Find recipes for the **ELBOW MACARONI** and **BABY LEEKS** at mensjournal.com/cook.

2. BRAISE YOUR MEAT

There are few dishes as evocative of what makes a meal memorable as a roasted piece of meat. Too bad, because the only cuts that roast well are the most expensive and least imaginative ones. If you are serious about beef, you need to know how to tackle the toughest parts of the animal — the shanks, short ribs, and brisket. And al-

though tender meat is usually cooked for a very short time in very high heat, **less tender meat requires braising to break down the connective tissue within.**

Braising involves searing meat first and then slow-cooking at a lower temperature in liquid (or liquor) under a lid. The most common braising liquids are stocks and wines seasoned with common herbs (sing it: parsley, sage, rosemary, and thyme); the liquid needs only to reach two-thirds of the way up the side of the meat. Braising infuses flavor, rendering tough cuts melt-in-your-mouth tender.

BRAISING GUIDELINES

MEAT	TEMP	TIME
Brisket	325°	3 HOURS
Lamb shank	325°	2 HOURS
Pork butt	325°	2 HOURS

BRAISED SHORT RIBS

FOR THE RIBS: 6–8 lbs beef short ribs
• 2 quarts chicken stock • 1/2 cup marmalade
• 1 pint Guinness Stout • large pinch basil
• large pinch cilantro

1. Season ribs with salt and pepper, and sear well on all sides. 2. Put into 6-inch half-size hotel pan; add chicken stock, marmalade (see below), and Guinness. 3. Place on burners and bring to a simmer; cover and place in a 350° oven for 3 hours or until knife-tender. 4. Remove and add basil and cilantro. 5. Allow to cool, then portion.

FOR THE MARMALADE: 1 medium onion, diced
• 1/4 head celery, diced • 1-1/2 medium carrots, diced • 1/8 cup red wine vinegar • 5/8 cup honey
• 3/8 liter red wine • zest of orange, a few large strips • zest of lime, a few large strips

1. Caramelize vegetables. 2. Once they have good color, add zests and stir. 3. Add honey and caramelize as well. 4. Deglaze with vinegar and reduce mixture by 2/3. 5. Add red wine; reduce to a syrupy consistency. 6. Cool and serve.

Serves 4. Courtesy of Josh “Shorty” Eden, owner-chef Shorty’s .32, New York City

YOUR NEW GROCERY LIST

IN THE FRIDGE

These items keep well and are versatile enough to augment most recipes: **Unsalted butter, lemons, limes, shallots, carrots, celery, parsnips, ginger root** (grated directly over a dish, it makes everything but cupcakes better), **Parmigiano** (buy a wedge of imported Reggiano — hopelessly expensive, but anything else is

what margarine is to butter), **plain yogurt** (as a base for salad dressings and pan sauces; should be used instead of sour cream and, in a pinch, buttermilk), **large eggs, green and black olives** (saute with onions, add a bay leaf or two and some fresh or dry marjoram, plus stock and white wine, and let reduce for a quick and dirty sauce for chicken or pork. Replace

chicken stock with vegetable stock for fish).

FREEZER

In addition to two more bars of unsalted butter, store the following in individually packaged ziplock bags, marked with the date of arrival: **Roll of polenta, bacon or pancetta, ravioli or tortellini, loaf of brioche (whole), peasant bread** (sliced).

CUPBOARD

For all the prattle about fresh, there are a few canned and packaged essentials: **Crushed tomatoes; chicken, beef, and vegetable stock; canned beans; cornmeal; all-purpose flour; Wondra** (instant flour; good for coating fish); **dry pasta; garlic; pine nuts; walnuts; sweet potatoes.**

SPICE RACK

My rule of thumb is, if you can't remember why you bought a seasoning, throw it away immediately. (Goodbye, fenugreek.) And whenever possible buy spices whole and ground: **Bay leaves, oregano, rosemary, sage, savory, thyme, allspice, Chinese five-spice powder** (versatile mix that offers all that's good on the palate: sweet, sour, bitter, pungent, and salty),

peppercorns, star anise (this complements pork and chicken), **cinnamon, cloves, coriander, cumin, nutmeg** (not just for baking: Grate whole nutmeg over beef roasts and French toast), **curry powder, chile powder, fennel seeds** (add to sauteed vegetables and poached fish), **ginger powder** (also good for sauteed vegetables), **mustard powder** (key for salad dressings), **paprika, cayenne powder.**



3. SLOW DOWN

YOU CAN'T — AND SHOULDN'T — COOK EVERYTHING AT ONCE. AND IF you do, prepare to stand helplessly by when it's time to plate dinner, as vegetables grow cold next to room-temperature starch and aggressively steaming meat. Remember that roast chicken you left sitting while your sautéed spinach converted to mulch? Once it's out of the oven, it needs to sit for 15 minutes before you can even consider carving it. **While meat rests, its internal temperature evens out and it gains about five degrees.** And, most important to your guests, this is when the protein redistributes some of the juice to drier parts of the meat.

If you put the carrots and potatoes in with the beef to braise for five hours, you'll have carrot and potato mush. Instead, roast the potatoes, blanch the carrots, simmer the beans, and sear the bacon bits, all separately and to perfection, and then add all these elements to a stew at the last minute.



For more recipes and advice, check out mensjournal.com/cook.

5. BUY DIRTY VEGETABLES

These days, fresh is way more important than organic, so buy vegetables that look like they are still attached to the earth. And the key to buying fresh is buying local and in season. Gorge on tomatoes in midsummer, switch to root vegetables come fall, and learn to love spuds throughout winter. Want to know what a fresh tomato is really supposed to taste like? **Find a farmers-market heirloom that feels firm, not soft, which means it isn't full of water,**

and the flavor will therefore be concentrated. Green streaks mean it's a little underripe, but some love that touch of tartness. Also, good tomatoes do ripen on the kitchen counter, just like peaches. Then time your fresh purchases wisely: Cook turnip greens one day and turnips the next; if you buy delicate leafy vegetables like spinach, plan an early dinner and try not to store them at all if you can help it. The faster you can get them to the table the better.

4. DOUBLE THE BUTTER

Too many of today's cookbooks — afraid they'll scare us away — understate the amount of butter you need to make a dish truly work. So next time you see instructions for a single tablespoon in a hot pan for cooking fish or meat, double the amount. While you're at it, copy the pros and **buy only unsalted butter**, which tends to be fresher and lets you control the amount of salt in your food. Spend real money on a good gourmet brand like Straus Family Creamery in California or Lurpak out of Denmark, and your pantry will be stocked with the towering giant of culinary miracle foods, and a classic ready-made sauce for steak or fish.

BUTTER SAUCES

ON STEAK

Whipped with just a little parsley, garlic, and anchovy.

ON FISH

Mixed with some lemon, white wine, and shallot.



ILLUSTRATIONS BY JOE MCKENDRY

Quick Tips

TAKE MEAT OFF THE HEAT BEFORE IT REACHES ITS TARGET TEMPERATURE, five degrees short for thin steaks and up to 15 for big roasts. The internal temperature of meat rises during that resting period, as the heat from the exterior penetrates to the core.



DON'T USE EXTRA-VIRGIN OLIVE OIL. For pan-cooking steaks, chicken breasts, fish — basically any protein — you want an oil with a very high smoke point and a neutral flavor. EVOO is great for salad dressings, but it burns before it's hot enough to sear beef. I like canola for its super-healthy 2:1 ratio of omega-6 to omega-3 fats.

6. INSIST ON FRESH FISH

My buddy Bobby DeMasco at Pierless Fish Corp. in Brooklyn recommends seeking out cuts that are at least an inch and a half thick whenever buying fillets from larger fish (halibut, striped, grouper), and of uniform thickness, which makes cooking time easier to judge. "You want a fillet from the back third

to half of the fish," he says. "The quick-twitch muscles closer to the tail hold up better." He also says to stay away from out-fits that put fillets directly on ice: "I see guys in the fancy grocery stores shoveling ice on striped bass all the time. That fish is gonna be completely waterlogged."

CLOUDY EYES ARE OKAY.

Freshwater fish actually have a reflective coating on their eyes that makes them look cloudy. Also, if an ocean fish gets freshwater ice on its head, its eyes will cloud over.

FILLETS SHOULD HAVE COLOR.

You also don't want them to be soft or mushy.

SMELL IS THE BEST INDICATOR.

Fish shouldn't smell like anything — even mackerel.



THE GILLS ARE NOT ALWAYS BRIGHT RED.

"If a fish dies out of water or gets ice in its gills, they are not going to be as vibrant," says DeMasco. "That doesn't mean it isn't fresh; it just means it might have died working its gills."

CRISP PAN-FRIED FISH FILLETS

INGREDIENTS

1-1/2 pounds meaty white fish fillets, such as striped or black bass, red snapper, or grouper, preferably skinned
 • kosher salt • freshly ground black pepper • 4-5 tbsp Wondra or white rice flour • 1-1/2 tbsp unsalted butter • 1/2 tbsp extra virgin olive oil • lemon wedges (optional) • brown butter vinegar sauce (optional) • 2 tbsp unsalted butter (for sauce) • 2 tbsp balsamic or Banyuls vinegar • pinch of sugar

1. Prepare fish by skinning fillets and slicing them in half lengthwise, along the center seam. Cut each half in half. 2. Pat fillets dry with paper towels and season with salt and pepper to taste. 3. Dust fillets with flour, then dredge in flour from plate until completely coated. 4. Heat a heavy nonstick or well-seasoned cast-iron skillet over moderately high heat. Add

1 tbsp of butter and some olive oil; swirl to coat pan. 5. When butter has stopped bubbling, tap fish lightly to knock off excess flour and arrange in pan. Cook for 1-1/2 minutes or until bottom is golden. Adjust the heat so that the fat sizzles around the fish, smoking slightly. 6. Turn, add remaining 1/2 tbsp butter, and cook until golden on the second side. 7.

Drain on paper towels, transfer to dinner plates, and serve with lemon wedges. 8. Finally, rinse and dry pan, return to heat, and add 2 tbsp butter. When it turns golden and smells like roasting nuts, add the vinegar, salt and pepper, and sugar and drizzle the sauce around — not over — the fish. *Courtesy of Sally Schneider, former chef and author of A New Way to Cook*

7. USE YOUR HANDS

IF YOU'RE PAYING ATTENTION TO WHAT YOU'RE DOING — and you should be — the food will teach you about itself, but you have to use your hands. If you handle a chicken breast for even one minute, you will notice that the muscle is layered. My money says that realization will change the way you season it and even the amount of heat it gets.

These days even meat loaf recipes call for you to mix your own pork, beef, and veal (yes, meat loaf is more than one meat) in a food

processor. That's bunk — **food processors rupture the cell walls of the meat, releasing all the moisture held inside.** And if you don't grind your own meat, you should at least have a local butcher mix your pork and beef together to order and watch him while he does it to make sure he doesn't sell you already ground stuff. Add the remaining ingredients by folding them into the ground meat with both hands, stopping the moment they're evenly distributed and before it all becomes a mushy single-celled organism.

SPEAR YOUR FISH. Fish is done cooking the moment it's heated all the way through. Find out by sticking a metal skewer into the thickest part, counting to five, and then pressing against your upper lip. If it's even slightly warm, the fish is ready.



PAY EXTRA FOR PASTURED EGGS.

Or organic free-range, at the very least, from a local farmer who lets chickens eat what they're supposed to: little bugs and maggots growing in cow patties. The health difference is profound.





8. MASTER THE OMELET

There is no more challenging single-ingredient meal than the omelet. It's a terrifyingly deliberate process that's all about perfect temperature and timing, and, in front of the stove, you are naked but for your technique.

As for the filling (if you even need one), there is no wrong combo, only wrong volumes. But anything you add should be for flavor, not nutrition. Precook everything except cheese and avoid anything crunchy. (Broccoli? Who does that?)



STEP ONE Beat eggs, season with salt and pepper, and, over medium-high flame, preheat seasoned skillet or nonstick pan with oil.



STEP TWO Add eggs to pan and stir until they coagulate (think very soft scrambled eggs). Tap pan on burner so eggs set in the bottom of pan (still more liquid than solid).



STEP THREE Lift pan off burner at 45-degree angle, and fold or roll edges of the egg disk toward the center, first one side, then the other, folding in thirds rather than in half.



STEP FOUR Now holding the pan, tap the base against something solid to loosen the omelet. Sprinkle the pan with chilled, diced butter, letting it melt but *never* brown.

THE PERFECT OMELET

INGREDIENTS

1 tbsp corn or peanut oil • 3 eggs at room temperature, beaten • salt and pepper • 1 tbsp cold butter, diced

TOOLS

Seasoned skillet or nonstick pan • fork • spatula

COOKING TIME

Less than two minutes



Watch Manny Howard prepare the perfect omelet at mensjournal.com/cook.

STEP FIVE Holding the serving plate below and parallel, let the omelet half-somersault onto the plate, arriving seam-side down. The omelet should be yellow with no trace of caramelization.

9. PERFECT "THE PINCH"

Salt has more power to affect flavor than anything else we put in or on our food, so learn to salt — and taste — your food early and often.

But your grandmother's iodized salt is too, well, salty. We recommend Diamond Crystal Kosher Salt,

in big boxes so you won't skimp, but the point is to always use the same kind. Put it in a bowl so you can grab pinches. Only in this way can you acquire an intuitive understanding of exactly how much you're grabbing and how it can influence taste.

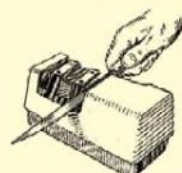


Quick Tips

AS YOU PREPARE HERBS, TEAR WHATEVER LEAVES YOU CAN. Likely, you'll be stripping parsley leaves or rosemary twigs, picking thyme stems or culling sage leaves. Many recipes call for slicing, but torn herbs give more flavor.



DON'T WAIT FOR YOUR KNIFE TO GET DULL TO SHARPEN IT. In fact, sharpen your knife every time you use it. I prefer a countertop electric sharpener to a whetstone, because it's less involved, so it won't get put off.





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KITCHEN TOOL COMMANDMENTS

1. BUY ONLY TWO KNIVES

I don't know of a single chef who uses more than two knives in his day-to-day work. Some prefer a boning knife to a paring knife, but all require a 10-inch chef's knife. Don't buy either until you've held them in your own two hands. Weight and balance are questions of taste: Some guys like knives that are dead-even balanced between handle and blade; others prefer a slightly weighted blade. Walk into a fine knife shop understanding that carbon-steel knives take the sharpest edges but are fussy to maintain, whereas stainless-steel knives don't get

quite as sharp, but they hold their edge longer and are way easier to maintain. But all good knives have a full tang (see below). With this you will wear the blade away before the handle comes loose. Wüsthof makes a particularly fine specimen at a surprisingly reasonable price (\$140; wusthof.com).

Finally, look for a knife that can take an edge well or sharpen easily. That is not the same as one that can hold an edge. A well-used knife gets dull, but you should be able to put the edge back easily by sharpening it regularly.



CUTTING EDGE

Hold a piece of paper from the top and bring the blade down on its top edge — it should glide right through.

BOLSTER

The thick metal at the very back of the blade, in front of your fingers, creates a counterweight to the blade, for balance.

TANG

In good knives, the metal that splits the handle is an extension of the blade and continues all the way down to the butt.

2. SPLURGE ON ONE PAN

Make it a heavy-gauge, three-ply stainless-steel, six-quart sauté pan with a lid and an oven-proof handle like this All-Clad (\$255; all-clad.com). It has an aluminum core, which will be quick to conduct heat and provide even heat distribution. Sauté, stew, fry,

and even bake and braise in this pan. Stainless, if well-maintained (washed after every use), is as good as any nonstick and much more durable. But don't go overboard and blow \$500 on a copper skillet — the performance is not superior, and they're a pain to maintain.



3. EMBRACE THE CROCK-POT

Don't put leftovers in the fridge; put them in the slow cooker. Pork chops, a roast chicken carcass, roast beef, even fish — any protein not consumed during round one can be dropped in a slow cooker with chicken stock, a dry white wine, sautéed onions, chopped vegetables (add early for flavor, then again at the end for texture), a bay leaf, and some thyme, and cooked on low. Set the timer for 12 hours, overnight — or during the workday — and dinner will be waiting when you get home from the gym. I like this 6.5-quart All-Clad (\$200; all-clad.com) for its ceramic insert. It conducts heat better and is easier to clean up.



LASAGNA PAN

I've had mine for years, and I have yet to make a lasagna in it. It's the perfect size for roasts and ideal for braising. The stainless exterior and solid-state construction make it easier to clean than a flimsy roasting sheet, and the handles are high and tight (\$120; all-clad.com).

4. TRUST THE MEAT THERMOMETER

A dish is never done; it has simply reached the right temperature. When roasting meat, use a thermometer. This is much more critical than any directions a recipe will offer. Every roast is slightly different, as is every oven, and the only way to nail the doneness of big cuts is with technology. But don't go digital, and buy one that can be recalibrated (which should be done often) such as this Comark (\$5; comarkltd.com).



CROCK-POT BEANS

Beans are a miracle food in a man's life. Store a pot of slow-cooked cannellini beans in the fridge and look forward to leftovers.

BACO-BEAN SOUP: Take cooked beans from the fridge, heat with their cooking liquid, toss in some onion (sautéed with a chunk of bacon and garlic) and greens at the last minute, and bring to serving temperature. Then puree another half-cup of beans with a half-cup of their cooking liquid and toss that in to make it creamy.

BEAN BUTTER: Heat beans with a bunch of olive oil, garlic, and rosemary until they fall apart, then spread on toast.



SCISSORS

The knife isn't your only cutting tool in the kitchen. Scissors are actually preferable for breasting out a whole chicken or cutting bacon down to size. And you should splurge here rather than replace regularly. They do a lot of heavy lifting (\$65; jahenckels.com).

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JESSE SKILES

Chef, Owen Roe Winery

Though he earned his stripes in “ironed and starched” places in New York and Seattle, Skiles, 25, is most comfortable working in street clothes in his laid-back hometown of Portland, where he’s also heir to a family legacy. “My grandmother owned a bunch of blue-collar eateries here in the 1950s doing comfort food like meat loaf, steamed vegetables, bread, and Jell-O.” Which explains why, although he’s mastered everything from northern Italian fare to wood-fired paella, Skiles isn’t above dropping a mean BLT as the special of the day.

Photographed at CHAMPOEG STATE HERITAGE AREA

Skiles (standing) wears a three-piece suit by **BROOKS BROTHERS**, \$1,098; shirt by **J. CREW**, \$60; bow tie by **TALLIA ORANGE**, \$45; watch by **MICHAEL**

KORS, \$195. All other suits (sold as separates) by **DKNY**, \$248; shirts by **INDIVIDUALIZED SHIRTS**, \$175; ties by **EAGLE SHIRT MAKERS NECKWEAR**, \$60.

THE PORTLAND *Supper Club*

OREGON'S P-TOWN IS THE NEWEST FOODIE HOT SPOT, MARKED BY BRASH CHEFS SERVING BOLD BUT UNPRETENTIOUS FOOD. WE DRESSED THESE FIVE CULINARY STARS IN SIMILAR FASHION — IN STYLISH, CLASSIC AMERICAN SUITS.



text by **CHUCK THOMPSON**
photographs by **GREGG SEGAL** fashion by **PATTI O'BRIEN**

A man in a grey suit and glasses is running out of a white door, carrying a large, flat, rectangular cardboard box. He is looking back over his shoulder. The background shows a brick building and a street with a lamp post.

PATRICK MILLER

Executive chef, 50 Plates

Turns out those high school aptitude tests aren't a waste of time: Miller's actually suggested a life in the kitchen. By 18 he had graduated from culinary school, and at 22 he was named executive chef at the four-diamond-rated Sun Mountain Lodge in Winthrop, Washington. "I was in over my head running a hotel kitchen at that age," says Miller, 30. The highly addictive "gussied-up American classics" at 50 Plates — shrimp and grits, mac and cheese with chicken mousse and fennel — would suggest he's quickly matured.

Photographed outside

BRINKMAN PHOTOGRAPHY STUDIOS

Miller wears a suit (sold as separates) by **CALVIN KLEIN**, \$300; shirt by **JOHN VARVATOS**, \$298; glasses by **MOSCOT**, \$179; socks by **GOLD TOE**, \$8; shoes by **JOHN VARVATOS**, \$498.



The photograph shows a man, Andy Ricker, sitting in a tattoo chair in a parlor. A woman, the tattoo artist, is using a tattoo machine to ink a design on his forearm. The man is wearing a light blue shirt, a grey vest, and a tie. He has a watch on his left wrist. The woman is wearing a black top and white gloves. The background is decorated with various items: red lanterns hanging from the ceiling, a red devil mask on the wall, a white cat figurine, a framed picture of a ship, and a grey jacket hanging on the left. A bowl of food with chopsticks is on a table in the foreground.

ANDY RICKER

Owner-chef, Pok Pok and Ping

House painter. Musician. Ski bum. World traveler. The Vermont native took the circuitous route to his current status as Portland culinary star, getting hooked on the spices of Southeast Asia during a trip to Thailand in the 1990s. Since then, Pok Pok has been named the *Oregonian's* 2007 restaurant of the year and Ping recently launched to rave reviews. "I opened Pok Pok in 2005 without any advertising," says Ricker, 45. "I just told friends and put a sign out front. People started dropping by. It didn't hurt that there were a lot of good smells coming off the outdoor charcoal grill all day."

Photographed at

**LADY LUCK TATTOO
& PIERCING OF PORTLAND, OREGON**

Ricker, getting an actual tattoo of a mortar and pestle, wears a three-piece suit by **HICKEY**, \$1,520; shirt by **NAUTICA**, \$60; tie by **TOMMY HILFINGER**, \$50; watch by **NAUTICA**, \$100. Dress by **BCBGENERATION**, \$98.

Rucker (in front) wears a suit, \$5,995, shirt, \$450, and tie, \$185, all by **RALPH LAUREN PURPLE LABEL**; watch by **MICHAEL KORS**, \$160; shoes by **FLORSHEIM BY DUCKIE BROWN**, \$295. All other shirts, \$40, and pants, \$50, by **PERRY ELLIS**; suspenders by **DULUTH TRADING CO.**, \$17; sneakers by **CONVERSE**, \$45; bikes by **GLOBE**, from \$400.





GABRIEL RUCKER

Owner-chef, Le Pigeon
Rucker, 28, refuses to wear shorts as a matter of sartorial taste, but that's not the only reason he looks forward to the cool days of fall. "Autumn foods are coming into season, and it's rainy and chilly and overcast. The restaurant has a lot of copper and brick, so it's got a really good feel on a cold night." Rucker's devotion to both blustery weather and blustery ingredients — tongue, organs, and blood pudding are

favorite weapons — reflects the rebelliousness that first led him into the kitchen. "I got into cooking because I didn't want to take math in junior college."

Photographed at
ANKENY SQUARE

SCOTT DOLICH

Owner-chef, *Park Kitchen*

The Duke University grad had no intention of cooking professionally until he took a job at a butcher shop in college. "I was short on cash — the typical college student — and

started bringing home scrap meat and cooking it up in a stew. Friends would pay for the liquor, and I'd bring the meat and start the party. That's when I realized food was something that brought people together, and that resonated with

me." No surprise then that Dolich, 41, credits the success of the small Park Kitchen (only 39 seats) to his "very personal connection to customers, employees, and suppliers."

Photographed at
THE GOVERNOR HOTEL

Dolich, with son Mack and daughter Madelaine, wears a three-piece suit by **TOMMY HILFIGER**, \$545; shirt, \$79, and tie, \$69, both by **CLUB MONACO**; watch by **TIMEX**, \$80.

A man in a dark three-piece suit, white shirt, purple tie, and black fedora walks on a cobblestone street. He is holding a thick rope attached to a giant, light blue pigeon with a white beak and red feet. The pigeon is standing on the sidewalk. In the background, there is a large stone fountain with a statue of a woman, and a row of red brick buildings with white columns and arches. The scene is set in a city, likely Portland, Oregon.

"THE PORTLAND
CULINARY SCENE IS KIND
OF GRASSROOTS. WE'RE
ALL YOUNG AND DON'T
HAVE A TON OF MONEY AND
ARE JUST FLYING BY THE
SEAT OF OUR PANTS."

—*Le Pigeon owner-chef
Gabriel Rucker*

Rucker wears a three-piece suit, \$5,495, shirt, \$450, and tie, \$185, all by **RALPH LAUREN PURPLE LABEL**. Hat by **WEATHERPROOF**, \$55; pocket square by **TALLIA ORANGE**, \$45; shoes by **TOMMY HILFIGER**, \$198. Photographed at **THE SKIDMORE FOUNTAIN**

Associate fashion editor: **BRYNN CARHART**
Production by **NANCY LICHTWARDT**. Prop styling by **CASEY BOYD**. Grooming by **COURTNEY GILMORE**. Special thanks: **ACE HOTEL PORTLAND**. For more information see Where to Buy, page 128.

HOW TO COOK LIKE A MAN

PORTLAND VERSION



GABRIEL RUCKER "A good two-pronged meat fork and a fish spatula are essential items. The fork can help you tell if a steak is done. Stick it in the meat, take it out, and touch it to your lips — if it's warm you've got a nice medium-rare steak. A fish spatula is flexible, so it can get underneath a piece of fish or chicken and won't stick or scrape off the food."

LATE-SUMMER STEAK SALAD WITH BACON RANCH DRESSING

- 1 LARGE HEIRLOOM TOMATO
- 1 HAAS AVOCADO
- 6 RADISHES
- 1 CUCUMBER, PEELED
- 1 BUNCH GREEN ONIONS
- 1 BUNCH WATERCRESS

Chop all ingredients to desired size and toss in a bowl with salt and pepper.

BACON RANCH DRESSING

- 1-1/4 CUPS SOUR CREAM
- 1/2 CUP BUTTERMILK
- 1 TSP ONION POWDER
- 3/4 TSP GARLIC POWDER
- 1/4 CUP HOMEMADE BACON BITS WITH FAT
- 2 TBSP CIDER VINEGAR
- SALT AND PEPPER

Mix all ingredients in a bowl with a whisk. Add desired amount of dressing to salad; save the rest. (It will last a week covered in the refrigerator.) Top dressed salad with grilled and sliced steak, cooked to preference. Eat outside with cold beer and lime.



SCOTT DOLICH "Get five recipes, literally five recipes, and ride 'em like a pony. Do little riffs on them. Those five recipes can get you through a whole year. There's a mystique that chefs are always working on the next great thing. The reality is, what I'm doing now isn't much different from what I was doing 20 years ago, except now I've got a bigger bag of tricks."



ANDY RICKER "A lot of guys get intimidated by cooking — you know, 'There's so many ingredients; I don't want to fuck it up.' But you can make a fantastic meal out of a potato and a piece of meat. Keep it simple and season well."

JU PA BAO (PORK ON A BUN)

- PORK LOIN CHOPS, BONE IN, 3/8- TO 1/2-INCH-THICK CUT
- HEAD OF GARLIC
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- BUTTER
- SOFT SANDWICH BUNS

Lay chops out on plate, and cut the head of garlic in half

across the cloves, leaving the skin on. Rub both sides of the chops with the garlic. Salt the chops liberally and sprinkle lightly with pepper. Heat butter in frying pan over medium heat. Sauté chops 2-3 minutes per side on medium heat until golden brown on edges, cooked through but moist.

Cut the sandwich buns in half, but keep top and bottom together. Toast in a toaster oven, basting the bun with a little butter until lightly browned. (You want a bun that's crispy outside, soft inside.) Put each chop in a bun, making sure some butter stays on the chop. Eat immediately.



JESSE SKILES "I grill a lot with wood. It's a great way to add flavor. Don't cook with softwoods — they add undesirable aromas. Hardwoods like oak, apple, and hazelnut are my favorite. The key is to have well-cured, very dry wood."



PATRICK MILLER "Meat will be a constant, so when planning a meal, start in the vegetable section and see what looks good. Yesterday I found some beautiful beets and celery, so I did salt-roasted beets on celery. The potatoes

looked good, so I did caramelized potatoes with marinated roasted chicken legs."

BRAISED BEEF CHEEKS CALIFORNIA

- 2 LBS BEEF CHEEKS, WHOLE
- 4 PIECES BACON, DICED
- 1 YELLOW ONION, DICED
- 1 CUP RED TABLE WINE

- 2 CUPS CHOPPED CANNED PLUM TOMATOES IN JUICE
- 2 TBSP EACH CHOPPED THYME, PARSLEY, AND OREGANO
- 1 BAY LEAF
- 1 CAN PREPARED CHICKEN BROTH
- 1 CUP PIMENTO-STUFFED OLIVES, SLICED
- SALT AND PEPPER
- OLIVE OIL

Heat 1/4 cup olive oil in a frying pan over medium-high heat. Pat beef cheeks dry, season generously with salt and pepper, add to pan, and brown on all sides. Remove cheeks from pan. Wipe pan clean. Place bacon in pan, render, add onion, and cook until translucent. In a heavy casserole dish, add cheeks, bacon-onion mix, wine, tomato, the herbs, and enough chicken broth to cover. Put a lid on casserole and cook in a preheated 300° oven for 2-1/2 to 3 hours, until tender. Periodically check the casserole; add chicken broth if it looks dry. Add olives, heat, and sprinkle with parsley. Serves 4.

Miller wears a suit by JOHN VARVATOS, \$1,695; shirt by GUNMAN, \$125; hat by CHRISTOPHER CROWN SERIES, \$55; tie by J. CREW, \$60; pocket square by PAUL STUART, \$40.



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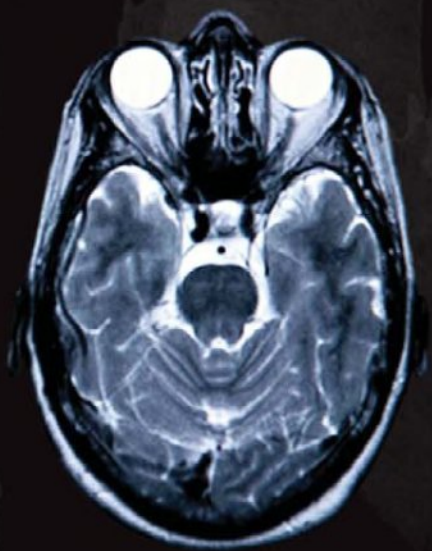
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THE WAR'S INVISIBLE WOUNDED

They return seemingly intact but beset by fierce migraines and sleepless nights, unable to complete the most basic tasks. It's an epidemic not seen in previous wars — tens of thousands of soldiers afflicted with a brain condition caused by repeated exposure to blasts. And the military has done little to help them.

by **PAUL SOLOTAROFF**



BOMB-DRIVEN WAR

Kevlar vests have helped soldiers survive IED attacks that would have killed them in the past, but the blast pressure can still wreak havoc on their brains.

IT HAD ALL THE MAKINGS OF A miserable night, and the convoy commander wasn't helping. On a barbarous stretch of road 10 clicks south of Baghdad, he ordered the mile-long procession to halt so his men could dismount and fix the chains. They were running top-heavy, carrying Abrams tanks on enormous flatbeds, and he feared that one of the tanks would pry loose. But stopping was always a bad idea, particularly on Military Supply Route Tampa, where insurgents lurked in culverts and concrete huts, holding remotes for roadside bombs. Hence, the first rule of resupply work: The convoy never stops.

From the turret of a Humvee, riding flank protection, Corporal Kevin Workman listened through headphones as his lieutenant pressed the commander to keep moving. They'd been strafed repeatedly on MSR Tampa, and with dusk coming on, pulling off was begging to be ambushed. But the commander insisted and the convoy braked.

The first shots came from Workman's left — a machine gun in the distance. To his right, he spotted a burst from a second gunner. Workman was returning fire with his balky .50-cal when he saw a white pickup barreling at him. Its lights were off and its truck bed heavy, the sure M.O. of a suicide driver hauling a VBIED, or vehicle-borne bomb. Workman let go with a thunderhead of bullets: The truck didn't explode so much as *vaporize*, blowing up a mist of phosphorus and blood and the stray, flaming parabola of a tire. Workman was getting kudos from his crew below when he saw a second pickup making for him. "VBIED!" he yelled and opened up with all he had. He quickly killed the driver but the truck kept coming, coasting on its own initiative, 60 meters out and closing. When it blew, says Workman, "it was like a black-and-white movie, this monster coming at me through the ground."

Hurled backward by the blast, he cracked his head against the turret before spiraling through the hatch, feet first. He landed on his side and awoke to find his lieutenant hollering in his face. "Couldn't hear a word he was saying," says Workman. "He was bleeding from both eardrums, just like me." Workman finally twigged that his lieutenant wanted him topside, and so, disoriented and in blue-light pain, he crawled back up as tracers sizzled a foot above him. Somehow, he got off a group of shots that knocked out one of the snipers, and as the convoy sped away, the second gunner melted into the dunes. "An amazing act of courage," says Workman's lieutenant, James Childers, now a captain. "Kevin saved our necks. We were sitting dead to rights."

Workman's crew guided the convoy north to a base 20 miles up the road. There, they topped off ammo and sat dazed through dinner. "I had a killer headache and was sore all over but figured I was good to go," says Workman. "In fact, I thought, I'm lucky: I just got exploded, and lookit — not a stitch of metal in me."

He had no way of knowing what had happened inside his skull. When he slammed against the turret, his brain, which, like all brains, has the texture of tepid Jell-O, was sent smashing off the superhard sheath of his skull, then caromed back again when he fell forward. That "coup contrecoup," as neurologists call it, bruised the front and rear of his brain. He awoke with a concussion, some permanent loss of hearing, and several herniated discs at the top of his spine that would make the ensuing headaches all the fiercer. But that blow was the least of it. In the fraction of a second after the VBIED exploded,



"HEROES IN A WORLD OF HURT" In Iraq, Kevin Workman's convoy crew (opposite page — Workman is on the Humvee) was struck by IEDs a dozen times. Now, at home in Genoa, New York, he's a shadow of his former self — incapable of performing basic household chores.

the shock of pressurized air that had thrown him backward punched through his heavy Kevlar vest. This wave, which would likely have killed him in wars past by collapsing his lungs, did no harm to his major organs, thanks to his body armor, but pushed up into his brain, either through his blood vessels or his eyes and nose. Once inside the skull, it crimped, sheared, and pulled apart neural cells and set in motion a string of chemical woes, the effects of which were subtle at first but would constitute the real threat over time.

Alas, it was April 2005, and no one — not the medics or Workman's lieutenant, and certainly not the four-star generals who wrote policy — had a firm handle on a new kind of injury that would become the blood insignia of the war. Workman declined to be held for observation and was back out on the road an hour later. In the months and years ahead, he'd have cause to regret that, to look back on that night as the pivot point in a life flipped upside down.

+ + + +

IT BEGAN WITH A TRICKLE IN THE SUMMER OF '03, WHEN Baathist guerrillas in Fallujah and Mosul mined the roads with improvised bombs. Soldiers lucky enough to survive those blasts reported a suite of symptoms not seen in other wars. Though the men often looked

PHOTOGRAPH BY JEFF MEDEL

"IT'S HARD GETTING USED TO THIS LEVEL," SAYS INJURED KEVIN WORKMAN. "HARD FOR ME TO TAKE THAT IT'S FOREVER."



perfectly fine, they had migraines that lasted for days and eventually turned chronic and disabling, were easily addled by basic tasks or forgot how to do them altogether, erupted in violence over small frustrations, and went weeks without a full night's sleep. By the fall of '04, when Workman's national guard battalion deployed from its base in South Carolina, there were thousands of soldiers thus afflicted, and their syndrome had a name, if no known cure. It was called mild or moderate traumatic brain injury (TBI), a catchall term to distinguish its sufferers from those with penetrating head wounds.

Colonel Geoffrey Ling, an army neurologist, was working at a Baghdad combat hospital at the time. "The insurgency was going full tilt," he says, "and the number of TBIs was overwhelming. I'd treated brain injuries since I was a resident in Baltimore, but these were so much worse. The tissue swelled fast and the vessels burst, coating the brain with blood." Already doctors were calling it the signature wound of the war, but none really knew what they were treating. The damage done by blast waves was well beyond their triage expertise. "We were seeing all these cases, and the question arose: Is this a new disease?"

Though it shares key symptoms with post-traumatic stress disorder, with which it's often confused, mild TBI is a physical wound and will respond only to a personalized program of rehab techniques and drugs. Dimly understood at the cellular level even by the scientists hired to solve it, the syndrome is freakishly hard to treat and can bankrupt a family in short order. (Proper care, which starts in the tens of thousands of dollars, is flimsily covered by insurers.)

For the best possible outcome, early detection is crucial, because troops kept in combat often compound a mild case through exposure

to subsequent blasts. But for the first four years of this bomb-driven war, the Department of Defense made little effort to diagnose and sequester these brain-injured soldiers, sending men past the wire to face dozens more explosions while they were symptomatic. Woeful, too, was the department's handling of TBI sufferers after they left the theater. They went largely unscreened when they stepped off the plane at home, received substandard care when they asked for help, and were left to rot in army hospitals, most notoriously at Walter Reed in Washington, DC. In the past two years, the military has taken measures to redress this, spending millions on research, opening TBI clinics, and training everyone from medics to junior officers to identify injured troops. But for men like Kevin Workman, this is cold comfort. He wants no amends — just treatment and recognition for a wound that has cost him more than he can say.

To date, nearly 2 million soldiers have served combat tours in Iraq and Afghanistan, but no one in Washington has offered a definitive sense of how many brain-trauma victims have returned. In 2007 the Department of Defense created an agency called the Defense Centers of Excellence to count, treat, and study brain-blast victims. The centers identified about 48,000 cases dating back to 2003 and further asserted that the vast majority of the injuries were mild enough to have healed on their own. But in April 2008, the RAND Corporation ran roughshod over those figures, concluding after an exhaustive nine-month study that more than 300,000 troops had some form of TBI, and only half of them had improved over time.

"They call brain trauma 'the invisible wound'; well, there's nothing less visible than being uncoun-," says Paul Rieckhoff, director of Iraq and Afghanistan Veterans of America, the largest and most impactful advocacy group to emerge from the concurrent wars. Rieckhoff, a veteran of the invasion of Baghdad, says his staff is swamped with calls and e-mails from TBI troops or their loved ones, most of them asking how to access care from a military that has largely ignored

them. "The VA and DOD paid no attention to this problem the first four years of the war, and now there are all these guys in need of treatment with no clear way to get it. A lot don't even know they have head trauma, or are too afraid to admit it. They think if they raise their hand for help, it's the end of their service career."



EACH AND EVERY MORNING, KEVIN WORKMAN'S GIRLFRIEND Amy writes down the list before leaving. It is waiting there, usually under his coffee mug, when he makes the long climb out of sleep, shambling downstairs with a head full of drugs, drenched from the previous night's nightmares. There are times, even now, four years after Baghdad, when he sweats so thickly that the mattress is soaked all the way through to the springs. He brews the day's first of several pots of coffee, lights up a Kool with hands that shake badly, and plops himself down at the breakfast table to squint at her few requests. They're the same each day — *make the bed, feed the dogs* — but she may as well ask him to free-climb Eiger or write a string concerto. Those dogs will have to learn to feed themselves.

So the day begins for Workman, whom the army promoted to sergeant last year when he retired at 46. There is much to be done on the tumbledown house that he and Amy bought, a two-story cottage on two and a half acres in the tiny hilltop town of Genoa, New York. The porch is rotting off its piers in front, and he'd better get a guy in to price out shingles before the roof above their bedroom caves. But these things demand a focus he can't piece together, and the hours just seem to run

away. On the mornings his skull doesn't pop like spring ice in the grip of a two-day migraine, he wanders into town to sit at Barb's Diner and buy lunch all around for retired farmers. Not that he can afford to, but Kevin forgets that he's broke and hasn't paid his heating bill. He and Amy fight about his fire-wagon spending — the useless trinkets he buys at auctions, the turkey he had mounted for a fortune in town — but how do you reason with a man who can't remember to turn off the jerky smoker before it burns down the house around him? This past summer, his father told friends at the gas station that Kevin came back from Iraq "different." In a town of 2,000, word got around fast, and Kevin was shamed and stung by the lingering stares.

For 20-plus years he'd been unsinkable, a cop turned state trooper who'd proven his mettle by staying calm when shots rang out. "One of the bravest guys I know, always first one through the door, but the big thing was his cool in handling the public," says Sergeant Frank Hart of the Myrtle Beach Police Department, who partnered with Workman on the bellicose streets of that inveterate party town. (Workman, once a cop in New York State, relocated after a divorce in 1990 and was a deputy or state policeman in South Carolina for more than 15 years.) "It's crazy here on weekends — lots of gunplay and bar fights, and drunks would yell stuff like, 'You're ugly' or 'Stupid' whenever we cuffed 'em up. Kevin would just laugh, saying, 'Wait'll you see my brother,' or, 'Matter of fact, my mama thinks so too.'"

In 2000, Workman joined the army reserve to earn some extra cash. Freshly remarried to a woman he's since divorced, he had twins on the way and was hoping to get ahead of his new expenses. Then the war began and, inflamed by 9/11, he took a leave of absence from his state trooper job and transferred to the national guard, eager to bring his cop skills to Iraq. Instead, he was tabbed to do convoy work, guarding the long chains of mammoth trucks that carried food, gas, and ammo to forward bases. It was, he says, "like being a duck in an arcade," barreling seven days a week on bomb-strewn roads under constant sniper fire. Even after the VBIED incident, he never took time off to recuperate. That was a mistake, though not solely of his making: Someone in command should have pulled him from duty and gotten him acute-care treatment. Thorough bed rest after a concussion is vital to recovery, along with prudent use of analgesic drugs that don't promote bleeding, say experts. Per the army's rules, a soldier with a concussion should be kept behind the wire till symptoms pass, then given a battery of exercise tests to ensure that the pain and dizziness don't recur. But those rules weren't drafted until 2007, and many medics lacked the training to spot TBI.

"There's a cumulative effect from added exposures, especially if you still have symptoms," says Dr. Ross Zafonte, department chairman of physical medicine at Harvard Medical School. "The analogue is athletes with multiple concussions that make them more prone to the next one. Think of players like Al Toon or Wayne Chrebet, who were symptomatic years after retiring."

For Workman, the headaches that started following the blast got worse and worse by the week, and soon he was choking down so much Aleve that he bled on the toilet each morning. "It's like a gun going off... in my brain," he says in the kinked, sawed-off cadence of TBI. "Pressure behind my eyes, front to back." Then he stopped sleeping, started chugging Red Bull and coffee and catching an hour-long nap before dawn. His mood turned black and his memory went to pieces, but he chalked that up to the "chemicals in the sand" and the toxins he'd inhaled from all the bombs. From the VBIED alone, he gulped so much phosphorus that his lungs filled up with fluid. He spent two days on a nebulizer, fighting the first in a series of chest infections.

But hurt soldiers are like athletes in a second regard: They never beg out of the game. "Once I asked for help, that was it for me as a policeman," says Workman. "It's a law that you can't carry a gun and take these meds. How was I gonna feed my kids if I had no job?" And so he pushed on, making hellfire runs from Kuwait to the Syrian border. He was rocketed in Fallujah, mortared in Ramadi. Twelve

SOME SOLDIERS ARE AFRAID TO SEEK HELP. "IF THEY RAISE THEIR HAND, IT'S THE END OF THEIR CAREER," SAYS ONE ADVOCATE.

times, his crew was struck by IEDs, including one big enough to blow the trailer of a semi straight up into the air. He emerged from those blasts a different man, one he doesn't seem to know or want to be.

"It's just hard, getting used to this... level," Workman says. "I was always up there and — and now I'm down here. Hard for me to take that it's... forever." Laid out for him on the counter is his daily choke-roll of pills, including four antidepressants, three drugs to help him sleep, and "other things for headaches, but they don't work," he says. On good days, he manages to mask his condition, holding court at the luncheonette with his ex-cop's profane charm. More than once, though, he's menaced store clerks over petty offenses and is often out of steam after the trip to town, nodding off, upright, at the kitchen table while he waits for Amy to come home. She's eager to get back to him — "he's the light of my life, and I'd give anything to make him happy," she says — but when she walks in from work, exhausted and frayed, she can't always help herself. "Couldn't you feed the dogs?" she hears herself snap. "It's the one thing I ask! Can't you at least do *that*?"



THE SCIENCE OF BLAST INJURY, LESS THAN A DECADE OLD, is so preliminary that even basic tenets can only be guessed at now. How far can you be from a pressure wave without being at risk? Can TBI occur when there's no loss of consciousness? How many blast exposures is too many, and does that vary from person to person? One such question is most germane to men like Workman: Why do some soldiers heal on their own, while others go on suffering without end?

Estimates vary according to who's doing the counts, but between 50 and 80 percent of the milder cases do resolve themselves. But for a "miserable minority," as clinicians call them, the symptoms are intractable and so disabling that they can't go back to their life's work. If there's hope for them, it rests with people like Colonel Ling, the neurologist who treated TBI patients in Baghdad and came back in 2006 ablaze to find a cure. As a program manager at DARPA, the military's gold-star research lab, he secured \$9 million to fund a pathbreaking study that defined both the syndrome and the science. Putting out a call to the top universities, he built a team of multiple disciplines, pairing astrophysicists with biochemists and mechanical engineers. He tasked his scientists to come back to him in a year with, first, a detailed understanding of the cause of brain-blast harm, and, second, an analysis of what that harm looked like, down to the cellular level.

Conventional ways of examining the damage were all but useless here, as most of it was far too subtle to see on CT scans and MRIs. Nor, for obvious reasons, could you excise tissue from a soldier who was still alive. So one group of scientists turned to pigs as subjects, putting them in harnesses and setting off charges nearby. Another group at Harvard took neurons from rats and subjected them to simulated bombs, using tiny magnets and blast bioreactors to over-stress the cells the way a wave of pressurized air would. A third crew, working out of MIT, developed software models to measure blast waves and see how they acted inside the skull.

HOW THE BRAIN TRAUMA HAPPENS

The injury is both fiercely complex and as variable as the bombs that cause it, but experts think that there are two phases of blast exposure, happening almost simultaneously, that cause the damage.

PHASE 1

In the primary blow, the force of the blast tends to whip the brain around on its stem as much as 45 degrees, like rotating a head of cauliflower on its stalk, bouncing the brain off the skull with dramatic snaps. This can cause whip-lash contusions to the frontal brain, and shorn tissue and bleeding closer to the stem.

PHASE 2

A wave of pressurized air blows into the brain through the eyes, nose, and mouth and through the body via arteries. The wave starts bouncing everywhere — off the skull, the blood vessels, and cavities. It pushes and pulls brain cells, then ricochets and hits them a second and third time, harming the nerve fibers.

AREAS MOST OFTEN IMPAIRED

Frontal lobe

Controls such functions as planning, judgment, and impulse control; brain-blast vets often suffer from volatility.

Cerebellum

Key to balance and coordination; afflicted soldiers often fall down easily and suffer from dizziness.

Temporal lobe

Central to speech and memory; the injured often forget basic tasks and struggle with speaking.

The investigators of project PREVENT (Preventing Violent Explosive Neurotrauma) discovered that of all a blast's components — the heat, light, and noise; the cloud of chemical toxins; and a surge of electromagnetic force — the most lethal, by far, was the supersonic wave of overpressurized air. "Here," says Ling, clicking a tab on his laptop: "A picture's worth a thousand words." On his screen loops a video taken at an ATF blast facility. A 20-kilogram bomb, squarely encased in metal, blows up, and in superslow motion, a monstrous fist of *visible air* pounds a painted rail of 2x4s. The planks twist in one direction, then another from the underpressure, an inverse surge of suction force. "Your brain is 80 percent aqueous," says Ling, "so it's rippling under the wave. With even the mild cases" — those farthest from the blasts — "we're seeing inflammation and widespread damage to the fibers of the axons," the trunks through which cells communicate and carry out complex functions.

In animals, that caused impaired gait, sleep, and memory, which told Ling's team that the affected areas were at the front and back of the brain. This dovetailed with what Ling saw in his practice as a neurologist at Walter Reed, where TBI soldiers complained of a linked set of symptoms. They had, besides migraines, the vertigo and nausea caused by lesions to the cerebellum, the walnut-shaped region at the rear of the brain that manages motor balance. More ominous was the damage to the frontal lobe, where higher functions are controlled — planning, judgment, problem solving. It is also where sleep and mood are regulated, and is, in essence, the home of the personality.

Small wonder that the spouses and parents of some of these soldiers said they barely knew them anymore. Erratic and listless, easily confused: They acted like old men in young men's bodies, drifting in and out of their own lives.

But so dizzily overwired is the human brain that, to understand the failure of a cortex bundle, it is necessary to start with a single cell. At Harvard, one of DARPA's partner teams is studying discrete neurons battered by microstressors. Associate professor Kit Parker, who heads the project, has a distinctive investment in the work, having served a tour in northern Afghanistan as an army reserve captain in '02. His lab manager, Josh Goss, a twice-deployed marine, leads me around the benchtop stations, where miniature marvels of the team's invention are put to abstruse tasks. In one room, a pair of tiny tweezers pushes and pulls a neuron, the effects of which are filmed, then scanned, on a 3-D microscope. In another room, the plunger of a bioreactor pounds a tray of nerve cells with a whomp. "We developed these tools to ask a fundamental question: What does a cell *feel* after a blast?" says Goss.

Parker speculates that neurons left intact by the blast are "swimming in a soup of dying cells," starving for oxygen as the blood vessels spasm, and caught in a tide of errant proteins as the axons shoot off wildly. It may be several years before he and fellow researchers know which proteases and enzymes are at fault. But once they've pinned those down, existing drugs might ease symptoms until new smart-bomb medicines come along. "We lack biomarkers, as we lacked them in AIDS, before we came up with viral load" (continued on page 126)

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GEAR

photograph by
Jeff Harris

TESTED

FREE YOUR FEET

The trend toward minimal running shoes is finally gaining steam among mainstream shoemakers.

by GREG MELVILLE

The more pared-down models, like this Nike Lunar+ Glide+, have lightweight, slipperlike uppers.

Since the sole lacks the usual thick posts and dual-density foams, the foot moves more naturally.

The midsoles are thinner in front, which promotes a forefoot strike — a similar gait to running barefoot.

DESPITE ALL THE NASA-LEVEL CUSHIONING tech hyped in running shoes for decades, runners get injured at the same rate today as they did 40 years ago. That discovery has led to a new theory: Running shoes shouldn't coddle and control; they should be spare and simple. Minimal shoes encourage a more natural stride and stronger foot muscles — the best defenses against injury. We should trust the foot, and the 200,000 years of human evolution that created it, say biomechanists — not 40 years of marketing. Companies used to pitching pricey shoes with all the bells and whistles are finally catching on. We had 16 runners log more than a thousand miles to find the 11 best pared-down shoes — on road and off.

COVERED THIS MONTH

RUNNING SHOES
pg. 112

MY GEAR! ROBERT
YOUNG PELTON pg. 116

DAYPACKS
pg. 118

CELL PHONES
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PEPPER GRINDERS
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WINE RACKS
pg. 124

ROAD AND TRACK

These are our seven favorite minimalist runners, some more minimal than others.

MORE STRUCTURE ←



NEW BALANCE I225

MEDIUM ARCH, MODERATE TO HEAVY OVERPRONATION

New Balance inspires fervent dedication in its fans for its high-quality, intelligently designed shoes, and the company stays true to form with the I225. Rather than use a movement-constricting post for pronation stabilization, the shoe has a thin piece of thermoplastic through the arch. That's why the I225 weighs only 12 ounces — porky for this test, but minimal for a motion-control shoe, especially from New Balance. "It's excellent at minimizing fatigue — perfect for my Ironman training," said one tester. [\$140; newbalance.com]

8



ASICS GEL-PULSE

HIGH TO MEDIUM ARCH, NEUTRAL PRONATION

"This is my new go-to shoe," said one tester. "I can't pay it any higher compliment." Why all the love? This 11.4-ounce entry is no-frills footwear for runners — especially guys 175 pounds or more — who are more concerned with an affordable price and well-rounded performance than a shoebox emblazoned with trademarked "technologies." The Gel-Pulse doesn't have the springy feeling some runners crave, but the trusty gel in the forefoot and heel provides just enough shock absorption to make for a smooth ride. [\$85; asics.com]

8



BROOKS GHOST 2

HIGH TO MEDIUM ARCH, NEUTRAL PRONATION

The Ghost 2 weighs in at only 10.8 ounces, but it absorbs impact like a much beefier shoe, thanks to the relatively thick layer of biodegradable BioMoGo foam that runs from heel to toe. Such cushioning sounds antithetical to the pared-down movement, but that tiny bit of extra padding goes a long way toward making long distances a pleasurable — rather than painful — experience. "The Ghost 2 almost seems to say, 'I'll take care of your feet; you go for that long run,'" said one tester. [\$100; brooksrunning.com]

9



MIZUNO WAVE PRECISION 10

HIGH ARCH, NEUTRAL PRONATION

The Wave Precision 10's scant 9.9 ounces is the byproduct of its ultra-thin midsole. Still, Mizuno found room inside for a curvy plastic shock-absorbing plate that offers comfort for running lots of miles at a time, and running them fast. "On my 10-mile Sunday runs, it barely felt like the Mizunos were there — in a good way," said one runner. Two caveats: Like the Asics, the Wave's sole won't put much bounce in your step, and, as one tester warned, "It's not for the wide-footed." [\$90; mizunousa.com]

7



► LESS STRUCTURE

THE NEXT STEP: BAREFOOT RUNNING

Christopher McDougall, author of BORN TO RUN, explains why he has left shoes behind entirely.



Smashing my toe turned out to be a boon. Before I crushed it against a boulder three days prior to a trail race, I'd been slowly shifting into barely-there shoes. I'd bought into the wisdom of Mexico's Tarahumara Indians, who grow up barefoot and still run megamarathons into old age, but jumping to raw skin seemed nuts. Come race day, though, my swollen pinkie left me one choice: Go naked, or go home. Rather than misery, it turned out to be bliss.

Instead of my foot clomping down as it would in a shoe, it acted with a mind of its own — stretching, grasping, seeking the ground with splayed toes. My landings were softer, my stride quicker. Our toes are as packed with nerves as our fingertips, so when I hit gravel, my legs instantly compressed, neutralizing any rock shock. Bare feet taught me to run the way Ali fought: quick, bouncy, butterfly-light, absorbing impact with rubbery looseness. The trick is lifting your feet the instant they touch down, allowing you to glide through space like a horizontal skydiver. Try it and I bet you'll never get injured — or want to wear shoes — again.



ADIDAS ADIZERO AEGIS

LOW ARCH, MODERATE TO HEAVY OVERPRONATION

Until now, "minimalist stability shoe" was an oxymoron, like "jumbo shrimp" or "good Brendan Fraser movie." The Adizero Aegis weighs a lightest-in-test 9.3 ounces, allowing overpronators to enjoy a rare pared-down feel while still getting just enough control — via the curved plastic plate underneath the arch — to neutralize their gait. At least, so long as they're staying close to home. "There's not enough meat on this shoe for a 10-mile run, but for fast performance work or short races, it rocks," said one tester. [\$110; shopadidas.com]

6



NIKE LUNARGLIDE+

MEDIUM ARCH, NEUTRAL TO MODERATE OVERPRONATION

The 10.6-ounce LunarGlide+ incorporates a firm rubber wedge on the arch side of the nearly weightless yet supportive LunarLite foam midsole. The notion: If you've got a neutral gait, the wedge doesn't interfere with your God-given perfect mechanics, but if you're an overpronator, it helps gently guide your foot to a healthier groundstrike. "They feel as fast as they look," noted a neutral-gaited tester, but an overpronating reviewer asked, "Where's the support?" Flat-footed folks should look elsewhere. [\$100; nikerunning.com]

7



ECCO BIOM A 1.1

HIGH ARCH, NEUTRAL PRONATION

"This is the closest you'll get to going barefoot without taking off your shoes," said one tester. Most runners aren't ready for such a drastic transition, which is why Ecco recommends that you wear this 11-ouncer only once every few workouts at first, until your legs get used to the free motion it gives you. The wafer-thin sole means the shoe works only for runners with no foot-strike problems, and even then it's going to take the average runner some time to get comfortable with the Biom A — both its feel and its price. [\$220; eccousa.com]

6



THROUGH THE WOODS

Pared-down trail runners like these make you more nimble when dodging trees.

MORE STRUCTURE ←

→ LESS STRUCTURE



SAUCONY PROGRID RAZOR

MEDIUM ARCH, MODERATE OVERPRONATION

It looks like something Ripley would have worn battling face huggers, but the 13.8-ounce ProGrid Razor exists for quickly traversing sodden terra firma. Most people hit the treadmill when the ground's nasty, but for those who persevere, the snug-fitting ankle gaiter and breathable eVent lining work perfectly. "My socks were as clean at the end of a muddy five-mile run as at the beginning," said one tester. Also key: The midsole is cushy, and the firm Vibram outsole provides gecko-like grip. [\$135; saucony.com]

7



ADIDAS SUPERNOVA RIOT 2

LOW ARCH, MODERATE TO HEAVY OVERPRONATION

To make you the Usain Bolt of the forest, the 12.6-ounce Supernova Riot 2 ditches the typical plastic protective plates clapped on to the uppers of so many other dirt-ready shoes. The easy-breathing mesh upper makes it feel more like a road runner, complete with the same plastic overpronation-controlling plate on the AdiZero Aegis (previous page). "It's snug on top and light on my feet," said one runner. "Just avoid puddles — water soaks right through." [\$110; shopadidas.com]

8



THE NORTH FACE FIRE ROAD

MEDIUM TO LOW ARCH, HEAVY OVERPRONATION

"I didn't expect a lot of cushiness because I figured they would have to save weight, but I'm happily wrong," said one tester. Because dirt is more forgiving than pavement, the 12.6-ounce Fire Road gets away with minimal cushioning up front, putting the forefoot closer to the ground. The lower center of gravity makes you more stable and agile. Too bad it's undone by arch-side motion control that testers found too restrictive for a freer shoe. [\$95; thenorthface.com]

6

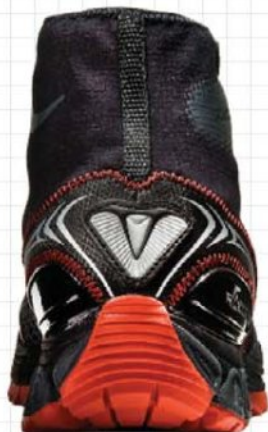


AVIA AVI-STOLTZ

HIGH TO MEDIUM ARCH, NEUTRAL PRONATION

"A hyperfast yet dependable trail runner. By Avia, no less. Two pleasant surprises," noted one tester, echoing the commonly held (and false) stereotype among runners that Avia shoes are best for Jazzercise. Designed specifically for short and fast half-day adventure races like the Xterra Series, the 10-ounce Avi-Stoltz is the most stripped-down trail shoe around. But the bare-bones build makes it ill-suited for daily runs. "Speed I liked; roominess, flexibility, and traction it lacked," waxed one tester. Stay on groomed paths. [\$110; avia.com]

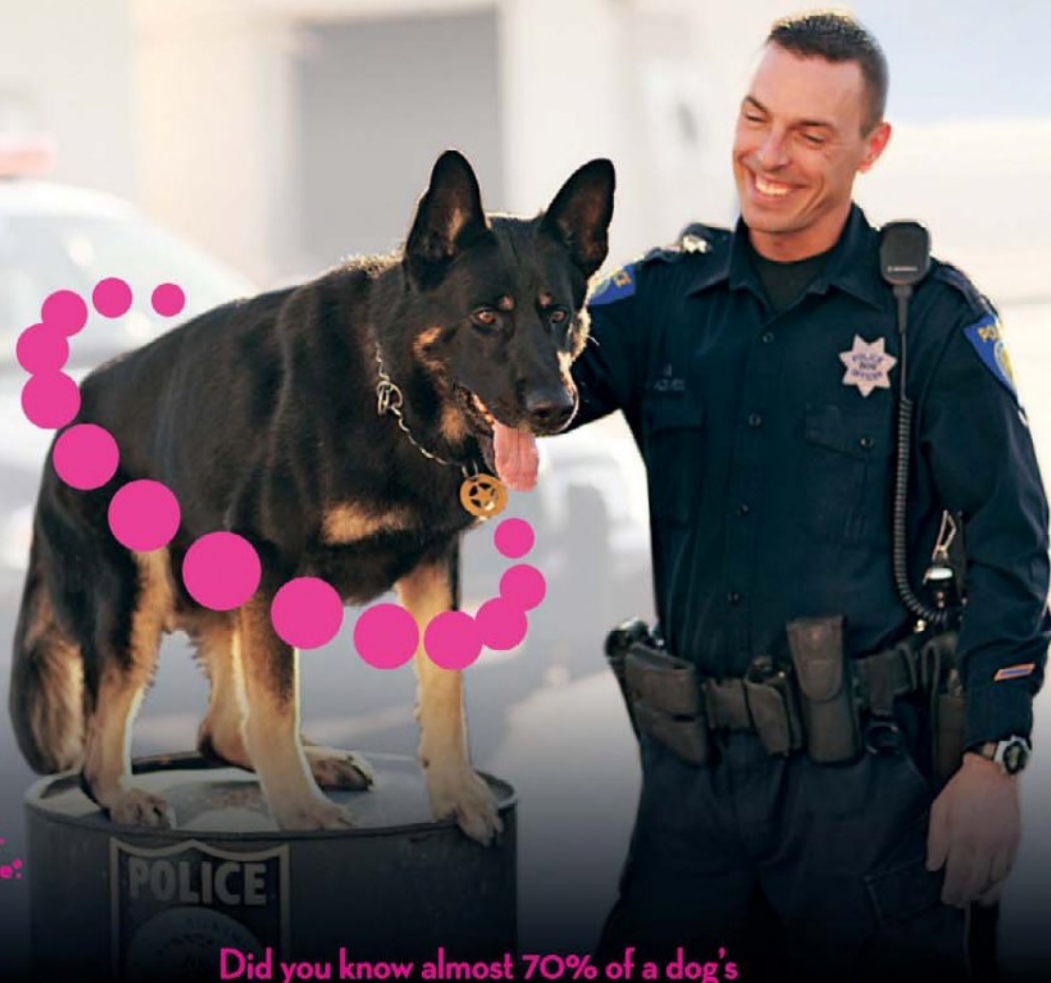
5



"PROTECTING BLITZ ISN'T A LUXURY. IT'S A DUTY. THAT'S WHY WE FEED HIM EUKANUBA."

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Pelton hangs out with Afghan National Police during a patrol in the country's Kapisa province.

My Gear

ROBERT YOUNG PELTON

WITH HIS BOOK *THE WORLD'S MOST DANGEROUS PLACES*, A FIRST-PERSON ACCOUNT of life in lawless countries and war zones, frequent MJ contributor Pelton earned a reputation as a hardened survival expert. His latest book, *Licensed to Kill: Hired Guns in the War on Terror*, exposes how the U.S. government puts national security in the hands of mercenaries. While reporting, he relies on equipment that's sturdy yet incognito. "For every shiny, colorful piece of gear you own, 100 local guys wish they owned it too," warns Pelton. "That's why everything I deal with is drab and dirty and beat up." —FREDERICK REIMERS



1



2



3



4



6



5

1. EAGLE INDUSTRIES BECKER PATROL PACK

Though Pelton rarely lets the carry-on-size pack out of his reach, he stuffs dirty laundry into a few of the six external pockets to dissuade thieves. The others hold wound kits, snacks, and language guides. The Becker Patrol Pack also has a secret pocket under the lid that "no customs inspector has found." [\$258; eagleindustries.com]

2. SEYCHELLE ADVANCED PORTABLE CANTEEN

In-canteen filters are easier to use than pump filters and remove just as many viruses, pesticides, and bacteria. "This one was given to me by a mercenary in Liberia," says Pelton, of the 38-ounce plastic bottle. "It was my only source of water when I was kidnapped by a death squad in Colombia for 10 days." [\$32; seychelle.com]

3. CRYSTAL HOT SAUCE

"Food in refugee camps tastes like crap, but Crystal Hot Sauce makes anything palatable," says Pelton of the New Orleans-made cayenne pepper sauce. "Plus, if you dab a couple of drops into your mouth in the morning, it wakes you up and freshens your breath." [83 cents; baumerfoods.com]

4. DFX H.E.S.T. SURVIVAL KNIFE

Pelton helped design this seven-inch knife, which has a bottle opener, a pry tool, and a hollow handle that works as a secret cache. Oh, and the thick blade is small enough to be palmed for stealthy jabs. "It's good for persuading a stoned Liberian child-soldier that the next present he gives himself won't be your camera." [\$140; dpxgear.com]

5. VIBERG BOOTS

"Well-made leather boots can be repaired forever," says Pelton, who replaced his vintage 1973 pair of custom Viberg logging boots only because his feet flattened out to a larger size. He now owns two pairs: the lighter, low-topped 66 Hiker for traveling by foot and the heavier-duty 151 Contractor (shown) for vehicle expeditions in Borneo and Africa. [\$375; workboot.com]

6. LUMIX DMC-LX3 DIGITAL CAMERA

Pelton owns a bulky Nikon D700 dSLR, but when he wants to go unnoticed, he packs the small 10-megapixel DMC-LX3. "It has a Leica lens," says Pelton, "but you don't have to spend a fortune." That top-notch glass makes for crisp portraits. "You want sharp focus on a soldier's blood-spattered face." [\$500; panasonic.com]

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TESTED

IT'S IN THE BAG

We shouldered 40 different daypacks to find three that fit our needs. *by* STEVE MAZZUCCHI

BEST FOR:

Going on a day hike

► DEUTER FUTURA 28

Finding the perfect daypack is somewhat of a Goldilocks proposition — too big and you'll inevitably overstuff it, too small and you'll leave behind something important. Deuter's Futura 28 hits the happy medium. Its **trampoline-like mesh suspension system** lets cooling air circulate and keeps the pack's weight balanced on the **well-padded hip belt** — even after we shoved 20 pounds of food and equipment inside. Hydration bladder compatibility (BYO) and an integrated rain cover are just icing on the cake. [\$115; deutera.com]

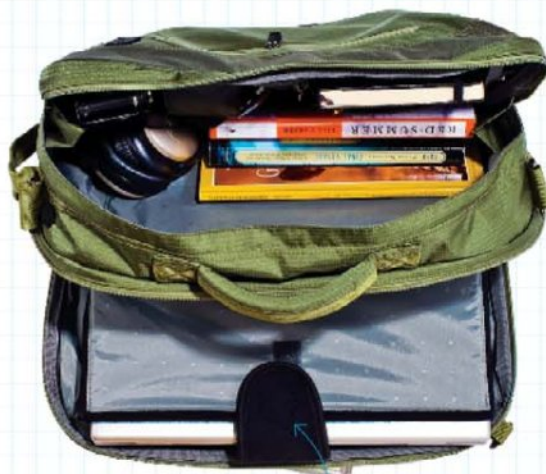


BEST FOR:

Exploring a foreign city

▲ DAKINE NETWORK

We dubbed the Network our favorite carry-on not so much for its surfeit of pockets (25 total), but for how well Dakine designed the bag around them. For instance, **the fleece-lined sunglass pouch** sits up top, keeping your fragile specs uncrushed and at the ready. In two of the three large compartments you'll find **a variety of pockets perfectly sized for stowing toiletries and snacks**. Also included: two padded gadget pockets, sleeves for a laptop and magazines, and dual side water-bottle holders. [\$95; dakine.com]



▲ EAGLE CREEK GLOBAL COMMUTER

The Global Commuter eases the often harried transition from boardroom to boarding. Its **TSA-approved design** lets you pass through airport security without removing your laptop: Just unzip the compartment and lay the open bag on the conveyor. **And its flip-out backpack straps** come in handy on mad dashes through the terminal, when a flailing briefcase slows you down. Once onboard, smooth your suit, stow the bag, and ask your flight attendant for a whiskey, rocks. [\$135; eaglecreek.com]

BEST FOR:

Simplifying a business trip



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WAYS TO
CARRY IT



have you ever overdosed on wasabi?



Visa Debit is easier than cash and checks.
more people **go** experiment with Visa.
for ideas and discounts, visit visa.com/go



HARD CELLS

We beat the silicon out of five mobile phones that claim they can handle excessive abuse. *by* STAN HORACZEK

SANYO PRO-700

The smallest handset of the group is a slightly more rugged version of Sanyo's humble Pro-200 flip phone.

[\$90*; sprint.com]

SAMSUNG RUGBY

A beefy phone intended for the job site, with a glove-ready keyboard and a bright screen that's still visible in sunlight.

[\$180*; wireless.att.com]

SONIM XP3.20 QUEST

Billed as the "world's toughest cell" but saddled with a dinky screen and awkward user interface.

[\$499; toughestphone.com]

MOTOROLA TUNDRA

A big, burly phone that meets the military's 810F specs (like the Sonim, Samsung, and Casio).

[\$200*; wireless.att.com]

CASIO G'ZONE BOULDER

Outdoors-ready, with a built-in compass and ability to survive underwater for 30 minutes.

[\$150*; verizon.com]

**TEST 1: HARD FALL**

Each phone dropped onto concrete from four feet, then 10 feet.

We started with the most common cell mishap — the tumble onto a hard surface — and the carnage ensued. A drop from four feet sent the Sanyo's battery flying and killed the Motorola's inside LCD. (The display revived two days later, permanently blurred but somewhat usable.) Then, from 10 feet, the Motorola's battery popped out of its housing. The Samsung and Casio took both drops in stride, suffering only nicks and cuts. And we're pretty sure we heard the untarnished Sonim laugh.

TEST 2: BRICK DROP

A standard masonry brick dropped onto each handset from three feet.

The abuse continued when our 5.9-pound gravity-fueled weapon left a big dent in the fragile speaker grill on the Samsung's fascia. The Casio fared even worse: The only phone without a rubberized body, it suffered a cracked case and a bashed, broken camera. (No big loss — it's a measly 1.3 megapixels.) This time the Sanyo and Motorola escaped with only superficial scrapes, and the Sonim remained frustratingly pristine. Even its squint-inducing screen didn't suffer a scratch.

TEST 3: EXTREME WEATHER

Ten hours in a zero-degree freezer, followed by 15 minutes cooking in a 200° oven.

After the phones spent a night in the icebox, we pulled them out from under the frozen peas to find four still working — the Sanyo's battery had been completely drained by the vampiric cold. (A quick charge and it came back to life.) Once thawed, we took them to the oven. Turns out the extreme heat was more like a day at the sauna than torture. Only the Samsung showed any stress — its rubber coating turned tacky as it started to melt.

TEST 4: THE BATH

First, a split-second dousing. Then complete immersion in a filled bathtub for 15 minutes.

Every phone survived the initial dunk with no issues, even the plucky Sanyo, the only handset here with no claims of being water resistant. That said, neither the Sanyo nor the Samsung were so lucky with the 15-minute soak — afterward, they wouldn't turn on. Luckily, after some time spent drying out (two hours for the Samsung; a full day for the Sanyo) both saturated handsets came back to life with no side effects. Lesson learned: Never give up on a waterlogged phone.

TEST 5: BIG CRUSH

Four hundred pounds set on each phone (250-pound man plus two 75-pound barbells). Then, a run-over by a Hyundai Santa Fe.

The Casio's external screen suffered some minor pressure damage under our man-mountain's foot, but the others stoically bore up during phase one. Even the Samsung's vulnerable speaker cover didn't cave. That's when we pulled the 3,846-pound Hyundai out of the garage, eager to see some phone guts. Sadly, not a single cell exploded. Four of the phones showed cosmetic blemishes, but the Sonim smugly shrugged off our Korean SUV's drive-by.

FINAL INDESTRUCTIBILITY SCORES

Sanyo: Resilient, if not particularly rugged. And the price is nice.

■■■■■■■ 7

Samsung: Melted and dented, but alive. Best choice for the average joe.

■■■■■■■■■ 8

Sonim: Invincible. Overkill. Awesome.

■■■■■■■■■■■ 10

Motorola: Coulda been a contender if not for catastrophic screen failure.

■■■■■■■ 5

Casio: At home in the water but needs a more rugged case.

■■■■■■■■■ 6

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THE DAILY GRIND

Fresh-ground pepper takes a home-cooked meal from good to great. We asked Food Network star Alton Brown to find us the best mill. *by* MARTIN MULKEEN

photograph by
Jeff Harris

1. OXO GOOD GRIPS

The stainless-steel and acrylic OXO stands on its head, so it won't leak pepper dust at rest. It also features a ceramic grinder, which, unlike metal, won't absorb flavors or odors. "You can get a much finer tooth with ceramic," says Brown. But that didn't cover up its faults. "I had issues with its adjustability and it jammed a lot." [\$20; oxo.com]

★★★★★ 6

2. PEUGEOT CHATEAUNEUF NEW

"The Peugeot kicked ass," raves Brown. "The company essentially invented the pepper grinder, so they've got a right to it." The Châteauneuf delivered volume and consistency, never jamming when switching grind sizes (a problem with other models). Its pawn shape felt comfortable in the hand, too. Checkmate. [\$80; psp-peugeot-usa.com]

★★★★★ 9

3. UNICORN MILLS MAGNUM PLUS

Brown has owned the Magnum for years and finds it easy to fill but hard to keep filled: "Many times I have dumped peppercorns on the counter because the feed door opened." However, this black monolith makes up for design flaws with the highest-volume grinding of all models. [\$45; unicornmills.com]

★★★★★ 8

4. VIC FIRTH PUMP & GRIND

This thumb-powered stainless-steel mill was the most durable of the bunch. "You could drop it off the Empire State Building and it would still function," says Brown. He also liked that it fit easily in an apron pocket and was the most precise in deploying peppercorn shavings. That said, it will leave your hand cramped on high-volume jobs like big salads. [\$20; viefirthgourmet.com]

★★★★★ 6

5. TRUDEAU ELITE GRAVITI

"No one wants to like a single-hand pepper grinder more than me, because I never have two clean hands when cooking," says Brown. Unfortunately, requiring six batteries makes the plastic Trudeau heavy and costly. There's also the loud electric grinding sound, which drowns out conversation. [\$30; trudeaucorp.com]

★★★★★ 5

6. CHEF'N PEPPERBALL

The one-handed bunny ear design is highly functional, but the plastic PepperBall was too fragile. "Drop it once and it's broken," says Brown. His gripes didn't end there. "You can grind all day and still not get much. Plus, the grind is inconsistent, and it's hard to clean. There's not one thing I like about it." Don't hold back, Alton. [\$12; chefn.com]

★★★★ 3



ABOUT OUR EXPERT



Alton Brown is the creator and host of the Food Network's *Good Eats*. His fifth book, *Good Eats: The Early Years*, comes out this month, just in time for the show's 10th-anniversary special on October 10. A MacGyver for the culinary world, Brown often fashions his own tools for the kitchen, turning a hair dryer into a grill turbocharger, a paper shredder into a pasta cutter, and a cordless drill into his own custom-made pepper grinder.



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BOTTLE SERVICE

Wine is a matter of taste, so let these design-minded racks show everyone just how good yours is. *by* SETH KELLY

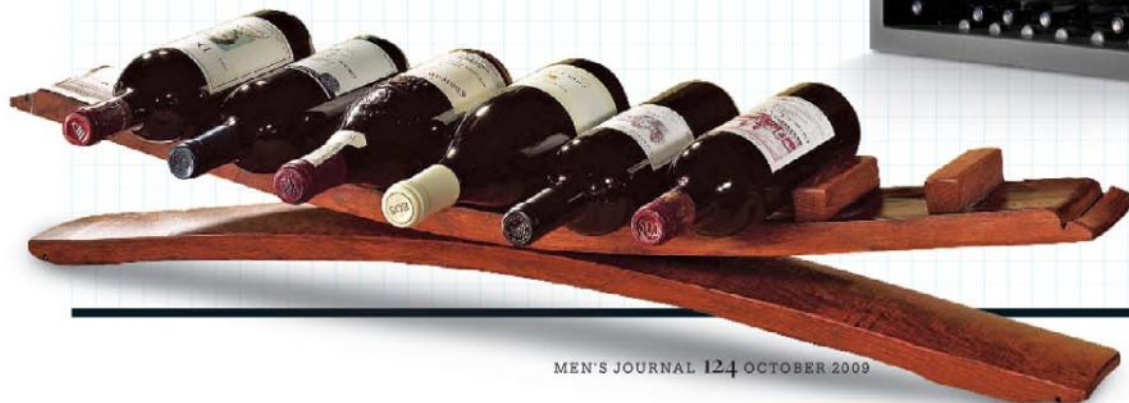


▲ EVA SOLO BORDEAUX UNLIMITED WINE RACK

When assembled, the Bordeaux Unlimited's Tinkertoy-like spokes and hubs form one six-bottle rack. Combine more kits to make a geodesic tower of wine. [\$95; bobbyberkhome.com]

▼ WINE ENTHUSIAST ARCHED OAK STAVE RACK

This eco-conscious rack is constructed using American oak that's been recovered from retired wine barrels, then hand-sanded and -polished. [\$70; wineenthusiast.com]



◀ MODERN CELLAR SPORADIC MINI WALL PANEL

The Sporadic Mini, available in walnut or bamboo, arranges six cantilevered bottles like so many darts thrown absentmindedly at a corkboard. [\$160; moderncellar.com]



▶ JAKOB WAGNER & MENU WALL-MOUNTED WINE RACK

Available in polished aluminum or skinned in black rubber, this six-bottle storage system is meant to evoke the profile of grapes hanging on a vine. [from \$59; aplusrstore.com]

▼ MARCEL WANDERS BACHUS

Design god Marcel Wanders created the Bachus, which explains its hefty price. But if you want to store lots of wine (40 bottles) in lots of style (it also comes in green), this is the right rack. [\$800; madeindesign.co.uk]





A NOTE ON 70 YEARS IN CAR
INSURANCE FROM ONE OF THE
GIANTS IN THE INDUSTRY.

(WELL, NOT IN TERMS OF
HEIGHT, OF COURSE.)

What the Gecko lacks in stature he certainly makes up for in ability. In fact, under the ownership of Warren Buffett's Berkshire Hathaway Inc., he's helped GEICO rise to become the nation's third-largest car insurance company. Of course, the fact that GEICO has been helping people save money on car insurance for over 70 years hasn't hurt either. And when it comes to financial security, GEICO is consistently ranked "excellent" or better by independent experts. But even though it's not common practice to have geckos in the highest levels of business, this one inspired three million drivers to switch to GEICO last year (and never missed a day of work). Perhaps proving that you can be both big and small at the same time.

GEICO

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GEICO is the third-largest private passenger auto insurer in the United States based on 2008 market share data as reported by the National Association of Insurance Commissioners, March 2009. At December 31, 2008 Government Employees Insurance Company had admitted assets of \$12.5 billion, and policyholder surplus of \$4.1 billion (including \$33.4 million in paid up capital stock). Total liabilities were \$8.4 billion, including \$7.7 billion in reserves. Additional information is available at: <http://www.geico.com/about/corporate/financial-information>. Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO: Washington, D.C. 20076. GEICO Gecko image © 1999 - 2009. © 2009 GEICO

and CD4 counts," says Zafonte, of Harvard Medical School. "But when we found those signs and fixed them, we also fixed the outcome."

Parker isn't quite as sanguine. "There are so many complex questions," he says, that "it's going to take a big tent" to resolve them. "We need scientific nation building, a TBI czar, and enough money to pay for the kind of innovation that has repeatedly put this country on top." He takes pains not to add what so many in the field have muttered off the record: that the National Institutes of Health, the government colossus with a \$30 billion annual budget, has largely hugged the sideline on brain-blast trauma. "My fear is we're going to see a wave of 40-year-old soldiers showing up at the VA with dementia," says Parker. "They played hurt and went on fighting after multiple blasts, and I hope we return their loyalty when they need it."

Parker might have told me this much in person when I dropped by his lab in May. But at the time, he was engaged in other matters, leading a company of the 10th Mountain Division from Kabul to the Pakistani border. It's his second tour of duty, and the bombs he swept for were vastly more potent than in '02. "My convoy got blown up," he told me via e-mail from his base very late one night. "Flipped an MRAP in front of me, triggering a brutal firefight when me and another dude pulled out casualties. Watching an MRAP go up in the air, [attached to] a two-ton mine roller, gives you some idea of the force." A third of his staffers at Harvard have done combat tours in Iraq or Afghanistan, and are "after it like a ball of fire," Parker writes. "I've got friends with TBI."

CHALK IT UP TO INNOCENCE OR EARLY impairment, but what held Kevin Workman fast through his agony in Iraq was the hope that going home would heal him. The chain-saw headaches and shot-through fatigue, the thousand things he suddenly couldn't remember — they would all remit, he figured, to a solid week of sleep and some quality catch-up time with his young daughters. And if more was needed, well, the army would see him through. But his hopes for renewal were dashed in full when the plane touched down in New Jersey in September 2005. His marriage had cratered while he was off in Iraq, and he was greeted on the tarmac by a process server, not his wife and kids. Shattered, he decided to stay on at nearby Fort Dix while his brigade went home to South Carolina, and he was attached to a unit with the First I.D., training recruits for convoy security.

Barely holding together with fistfuls of Motrin and assorted coping maneuvers (he called everyone "Bo," unable to remember names, and kept his hands behind his back so no one saw how much they shook), he caught his first break when he encountered Amy doing volunteer duty on base. "I was fresh off a breakup," she says in their kitchen, "and wasn't ready to date for a while. But we went out as friends with some people we knew from post,

and he made me laugh like no one ever has."

She sensed something was off with him — "he couldn't remember things that really mattered to him, like the birthdays of his parents and kids" — but Workman hid behind his scabrous wit and said nothing of his constant pain. Finally, he confessed to her how sick and scared he was, and at Amy's insistence told his barracks commander, who sent him to the doctor on post. The snap diagnosis was PTSD, and sessions were arranged with a staff psychologist at the adjoining Air Force base. But his TBI symptoms, unidentified and untreated, continued to intensify by the month.

In the fall of 2007, too ill to keep working, he was admitted to the Warrior Transition Unit, a hastily conceived cluster of on-post sick bays for seriously injured soldiers. Under its former name, the Medical Holdover Unit, the system produced one of the war's great horrors: the neglect and abuse of wounded troops at Walter Reed. Out of that infamy came the WTU, a chain of installations at 35 bases whose mandate was to treat the thousands of soldiers needing six or more months of medical service. But, as with Walter Reed, many units were short on staff, overrun by cases too complex to manage, and hamstrung by slipshod leadership.

At the Fort Dix WTU, there was one primary doctor for the several hundred patients on base and a constant churn of caseworker types, many of them fresh out of school. Workman had four in his 15-month stay, and none seemed to know what TBI was or how to secure him help. "Me, I only knew it from this briefing they showed of a — a Humvee hit by a bomb," he says. "I went and asked Amy to look up TBI. Sure enough, it fit me to a T." He went back to his caseworker and insisted on being tested. Several days later, he got his exam: a 30-minute call from a clerk at Walter Reed, who asked him a series of questions over the phone. Shortly thereafter, a form arrived in the mail, telling him he'd tested negative for TBI. "I should've known," he grunts. "They couldn't even fix my goddamn molar after waiting 10 months for a crown."

Seething, he went to his doctor on base and restated his list of symptoms and blast exposures. The doctor concurred and wrote TBI in his chart but never sent Workman to an army neurologist or referred him for rehab treatment. Indeed, of the brain-injured men on post, only the most egregiously harmed got specialized care off base. One such soldier, who asked to be unnamed while his case trudges through the retirement process, was misdiagnosed for more than a year, despite symptoms so stark he couldn't complete a sentence or bathe and dress himself. It bears noting that, since finally getting robust treatment, he's come a long way, cognitively, in his 15 months of rehab. His speech has improved, he can perform some daily tasks, and, on good days, recall his prewar life in lucid and moving detail. "There's a spectrum of late recoveries acceptable to people, and if that's 20 percent better, that's still meaningful," says Harvard's Zafonte. "It might just be the difference be-

tween independent living and having to be cared for by your loved ones."

Workman would probably have profited, too, from a stint in an outpatient clinic. There, a neuropsychologist would have reduced his meds to only those essential to managing pain; speech pathologists would have led memory training and language improvement drills; an occupational therapist would have taught him strategies to knock off daily tasks; and group counseling would have improved his labile moods. There are such services in the army system, including four elite centers for intensive treatment and a dozen more clinics, regionally scattered, for ongoing drop-in care. But in order to get these benefits, you must know that they exist, and neither Workman's doctor nor his social workers ever thought to raise them as an option. What they told him instead was to bide his time: The VA would take care of him after he retired.

And so Workman, the good soldier, did as told and, after a year, put in papers for medical retirement. Unfit to reclaim his job as a state policeman, he had, in effect, lost two careers. What came next, however, was the final betrayal: a finding by the army's Physical Evaluation Board that he was just 30 percent disabled by his many injuries. "Offered me \$600 a month for the rest of my life, and...said I could get a job at a diner. There was nothing about TBI — according to them, I don't have it — or how I'm gonna support Amy and my kids." The army's rating code, written in 1947, doesn't list TBI as a combat injury for which benefits may be paid. "I'm proud I served my country and would do it...all over again, but I never felt so ashamed to wear the uniform."

There it might have ended. But one day, while scrubbing latrines, Workman saw an ad on the wall offering pro bono aid to troops. The Military Legal Assistance Program, a pilot venture of the New Jersey Bar Association that is staffed by volunteer lawyers, has helped hundreds of soldiers process their claims with the retirement board. A senior lawyer with the program, who asked to be unnamed, filed a book-length appeal for Workman and joined him in Washington to plead his case.

Two months later, in the spring of '08, Workman was notified that he'd been bumped to 60 percent disability, though again there was no mention of TBI. "It wasn't great," he said of the proffered upgrade, "but I needed to go home...and start over. Get as far from Fort Dix as I could." The roughly \$1,200 a month wasn't enough to live on, but next spring his state policeman pension will kick in, and between them, he guesses he'll get by. His lawyer, a self-described "former longhair," is glad to have been able to render aid, though with a crowded caseload (plus his paying work), he's fast approaching the point of saturation. "We rep 78 soldiers at this firm alone, and more keep coming through the door. Real-life heroes in a world of hurt, and the way the army's done them rips your heart."

He does, however, see cause for guarded hope. In 2007, Congress passed (and later strengthened) the *(continued on page 128)*

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WOUNDED *continued from page 126*

Wounded Warrior Act, a law meant to ramp up treatment and assistance for soldiers with TBI. "In the last year or two, care has gotten better, though it's very inconsistent," says the lawyer. "Depending on where you live, you can get a month at Walter Reed, which has an intensive program for these guys." But what happens, he worries, "when they're retired and go to their rural VA to try to get help?"

For its part, the military has hired an impassioned leader to head up its TBI program. Since she took charge in September 2007, Brig. Gen. Loree Sutton has pressed to raise money, conduct outreach to soldiers, and reduce the stigma of seeking care. "Frankly, all of us wish we'd been involved years earlier, when the emphasis was on saving lives in theater," she says. "We're working furiously now to stand up programs and find troops who've fallen through the cracks. What keeps me awake at night is how to connect with soldiers who were hurt before we screened." To that end, the military has set up a 24-hour hotline (866-966-1020) for TBI victims or their loved ones to call.

But none of that effort has trickled down to Kevin Workman. He's been home in Genoa for almost a year and frequently drives an hour to the Syracuse VA to lobby for further care. What he's gotten for his pains is a 10-minute workup by the staff neurologist, who tapped him on the knees, asked a couple of rote questions, then handed him a stack of new prescriptions. "The drugs, they make me fat and lazy. I need the kind of help that they don't have here," says Workman. "But something's gotta give, 'cause I ain't done yet. I got plans for the time that I have left."

When told of Workman's plight, Sutton offered to intervene to see that he gets the care he needs. It's the first good turn in Workman's dealings with the army, and with any luck, not too late to matter. He yearns for the strength to tend to his parents, both of them in failing health, and beyond that, to build a lodge for wounded vets who want to come hunt these woods. Gutches Lumber, a local logger, has lent him the use of a thousand acres, and other friends and merchants have pitched in too, building him a website (libertylodgeoutfitters.com) and forming an advisory board.

One day, Workman gives me a tour of the land, talking of adaptive turkey blinds for vets who are wheelchair-bound and tow-in paths for ATVs to carry amputees. It sounds a tad fanciful for a man so strapped he can't afford to fix his girlfriend's car and who, several days a week, is in the grip of such pain that he must lie down in a dark room. But out in the treeline, he seems reborn, the torpor and neuralgia falling away. As he walks, he ticks off the names of flowers and species of deep-growth pines. Suddenly he stops, eyes big as a setter's: There, in the clearing, stands a 12-point buck, sizing us up as he chews. For a glassine moment, nothing moves or breathes, the world in soft suspension — and then the deer huffs and glides off, raising a spray of leaves. **M**

SURVIVAL *continued from page 84*

activity at the height of meditative experiences, at a point when subjects reported a "greater interconnectedness of things," which supports the view of some that the temporoparietal junction is also a prime node for religious experience. Lesions in this area can produce a sense of an unseen presence; the hyperactivity of schizophrenics' temporoparietal cortex can result in their believing their own body is someone else's.

But what activates this phenomenon in people in extreme environments? A British study published in 2002 speculated on the origin of the Third Man in such cases: "The hallucinations might indicate the brain's attempt to create the perception of a person during cases of increased arousal (fear, paranoia). The heightened state of awareness and physical privation might go some way to explaining this in...shipwreck survivors and mountaineers." The brain may be attempting to create a complete human form from "incomplete sensory data." It is, in other words, creating a companion.

Does this capacity exist in every one of us? This mechanism is not some fluke of human brain structure, and it seems an unlikely by-product of decaying brain function. Perhaps it is there to do precisely what it does for people in need. It is possibly even an evolutionary adaptation. It's a stirring reminder of what social animals we are — that in our time of deepest solitude and need, our brain finds a way to conjure up a helpful companion, and that companionship is what ultimately makes the difference between life and death.

The Third Man, then, is an instrument of hope, a hope achieved by a recognition that is fundamental to human nature: the belief — the understanding — that we are not alone. **M**

Excerpted from the book The Third Man Factor by John Geiger, published by Weinstein Books. © 2009 by John Geiger

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Jeff Garcia
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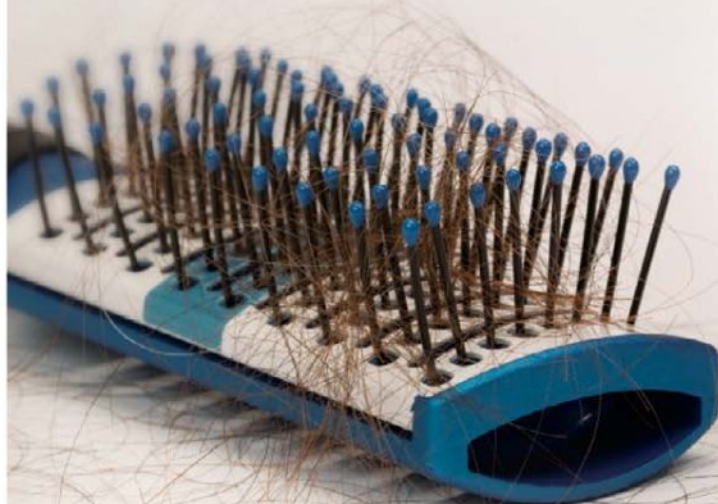
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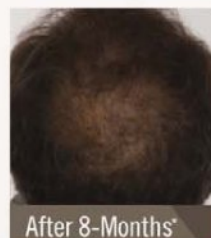
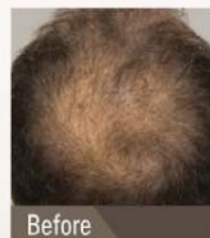


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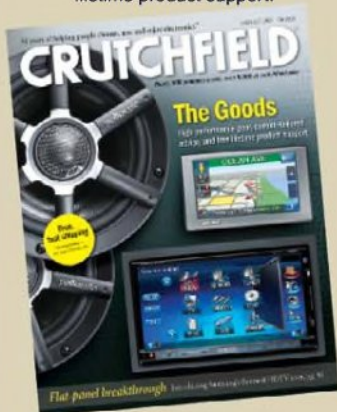
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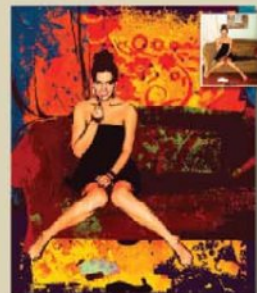
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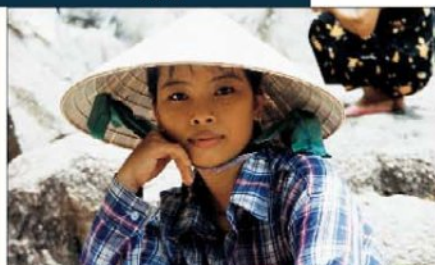


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What's the best advice you've ever received?

In the waning days of our marriage, my second wife Helen told me, "Seek God, tell the truth, don't drink or use drugs, speak less rashly, consider other human beings before you act — even though it's not your nature — and you'll get more of what you want out of this life."

What should every man know about money?

It comes and goes. And God wants us to spend more money and be more generous in bum economic climates. Go out and get yourself a hamburger — you'll feel better.

What's your favorite drink?

When I drank, the only way I gauged booze was by the alcohol content. Highest back then was T-bird. "What's the word? Thunderbird. What's the price? Forty twice." In a short-dog bottle, which was the half-fifth. I'm recalling the taste from 1975 now — like a sweet turpentine — and my stomach just flip-flopped.

What skill should every man have?

The ability to gauge human character in a heartbeat and to fairly and judiciously confront it.

Do you have a scar that tells a story?

I have a scar on my right hip that I got in the summer of 1964. I stole a bottle of Thunderbird from the Larchmont Safeway in L.A. — and I got chased by the store guys and tackled. I hit the ground with the bottle in my waistband, and it shattered. It hurt like a motherfucker. The store guys just laughed at me and left me there moaning. It got infected and full of pus. So I stole some Bactine and sprayed it.

What's the best cure for a hangover?

More booze.

What's the best cure for heartache?

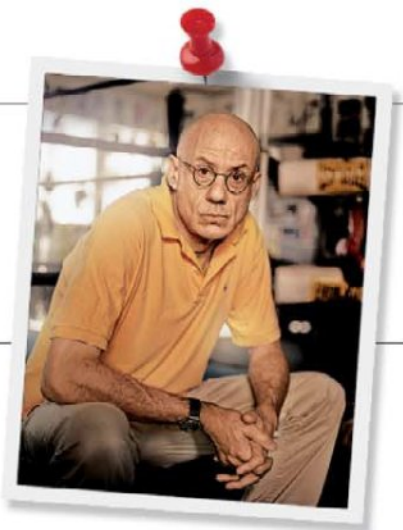
More women.

When is it okay for a man to lie?

When the truth would be utterly devastating and a lie would spare her from all-around sorrow.

What article of clothing should every man own?

A navy cashmere blazer. Because it feels good, and you will look good. It's stuck around all these years for a reason.



The 61-year-old author's latest novel, *Blood's a Rover*, comes out September 22.

What article of clothing should a man never wear?

Shorts. They detract from a man's essential dignity.

Have you ever cheated death?

September 10, 1966. I was 18 and riding my bicycle down Western Avenue at 1 A.M., and it was very dark out. A car hit me from behind. I flew up and did a dipsy-doodle in the air. I thought, Holy shit — it's September 10, 1966, you're 18 years old, and you're dead. I fell on the hood of a 1946 Pontiac, with the Indian-chief hood ornament. The car pulled over to the curb, and I rolled off, out in front of this gay bar called Joly's. It catered to all these ancient queens. These guys came up and said, "Oh, hi. Are you okay? Did you get hurt?" The upshot was, I lost all the skin on both cheeks of my ass. My bike was totaled. Some cops dropped me off at home, then I got a ticket in the mail a couple of weeks later for not having a light on my bicycle.

What piece of gear should every man own?

An elliptical machine. And a boombox, to listen to the late Beethoven string quartets — the most profound music ever written — while you exercise.

What's the secret to being good in bed?

Take your fucking time.

What should every man do before he dies?

Try with every cell of your will, every iota of your brainpower, every inch of your schlong, every nanosecond of your shifting perverted consciousness, to find a woman.

—INTERVIEWED BY SEAN WOODS

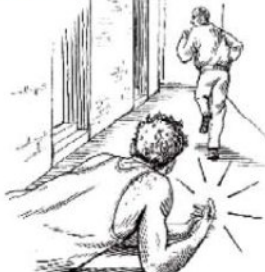
What's the best way to win a fight?



I



II



III

There's something my dad taught me. If somebody starts tapping you on the chest with a finger and gets in your face, they usually don't really want to fight. But if you determine they are serious, then abruptly reach up with your right hand and bend their finger back as hard as you can, at the bottom of the digit. You'll break the finger. They'll be down screaming on the ground, and you can run. It's just reaching up real fast and bending — snapping your wrist as fast as you can. It saved my ass at L.A. City College in the '60s.

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