

Caribbean Hideaways / Winter Olympics Guide

February 2010 | Volume 19 | Number 1

# Men's Journal

Our Most  
Lovable  
Messed-Up  
Olympic  
Hopeful

Special Report

A Step-  
by-Step  
Longevity  
Plan

by SANJAY GUPTA

Mel  
Gibson

Faces Down His Demons

Best  
Winter  
Gear

Jackets, Gloves,  
Boots, Hockey  
Sticks & Skates

PLUS

One Kick-Ass  
Snow Thrower







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by **AIMEE BERG**

Olympic hopefuls Jeret Peterson, Ted Ligety, and Daron Rahlves don the season's colors.

## ON THE COVER

Mel Gibson, photographed exclusively for *Men's Journal* by **MARC HOM** on October 18, 2009, in New York City. Styling by **PATTI O'BRIEN**. Grooming by **LOSI** at The Wall Group. Prop styling by **SHAWN PATRICK ANDERSON** at Art Department. Gibson wears a shirt and vest by **JOHN VARVATOS**.



# The Canine Workout

You may not realize this but your canine companion is a living, breathing, furry, top-of-the-line piece of fitness equipment. Now while your four-legged buddy can't spot you on the bench press, here are a number of activities that will give both you and your dog a great workout. Brought to you by

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## The Stairs

Climbing stairs for 10 minutes will burn the same amount of calories as a 20-minute jog. Stairs are great for cardiovascular health and conditioning. Plus it's a great lower body workout. Your dog will experience the same benefits.

If you have access to stairs along your daily walk, incorporate taking the stairs into your route. For example, if you live in an apartment building, on your way back up, opt for taking the stairs instead of the elevator.

## The Treadmill

No joke. If own a treadmill, try letting your dog have a go at it. You might be surprised at how some dogs will be quite happy trotting along in place. In fact, dog friendly gyms are popping up in urban areas all around the country with canine-sized treadmills.

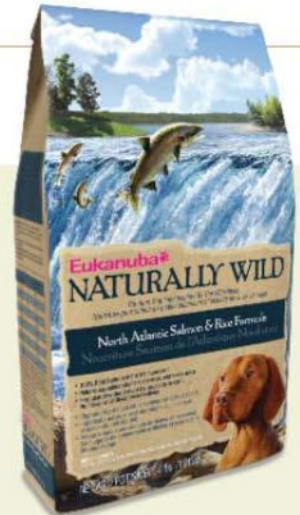
Just remember to keep the speed low, and don't force your dog onto the treadmill. Much like that "adorable Halloween costume," there are some things no pet should endure.



## The Sidekick

Dogs should be taken for a walk at least two times a day. These trips should be considered exercise and not just potty time. Walks are necessary for a dog's mental as well as physical wellbeing. Proper daily activity will improve muscle tone, joint and cardiovascular health. A well-exercised dog will lack anxiety and emotional disorders caused by confinement.

To make your buddy's outside time more interesting, allow him to take part in your own activities. Turn his walk into a joint jogging session. Well-trained and obedient dogs will run alongside you if you're out on your bike. Swimming is also a great way for the both of you to stay in shape.



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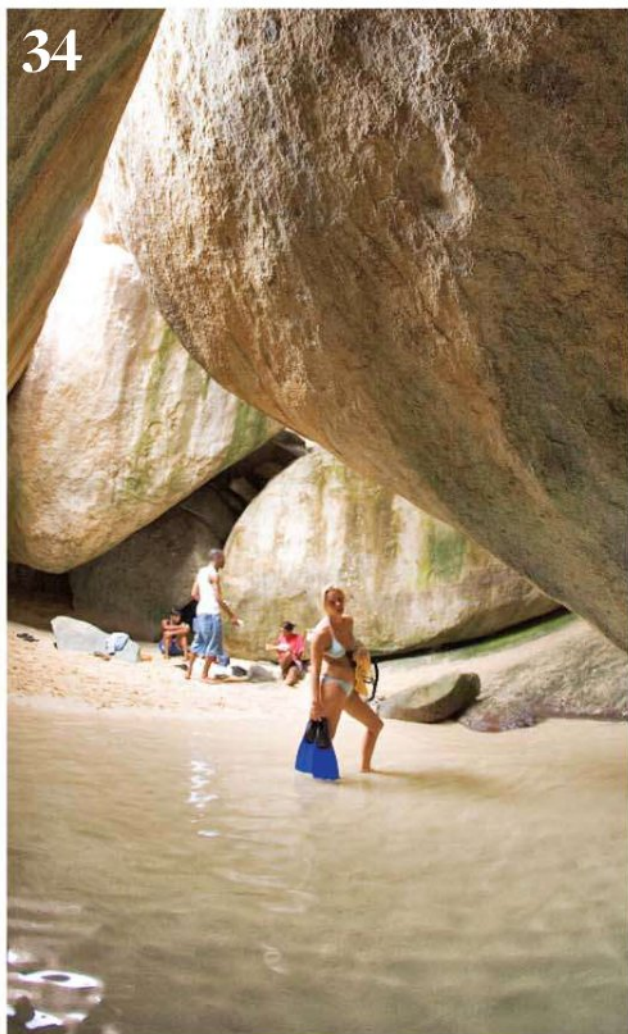


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BY SANJAY GUPTA

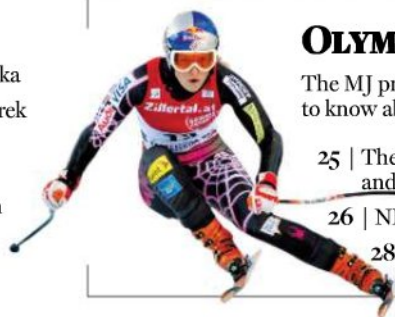
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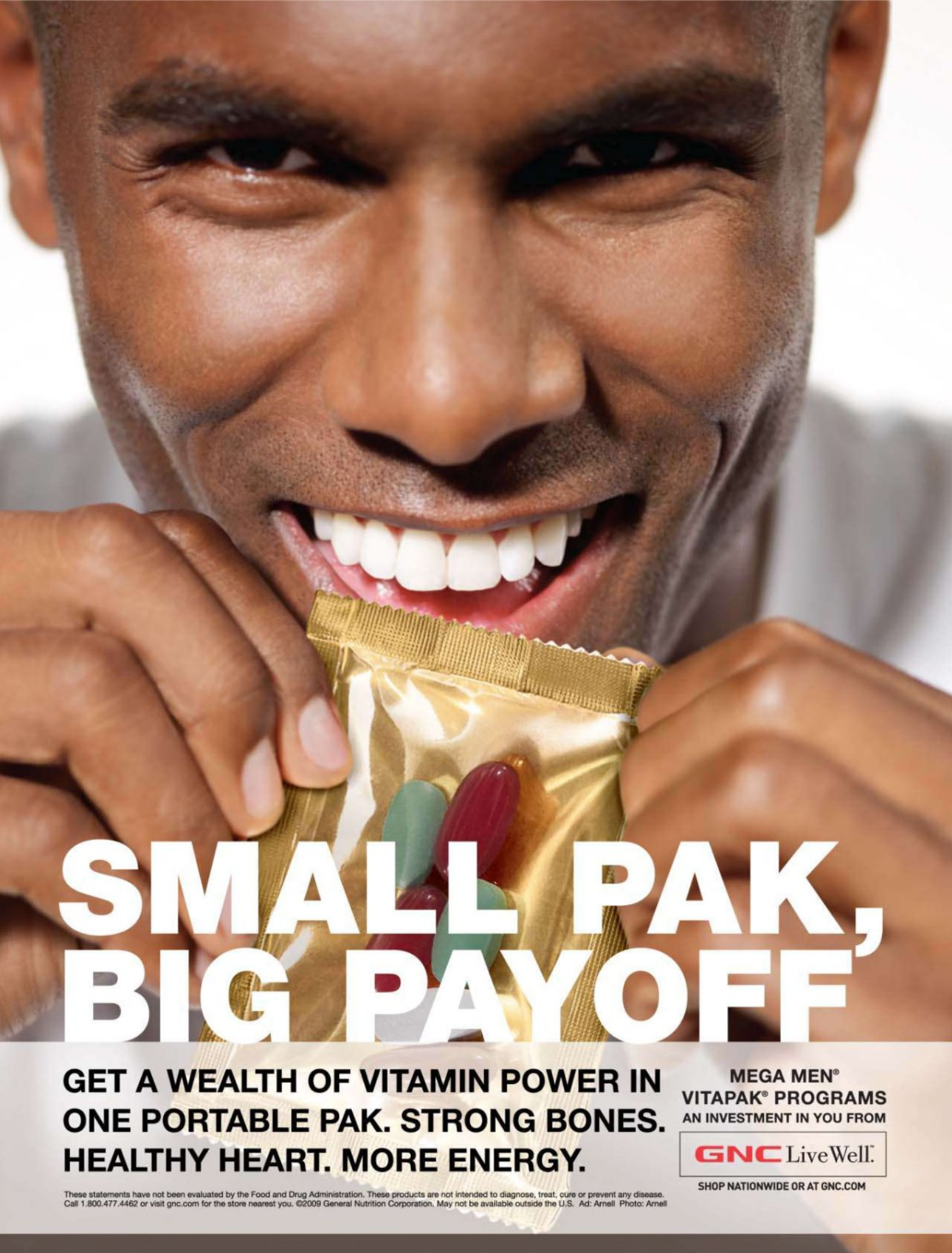


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# LETTERS

photograph by  
**Nick Leary**



Tim McGraw, photographed at his farm in Franklin, Tennessee

**I** REMEMBER THE FIRST TIME I HEARD TIM MCGRAW. I WAS driving through West Texas and “Don’t Take the Girl” came on the radio; I had to pull off the road to listen more closely. I had no idea that Tim had so many troubles growing up, but after reading Stephen Rodrick’s article [“The Redemption of Tim McGraw,” November], I have a deeper understanding of who he is as a man *and* a singer. Thank you for the insightful and honest read about one of the greatest country singers to ever live.

—Eric “Chach” Bursey, New Braunfels, TX

## DEEP WATERS

I GREATLY ENJOYED THIS tale of family, love, joy, and huge drama [“Lost in the Waves,” by Justin Heckert, November]. The recovery of Chris-

topher and Walt Marino is one of those miracles that show the uniquely infinitesimal odds that determine our fate.

—JACK KELLY  
from mensjournal.com

THIS STORY WAS MESSY, real, and beautifully told, when it could have been overly sentimental. I felt a real emotional conflict as everyone’s motivations and actions were un-

flinchingly revealed — a conflict I still haven’t resolved.

—TOM RICHARDS  
London

## NO PAIN, NO GAIN

I READ MJ EVERY MONTH and enjoy it immensely. But you should be careful about advocating Advil or any other non-steroidal anti-inflammatory drug [“Supplement Buyer’s Guide,” by Adam Spangler, November]. As an ultramarathoner and running coach, I have to remind runners of the long-term side effects of NSAIDs. While they do reduce inflammation and pain, they can also produce ulcers, damage the small intestine, cause renal failure, and lead to a heart attack or stroke.

—DAVID MANTHEY  
Denver, CO

## NOT YOUR AVERAGE GUY?

SO LET ME GET THIS straight: Your first installment of the Real Life Workout series [“The Paddleboarder,” by Stephanie Pearson, November] features a partner in a private-equity firm who feels that being married holds him down? You have got to be kidding me! For this series to be remotely believable and applicable to real men, I think you need to re-evaluate your definition of the real, average guy.

—SCOTT WILLCUTTS  
Colorado Springs, CO

## GRACIOUS WINNERS

MATT TAIBBI: ON BEHALF of Yankees fans across the world, here’s one big single-finger New York salute to you and your Brian Cashman article [“The Bad Lieutenant,” May].

—MIKE MICHALAKIS  
Long Island, NY

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Athlete: Pelle Lang | Skier's Lodge, La Grave  
Photo: Gabe Rogel  
Location: La Grave, France

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## Dr. Sanjay Gupta

*"The Completely Doable Guide to Living to 100,"* **PAGE 45**  
As CNN's chief medical correspondent and reportedly President Obama's first choice to serve as surgeon general (a post he turned down), Gupta has become the medical world's most recognizable face. But the reason MJ tapped the Atlanta-based neurosurgeon to write this month's longevity package is because of his grounded expertise. For example, the 40-year-old globe-trotter — Gupta often reports from the world's far-flung places — says rowing is great for both anaerobic and aerobic training, but his advice for staying in shape every day? "My focus has always been on stuff that's very accessible to everybody — I literally have a pull-up bar in my office."



## Patti O'Brien

*"America's Golden Boys,"* **PAGE 76**

O'Brien, MJ's fashion director for the past five years, feels a connection with the athletes she dresses in our Style pages: "I find the energy and enthusiasm that they have inspiring." This month, O'Brien outfitted members of the U.S. Olympic team. "They were concerned about the bright colors at first, but once they tried the clothes on, they loved them." O'Brien has traveled to all ends of the U.S., Italy, and Africa for the magazine, dressing guys in everything from tennis shorts to safari hats. "I love that every shoot is so different."

## Walter Kirn

*"Mel Gibson Shows His Hand,"* **PAGE 54**

"I came with a lot more money than I ended up needing," says Kirn, who bought into a \$100 poker game with Mel Gibson for this month's cover story. "I don't think Gibson plays to fill his wallet. I think he plays to get out of himself." Kirn, who lives in Livingston, Montana, is an accomplished essayist and novelist. Two of his books, *Thumbsucker* and, more recently, *Up in the Air*, were adapted to the big screen. "It's a little strange seeing your book turned into a film," says Kirn, 47. "It's like being a ghost at your own wedding."



## David Page

*"Death Valley's Secret Stash,"* **PAGE 60**

Page grew up in Colorado, skiing the Rockies, the Sangre de Cristo, and Utah's Wasatch Range and still, at 41, gets on the slopes three or four times a week. But the California-based writer feels like he's just getting started. "There are a whole lot of mountain ranges in the world that get snow on them, and only a fraction have any kind of lift access," says Page. For this month's issue, Page skied one of the hottest and driest places in North America. He stumbled upon the idea while working on a guidebook that had a chapter on Death Valley. "I'd be out there wandering around the salt pan on these balmy midwinter afternoons," he says, "and I couldn't help but look up at the snow on Telescope and think, Shit, we ought to get back here and ski that one day."



## NEW THIS MONTH AT MENSJOURNAL.COM

Screaming-fast, one-of-a-kind boats, plus courtroom dramas... In "Battle of the Billionaires," a report on the America's Cup (slated for February 8 to 12), Christopher Stewart climbs aboard Larry Ellison's new carbon trimaran for a test run and witnesses firsthand how dangerous the race might be ([mensjournal.com/americascup](http://mensjournal.com/americascup)).



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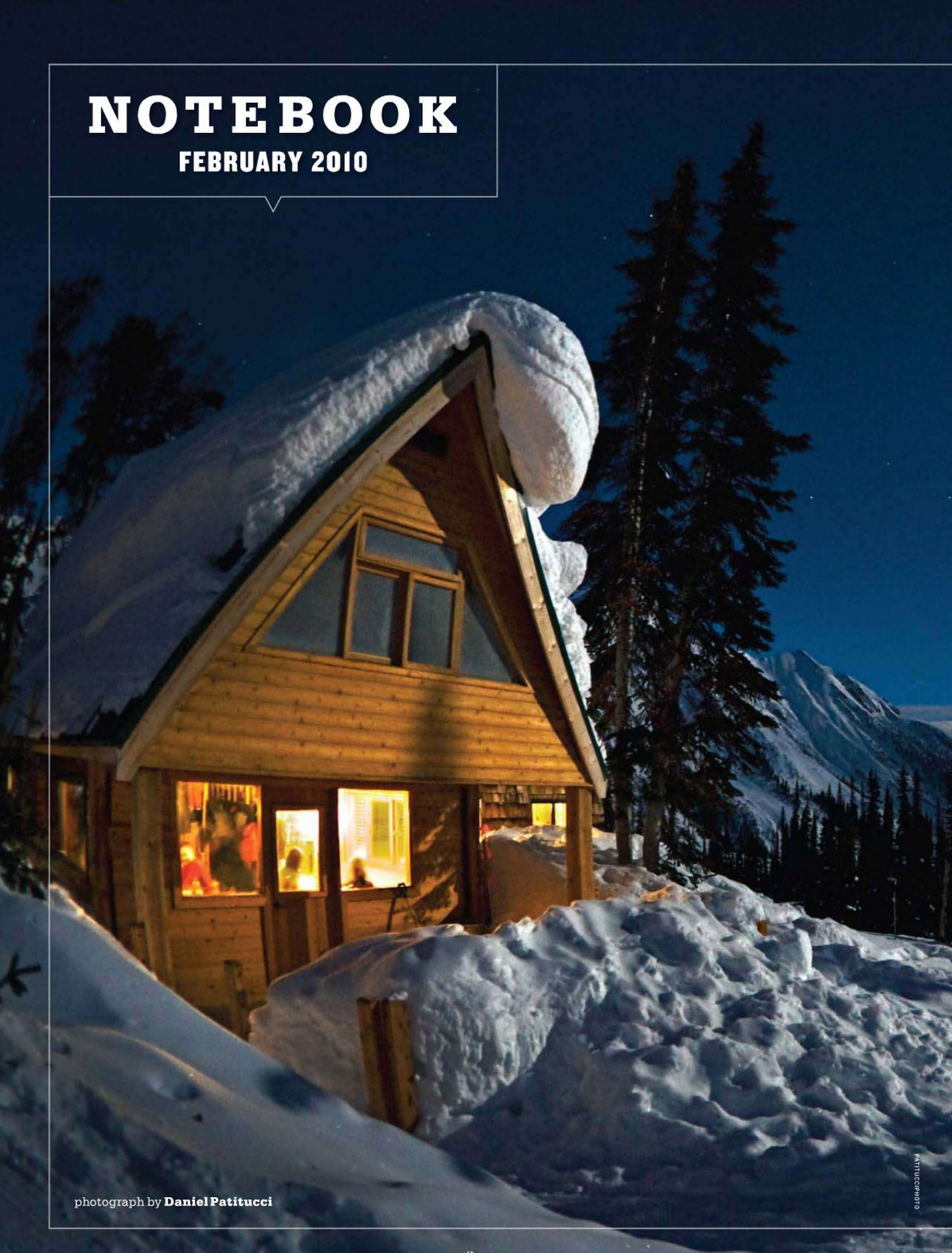
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# NOTEBOOK

FEBRUARY 2010



photograph by **Daniel Patitucci**

PATITUCCI PHOTO





wish you were here

## Adamant Range, Selkirk Mountains, British Columbia

THERE'S NO ELECTRICITY OR RUNNING WATER, AND YOU HAVE TO plow through waist-deep snow to use the restroom, but the Alpine Club of Canada still needs a lottery system to divvy up time at Fairy Meadows Hut. "Luckily, I got in on my first try," says photographer Daniel Patitucci, who took this moonlit shot of the backcountry cabin. He and 19 friends were helicoptered in from Golden, BC, and given the run of the area's big peaks, glaciers, and untracked powder for a week. "It's amazing how few people are here," he says. "There's not even a warden." Aside from the restaurant-quality kitchen, the two-story hut is modest: The upstairs is an open room of 20 single beds, and the outside sauna is just a steel tank with volcanic rocks. All of that, though, is beside the point. "You come for the skiing," says Patitucci ([alpineclubofcanada.ca](http://alpineclubofcanada.ca)). —DACUS THOMPSON



## High Drama

*North Face* tells the story of the 1936 contest between four men — outfitted with little more than fiber ropes, wool mittens, and, seemingly, a death wish — to climb the unscaled northern wall of the Eiger, all in the shadow of Hitler's rise to power (opens January 29).

## WHAT'S NEW

FEBRUARY 2010

**Hot Jacket** Parajumpers's Kodiak parka was inspired by Anchorage's 210th Rescue Squadron (\$899; [parajumpers.it](http://parajumpers.it)).



**BOOK IT NOW**  
Grand Canyon floats are often reserved years in advance, but Arizona River Runners, a well-regarded outfitter that offers all-inclusive trips, still has slots available from May to September (from \$1,135; [raftarizona.com](http://raftarizona.com)).

## Rare Scotch to Drink, Neat

Seeing Halley's Comet; tracking a snow leopard: Now add tasting Glenfiddich 50-Year Single Malt to the list of things you'll likely experience only once, if you're lucky. Just a few bottles will be sold this year (at \$16,000 a pop), but \$800 will get you a glass at select hotels ([glenfiddich.com](http://glenfiddich.com)).



### FINISHING STICK

By shifting 30 grams of weight from the club's face to its perimeter for added stability, Nike's new Method putter has already helped pros Lucas Glover and Stewart Cink clinch championships (\$300; [nikegolf.com](http://nikegolf.com)).



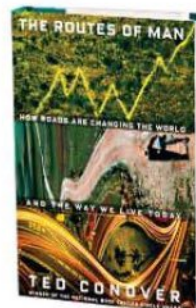
## Fast Track

Three-course meals and Illy cappuccinos are nice, but the real reason to ride Trenitalia's new Frecciarossa — which travels in northern Italy's Po Valley and through the picturesque Amalfi Coast — is speed: The train tops out at an absurd 186 mph, shaving an hour off the Milan-to-Rome trip ([raileurope.com](http://raileurope.com)).



## Road Sage

Pulitzer Prize finalist Ted Conover's erudite new work, *The Routes of Man: How Roads Are Changing the World and the Way We Live Today*, examines the impact of the Earth's byways, from East Africa to the West Bank to China (\$27; [amazon.com](http://amazon.com)).





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# Record Book



## The Biggest Air

Breaking the ramp-to-ramp distance jump record just once wasn't enough for **Ryan Capes**. After piloting his Kawasaki KX500AF motorcycle 287 feet over the Grand Sierra Resort and Casino in Reno, Nevada, on September 26 (shattering the previous mark of 252 feet, set in 1999),

**FOOTBALL FIELD (300 FEET)**  
**CAPE'S JUMP (316 FEET)**

Capes needed more. As the sun was setting, he barreled into the desert sky at 85 mph, this time spanning 316 feet. Next up: a 500-foot jump. "Going farther is an equation," he says. "Just up your takeoff speed and go bigger with the ramp."

## Explosive Miler

For some, running a 9:58.8 mile in the 105-degree Iraqi desert might be a sufficient challenge. On September 1 at Sahl Sinjar Airfield in northern Iraq,

**Staff Sgt. Jeremy Herbert** (USMC) did just that, with one small handicap: an 80-pound bomb suit laden with ceramic plates, unwieldy arm and leg coverings, and a blast-resistant helmet. He broke the previous record by 15 seconds. "Since I've been an Explosive Ordnance Disposal technician, 10 techs I've known have died trying to render explosive hazards safe," says Herbert. "This was a way to honor the and raise awareness of the EOD Memorial Foundation." —JOHN COOKSON



**80-POUND BOMB SUIT**

## The Tour de Earth



**James Bowthorpe's** 175-day cycle-around-the-globe record could be in jeopardy since fellow Englishman Julian Sayarer reported completing the trip in just 165 days on December 4, but Bowthorpe (pictured) doesn't mind. His greater foe was his very own tricked-out Santos touring bike. "I sometimes resented it for being so stalwart," he says. "While I struggled to get out of bed, the

bike was just waiting with no complaints." —JORDAN REED

**START/FINISH:** March 29 to September 20, Hyde Park, London  
**TOTAL DISTANCE:** 18,062 miles  
**HAZARDS:** 115-degree temps, Iranian bandits, wombats

A dynamo hub converted wheel power to charge his iPhone, video camera, and GPS.

Four panniers held up to 88 pounds of food and gear.

A carbon belt drive prototype lasted 12,000 miles without incident.



Only six tires and six inner tubes were changed or patched on the journey.

## Meet the New Speed Freaks of Utah's Bonneville Salt Flats



**WORLD'S FASTEST MOTORCYCLE:** BUB 7 Streamliner **Speed:** 367 mph **Record date:** Sept. 25

• With a 16-valve, 500-hp V-4 powering its two wheels, who cares if the Streamliner doesn't look like a traditional hog?



**WORLD'S FASTEST HYDROGEN-POWERED CAR:** Venturi Buckeye Bullet 2 **Speed:** 302 mph **Record date:** Sept. 25

• Built by 15 students from Ohio State's engineering program, it's run by a 700-plus-hp electric motor.



**WORLD'S FASTEST ELECTRIC MOTORCYCLE:** Mission One **Speed:** 150 mph **Record date:** Sept. 1

• It's not just for professional speed demons: The San Francisco company's emissions-free superbike can soon be yours for \$68,955.



# THERE'S ANOTHER WAY TO TREAT UNRESOLVED SYMPTOMS OF DEPRESSION.

ABILIFY is FDA-approved to treat depression as add-on treatment to an antidepressant in adults when an antidepressant alone is not enough.

Talk to your doctor about the risks and benefits of adding ABILIFY.

Antidepressants\*  
including:  
Lexapro®  
Zoloft®  
Prozac®  
Effexor XR®  
Paxil CR®

+



Available as a prescription medicine only.  
\*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.

- Call 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, tell 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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please read the additional 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.



IF AN ANTIDEPRESSANT  
ALONE ISN'T ENOUGH.

[www.ABILIFYtreatment.com](http://www.ABILIFYtreatment.com)

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)



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-ĭ-fĭ) (aripiprazole) (air-rĭ-PIP-ra-zoll)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

### 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](http://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](http://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 11/09 1239550A7.

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# The Best of the Games

SOME 2,500 ATHLETES FROM MORE THAN 80 NATIONS WILL COMPETE IN 86 MEDAL EVENTS OVER 17 DAYS IN VANCOUVER. YOU CAN'T SEE EVERYTHING — BUT DON'T MISS THESE.

by CHRISTIAN DEBENEDETTI

## SIX DVR-WORTHY HIGHLIGHTS



### ALPINE GRUDGE MATCH

Giant Slalom, February 21

Ted Ligety is America's best hope for gold in men's alpine skiing. The 25-year-old Utah native came out of nowhere to take the Combined event at the Turin Games and followed that up with the World Cup GS title two years ago. But he's not the favorite: Swiss great Didier Cuche is hungry (he's 35 and has never won at the Olympics) and damn good (as you'd expect from the reigning World Cup GS champion).



### OLYMPIC AIR SHOW

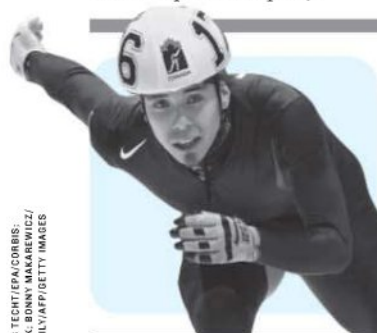
Halfpipe, February 17

The best reason to watch this: Halfpipe walls have grown from 18 to 22 feet, which means bigger air and crazier tricks (expect a Double Cork: two flips, one rotation). All eyes will be on defending champion Shaun White, but expect Vermont's Kevin Pearce to challenge. Pearce beat White last year and added fuel to their rivalry by saying he thought people were "getting sick of seeing [White]."

### THE FEMALE PHELPS

Women's Alpine Skiing  
February 14, 17, 20, 24, 26

Lindsey Vonn, 25, is a must-watch because she's the first American woman to win back-to-back overall World Cup titles (making her the winningest female American skier of all time); because she has the potential to crush all comers in all five alpine events; and, well, because she's smoking hot. But the Minnesota native won't have it easy: She switched gear sponsors this year from Rossignol to Head (always a tough transition in this sport), faces formidable rivals on her own team (notably, Julia Mancuso), and needs to shake the memory of a nasty spill during the last winter games that landed her in the hospital. That said, most skiing experts agree Vonn's third games will be charmed.



### OHNO'S MEDAL CHARGE

Short Track, February 13, 20, 26

Seattle native Apolo Ohno has five medals (two gold) from two Olympics and will become the most decorated U.S. athlete in winter-games history — if he can win two more in Vancouver (speedskater Bonnie Blair currently holds the record with six). Ohno will have to defeat some extremely fast South Koreans and teammate J.R. Celski, who beat him at the trials. Still, his chances are good, particularly in relay events.



### NHL STAR SMACKDOWN

Hockey Finals, February 28

Hockey experts are banking on Canada and Russia playing for gold, mostly because the two teams feature the best players in the world: Canadian Sidney Crosby and Russian Alex Ovechkin. Spectators would get to see a fledgling rivalry play out: The young stars bicker like old ladies. "He talks too much," Ovechkin said last year. Crosby countered, saying of the Russian's showboating: "Some people like it, some don't. I don't like it."



### COMBINED THREAT

Nordic Combined, February 25

Norsemen have dominated this hybrid of cross-country skiing and ski jumping, a test of both grit and guts that thrashes competitors during a 10-K race and launches them 400 feet through the air. But last year New Yorker Billy Demong, 29, won the world championship, making him the favorite in Vancouver — an impressive feat considering that seven years earlier he fractured his skull, leading some doctors to believe he'd never compete again.

## Six More for True Fans

**BOBSLED:** February 21 (two-man) and 27 (four-man)

**SKI JUMP:** February 20 (individual; large hill)

**LUGE:** February 14 (singles) and 17 (doubles)

**MOGUL SKIING:** February 13 (women's finals) and 14 (men's finals)

**CROSS-COUNTRY** (50-K mass start): February 28

**BIATHLON** (20-K individual): February 18



**BIG DEBUT**



**SKI CROSS**

February 21

In Turin, spectators were introduced to snowboard cross, a head-to-head race that sends four boarders over a half-mile course full of jumps, berms, and steep, banked corkscrew turns. In Vancouver, skiers will get a chance to tackle the same event, and those who love carnage should tune in. "Unavoidable casual contact is acceptable," says Daron Rahlves, a former American alpine racer who will be competing in the event. And the Vancouver course really lends itself to throwing elbows. "Midway down there's a really steep banked turn, about 140 degrees," says Rahlves. "A lot of guys will get tangled up in there. You're going to see more action because that's where the racers are getting desperate."

**Tech Watch**

**SPYDER'S SUPERFAST SKI SUIT**

Swimmers at the 2008 games crushed world records, thanks in part to Speedo's slick LZR Racer suit. In 2010, if U.S. and Canadian ski racers rack up medals, it may be due to Spyder's new suit: Manipulated fabric makes it as smooth as polished marble, creating 20 percent less drag than older ones.

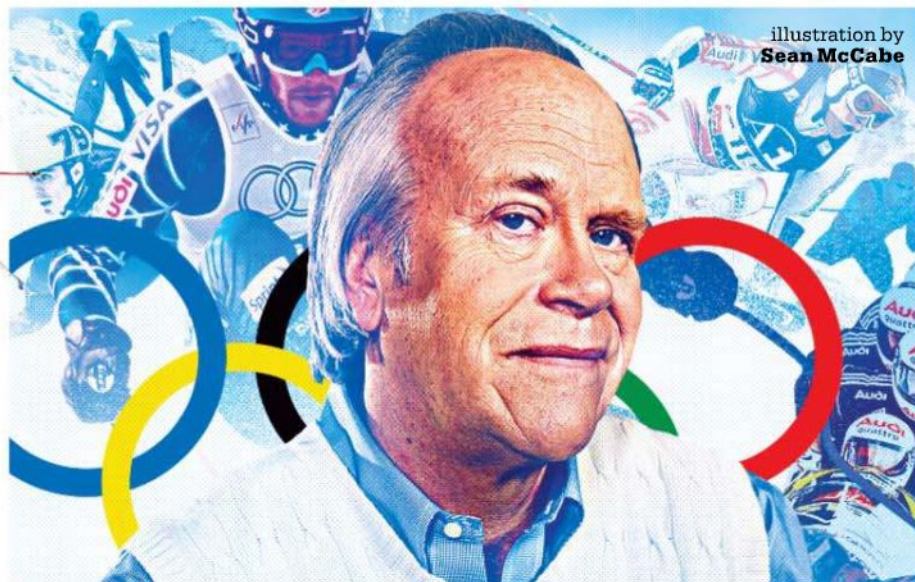


illustration by  
**Sean McCabe**

# Lord of the Rings

NBC SPORTS HONCHO DICK EBERSOL PREVIEWS THE TOP STORY LINES GOING INTO THE 21ST OLYMPIAD.

by **TOM BROKAW**

**D**ICK EBERSOL, 62, THE LONGTIME chairman of NBC Sports and co-creator of *Saturday Night Live*, has produced television seen by more Americans than any other man alive. In 2008 he rejuvenated the Summer Olympics as a ratings powerhouse, and in 2009 he produced the most-watched Super Bowl, between the Steelers and Cardinals. Now come the 2010 Winter Olympics, the 11th time he's been a part of their broadcast since 1968, shortly after he dropped out of Yale to become a researcher for the late TV pioneer Roone Arledge. Ebersol spoke with his NBC colleague and family friend Tom Brokaw over lunch at the Four Seasons Grill Room in New York.

**What are you looking forward to?**

Vancouver is going to be particularly fun because it represents the first time in the history of the Winter Olympics that the American Winter Olympic team is the best team in the world. Remember back 30 or 40 years ago when you and I were kids? We would be lucky if we won one or two gold medals in the Winter Olympics. Now one of our cross-country skiers is the best cross-country skier in the world. All of our skaters — everybody is at the top of the world right now. That's never happened before. Second of all, for American television viewers these will be live Olympics. It's a whole different experience when it's live, as we saw what happened with [Michael] Phelps's swim live from Beijing.

**Do you need a Phelps for the ratings?**

Most of all you need competitive American teams no matter what. In Vancouver, there are a couple of athletes who will potentially give us a saga: Lindsey Vonn, who is the two-time reigning world female skiing champion. She is going to ski five times over the two weeks, and she legitimately is the best in the world for four of the five disciplines. And then there are two speedskaters: Shani Davis, from Chicago. He's the best speedskater in the world. And then Apolo [Ohno], who skates every six days. So those unfold nicely as potential stories.

**How about the Flying Tomato, Shaun White?**

Shaun's like family because he and my youngest, Willie, became fast friends on a flight back from Turin and then ended up traveling the world together. His main event is the sixth day of the Olympics, and I wish there were a way I could chop it up and make it multiple days. A sponsor of his, Red Bull, built him this snowboard pipe at enormous expense outside Silverton, Colorado, just for him to train on. He just went there and learned all these tricks. He's so far ahead of everyone else, but he determined he had to go even further.

**You've often run personal stories about the athletes, but lately people have criticized these profiles.**

One of my chief lieutenants said to me after Sydney: "You did one too many of them, and





they're too long, but more important there is too much emphasis on the weepy side of these profiles." I thought about it for a month, and I came to the conclusion that he was right. So I really put my mind to how I can keep the story elements, but keep them shorter. But if we don't do this, why would anybody in Des Moines care about somebody who is about to run a particular event?

**Who was tougher to deal with as a TV producer: Bode Miller or John Belushi?**

I've often been asked if I'll ever write a book, and I steadfastly say I won't, and the reason I always give is John. The stories I could tell about John — the night he almost burned down my house, or the night he did burn down [Saturday Night Live co-creator] Lorne [Michaels]'s wife's apartment in New York — I mean, those are the things people would want to read. But I don't want to go [further] because John was a great guy who took really good care of his friends. With Bode, I don't have any personal relationship. He's the greatest American male skier of all time. And he is definitely entitled to say whatever he wants. But my advice to him is, if he continues to not care about the Olympics, then he shouldn't go to Vancouver. He should stay home and watch the Olympics — on NBC.

**What broadcasting innovation are you most proud of?**

It isn't a piece of machinery or anything technical, but the "Megaseg," which I came up with to address the biggest hump to get over in our Olympics broadcast, which happens around 11 o'clock when everyone goes to bed. What I did was stagger the commercials so that beginning at five to 11 we can go without a commercial break

for 25 or even up to 50 minutes — that way the viewers never stop watching. It really ends up being a gift for the people who've stayed with us up to that point, because you get to see the night's ultimate events without interruption.

**Is there one Olympic performance that stands out in memory?**

Michael Johnson winning the 200 in Atlanta — that really got us all out of our chairs. It's not just that he smashed a record that everyone thought was unbreakable; it's that we had a camera on a track that captured his real speed for the first time. That was exhilarating. It was the performance of a generation.

**How much do you worry about terrorism now?**

I worry about it less in Vancouver, and that's probably a mistake. It seemed like such a natural thing to worry about in Greece five or six years ago, being so close to the Middle East, but I don't think you can feel safe anywhere. But the IOC makes it their number one priority.

**You've been at this for 42 years, but you still get juiced. Ever wonder why?**

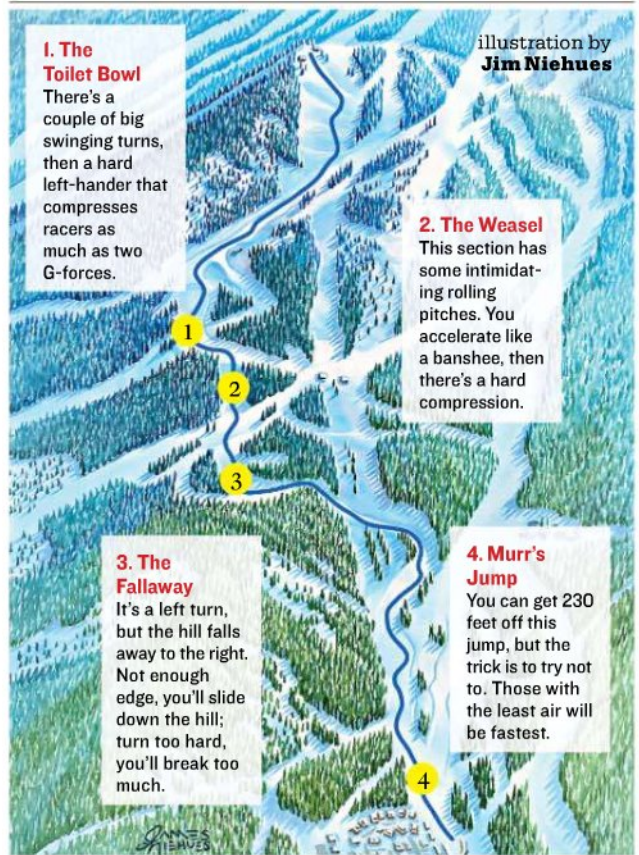
More than anything else it goes back to the 1968 opening ceremony in Grenoble, France. It was in a temporary stadium with a lot of mud around, and I spent most of the show on my knees, and I couldn't see very much because I had to keep handing cards out to Jim McKay. When I did get my few glimpses of that ceremony, the thing that jumped into my mind and never left was that this was the most exciting place in the world. It's the best of the world all gathered in one place. It gives you a sense of, "It could all work." And so it starts with that.

## MOUNTAIN CHEAT SHEET

### THE DAVE MURRAY MEN'S DOWNHILL

February 21

NAMED FOR LATE CANADIAN DOWNHILL GREAT DAVE Murray, the course boasts an average grade of 28 percent and a number of highly technical sections. "It has all the great elements," says Murray's friend and former teammate Steve Podborski. "It's steep and fast, and you've got icy, hard turns, fallaways, big jumps, and flats where you can glide." The first North American to win the World Cup downhill title, Podborski triumphed at the famous Hahnenkamm twice and took bronze at the Lake Placid Games. He walked us through the run, which he's raced since he was 16.



## Island Athletes Are No Joke

Forget stale wisecracks about the Jamaican bobsled team. A few of this year's Caribbean athletes have a real shot at the podium.

Athletes competing for the Bahamas, Jamaica, and the U.S. Virgin Islands, among others, are looking to dismantle the fish-out-of-water stereotype that has become a pop-culture cliché (see Disney's *Cool Runnings*), and a few may even medal. Most notable of the bunch are Bahamian snowboarder **Korath Wright**, who was third in a World Cup halfpipe event in 2007, and

Jamaican skier **Errol Kerr**, fifth in the ski cross at the 2008 X Games. The secret to their success: Both have spent most of their lives training in North America (Wright is a dual citizen of Canada, while Kerr grew up near Lake Tahoe). Still, look for them to show off their island flair in Vancouver. Kerr will sport a specially designed outfit from Spyder in the colors of the Jamaican flag.



# Going to Vancouver?

THE INSIDE LINE ON THE CITY'S GOLD-MEDAL PLACES TO EAT, DRINK, AND PLAY.

by **DIANE SELKIRK**

**A**S YOU FORM YOUR PLAN OF ATTACK FOR the Winter Olympics, know this: The competitive events are in three locales that offer very different experiences. Vancouver — the cultural hub — houses ice events, while alpine races are in the skiing mecca of Whistler. Richmond, home to speedskating, is party central. But bundle up: Temps hover around freezing. (Best grab the hot souvenir: the red mittens.)

## THE CULTURAL CENTER

### Vancouver

THIS METROPOLIS OF 2.1 million is one of the largest cities to host the Winter Olympics. The urban setting means that after you take in live hockey or short-track speedskating, you can choose among a huge selection of pubs and restaurants to celebrate with boisterous Vancouverites. (If you've never witnessed a curling

match with a partisan crowd, you really haven't lived.)

### DRINKING

**Yaletown**, an upscale neighborhood with varied eateries, is flanked by celebration sites where huge television screens broadcast medal-winning runs and live bands entertain the masses. But if you're looking for a low-key scene, head to



Walking in Vancouver's Gastown neighborhood



nearby **Gastown**, where some of the city's best pubs are found. Favorites include the **Alibi Room** ([alibi.ca](http://alibi.ca)), with 25 taps pouring the region's best craft brews, and the **Pourhouse** ([pourhousevancouver.com](http://pourhousevancouver.com)), where bartender Jay Jones offers up a Gold Fashioned that

proves maple syrup is even better in a cocktail than on pancakes.

### EATING

**Refuel** ([refuelrestaurant.com](http://refuelrestaurant.com)), in the hip neighborhood of **Kitsilano**, emphasizes local food at a great price. Executive chef Robert Belcham can tell you about the organic farm that provided your slow-cooked pork or which fisherman caught your coho (most entrées are \$20 or less). Or stay downtown and slide up to the circular raw bar in the new 265-seat **Coast** restaurant ([coastrestaurant.ca](http://coastrestaurant.ca)) for the signature seafood platter (\$27 per person) of superfresh prawns, crab, oysters, and fish.

### EXPLORING

The **Cultural Olympiad**, an arts festival featuring more than 600 concerts and performances, includes a celebration of native son Neil Young and a number of comedy shows ([vancouver2010.com](http://vancouver2010.com)).

### INSIDER TIPS

## The Mayor's Advice: Skip the Nude Beach

Vancouver mayor Gregor Robertson, 45, was a ski racer and trans-Pacific sailor before becoming an organic juice entrepreneur, politician, and host of the 21st Olympiad.



### Where should visitors party?

Granville Island is a really awesome neighborhood, with a big public market, theaters, and restaurants. There will be a big Mardi Gras celebration while the games are on. A lot of the French-speaking countries are based there, along with the Quebecois crowd. It's going to be a great party.

### Speaking of partying, pot is legal. I understand Vancouver has some pretty great marijuana.

That's the rumor. People around here definitely stake that claim. Word's gotten out.

### What's the best way to get around the city?

I ride my bike everywhere, every day — that's

my mode of transport. I ride a Rocky Mountain mountain bike, converted to street.

### What events are you most excited about?

I'm a huge hockey fan, and I think our chances are excellent. I'm also really looking forward to seeing ski cross and snowboard cross — they're superexciting to watch.

### And what if people just want to escape the crowds?

There are almost 14 miles of seawall around Stanley Park and False Creek that are extraordinary for walking and biking. And then there's the nude beach: Wreck Beach. It's a little chilly out there in the winter, so people usually go fully dressed. But you might see some diehards exposing themselves to the elements. Not a pretty sight.

—INTERVIEWED BY MATT POWER





## THE MOUNTAIN EXPERIENCE

### Whistler

SEVENTY-FIVE MILES down the road in Whistler, the party has been 50 years in the making (the ski hill was founded with the goal of hosting the '68 games). The cobblestoned streets of the pedestrian village will be hopping with six sites featuring bands and live events displayed on giant screens.

#### EATING

For hearty fare (including a killer corned beef and cabbage) and a post-event brew, check out the **Dubh Linn Gate** ([dubhlinn.com](http://dubhlinn.com)). Or, for upscale dining, head to the **Bearfoot**



Whistler Village

**Bistro** for chef Melissa Craig's tasting menu. It includes local ingredients (ruby trout), exotic imports (wagyu beef), and homemade ice cream (from \$92; [bearfootbistro.com](http://bearfootbistro.com)).

#### EXPLORING

Bring your skis and boards. More than 90 percent of the

terrain is open, but with all eyes on the games, the slopes won't be crowded. Or mush your own rowdy team of Alaskan racing huskies on a three-hour excursion through the Soo Valley — it's a particularly Canadian way to experience Whistler's wilderness (\$159; [whistlerdogsledding.com](http://whistlerdogsledding.com)).

**INSIDER TIP** Canadian ski team member Robbie Dixon, who grew up skiing Whistler, recommends exploring the village and taking a gondola ride up the mountains. "Don't miss the Peak2Peak strung between Whistler's and Blackcomb's summits," he says. "You'll walk away awed."

### Ski Alternatives

With everyone in Whistler, now's the best time to explore BC's other ski areas.

#### Panorama Mountain Village

Located in the Kootenay region, just 90 minutes from the newly expanded Canadian Rockies International Airport in Cranbrook, Panorama Mountain rises 4,000 feet above the village and offers up views that seem to encompass the entire Rockies. Panorama's new big draw is Taynton Bowl. Formerly open only to heli-skiers, it boasts 700 acres of terrain. \$69; [panoramaresort.com](http://panoramaresort.com)

#### Sun Peaks Resort

The area comprises three mountains that cover nearly 4,000 acres of skiing. The resort's powder (they get close to 20 feet every year) is best taken advantage of with the Three Mountain Tour, a 17-mile series of runs across the three peaks. \$66; [sunpeaksresort.com](http://sunpeaksresort.com)

## THE PARTY CENTRAL

### Richmond

THE BC CITY THAT'S HOST to speedskating is also home to the most talked about party venue: the **Holland Heineken House**, a two-week, nonstop bacchanalia that's so popular, the Dutch contingent had to

annex the local hockey rink, which can hold thousands of people. (Skaters can still enjoy a nearby outdoor rink that will also feature ice sculptures and fireworks.) Set in the heart of Richmond's celebration site (called the **O Zone**), Holland

House is just a 10-minute walk from the train station.

#### EATING

The neighborhood around the O Zone boasts several hundred Asian restaurants, such as **Posh** ([303-posh.com](http://303-posh.com)), which serves an all-you-can-eat suki-yaki hot pot. Or head to **Fisherman's Terrace** in Aberdeen Centre for the popular dim sum brunch, which includes *har gow*, *siu mai*, and *ha churn*.

#### EXPLORING

On a sunny day, head out to the neighborhood of **Steveston** to bike the dikes and stroll the



Inside the Holland Heineken House



docks. Stop in at **Pajos** for some of the freshest fish-and-chips going ([pajos.com](http://pajos.com)). Or, if you're seeking inner peace after Olympic-size overindulging, visit the **International Buddhist Temple** ([buddhisttemple.ca](http://buddhisttemple.ca)) for some welcome tranquility.

**INSIDER TIP** Richmond is the home of the airport everyone will be using, and the Vancouver Airport Authority predicts it will be overwhelmed by the March 1 mass exodus. If your flight is delayed, finish up your visit with a final microbrew at the seaplane terminal's Flying Beaver Bar & Grill ([markjamesgroup.com/flyingbeaver.html](http://markjamesgroup.com/flyingbeaver.html)).





# Jeff Bridges

THE DUDE — AND STAR OF THE PITCH-PERFECT *CRAZY HEART* — ON HIS ART, HIS GAME, AND HIS DAD.

by DACUS THOMPSON



## Story about my dad

▲ My father had a successful TV show in the '60s, *Sea Hunt*, and he went all over the world and people would want to show off their favorite diving spots. I constantly run into oceanographers who say, "Your dad is the reason I got into this kind of thing."



## Plant

▼ I'm really into **succulents**, though I'm not an expert. I grow these large ones that put out big, beautiful flowers. I like their architectural shapes.



## Drawing board

◀ I use a **Wacom tablet** for my drawings on my website ([jeffbridges.com](http://jeffbridges.com)). It's got a stylus that the tablet is sensitive to. You can just go to town.



## Game

▲ **Pass the Pigs**. It's like a dice game, first one to 100, that's great to play with a bunch of people. On the set of *Iron Man*, some guys put up some pretty high stakes. It got wild.

## Guitar

◀ It's a **Gibson J-45**. Buddy Miller played it in a lot of recordings for *Crazy Heart*, so the guitar's got sentimental value. But it also just sounds beautiful.

## Memento

◀ From *Lebowski* I got the jellies — the shoes. And I scored the sweater, too. But I also have **the suit from the movie Tron**. My wife dressed up in it for Halloween once.

## Gift

◀ I call this the Green Monster. It's a **John Deere** that was the last thing my dad gave me. It's just a little thing to haul stuff in.

## Book

I tend to read Pema Chödrön's books over and over again. I'm reading ***When Things Fall Apart*** now for the second time. It's about Buddhism and getting closer to being alive.



## Camera

▲ The **Widelux** is a panning still camera. It's almost like a 70mm movie-frame format, and since I take a lot of photographs about making movies, it kind of lends itself to that.

## Musician

**Bob Dylan**. I love his old stuff *and* his new stuff.

## Artist

▼ We've got some of **Russell Chatham's** work of Montana that we really like. His paintings really grab the country there. Kind of plein air-ish, I guess you could say.



## Place to think

I have a swing near my house where I just kind of hang out. I usually bring a book, but I never read it. I just sit out there and look at the light changing.



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# HAPPY REFUND DAY!

**TurboTax**

 Choose **Easy**.


**TurboTax® will turn this tax season into a holiday.** It guides you step-by-step through your return, answers tough questions and helps you get the maximum refund you deserve.

**TurboTax. Choose Easy.**

## "All I want for April 15th..."

Not sure what to do with all that extra cash?  
Here is a complete Refund Day Wish List which you can  
**enter for a chance to WIN at [alliwantforapril15.com](http://alliwantforapril15.com)**



### ▲ OAKLEY ELITE PIT BOSS™

Elite Pit Boss is an artful design of ultra-lightweight titanium plates created with 200 tons of pressure, chiseled with a precision of 0.002 inches, and fused to pure O Matter® frame material.

[Oakley.com](http://Oakley.com)



### ▲ LEATHERMAN MONARCH 400 LED LIGHT

The Monarch 400 LED light was developed for the everyday-light user. It is water and impact resistant and is great for camping, projects around the home, getting safely from the car to the house, or down a trail at night.

[Leatherman.com](http://Leatherman.com)



### ◀ HELLY HANSEN BARRIER STRETCH 3LXP JACKET

The sleek Barrier Stretch 3LXP breaks the boundary between hard shell and soft shell with its high-gauge knit fabric and top-of-the-line, three-layer waterproof construction. It combines water-resistant zips with a full-storm hood for full protection from the elements.

[Hellyhansen.com](http://Hellyhansen.com)

### THE OREGON™ 550 ▶

The rugged but light, waterproof 550 combines a high-sensitivity GPS navigator featuring 3" touchscreen with a built-in 3.2-MP autofocus digital camera that automatically geotags photos with the location of where it was taken.

[Garmin.com](http://Garmin.com)



### LEATHERMAN EXPANSE E33L POCKET KNIFE ▶

The e33L pocket knife has been redesigned to meet everyday needs more effectively. Lightweight for your pocket, faster blade deployment for quick jobs and, as always, premium materials and detailed finish work.

[Leatherman.com](http://Leatherman.com)



Visit **[alliwantforapril15.com](http://alliwantforapril15.com)** for your

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the entire "All I Want for April 15th..." package above







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# The Unknown Caribbean

TIRED OF COOKIE-CUTTER TROPICAL VACATIONS AMONG ALL THE OTHER TOURISTS? WE ASKED OUR WRITERS TO TELL US ABOUT THEIR ONE-OF-A-KIND ISLAND ADVENTURES — EACH ONE GUARANTEED TO DELIVER SOMETHING YOU'VE NEVER EXPERIENCED BEFORE.



## THE WAITUKUBULI NATIONAL TRAIL

### HIKE TO A VOLCANIC HOT SPRING

DESERTED TROPICAL islands are generally weak candidates for long-distance hiking. The Caribbean's volcanic eco-wonderland, though — Dominica, in the Lesser Antilles — aims to change all that with the ambitious new Waitukubuli National Trail.

Starting at Scotts Head peninsula, a mecca for snorkeling and scuba diving, the trail is composed of 14 sections, running 115 miles south-north, bisecting the length of the island. Much of the trail follows existing 200-year-old walking paths of the Kalinago Caribs, as well as slave routes to sugar plantations. Along the way you'll pass villages where locals of-

fer you everything from cold beer to homestays to B&Bs (though you'd do well to pack a tent for some of the trail's undeveloped segments later in the journey).

Still, the hospitality can't compete with the natural wonders: Just off a short spur trail is Dominica's boiling volcanic lake, the second largest in the world; there's also the 200-foot Trafalgar Waterfalls, emerald swimming holes, deep gorges, primordial rain forests, steep mountain views, and vivid purple-and-green Sisserou parrots. Ten to 14 days later you'll finish at Cabrits National Park amid the ruins of an 18th-century garrison.

No visitor has hiked the entire through-route yet — it won't be completed until next year — but if you don't have a full two weeks, it's easy to abbreviate (*visit dominica.dm for more information*).

—SARAH ROSE

## Trip Planner

### WALKING THE WALK:

Even though the trail is not yet officially open (a god-send for the truly adventurous), Ken's Hinterland Adventure Tours offers guided tours of one section and hikes to the Boiling Lake and Trafalgar Waterfalls (from \$35; [khattstours.com](http://khattstours.com)). The outfitter is located in the capital city of Roseau on the southwest coast, to which you can fly from Puerto Rico.

### HOT WATER:

There are few sandy beaches here, but at pebbly Champagne Beach you can snorkel right up to the volcanic activity as sulfur bubbles circle up from the seafloor in warm crystal-clear waters (from \$37; 767-448-2638). Back on land, stay at one of the private cottages at Jungle Bay Resort and Spa (from \$179; [junglebaydominica.com](http://junglebaydominica.com)).

## ROSE ISLAND

### SPEAR A LOBSTER DINNER

FOR DECADES, BAHAMIAN locals have been turned on to the miracle called Rose Island, four miles northeast of Nassau. The place looks to be nothing more than scrub and palm, but its rockbound coast holds prominent colonies of spiny lobster, a clawless breed coveted for its fat, succulent tail.

To a novice hunter, spiny lobster appear either profoundly lazy or suicidal, often delaying their escape until the moment they catch a spear between the eyes. When I was there last fall, I spotted a three-pound trophy "crawfish" (as Bahamians call them) lounging under a chunk of brain coral within minutes of plunging into six feet of 80-degree water. He gazed up at me, seemed to yawn, then sluggishly turned away. I hauled back on my spear and struck him clean through the head. Lobster brains slithered to the ocean floor like cooked spaghetti as he came belatedly to life, legs scrambling desperately, before he finally gave up and went completely limp.

Swimming back to the skiff, I had to hang the lobster





on the tip end of my spear, away from my hand, lest an unseen shark or barracuda snatch both, and then drop it into an icebox. If you're with a couple of friends, it's possible to spear about a dozen in a full afternoon, and that night you'll dine on the most delicious lobster, roasted over coals and drowned in butter, that you've ever had the pleasure of killing.

—JOHN O'CONNOR

## Trip Planner

### LOBSTER HUNTING:

There are no spearfishing outfitters in Nassau, but Capt. Clint Kemp of Secret Soul Fly Fishing Adventures will put you in touch with a local guide and boat for the trip to Rose Island (from \$400 per half-day; 242-376-0321). You'll need to bring your own snorkeling gear and spear (called a Hawaiian sling), which you can pick up at Lightbourne Marine in Nassau (\$60; 242-393-5285).

### HOUSE HUNTING:

The iconic Atlantis has its charms, but the best place to hang your hat is the Westwind Club, a sleepy collection of bungalows with a bar, private hammocks, and – better still – a private beach. Plus, it's a quick taxi ride away from the docks (\$150 per day; westwind1.com).



## VIRGIN GORDA

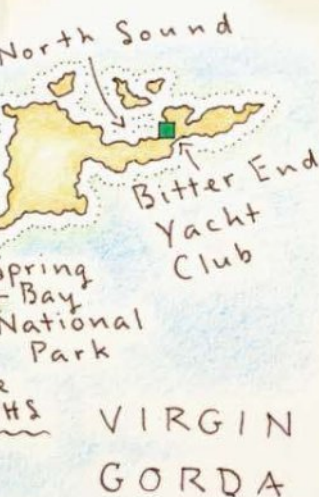
# STAGE YOUR OWN REGATTA

BITTER END YACHT CLUB sits on Virgin Gorda's North Sound, among the most secluded and protected deep-water harbors in the Caribbean — making it a great venue for an impromptu regatta on a rented 13-foot Laser. I found this out nine years ago while on a 10-day chartered trip through the Caribbean with William F.

Buckley, the late, great father of modern conservatism.

Bitter End hosts amateur regattas every Sunday and Wednesday afternoon, but if you've got a quorum of willing partners like we did, you can set up your own private race around the eight-mile sound anytime, using whatever you can find to create a makeshift course. Buckley used two buoys and our anchored yacht to map out a triangular route. I'm not a sailor by any definition (luckily, Bitter End doesn't ask for any proof of expertise), but I found myself paired with an architect who had spent his fair share of time on Long Island Sound. Buckley (76 years old at the time) was paired with a 30-something friend who hadn't lifted a finger all week and whose full-time job was raising capital to colonize Mars. To put it bluntly: I liked our chances.

Our German captain, Franz, blew the yacht's horn, and off we went. Buckley's skiff took the lead and never lost it. He never missed a buoy, never broke a sweat, and never lost the powder-blue skipper's cap he'd worn all week. This was,



## Trip Planner

### HIRING A BOAT:

Bitter End Yacht Club still rents the same 13-foot Lasers that Buckley took for a sail (and the staff still remembers the day he came in). Rentals are available year-round, but the best winds are winter and spring (from \$40 an hour; beyc.com).

### BEYOND SAILING:

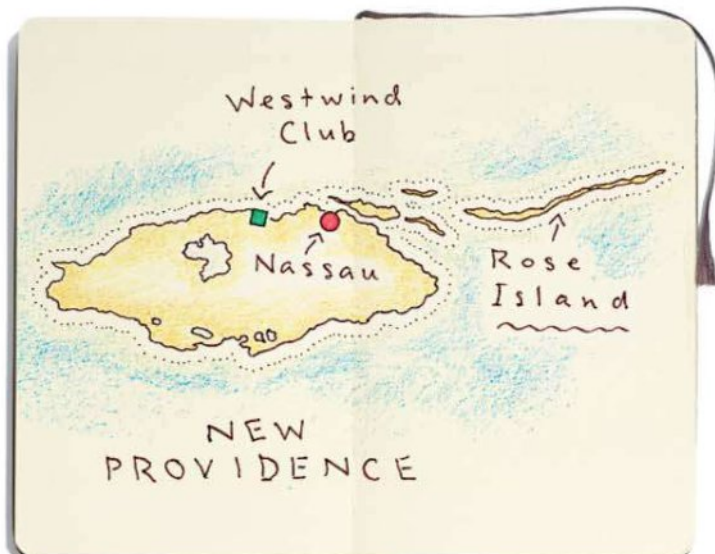
The island's Baths — a maze of pools and grottoes amid 40-foot granite boulders strewn across a white-sand beach — are often overrun with tourists by midmorning, so visit the adjacent Spring Bay National Park. It's got an even bigger beach and more remote granite formations to explore ([bvinationalparkstrust.org](http://bvinationalparkstrust.org)). The North Sound is also home to a series of small tropical islands, but you can find the best views underwater while snorkeling at the majestic Eustatia Reef (from \$30; [divebvi.com](http://divebvi.com)).

after all, the same man who in younger days sailed across the Atlantic. And the Pacific. My partner and I stayed busy capsizing and getting whacked by the boom.

It was the perfect place to try sailing, even if we did end up getting schooled by an American icon. —BOB SMILEY

### FOR MORE TRIPS, GO TO [MENSJOURNAL.COM/ISLANDADVENTURES](http://MENSJOURNAL.COM/ISLANDADVENTURES)

Tour the dusty ruins of post-volcano-blast Montserrat — and learn how to survive the most relaxing vacation you'll ever experience on Mustique.







photograph by  
**David Prince**

# Heaven in a Clay Pot

WHEN YOU'VE REACHED YOUR WINTER LIMIT FOR COMFORT FOODS SUCH AS MEAT LOAF AND SHEPHERD'S PIE, TURN TO CASSOULET, THE CLASSIC FRENCH STEW.

**L**IKE ANY MAN tackling a great carnivorous tradition — think of the feuding between Texas and Carolina barbecue devotees — the would-be cassoulet maker has to first pick sides in an ancient regional argument.

There's no disputing that a cassoulet is cooked in the traditional cooking vessel, a cassole (below), or that beans, meat, and vegetables are its

base. The controversy centers around which meats should join the beans and vegetables.

Three French cities each claim to make the only authentic cassoulet, and according to the great French chef Prosper Montagné, the three styles are the holy trinity of southwestern French cuisine: Castelnaudary's ham, loin, sausage, fresh bacon, and goose confit is the Father; the Son is Carcassonne's mutton

and partridge version; and the Holy Ghost is the mutton, bacon, and pork belly cassoulet that hails from Toulouse.

While this is all very nice, I wanted to master one right way — not one of three right ways. So I was hugely relieved to discover a fourth, and to my mind a superior, front in the cassoulet battle.

In his indispensable new tome *The Complete Robuchon*, chef Joël Robuchon throws his weight behind a best-of-all-worlds cassoulet, blending lamb shoulder, lamb neck, pork sausage, pork belly, and duck confit. Because all of these can be found in good gourmet shops, you've done half the work by the time you're finished shopping. After that just follow the straightforward recipe (right) and prepare for the ensuing gastronomic coma. —DANIEL DUANE

## The Celestial Vessel

Deep and thick enough to distribute heat evenly, an authentic French cassole is a conical ceramic pot glazed inside, similar to this one from Emile Henry (\$115; [emilehenryusa.com](http://emilehenryusa.com)).



## Robuchon's Cassoulet

### INGREDIENTS

2 lb dry white beans, tarbais or lingot • 1 carrot • 4 onions (2 stuck with 1 clove each, 2 sliced into 1/8-inch-thick rounds) • 10 garlic cloves, crushed • 1/2 lb pork rind • 1 bouquet garni • 1/2 lb garlic sausage • 3/4 lb saucisses de Toulouse • salt • pepper • 1/2 lb lean pork belly • 1-1/2 lb duck confit, with fat • 1-1/2 lb boneless lamb shoulder, chopped into 2-inch chunks • 1 lb lamb neck, chopped into 2-inch chunks • 3 tomatoes, peeled, seeded, and diced • 1-1/4 cup dry bread crumbs • 1 bunch parsley leaves, minced

1. Put beans in a large pot with carrot, 2 onions stuck with cloves, 6 garlic cloves, pork rind, and bouquet garni. Cover with cold water and turn heat on high, lowering before water bubbles. Simmer for one hour. Add garlic sausage and saucisses; simmer for 15 minutes. Remove from heat. Salt and pepper to taste.
2. Put pork belly in a large pot, cover with cold water, bring to boil, and cook for 5 minutes. Remove pork to a colander; rinse with cold water; drain.
3. In another pot, melt 4 tbsp fat from confit. When hot, brown lamb chunks over high heat. Remove to plate. Cook sliced onions in same pot for 3 minutes over low heat; stir. Add tomatoes, 4 garlic cloves, and 10 tbsp bean cooking liquid. Let bubble for 10 minutes.
4. Fish bouquet garni, onions, pork rind, and sausages from the bean-cooking pot. Discard the garni and leave the rest on a plate. Drain beans, saving liquid, then add beans to pot of onions and tomatoes.
5. Preheat oven to 250°. Slice sausage and saucisses into 1/2-inch rounds. Line a large terrine with the pork rind and fill with alternating layers of meat, saucisses, garlic sausage, and bean-onion-tomato mix. Finish with layer of beans; top with 2 tbsp confit fat, spread evenly over surface. The liquid in the terrine should barely cover the top layer; if it doesn't, add cooking liquid. Bake for 3 hours.
6. Mix bread crumbs with parsley. When cassoulet has baked for 3 hours, sprinkle with the parsleyed crumbs and put back in oven for 1 hour to brown. Serves 10.



CAMEL SNUS  
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#### ◀ CONCERT-HALL CAMPING

It's not hard to guess which Sydney landmark inspired the **Opera Camper**, made of leather, stainless steel, and wood. [\$49,000; [yoursuiteinnature.com](http://yoursuiteinnature.com)]

## THE WISH LIST

WHAT WE'RE COVETING THIS MONTH



#### ◀ ELEGANT MUSIC

Standing four feet tall, the carbon-fiber-and-steel **Aesthesis Gramophone** speakers sound as good as they look. [\$90,000; [aesthesis.se](http://aesthesis.se)]



#### ◀ THE STEALTH TIMEPIECE

This limited edition of the **Bell & Ross BR01-92** is the first watch made entirely of carbon fiber (strap included). [from \$7,900; [bellross.com](http://bellross.com)]



#### ▶ CHAMP'S CAPE

Add a sense of legitimacy to your post-shower shadowboxing with the **Muhammad Ali Luxury Robe**, a velour replica of the man's mantle. [\$125; [wornfree.com](http://wornfree.com)]

#### ▼ SMOKE HOUSE

Only one **Partagás 100-cigar humidor**, modeled after the company's Cuban factory, will be produced. [\$60,000; [20ltd.com](http://20ltd.com)]



#### ▲ NAKED POOL

Don't be afraid to jump the eight ball — the **Nottage G-1's** glass surface plays just like felt. [\$40,200; [nottagedesign.com](http://nottagedesign.com)]

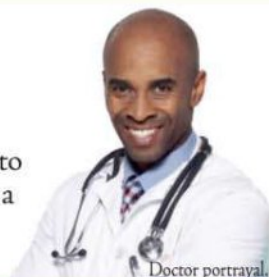


**“ I was originally too embarrassed  
to have ‘the talk’ with my doctor, but now  
I wish I’d done it sooner. ”**



### Your Doctor Talks to Men About ED Every Day

Your doctor will tell you that erectile dysfunction (ED) isn't something to keep to yourself, or to be embarrassed about. It's a common medical condition he can treat.



Doctor portrayal.

### Running the Numbers

Did you know half of all guys over 40 have some form of ED? Here are some numbers to keep in mind from a recent survey of men with ED:



of men were anxious about talking to their doctor about ED.



of men felt relieved after talking to their doctor.



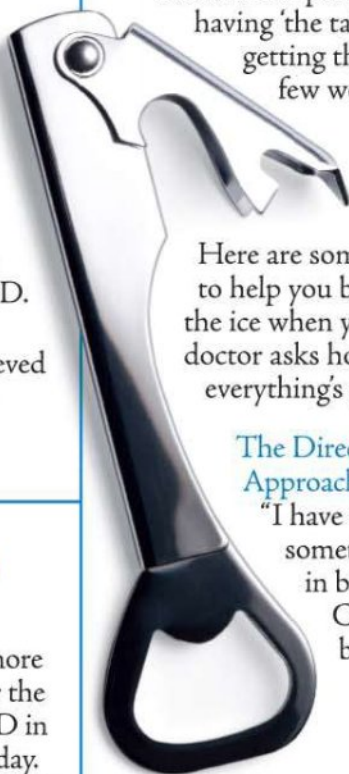
### Tell Me More

To learn more about VIAGRA for the treatment of ED, and ED in general, visit [viagra.com](http://viagra.com) today. You'll find an online sexual health quiz, videos of guys with ED who've had the VIAGRA Talk and other helpful information.

Over 20 million men have already had their VIAGRA Talk. Isn't it time you had yours?

### Don't Keep Your Questions Bottled Up

The hardest part about having 'the talk' is getting those first few words out.



Here are some ideas to help you break the ice when your doctor asks how everything's going:

#### The Direct Approach:

"I have trouble sometimes in bed. Could it be ED?"

#### The Indirect Approach:

"Is it true age affects sexual performance?"

#### The Silent Approach:

Just hand this ad to your doctor, he'll take it from there.

### Important Safety Information

We know that no medicine is for everyone. Don't take VIAGRA if you take nitrates, often prescribed for chest pain, as this may cause a sudden unsafe drop in blood pressure.

Talk with your doctor first. Make sure your heart is healthy enough to have sex. If you have chest pain, nausea, or other discomforts during sex, seek medical help right away.

In the rare event of an erection lasting more than four hours, seek immediate medical help to avoid long-term injury.

In rare instances, men who take PDE5 inhibitors (oral erectile dysfunction medicines, including VIAGRA) reported a sudden decrease or loss of vision, or sudden decrease or loss of hearing. It is not possible to determine whether these events are related directly to these medicines or to other factors. If you experience any of these symptoms, stop taking PDE5 inhibitors, including VIAGRA, and call a doctor right away.

The most common side effects of VIAGRA are headache, facial flushing, and upset stomach. Less common are bluish or blurred vision, or being sensitive to light. These may occur for a brief time.

VIAGRA does not protect against sexually transmitted diseases including HIV.

Please see Important Facts for VIAGRA on the following page or visit [viagra.com](http://viagra.com) for full prescribing information.

**For free information, including questions to ask your doctor, call 1-888-4VIAGRA (1-888-484-2472).**

**VIAGRA®**  
(sildenafil citrate) tablets

**You are encouraged to report negative side effects of prescription drugs to the FDA.  
Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.**

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## IMPORTANT FACTS

**VIAGRA**  
(sildenafil citrate) tablets

(vi-AG-rah)

### IMPORTANT SAFETY INFORMATION ABOUT VIAGRA

Never take VIAGRA if you take any medicines with nitrates. This includes nitroglycerin. Your blood pressure could drop quickly. It could fall to an unsafe or life-threatening level.

### ABOUT ERECTILE DYSFUNCTION (ED)

Erectile dysfunction means a man cannot get or keep an erection. Health problems, injury, or side effects of drugs may cause ED. The cause may not be known.

### ABOUT VIAGRA

VIAGRA is used to treat ED in men. When you want to have sex, VIAGRA can help you get and keep an erection when you are sexually excited. You cannot get an erection just by taking the pill. Only your doctor can prescribe VIAGRA.

VIAGRA does not cure ED.

VIAGRA does not protect you or your partner from STDs (sexually transmitted diseases) or HIV. You will need to use a condom.

VIAGRA is not a hormone or an aphrodisiac.

### WHO IS VIAGRA FOR?

Who should take VIAGRA?

Men who have ED and whose heart is healthy enough for sex.

Who should NOT take VIAGRA?

- If you ever take medicines with nitrates:
  - Medicines that treat chest pain (angina), such as nitroglycerin or isosorbide mononitrate or dinitrate
- If you use some street drugs, such as "poppers" (amyl nitrate or nitrite)
- If you are allergic to anything in the VIAGRA tablet.

### BEFORE YOU START VIAGRA

**Tell your doctor if you have or ever had:**

- Heart attack, abnormal heartbeats, or stroke
- Heart problems, such as heart failure, chest pain, or aortic valve narrowing
- Low or high blood pressure
- Severe vision loss
- An eye condition called retinitis pigmentosa
- Kidney or liver problems
- Blood problems, such as sickle cell anemia or leukemia
- A deformed penis, Peyronie's disease, or an erection that lasted more than 4 hours
- Stomach ulcers or any kind of bleeding problems

**Tell your doctor about all your medicines.** Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take or use:

- Medicines called alpha-blockers to treat high blood pressure or prostate problems. Your blood pressure could suddenly get too low. You could get dizzy or faint. Your doctor may start you on a lower dose of VIAGRA.
- Medicines called protease inhibitors for HIV. Your doctor may prescribe a 25 mg dose. Your doctor may limit VIAGRA to 25 mg in a 48-hour period.
- Other methods to cause erections. These include pills, injections, implants, or pumps.

### POSSIBLE SIDE EFFECTS OF VIAGRA

Side effects are mostly mild to moderate. They usually go away after a few hours. Some of these are more likely to happen with higher doses.

**The most common side effects are:**

- Headache
- Feeling flushed
- Upset stomach

**Less common side effects are:**

- Trouble telling blue and green apart or seeing a blue tinge on things
- Eyes being more sensitive to light
- Blurred vision

**Rarely, a small number of men taking VIAGRA have reported these serious events:**

- Having an erection that lasts more than 4 hours. If the erection is not treated right away, long-term loss of potency could occur.
- Sudden decrease or loss of sight in one or both eyes. We do not know if these events are caused by VIAGRA and medicines like it or caused by other factors. They may be caused by conditions like high blood pressure or diabetes. If you have sudden vision changes, stop using VIAGRA and all medicines like it. Call your doctor right away.
- Sudden decrease or loss of hearing. We do not know if these events are caused by VIAGRA and medicines like it or caused by other factors. If you have sudden hearing changes, stop using VIAGRA and all medicines like it. Call your doctor right away.
- Heart attack, stroke, irregular heartbeats, and death. We do not know whether these events are caused by VIAGRA or caused by other factors. Most of these happened in men who already had heart problems.

If you have any of these problems, stop VIAGRA. Call your doctor right away.

### HOW TO TAKE VIAGRA

**Do:**

- Take VIAGRA only the way your doctor tells you. VIAGRA comes in 25 mg, 50 mg, and 100 mg tablets. Your doctor will tell you how much to take.
- If you are over 65 or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg).
- Take VIAGRA about 1 hour before you want to have sex. VIAGRA starts to work in about 30 minutes when you are sexually excited. VIAGRA lasts up to 4 hours.

**Don't:**

- Do not take VIAGRA more than once a day.
- Do not take more VIAGRA than your doctor tells you. If you think you need more VIAGRA, talk with your doctor.
- Do not start or stop any other medicines before checking with your doctor.

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 **helpful  
answers™**





# The Porsche People Eater

As the brand's first sports car blessed with four doors, the Panamera is business in front, party in the back. But can a sedan uphold Porsche's racing legacy?

ANYONE WHO DOUBTS that Germans have a sense of humor should sit in the upholstered KFC buckets that constitute the backseats of a Porsche 911. Asking any human old enough for solid food to sit there violates at least two articles of the Geneva Conventions. The 911 doesn't work as a family car, is what I'm saying.

Hence the Panamera, Porsche's first non-SUV four-door. It aims to fuse the 911's performance with real, usable backseats, giving Porsche aficionados a more utilitarian mode of transportation. What about the Porsche Cayenne, you ask? It's not a sports car, in the same way that a 300-pound offensive lineman can't be a running back, no matter how fast he runs the 40.

My plan to test the Panamera's practical pretensions involves employing a jet-green 4S model as family truckster on a vacation to Charleston, South Carolina. For four days, I'll shuttle various members of my wife's family to the beach and back. Have I mentioned that my sister-in-law tends to get carsick if she's not driving?

Her nemesis this time: a 4.8-liter, 400-horsepower V-8, capable of doing the 0-60 dance in 4.6 seconds — and, according to my mother-in-law, delivering a wicked head rush during full throttle in first gear. (Also liable to cause a head rush is the window sticker: \$107,040 on my lightly optioned example. It can reach \$200,000 for a wildly optioned Turbo model.) Press the SPORT button on the console, and a stab of your right foot will unleash head-banging gear changes. The SPORT PLUS setting would be even more violent, but I'm not keen on showering my sister-in-law Elena's lunch off the back of my head.

Yet when not driven like a getaway car, the Panamera displays the refined comportment of a pre-Paris-era socialite. The seven-speed dual-clutch sequential manual transmission apes an automatic's smoothness. Size-wise, the Panamera sits between a BMW 5-Series and a short-wheelbase 7-Series. Backseat passengers don't get that airy limo feeling of other long sedans, but rear legroom is plentiful even for my six-foot frame. A low roofline and narrow seats flanked by thick bolsters lend the feeling of sitting inside a very comfortable, leather-scented womb. This may be why Elena declares the Panamera's left rear seat a motion-sickness panacea. "I get carsick in a Town Car, which has a softer ride," she says.

I begin a dissertation on the Panamera's air suspension and its salutary effect on body control, but my geeky soliloquy trails off when I find myself doing 65 on a 25-mph on-ramp. The Porsche remains flat and nicely drama-free, its tires never squealing. The sense of



solidity and the responsive steering would make me think I was piloting an Aston Martin DBS coupe, not a pumped-up four-door, if I were driving blindfolded. The rear-seat passengers, pinned to the bolsters by the lateral G's, yell at me as if I were doing just that.

Fair enough. I wanted to try the Panamera's auto-stop feature, anyway. At stoplights the car can shut down its motor to conserve fuel. Step on the gas, and the V-8 reanimates with a startled bark. A neat trick, but you have to opt in by pressing a button every time you get in the car. Also, it doesn't always work. At one point, the V-8 refused to awaken, giving the drivers behind me a chance to test out their horns. The good news: Even without the start-stop feature, the Panamera gets decent fuel mileage and avoids the gas-guzzler tax.

Unfortunately, it couldn't evade a few hits from the proverbial ugly stick. The Panamera's squashed roofline places it in the oxymoronic named crowd of "four-door coupes" (Mercedes-Benz CLS, Volkswagen CC, et al.). But next to those svelte supermodels, the Panamera looks like Pat from old *SNL* sketches: awkward and hunched over, neither here nor there. To be fair, not everyone finds it so gawky. While I'm locking up the car in a Charleston garage, a guy walks up and says, "It's growing on me. I didn't think it was gonna, but it did." I ask if he doesn't think it looks too much like a swollen 911. "What else were they gonna do?" he replies. I'm guessing Porsche's designers came to the same conclusion.

Somewhere in between blasting across the Cooper River Bridge and idling along the Battery, it occurred to me that this car is the new answer to the question: "If you could have only one vehicle for everything, what would you buy?" It's silly fast, it handles great, it gets decent gas mileage. It seats four people comfortably and has a big trunk and all-wheel drive to get you through the winter. And it's a Porsche, so people will be impressed, even if it does look like a 911 wearing a Hunchback of Notre Dame costume. ■





# The Awkward Decade

Through the miracle of the internet, fans were able to wallow in their obsession like never before, relentlessly dissecting every uncomfortable sports moment. The result? Ten years of unintentional comedy gold.

**A**T THE CLOSE OF THE 2000S WE LOOK BACK ON what, unsurprisingly, was the funniest sports decade yet — unsurprisingly for the simple reason that, thanks to the internet and 900-channel expansion of ESPN, every move by every coach and every athlete was microanalyzed to the point of rank absurdity. As hard as team officials and their network partners tried to sanitize the product to please advertisers, inevitably some uglier truths about pro sports spilled out, becoming food for ironic consumption by the masses to be relived over and over. What a boring 10 years it would have been without these agonizingly uncomfortable moments:

## Barry Bonds Blows Up

The assholedom of Barry Bonds was a physical thing of enormous dimensions, something sportswriters got to watch grow steadily throughout the early part of the decade (along with his rapidly expanding, medicine-ball-size head) as Bonds assaulted the record books with a battering ram of steroid-fueled egomania. By the mid-2000s Bonds's sense of self-importance could barely fit in the locker room; watching him struggle to put on a fan-friendly face was like watching one of those obese curiosities on *Half-Ton Teen* roll over just enough to let a nurse change the bedpan. And then one day in March 2005, during a spring-training media session in Scottsdale, Arizona, the Barry Bonds ego-blob finally exploded in great gobs of angry goo-spunk in response to questions about the BALCO scandal. "You guys wanted to hurt me bad enough, you finally got me!" he hissed at reporters, then instructed cameramen to pan over to his mortified teenage son so that they could show "the pain you caused my whole family." It was like a hallucinogenic cross of post-ouster Mussolini and the "You won't have Nixon to kick around anymore" speech, with a tinge of Naomi Campbell thrown in — next to the late Anna Nicole, the best train-wreck reality show of the decade.

## Shaq and Kobe Make Up

Just as Reagan and Thatcher were the great love story of the '80s, and Beavis and Butt-head the most endearing '90s romance, Shaq and Kobe were the ultimate celebrity couple of the self-obsessed, media-centric 2000s. For years after Kobe ran Shaq out of town, the seemingly annual Lakers-Heat game on Christmas Day allowed all of America to bask in their transcendent mutual hatred. Christmas 2005 was the best, with Kobe and Shaq ignoring each other during the ritual pre-tip greetings. When ABC's Lisa Salters

asked Shaq about the co-snob on camera after the game, he just stared blankly at her for what seemed like forever before finally, grimly responding, "Merry Christmas to everyone out there." After that, Bill Russell launched a Jesse Jackson-style unsolicited peacemaking mission that resulted, on January 16, 2006, in perhaps the fakest hug in television history; Kobe in particular looked like he was trying to pick up a refrigerator covered with razor blades. Shaq seemed more sincere, talking tearfully about the symbolism of making up on Martin Luther King Day. "Dr. Martin Luther King was an ambassador of peace," he noted sagely. Two years later, after Kobe's Lakers lost to the Celtics in the Finals, Shaq would continue to honor King's ambassadorship by performing his gloating "Kobe, tell me how my ass tastes!" rap.

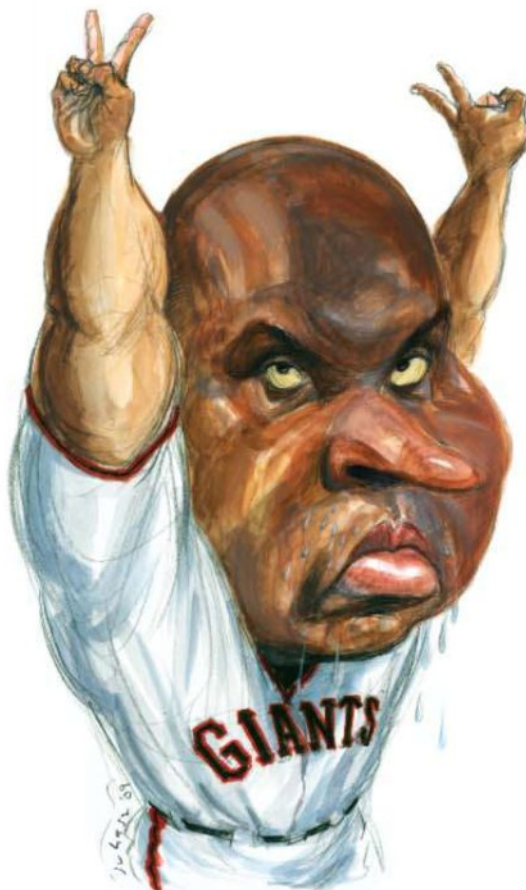
## Tiger Hits the Skids

You wanted to say it all of these years: Fuck Tiger Woods! Fuck him in the fucking ear with a fucking fire hydrant! Fuck his \$100 million Nike deal and his goofy red shirts and his mute Swedish trophy wife and his Buicks and his 320-yard tee shots and his smug, unsmiling, genetically-engineered-to-be-boring facial expression — fuck all of it! When a guy who spent his entire life carefully cultivating the image of

the ultimate endorsement vehicle, who smothered his soul with a couch pillow in order to sell you Gatorade and golf balls — when that guy suddenly blows up in a rash of late-night police calls and starts spilling reams of vice and family rancor into the tabloids like some ancillary character of *The Osbournes*, it can't help but be immensely amusing to the rest of us. The inevitable E! channel documentaries featuring weeping testimonials from rows of cow-faced porn sluts ("He made me dress up like a caddy!") and pancake-house waitresses ("He covered me with boysenberry syrup!") and Trashy Girl lingerie models ("He fondled himself during the liposuction treatment he bought me!") and whatever other extramarital roadkill they dredge up will be comedy classics — as will his similarly inevitable, Sonny Liston-esque end as a stoned, potbellied greeter in Vegas.

## Grady Little Visits the Mound

One of the most profound sports developments of this decade was the new breed of Bill Jamesian





stat geeks, who took over front offices not just in baseball but in all the major sports and replaced forever the gut call with quantitative analysis. Any thoughts the old tobacco-chewing guard might have had about beating back this cultural tidal wave effectively ended that cold October night in 2003, when a half-mummified Grady Little dragged a hunch to the Yankee stadium mound in the eighth inning of the ALCS game 7. "Grady Little out of the dugout!" called Joe Buck. But Little appeared to have gone blind between innings, not noticing that Pedro Martinez's fastball had lost movement over the previous two disastrous at-bats (vicious rakes by Derek Jeter and Bernie Williams) or that his ace flashed a look like he'd just dropped a turd the size of a cabbage when asked if he felt good enough to keep pitching. The truly hilarious moment is the encouraging pat on the pitching arm Little gave Pedro on his way back to the dugout; Pedro quickly looked away, like he half-expected the arm to fall off on impact, then tossed a fatalistic stare in the distance like Christ in the first moments of the Passion. The Yankees went on to score twice more, inevitably tying the game as Little inexplicably left Pedro spitting up blood on the cross for two more agonizing at-bats, and just like that the quirky hunch was gone from sports forever.

## Serena Williams Gets Graphic

It was a strange decade in tennis: From the standpoint of between-the-lines play, the sport was never better. We were privileged to watch Roger Federer, probably the greatest male player of all time, dominate like no athlete ever had in any sport. We got to watch a remarkably competitive women's circuit that included two all-time greats, Venus and Serena Williams, who also happen to be sisters. But from the standpoint of spoiled-brat off-court hysterics and venomous on-court enmities, tennis took a pronounced nosedive. For 30 years the sport had cranked out extremely entertaining drama queens and boorish assholes at a ferocious clip, from Ilie Nastase to Jimmy Connors to John McEnroe to Monica Seles to Andre Agassi, but by the middle part of this decade tennis was wholly the province of mute Slavs and polite Europeans who didn't scream obscenities at umpires, give eight-year-old fans the finger, grab crotch, or do anything but be the overcoached childhood-deprived ball-hitting machines they are. Then Serena Williams came along on the last grand-slam final of the decade and turned it all around with her stunning "I swear to God I'll fucking take this ball and shove it down your throat!" tirade against a line judge. There has never been a funnier 30 seconds of Dick Enberg silence.

## Terrell Owens Breaks Down

Owens was this decade's quintessential self-promoting celebrity, who for most of his career moved effortlessly between two worlds: one, the red-carpet superstar circuit reserved for A-list performers of the type he really was when he actually played, and two, the rapidly-disassembling-celebrity circuit occupied by the likes of Britney Spears and, well, Britney Spears. That the media had played an enabling role in TO's steep psychological descent had been clear as early as his Eagles days, but when then Cowboy TO and his dingbat third-rate publicist Kim Etheredge were forced to call an ad-hoc press confer-

ence to deny an apparent suicide attempt, suddenly Dr. Frankenstein and his plainly unraveling, self-injuring monster were left staring at each other in as awkward a moment as sports has experienced in decades. Here was a supremely gifted athlete in the grip of a narcissistic breakdown who was clearly mainlining media attention as a substitute for whatever was really missing in his life; the only way to really help this guy was to ignore him, but...fuck that!

## Rush Limbaugh Talks Quarterbacking

Limbaugh's guerrilla attack on football during a 2003 NFL pregame show was a gruesome collision of bad politics and bad marketing, with ESPN's transparent ploy to use America's leading pill-addicted fat

racist to snatch a little extra right-wing demographic exploding in horrific fashion. An often overlooked contributing factor to this Matterhorn of negative comedy was ESPN's ill-fated decision to throw to a *Brady Bunch*-style split-screen format just in time for Rush's tirade against Donovan McNabb, whom he described as being overrated by a media culture "very desirous that a black quarterback do well." That allowed us to watch in real time as the eyes of Tom Jackson and Michael Irvin dilated to dinner-plate width. Also forgotten is the hilariously uncomfortable contribution of the panel's fourth member, the blow-dried Steve Young, who blew it for white people everywhere when he not only failed to jump across the set and choke Rush to death mid-rant, but ultimately also sided with

Rush in the argument and called for fellow Caucasian Koy Detmer to take McNabb's job. Six years later, it's still maybe the most painful two minutes on YouTube.

## The Pistons and Pacers Brawl

Forget about this decade — this is one of the top three unintentionally funny scenes in sports history, and it would be the runaway number one if we somehow had access to a split-screen view of David Stern's reaction. In a league that was increasingly stage-managed down to the smallest detail, designed to provide hoops fans with a pain-free escapist environment where doughy white families could enjoy lots of merch and \$7 hot dogs, scrap for free T-shirts shot into the crowd by furry mascots, and stare hopefully at the Jumbotron during the KissCam medley, Ron Artest's foray into the stands was a hilarious intrusion of reality. Athletes everywhere must have cheered like soldiers on V-E Day during the key end sequence of the fight, when Artest and Jermaine O'Neal decked two semi-obese fans in Starter jerseys who'd wandered onto the court with their chests puffed out, looking to mix it up. In that one moment, you saw the NBA for what, on one level, it really is: black poverty and desperation sold as ritualistic gladiatorial spectacle, as a palliative to petty bourgeois white boredom. And here white boredom made the mistake of jumping the ropeline and got a taste of *real* excitement. I personally have watched the O'Neal punch sequence at least 600 times, and I still laugh every time, particularly at two things: the fact that O'Neal felt the need to get a running start (he barrels into the fat fan like A-Rod sliding into third), and the sound of the SportsCenter commentator's eloquent "Hmmm!" as O'Neal's fist hits its target. We may never see anything like it again. ■



## ESPN'S PLOY TO SNATCH RUSH'S DEMO EXPLODED IN HORRIFIC FASHION.



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# THE COMPLETELY DOABLE GUIDE TO LIVING TO 100

**DR. SANJAY GUPTA TRAVELED THE GLOBE SEEKING THE KEYS TO LONGEVITY. HE OUTLINES A PLAN FOR ADDING YEARS TO YOUR LIFE.**



LAST OCTOBER, I TURNED 40, AND I DECIDED it was time for me to make some changes in order to live better and live longer. While the life expectancy of Americans is greater than ever — close to 80, in fact — to live to 100, as I hope to, or even 150 (as recent research suggests is possible), requires paying attention to science and the habits of the healthiest cultures.

In 2005, I traveled to Okinawa, Japan, to research my first book, *Chasing Life*. Okinawans live longer than anyone else, and many experts believe that one reason is that they eat far fewer calories — 500 fewer per day — than Americans. That's why I now practice a version of calorie restriction (see page 47). My visit to Japan

was one of several trips where I picked up unexpected life-enhancing tips and realized I'd have to rethink my approach to nutrition, exercise, and mental health.

But as a practicing neurosurgeon and the chief medical correspondent for CNN, I'm a busy guy, so I knew that any changes had to be realistic in order to be sustainable. Here's the good news: None of the adjustments I've made require extra time in my day. I spend the same amount of time in the gym and in the kitchen, but I now focus on upper-body workouts, and I've cut most meat out of my diet. These are just a couple of the simple steps outlined in the following pages, all of which will add years to your life. Best of all, you'll feel better right after you start doing them.

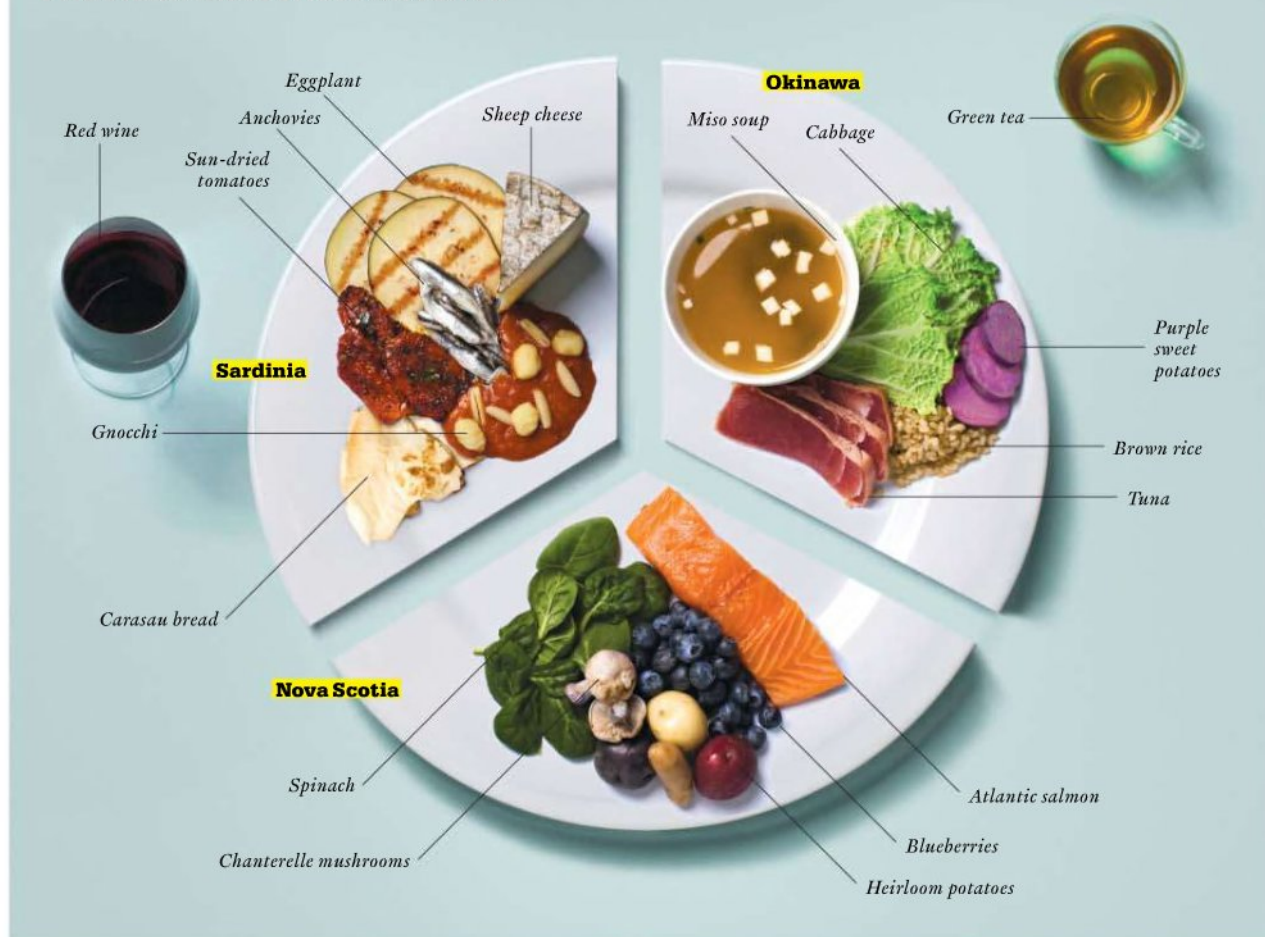




# FUEL UP, DON'T FILL UP

Eating less is just as important as eating right — and a lot can be learned from three of the world's longest-living cultures.

## The Healthiest Diets on Earth



### Sardinians

The Italian island of Sardinia boasts an inordinate number of male centenarians, and there are a few reasons for this: Tons of sun and a relaxed attitude are two, but diet is also key. Fresh anchovies glazed with **olive oil** provide omega-3s and deliver protein, and grilled eggplant contains brain-protecting nasunin. Sun-dried tomatoes are high in prostate cancer-busting lycopene, and pecorino sheep cheese is rich in calcium. Carbs come from gnocchi and carasau bread, both made with high-fiber, whole-grain semolina flour. Sardinians also enjoy a glass of red wine to thin the blood.

### Okinawans

This island population in Japan lives longer than any other in the world, encouraging intense studies over the past 30 years that center on diet. Like the Sardinians, some of the Okinawans' protein comes from fish, but most of it derives from a daily bowl of miso soup with a few ounces of tofu (**soy**). A side serving of cabbage offers up high doses of vitamin A, while half a cup of purple sweet potatoes is packed with vitamin C, and whole-grain brown rice provides carbs. Okinawans wash it all down with a cup of green tea, which lowers the risk of heart disease and prostate cancer.

### Nova Scotians

These eastern Canadians, whose diet is heavy on local fish and vegetables, live to 100 twice as often as nearby New Englanders. A main course of four ounces of Atlantic salmon covers protein, omega-3s, and vitamin D (proper levels of which are hard to come by in sun-deprived locales). Heirloom potatoes offer kukoamines, which lower blood pressure, and chanterelle mushrooms are packed with immunity boosters like ergothioneine. A spinach salad dishes out cancer-fighting methylenedioxyflavonol glucuronides. For dessert? A half-cup of **blueberries**, which have high levels of antioxidants and have been linked to anti-aging.

**GET TESTED** Adding years to your life may be as simple as knowing exactly when to go to the doc and what to ask for. Follow this ticker for the exams and screenings you should have in each decade of adult life.

### 20s

Health risks in your 20s are relatively few, but get a thorough physical every five years anyway. The basic tests — blood pressure, cholesterol, vision — will serve as an important baseline for future screenings. Regular self-exams for testicular and skin cancer are also key for younger men.





## I SWEAR BY...



**Calorie restriction** // While eating the right kinds of foods (the ones outlined in these pages) will prolong your life, eating less is equally important. As I witnessed in Japan, Okinawans are five times more likely to live to 100 than Americans because of a practice called *hara hachi bu* — a cultural concept of eating only until you're 80 percent full. Of course, you never really know when you're only 80 percent sated, but the message is clear: Don't stuff yourself.

Further evidence is a 2006 National Institute on Aging study, which showed that a low-calorie diet decreased DNA damage — thought to be a result of increased sirtuin (a protein produced in cells) activity. I visited members of the Calorie Restriction Society who joked that they weren't sure if they were living longer or if it just felt that way, but when I started cutting back on the amount of calories I ate, I found that it's really not that hard. In just a few weeks, weight loss was coming more easily than ever. I also lowered my blood pressure and improved my sense of well-being. But the best part? Increased energy and no afternoon lulls.

### Putting it into action

- First and foremost, eat more slowly. I learned during my first semester of neurophysiology that it takes around 15 minutes for your stomach to send a signal to the brain that it has had enough food; therefore, always make sure to take a sip of whatever you're drinking in between each bite.
- Never feel compelled to finish everything on your plate.
- Never take a portion that is bigger than the size of your palm.
- Use smaller plates.
- Make sure to hydrate well with every meal — keeping in mind that thirst is often misinterpreted as hunger.
- Politely refuse second servings.
- Snack. I don't starve myself. At my desk you'll find lots of healthy nuts. They make me much less likely to go scavenging around for unhealthy foods; moreover, snacking on foods in their raw state helps stave off hunger because they retain their essential dietary fiber, providing a sense of fullness and longer-lasting energy.

### DO IT TONIGHT

**Have a beer**, a glass of wine, or a few ounces of your favorite liquor. For those of us who drink, one glass a day is just enough to thin the blood, promoting flow and allowing the heart to work more easily. More than one glass, however, can tax your liver.

**+++ 3 YEARS** CAN BE ADDED TO A NEARLY 48-YEAR-OLD MAN'S LIFE IF HE STARTS **RESTRICTING HIS CALORIES**, ACCORDING TO THE *JOURNAL OF NUTRITION*.

# "No pain, no gain" shouldn't apply to breakfast.

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# SHOP THE OUTSIDE AISLES

Middle aisles in most grocery stores are full of processed foods and empty calories. Instead, stick to the perimeter and follow it all the way to the checkout.



## GET SOME COLOR

Fruits and veggies should make up 80 percent of what you eat, since there's lots of evidence that people live longer on plant-based diets. Grab as many different-colored items as possible — the more colors, the wider the variety of flavonoids, vitamins, and antioxidants your body will get. Among the best are carrots for vitamin A, which boosts the immune system; lentils, to decrease bad cholesterol; and leafy greens for magnesium, which helps maintain nerve and muscle function. **Kale** is especially great because it's also packed with calcium, which benefits bones, muscles, and blood-vessel health.

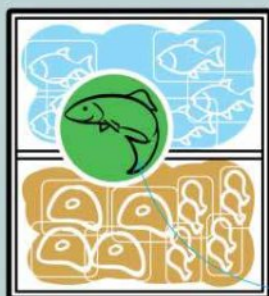
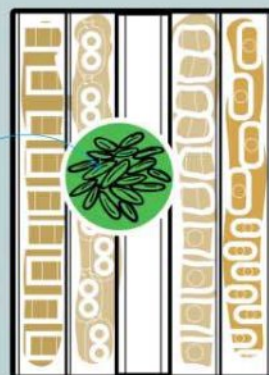
## EGGS ARE OKAY

The dairy aisle is pretty misunderstood. **Eggs**, for instance, are high in cholesterol, but our body doesn't absorb much of it. I eat two a day and so can you. Get some soy through milk or tofu and you're set for protein. For calcium, all it takes is an ounce of cheese and a daily glass of milk. A cup of yogurt will also do the trick and has the added bonus of live bacteria to boost your immune system.



## CARB UP CORRECTLY

The one exception to the "perimeter" rule is carbs, which should primarily come from whole oats and **brown rice**. They break down more slowly than processed carbs like bread and cause smaller fluctuations in blood sugar, helping to fight diabetes and heart disease. They're also both great sources of fiber.



## STICK TO FISH

Cultures that live the longest eat very little beef, pork, and even poultry. And studies have linked eating too much of any meat to a variety of diseases. Cut it out entirely or make it a rare treat once a month. For protein and omega-3s (the fatty acid that reduces the risk of heart disease), eat **cold-water fish** (tuna, salmon, halibut) a few times a week. Don't worry about not getting enough protein; you can get plenty from dairy, lentils, and grains.

## DON'T FORGET DESSERT

On your way through the checkout, grab a bar of **dark chocolate** — the darker the better. Roughly an ounce a day boosts the blood's antioxidant power and lowers blood pressure.



+++

**3.6 YEARS**  
CAN BE ADDED TO YOUR LIFE BY **CUTTING MOST MEAT OUT OF YOUR DIET** (EATING IT LESS THAN ONCE A WEEK), ACCORDING TO A STUDY OUTLINED IN THE *AMERICAN JOURNAL OF CLINICAL NUTRITION*.

## GET TESTED

**30s**

Continue with your physical every five years (but get your cholesterol checked every four) and consider a psychiatric screening if you're feeling overwhelmed by the personal and professional demands of this decade. Remain vigilant about testicular and skin cancer self-exams.





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# WORK OUT SMARTER

The best way to prepare your body for the long haul begins with a bench press. It continues with clever ways to keep your heart rate up all day.

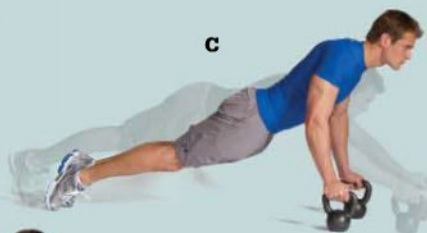
## I SWEAR BY...



**Upper-body workouts** // Lots of guys believe that going for a run is all the exercise they need. And while cardio is an important aspect of living longer (see the next page), upper-body strength training is the best workout you can do to ensure a long life. Lifting weights fires up your metabolism, and a simple bench press opens up the ribs and chest cavity, giving our lungs more room and therefore making us less prone to pulmonary problems. There are hundreds of upper-body workouts, but three sets of the following circuit three days a week will hit all upper-body muscle groups.

### ► 2) Kettlebell circuit

This is simple (it requires only a set of 15-pound kettlebells) and hits your whole upper body. It's particularly good because it nails your rear deltoids, a tough area to work. If you're time-strapped, you could even just do three to five sets of these and get a great workout. First, grab your kettlebells and get into a push-up position (A). Do 10 push-ups; then, still in push-up position, pull each kettlebell up five times per side (B). Next, return to push-up position and work your shoulders and abs by moving into a plank position. Repeat this five times (C). Finally, get into a dip position and do 10 dips (D).



### ► 3) Boxing

Punching a heavy bag is a perfect workout for your arms and shoulders. It's also a major stress reliever, which is equally important, since study after study shows that built-up stress shortens life. Punch hard for five minutes.



### ► 4) Pull-ups

I have a pull-up bar in my office. They're a fantastic workout for your arms, upper back, and core. Even if you can do only two, do them until failure – you should be able to get to 10 in a month.



**► 1) Rowing**  
For your first set, row slowly for 10 minutes to warm up, then sprint for two minutes. Sprinting on the rower will get your heart pumping hard and strengthen your arms and upper and lower back.



+++

**5 YEARS**

CAN BE ADDED TO YOUR LIFE THROUGH **STRENGTH TRAINING**, ACCORDING TO DR. MARK TARNOPOLSKY, CO-AUTHOR OF A STUDY ON RESISTANCE EXERCISE AND AGING.

## GET TESTED

**40s**

At 40, people who are proactive about their health will want to begin a schedule of comprehensive screenings every two to three years. New tests could include an audiogram (hearing test) and a prostate-cancer screening if you have a family history of the disease.







**Choose the right cardio workout** // It's no surprise that a 2000 Harvard University study found that vigorous activity decreased mortality by 25 percent. But not all workouts suit everyone's lifestyle. I used research from the University of South Carolina to help break down the pros and cons of four popular exercises so that you can choose the best one for you. Try doing one of them twice a week.

#### **RUNNING BEST FOR BURNING CALORIES**

An hour at 7 mph (an 8.5-minutes-per-mile pace) will use 854 calories. Up the pace by a minute (for a 7.5-minute mile) and burn through just over 1,000 calories. True, as veteran runners will attest, running is tough on joints (see "Run barefoot," below), but it can also improve bone density.

#### **CYCLING BEST FOR CREAKY JOINTS**

Spend an hour in the saddle at 14 to 16 mph and you'll crank through 743 calories. Maintain a 16- to 19-mph pace and you'll use 891 calories. While running is obviously a more efficient workout, pedaling causes less wear and tear on your joints than pounding the pavement for an hour.

#### **SWIMMING BEST FOR A TOTAL-BODY WORKOUT**

Swimming an hour in the pool at a moderate pace burns about 520 calories, and, unlike running or cycling, swimming works every major muscle group in your body. But swimming's nuanced mechanics mean that you'll have to work harder to reach the same level of exertion as your stroke improves.

#### **YOGA BEST FOR REDUCING STRESS**

Sure, yoga isn't as aerobically taxing as the other exercises, but an hour of downward dogs could still burn up to 185 calories. Plus, research shows that yoga practitioners experience heightened functioning of the parasympathetic nervous system, helping to slow the pulse, a key to heart health.

**Run barefoot** // Running is great for the heart, but years of pounding pavement will almost certainly wear down your hips, knees, and ankles. Running barefoot, however, forces us into a natural position (chest over hips and knees over ankles), which research shows drastically reduces injury. If you're worried about protecting your feet from the elements, several companies offer thin rubber booties.

#### **DO IT TONIGHT**

**Floss.** And not just for your teeth and gums — doing so can improve heart health, too. Bacteria that forms in the mouth causes the immune system unnecessary stress and may thicken carotid-artery walls, which can eventually lead to vascular disease and heart attack.

**Make the most of your workday** // Man was not made to sit behind a desk, yet most of us do just that five days a week. A 2009 study published in the journal *Medicine & Science in Sports & Exercise* illustrated a progressively higher risk of mortality directly associated with higher amounts of "sitting time." I'm lucky — as a journalist and surgeon I'm on my feet a lot — but if you're not that mobile, it's crucial to work a few easy routines into your day.

**Take six five-minute walks a day.** A recent study published in the *American Journal of Clinical Nutrition* confirmed that simply walking at a 4-mph pace for 150 minutes each week led to modest weight loss and, more important, the ability to maintain a healthy weight over time.

**Do five different stretches every hour.** To avoid the pains from sitting that can become an excuse for not exercising, hold a series of standard stretches (go to [mayoclinic.com](http://mayoclinic.com) and search "office stretches") for 15 seconds. A study from *Ergonomics* says that doing so helps relieve discomfort.

**Lift during lunchtime.** You're more likely to use the gym if it's near work, and noon is physiologically one of the best times to exercise. Eat fruit for energy a few minutes before going, then bust through the half-hour workout on the previous page. Afterward, eat a healthy lunch at your desk.

**+++  
2 HOURS  
CAN BE ADDED TO YOUR  
LIFE FOR EACH HOUR OF  
REGULAR EXERCISE  
YOU GET, ACCORDING TO  
A STUDY BY HARVARD  
UNIVERSITY.**

#### **GET TESTED**

**50s**

Continue with your biennial physicals. Prostate exams are now strongly recommended, and the physical may also include a coronary-artery CT scan to detect structural abnormalities and calcium and plaque buildup within the heart. Get screened for colon cancer at least every five to 10 years.







## QUIET YOUR MIND

Mental focus and drive are essential to reducing stress and living longer.

**Have a purpose** // Traipsing through life might seem romantic, but research says that older people who find meaning in their lives outlast those who completely chill out. A recent study even found that those who retired early were 51 percent more likely to die before those who didn't. It's believed this has to do with a positive attitude associated with goals. I live my life by three rules for staying motivated:

1

### MAKE TO-DO LISTS

Place a notepad by your bedside and write a to-do list before you go to bed. Make sure it's well organized and numbered, ranking things in order of priority. Place goals like "exercise" and "meditation" on the list. You'll find doing this helps relieve anxiety and helps you sleep better, since you're not forgetting anything.

2

### SCHEDULE TIME TO THINK

Present yourself with a problem before a long run, bike ride, or swim, then let your mind dwell on it. As you think about it, set short-term goals regarding how you can handle your problem, and be 100 percent realistic in terms of what you can accomplish. You'll often have a eureka moment during that workout.

3

### FOCUS ON ONE THING AT A TIME

As a reporter and neurosurgeon, I'm constantly shuffling between careers. But I find multitasking inefficient, in both professional and personal life. While I don't spend as much time with my kids as I'd like, they know that when Daddy is around, he is definitely there — no computer, no BlackBerry.

**Get close** // Sex, relationships, and even good friendships cause our bodies to produce oxytocin, which counteracts the stress hormone cortisol. Just thinking about someone you like produces small amounts in a man's bloodstream, while a single orgasm can nearly quadruple the amount.

## I SWEAR BY...



**Meditation** // A few years ago, I reported a story on Herbert Benson, an associate professor of medicine at Harvard and an expert on the mind-body connection. Dr. Benson feels that between 60 and 90 percent of doctor's-office visits are related to destructive stress. Optimists, he found, are less reactive to stress hormones such as adrenaline, which can break down healthy cells. As a result, he employs some holistic strategies to decrease that stress by increasing optimism. One of the things he teaches is meditation, since people who meditate regularly are less likely to take blood-pressure medications, have digestive problems, or suffer from crippling headaches. I used to have some stress-related problems, but shortly after beginning meditation, they stopped, thanks largely to the fact that the same beneficial

hormones released in the bodies of optimists are released as a response to my meditation.

Now, you might be tempted to turn the page out of fear that I'm trying to contort you into the lotus position, but modern meditators aren't curled up like Buddha. These days, meditation is more about clearing the mind and willing yourself into a relaxed state. Some people can achieve that state while running or doing yoga. The key is to calm your thoughts and focus hard on something soothing (for a runner, it may be the horizon). I do it by sitting entirely still in a silent, semidark room for 15 minutes every day. After a few moments of sitting quietly, I close my eyes and start to softly repeat the word "gentle" (you can choose any word that relaxes you) while taking deep breaths in through my nose and out my mouth. After a while, I can feel all the muscles in my body relaxing.

### DO IT TONIGHT

**Pray.** A study published in the *American Journal of Public Health* shows that, all other lifestyle factors being equal, the mortality rate for nonreligious people is more than twice that of their religious peers. Researchers believe that the faith religious people have in a higher power puts them at ease, thereby decreasing negative health effects associated with stress, such as heart disease, high blood pressure, and cancer.

+++

## 7.5 YEARS

CAN BE ADDED TO YOUR LIFE BY STAYING OPTIMISTIC ABOUT AGING, ACCORDING TO A STUDY BY DR. BECCA LEVY AT YALE UNIVERSITY.

### GET TESTED

## 60s

By 60, many people have developed some condition (high blood pressure, cancer, etc.) that will require a specific level of monitoring. Biennial physicals should continue, but you should also arrange to have your cholesterol checked each year.



# MOVE

For a radical change, consider these factors when picking your next home.



**LOCAL FARMS** Shopping at a farmers market — as opposed to purchasing kale that has ridden 1,500 miles in a truck — lets you bring home fresher, more nutrient-packed fruits and vegetables.



**SHORT COMMUTES** It's probably not a surprise that studies find more sleep disorders and other health problems in those with long commutes.



**SIDEWALKS** A 2009 University of Utah study found people were at less risk of being obese or even overweight if they lived in walkable neighborhoods.



**LOW POLLUTION** A recent study in the *New England Journal of Medicine* found that people in 51 U.S. cities live five months longer as a result of reduced pollution. In Pittsburgh they gained 10 months.



**GREEN SPACES** Pastoral settings sell paintings because they're pleasant to look at. Likewise, studies show that people living near green spaces experience less depression, anxiety, and other health problems.



**GOOD WEATHER** A 2009 study published in *Environmental Health* found that dreary days can slow down brain function. They also bring on seasonal affective disorder.

## THE WINNERS

Bestplaces.net ran my criteria through its computer to find the five healthiest towns in the U.S.

1. IOWA CITY, IA
2. BOULDER, CO
3. LOGAN, UT
4. NORTHAMPTON, MA
5. CHARLOTTEVILLE, VA

## Patient Information LEVITRA® (Luh-VEE-Trah) (vardenafil HCl) Tablets

08918646IPM, R.7

12/08

Read the Patient Information about LEVITRA before you start taking it and again each time you get a refill. There may be new information. You may also find it helpful to share this information with your partner. This leaflet does not take the place of talking with your doctor. You and your doctor should talk about LEVITRA when you start taking it and at regular checkups. If you do not understand the information, or have questions, talk with your doctor or pharmacist.

**WHAT IMPORTANT INFORMATION SHOULD YOU KNOW ABOUT LEVITRA?** LEVITRA can cause your blood pressure to drop suddenly to an unsafe level if it is taken with certain other medicines. With a sudden drop in blood pressure, you could get dizzy, faint, or have a heart attack or stroke.

**Do not take LEVITRA if you:**

- take any medicines called "nitrates."
- use recreational drugs called "poppers" like amyl nitrate and butyl nitrate. (See "Who Should Not Take LEVITRA?")

**Tell all your healthcare providers that you take LEVITRA.** If you need emergency medical care for a heart problem, it will be important for your healthcare provider to know when you last took LEVITRA.

**WHAT IS LEVITRA?**

LEVITRA is a prescription medicine taken by mouth for the treatment of erectile dysfunction (ED) in men.

ED is a condition where the penis does not harden and expand when a man is sexually excited, or when he cannot keep an erection. A man who has trouble getting or keeping an erection should see his doctor for help if the condition bothers him. LEVITRA may help a man with ED get and keep an erection when he is sexually excited.

**LEVITRA does not:**

- cure ED
  - increase a man's sexual desire
  - protect a man or his partner from sexually transmitted diseases, including HIV. Speak to your doctor about ways to guard against sexually transmitted diseases.
  - serve as a male form of birth control
- LEVITRA is only for men with ED. LEVITRA is not for women or children. LEVITRA must be used only under a doctor's care.

**HOW DOES LEVITRA WORK?**

When a man is sexually stimulated, his body's normal physical response is to increase blood flow to his penis. This results in an erection. LEVITRA helps increase blood flow to the penis and may help men with ED get and keep an erection satisfactory for sexual activity. Once a man has completed sexual activity, blood flow to his penis decreases, and his erection goes away.

**WHO CAN TAKE LEVITRA?**

Talk to your doctor to decide if LEVITRA is right for you.

LEVITRA has been shown to be effective in men over the age of 18 years who have erectile dysfunction, including men with diabetes or who have undergone prostatectomy.

**WHO SHOULD NOT TAKE LEVITRA?**

**Do not take LEVITRA if you:**

- take any medicines called "nitrates" (See "What important information should you know about LEVITRA?"). Nitrates are commonly used to treat angina. Angina is a symptom of heart disease and can cause pain in your chest, jaw, or down your arm.

Medicines called nitrates include nitroglycerin that is found in tablets, sprays, ointments, pastes, or patches. Nitrates can also be found in other medicines such as isosorbide dinitrate or isosorbide mononitrate. Some recreational drugs called "poppers" also contain nitrates, such as amyl nitrate and butyl nitrate. Do not use LEVITRA if you are using these drugs. Ask your doctor or pharmacist if you are not sure if any of your medicines are nitrates.

- you have been told by your healthcare provider to not have sexual activity because of health problems. Sexual activity can put an extra strain on your heart, especially if your heart is already weak from a heart attack or heart disease.

- are allergic to LEVITRA or any of its ingredients. The active ingredient in LEVITRA is called vardenafil. See the end of this leaflet for a complete list of ingredients.

**WHAT SHOULD YOU DISCUSS WITH YOUR DOCTOR BEFORE TAKING LEVITRA?**

Before taking LEVITRA, tell your doctor about all your medical problems, including if you:

- have heart problems such as angina, heart failure, irregular heartbeats, or have had a heart attack. Ask your doctor if it is safe for you to have sexual activity.
- have low blood pressure or have high blood pressure that is not controlled
- have had a stroke
- have had a seizure
- or any family members have a rare heart condition known as prolongation of the QT interval (long QT syndrome)
- have liver problems
- have kidney problems and require dialysis
- have retinitis pigmentosa, a rare genetic (runs in families) eye disease
- have ever had severe vision loss, or if you have an eye condition called non-arteritic anterior ischemic optic neuropathy (NAION)
- have stomach ulcers
- have a bleeding problem
- have a deformed penis shape or Peyronie's disease
- have had an erection that lasted more than 4 hours
- have blood cell problems such as sickle cell anemia, multiple myeloma, or leukemia

**CAN OTHER MEDICATIONS AFFECT LEVITRA?**

Tell your doctor about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. LEVITRA and other medicines may affect each other. Always check with your doctor before starting or stopping any medicines. Especially tell your doctor if you take any of the following:

- medicines called nitrates (See "What important information should you know about LEVITRA?")
- medicines called alpha-blockers. These include Hytrin® (terazosin HCl), Flomax® (tamsulosin HCl), Cardura® (doxazosin mesylate), Minipress® (prazosin HCl) or Uroxatral® (alfuzosin HCl). Alpha-blockers are sometimes prescribed for prostate problems or high blood pressure. In some patients the use of PDE5 inhibitor drugs, including LEVITRA, with alpha-blockers can lower blood pressure significantly leading to fainting. You should contact the prescribing physician if alpha-blockers or other drugs that lower blood pressure are prescribed by another healthcare provider.
- medicines that treat abnormal heartbeat. These include quinidine, procainamide, amiodarone and sotalol.
- ritonavir (Norvir®) or indinavir sulfate (Crixivan®) saquinavir (Fortavase® or Invirase®) or atazanavir (Reyataz®)

- ketoconazole or itraconazole (such as Nizoral® or Sporanox®)
- erythromycin or clarithromycin
- other medicines or treatments for ED

**HOW SHOULD YOU TAKE LEVITRA?**

Take LEVITRA exactly as your doctor prescribes. LEVITRA comes in different doses (2.5 mg, 5 mg, 10 mg, and 20 mg). For most men, the recommended starting dose is 10 mg. **Take LEVITRA no more than once a day.** Doses should be taken at least 24 hours apart. Some men can only take a low dose of LEVITRA because of medical conditions or medicines they take. Your doctor will prescribe the dose that is right for you.

- If you are older than 65 or have liver problems, your doctor may start you on a lower dose of LEVITRA.
- If you have prostate problems or high blood pressure, for which you take medicines called alpha-blockers, your doctor may start you on a lower dose of LEVITRA.
- If you are taking certain other medicines your doctor may prescribe a lower starting dose and limit you to one dose of LEVITRA in a 72-hour (3 days) period.

Take 1 LEVITRA tablet about 1 hour (60 minutes) before sexual activity. Some form of sexual stimulation is needed for an erection to happen with LEVITRA. LEVITRA may be taken with or without meals.

Do not change your dose of LEVITRA without talking to your doctor. Your doctor may lower your dose or raise your dose, depending on how your body reacts to LEVITRA.

If you take too much LEVITRA, call your doctor or emergency room right away.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF LEVITRA?**

The most common side effects with LEVITRA are headache, flushing, stuffy or runny nose, indigestion, upset stomach, or dizziness. These side effects usually go away after a few hours. Call your doctor if you get a side effect that bothers you or one that will not go away.

**LEVITRA may uncommonly cause:**

- an erection that won't go away (priapism). If you get an erection that lasts more than 4 hours, get medical help right away. Priapism must be treated as soon as possible or lasting damage can happen to your penis including the inability to have erections.
- color vision changes, such as seeing a blue tinge to objects or having difficulty telling the difference between the colors blue and green.

In rare instances, men taking PDE5 inhibitors (oral erectile dysfunction medicines, including LEVITRA) reported a sudden decrease or loss of vision in one or both eyes. It is not possible to determine whether these events are related directly to these medicines, to other factors such as high blood pressure or diabetes, or to a combination of these. If you experience sudden decrease or loss of vision, stop taking PDE5 inhibitors, including LEVITRA, and call a doctor right away.

Sudden loss or decrease in hearing, sometimes with ringing in the ears and dizziness, has been rarely reported in people taking PDE5 inhibitors, including LEVITRA. It is not possible to determine whether these events are related directly to the PDE5 inhibitors, to other diseases or medications, to other factors, or to a combination of factors. If you experience these symptoms, stop taking LEVITRA and contact a doctor right away.

These are not all the side effects of LEVITRA. For more information, ask your doctor or pharmacist.

**HOW SHOULD LEVITRA BE STORED?**

- Store LEVITRA at room temperature between 59° and 86° F (15° to 30° C).
- Keep LEVITRA and all medicines out of the reach of children.

**GENERAL INFORMATION ABOUT LEVITRA.**

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

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

For more information you can also visit [www.LEVITRA.com](http://www.LEVITRA.com), or call 1-866-LEVITRA.

**WHAT ARE THE INGREDIENTS OF LEVITRA?**

**Active Ingredient:** vardenafil hydrochloride

**Inactive Ingredients:** microcrystalline cellulose, croscopolone, colloidal silicon dioxide, magnesium stearate, hypromellose, polyethylene glycol, titanium dioxide, yellow ferric oxide, and red ferric oxide.

Norvir (ritonavir) is a trademark of Abbott Laboratories  
Crixivan (indinavir sulfate) is a trademark of Merck & Co., Inc.  
Invirase or Fortavase (saquinavir mesylate) is a trademark of Roche Laboratories Inc.  
Reyataz (atazanavir sulfate) is a trademark of Bristol-Myers Squibb Company  
Nizoral (ketoconazole) is a trademark of Johnson & Johnson  
Sporanox (itraconazole) is a trademark of Johnson & Johnson  
Hytrin (terazosin HCl) is a trademark of Abbott Laboratories  
Flomax (tamsulosin HCl) is a trademark of GlaxoSmithKline Pharmaceutical Co., Ltd.  
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**Only**

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12/08

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) <<http://www.fda.gov/medwatch>>, or call 1-800-FDA-1088.





**MEL GIBSON**  
♣ **SHOWS** ♣  
**HIS HAND**

**YOU CAN LEARN A LOT ABOUT  
A MAN BY PLAYING POKER WITH HIM.  
ESPECIALLY A MAN WHO DOESN'T  
KNOW HOW TO BLUFF.**

*by* **WALTER KIRN** *photograph by* **MARC HOM**







♣ **Mel Gibson has no poker face.** What he has is just the opposite: a face that tells all, continuously, helplessly, with a crease for every success and every failure, a line for every joy and every sorrow. It's a face that's all too human, slightly worn, apparently unmolested by the scalpel, and as incapable of masking emotion as Paris Hilton's party dresses are of concealing her reproductive organs. It's also a restless face, like Gibson himself. Going from concentration to distraction, amusement to annoyance, its expressions change every couple of seconds, driven by a hectic, humming energy that Gibson once told a British chat-show host originates in his remarkably large kidneys (which he said an MRI once revealed).

Gibson's high-voltage kidneys also help explain why he's crazy for poker, famously breaking out his deck on airplanes, on movie sets, at home, wherever he can locate a flat surface. Among his most frequent opponents is Alan Nierob, his longtime friend and publicist, who's here tonight for the frankly stated purpose of taking his client's money, which he tells me he does quite regularly. (Nierob boasts that chips he took from Gibson covered his kids' college tuition.) When I ask him to characterize Gibson as a player, he answers dryly: "A loser." Then he adds, his features still locked in place, "A good loser, but a worse winner."

The wisecrack instantly causes Gibson's face to twist into a complicated grimace that seems to combine mock outrage, honest rivalry, and a ferocious craving for a cigarette.

I can't wait to see this guy try to bluff.

Sitting next to Gibson at a card table in a smoke-filled New York City loft, where we've come to spend a Sunday evening playing poker with five of his colleagues and acquaintances, I'm struck with the thought that he probably shouldn't be doing this. Poker, a game that calls for self-restraint. Poker, a game that, as the night wears on and the ashtrays fill up and the pizza slices are swallowed, tends to relax the mind and loosen the tongue. Poker, a game that a fellow like Mel Gibson, who isn't famous for his self-restraint but is infamous for his loose tongue, might enjoy playing in private, with his pals, but perhaps should think twice about playing



when there's a journalist armed with a tape recorder at the table.

Especially now, at this peculiar moment in his life — in the midst of a divorce from his wife of nearly three decades and awaiting the birth of his eighth child, this time with his new Russian singer girlfriend. Especially now, just after the expunging of his drunken-driving rap from that unfortunate night three years ago when he fell off the wagon and said some things he shouldn't have, did some things he shouldn't have. Especially now, when he is staging his return to the screen after an eight-year absence as a leading man.

It's a bit, well, brave of him to face the spotlight at a card table, surrounded by bottles of booze that he can't touch and engaged in a game he can't control.

No, he probably shouldn't be doing this, but because he's Mel Gibson he's doing it anyway.

♠ **BEFORE THE CARDS ARE** dealt, Gibson unzips a small black case containing a mysterious plastic tube. He squirts a smelly yellow ointment onto one of his stout forearms and vigorously rubs it into his skin. He offers the other players a squirt as well. The substance — derived from cow's brains, Gibson says, and obtained from a doctor in North Carolina — is called Selegiline. He claims that it "cleans the neurotransmitters" and sharpens mental focus, but Nierob, who's wearing a "cut the crap, let's play" look, dismisses the reeking goo as "horse piss" and hints that it's one of the crude practical jokes for which his



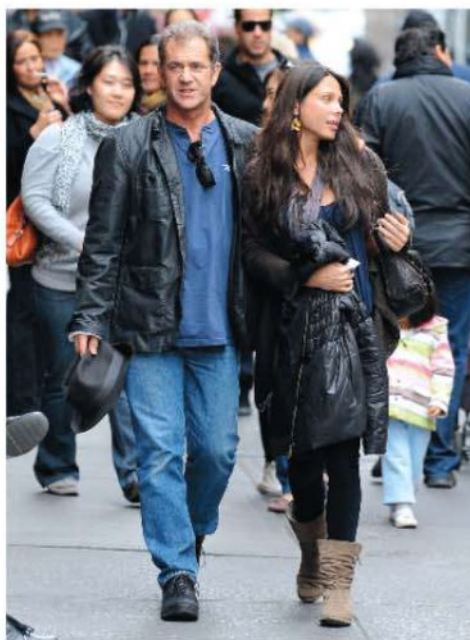
client is well known. (Gibson described one to me before the game: You sneak up on a napping buddy, smear some mayonnaise across his chin, add a freshly plucked pubic hair or two, and then, when your victim finally wakes up and touches a finger to the sticky mess, you draw his attention to your open fly.)

Later on, through internet research, I learn that Selegiline isn't a joke at all. One of the many supplements and potions that Gibson totes around in a bulging knapsack, the stuff is a potent MAO-B inhibitor used to treat Parkinson's disease and alleviate depression. Gibson probably shouldn't be flashing the medication, let alone passing it around to others, but that's how he operates: on impulse. His next impulse is to light a cigarette. It's one of perhaps a dozen he'll smoke tonight, despite informing me when he arrived that "if you're still smoking past age 50 [Gibson is 54], there's something wrong with you."

When it's finally time to play, Gibson shuffles the cards in the air from hand to hand. He reveals that he learned the intimidating trick on the set of *Maverick*, the 1994 Wild West comedy he starred in with Jodie Foster, whom he says he introduced to poker at his house one night. "She literally had no idea," he recalls, "but she walked away with such a fucking pile of money." Now he's working with Foster again. Having finished comeback movie number one, January's *Edge of Darkness* (a classic balls-and-bullets Gibson rage-fest about a surly Boston cop seeking to avenge his daughter's murder by shoving gun barrels into bad guys' cheeks and ordering them to cough up what they know before he sprays their brains onto the wallpaper), he's shooting the Foster-directed *The Beaver*. This movie, whose script was long regarded as one of the best unmakeable properties in Hollywood, isn't as easily categorized. It's the tale of a suicidal sad sack who forms a bond with a furry rodent puppet that somehow restores his will to live. Its theme, Gibson tells me, is "depression," a condition he says he's suffered from himself. He blames the funk on creeping "male menopause" and believes it is alleviated by MAOs. (Thus the tube of Selegiline, apparently.) But depression is also a state of mind, says Gibson: "Usually, it's a perception problem. Things are never really as good or bad as they seem. A guy once said it to me this way: 'Depression lies. Depression lies to you.'"

The somber moment doesn't last. Gibson deals a round of cards and it's time to size up the other players. There's Sam, a rising celebrity chef whom I mark as a novice with a fierce will; Elliot, a boyish English actor who seems like fresh meat who is aware that he is fresh meat; Andy, a marketing consultant who's played in Vegas and seems to know what's what; Mark, a producer who seems confused about how to hold his cards; Alan, who's clearly an old dog to watch out for; and me, the pessimist who folds and folds until he gets bored and bets big while holding crap.

And then there's Mel, who plays for kicks, I gather, telegraphing his thoughts as each card comes to him. Right now he looks pleased, which is why it's no surprise when he ends up taking the first pot with a full house. He then kindly tells us all we need to know about his strategy from here on out: "I have stupid money now. Now I can be stupid." Still smiling with triumph, he refers to one of his cards as a "RuPaul," which he says is gambling slang for a "black queen." Clever, that quip, but it hangs there for a moment, considering it's



**EXTENDED FAMILY** With his girlfriend, Oksana, who recently gave birth to his eighth child. Opposite: Mel, circa 1970.

coming from a guy who almost sacrificed his reputation to a taste of impromptu ethnic commentary. But let's cut the man some slack. It's poker night, and guys will be guys. Them's the rules, are they not, boys?

The cards fly across the table. Bets are placed. Gibson pays close attention to the action, monitoring the buy-ins and the raises and rendering judgments on whose hands beat whose, even catching a slight mistake along the way. It's a wonder that he even cares, since he's by far the richest player here, worth upward of \$900 million, reportedly — for which he can thank his bold investment in 2004's *The Passion of the Christ*, which the big studios declined to finance but the meek multitudes embraced. That fortune is on the line, thanks to his participation in one of life's greatest gambles: a Hollywood marriage. Robyn, his wife of 29 years and the mother of his first seven children, filed last spring for a divorce that may end up being the costliest split in showbiz history. (His eighth child, a daughter, would come prematurely only a few days after this game, birthed by 39-year-old girlfriend Oksana Grigorieva, the first singer signed to Gibson's

fledgling record label, Icon Distribution.) And though Gibson, a vocal advocate of Roman Catholic moral doctrine (including, perhaps, its rejection of modern birth control), took full blame for the bust-up on *The Tonight Show*, casting Jay Leno in the role of his network father-confessor, he surely knows Judgment Day will be stormy anyhow. That the back-and-forth flow of measly \$5 chips can hold his interest this evening is astonishing. That Selegiline cream must focus the mind.

The game tonight is mostly seven-card stud, not the vastly more popular Texas Hold 'Em, which Gibson says he doesn't like because it relies on "communal" cards. This preference for a style of poker that leaves each player on his own seems to line up with the rugged individualism that, along with his burst of bigotry and his refusal to placate Jewish leaders angered by his portrayal of their faith in *The Passion's* let's-get-Jesus scenes, has made Gibson, for certain liberal types, a symbol of neomedieval simplemindedness. Of course, for those who don't require movie stars to function as social paragons, Gibson's rough-and-ready ways are what make him compulsively watchable.

The man is no cultural Cro-Magnon, though, as his card-table conversation proves. Hoping to elevate our discourse above clubhouse cracks such as a salty Gibsonian pun that defines "innuendo" as an anal sex act (think about it for a second — or don't), I throw out a question to the table: Which of Shakespeare's major characters would make the most effective poker player? Gibson thinks it over for a minute, falling back on his training as a thespian at an elite Australian drama academy that he attended before he went all Visigoth as Mad Max. He settles on Coriolanus, the pitiless Roman soldier. Elliot, the young English actor at the table who is also a student of the Bard, counters with Iago, the Machiavellian sneak who brings down Othello. Gibson nods. "Iago," he conjectures, "would deal from the bottom of the deck." But then he comes up with another candidate, Brutus, who plunged a dagger into his good friend Caesar. Excellent choice. But Gibson isn't satisfied. He ponders the question further and votes for Cassius, the envious archplotter in the same play and a more obscure figure all around. Elliot shrugs and Gibson wins the point.

A few hands later things get raw again. Somehow the talk drifts to the murder of John F. Kennedy. Gibson brings up a book, *On the*



*Trail of the Assassins*, which inspired Oliver Stone's conspiracy-theory-riddled *JFK*. Gibson, who once starred in a movie called *Conspiracy Theory*, declares the film Stone's masterpiece. Then he ventures another joke. What, he asks, was JFK's last thought as the fatal bullet smashed his skull? The poker players pause, look up. Broadly aping Kennedy's Boston accent, Gibson delivers the morbid punch line: "Why is my wife making meat loaf on the back of the car?" *Ta-dum*.

Oh, well.

◆ MEL GIBSON, OVER THE YEARS, HAS MADE MISTAKES, but mostly he's made movies. In a lot of them he goes berserk: painting his face blue and beating an English army by piercing their charging steeds with sharpened stakes (*Braveheart*), waving his gun around so erratically that even his buddies shrink back in trepidation (the *Lethal Weapon* series), and training his lens on a panting Mayan

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## “THINGS ARE NEVER AS GOOD OR BAD AS THEY SEEM. A GUY ONCE SAID IT TO ME THIS WAY: DEPRESSION LIES. DEPRESSION LIES TO YOU.”

---

peasant as he flees from an orgy of human sacrifice shot with such anatomical brutality that as I was watching it I touched my heart just to make sure it was still inside my chest, not throbbing and dripping on a stone altar (*Apocalypto*). Gibson's penchant for scenes of bubbling gore, rib-cracking combat, and testicular fury would seem to mark him as a man who's either unmoved by physical misery or mystically intrigued by it.

But back in his 20s in the Philippines, after playing high-stakes poker late one night, he had another encounter with human suffering, not cinematic but actual, that weighed him down with shame. The way he told it to us around the table, he'd just dropped \$12,000 on a card game when he strolled out into the street at 3 AM and found himself surrounded by "crawling" beggars, some with missing limbs. Suddenly, he was disgusted with himself. For the money he'd blown on a silly game of chance, he could have helped these gravely tortured souls. The realization haunted him — so much so that once he'd grown a little richer he decided, with his wife, to found and guide a charity, Mending Kids International, devoted to paying the medical expenses of ailing underprivileged children.

So his worst night of poker brought out the best in Gibson. From folly came guilt, from guilt compassion, and from compassion a plan to seek redemption. It's a cycle that Gibson has since become familiar with: a succession of lows and highs and highs and lows whose spiritual rigors probably account for his acutely careworn face. *People* magazine's very first "Sexiest Man Alive," with the flashing blue eyes and the impish, crooked grin, is not quite so smooth now, not so bright and cocky. He's also feeling a bit like Rip Van Winkle, now that he's chosen to rejoin a business that's changed a lot — for the worse, he feels — during his time off.

"It's a different game now. The power balance has shifted dramatically." (From the talent to the studios, he means; from the artists to the money guys.) "I guess they figured, Why are we killing ourselves?" Gibson doesn't believe that the independents, the little guys, are likely to improve the situation. "The indies are trying to do the films the studios don't do anymore, and they're not doing them as well as the studios used to." Genre movies don't bother Gibson if they're done well. "There's nothing wrong with romantic comedies as long as they're funny. And romantic." His subtext is that they're rarely either nowadays.

Looking reflective rather than despairing, he admits that he's thought about retiring permanently as he tosses down what may be his worst hand yet ("Uglier than a handful of rectal surgery"). As often happens in casual poker games after an hour or two of steady play, the novices are winning big now, especially the producer who's sitting directly across from Gibson and counting up much of what used to be Mel's money (and a fair portion of everyone else's) with the loathsome glee of the rank amateur. Gibson is playing mechanically, by rote, letting slip random observations and anecdotes that might not be interesting coming from just anyone but are noteworthy coming from a star who's lived through a period of what he's termed "humiliation on a global scale" and who might be forgiven for clamping up entirely now that his goal, his modest goal, is simply to make a few more decent movies.

"Definitely Jimmy Woods," he says, naming the best showbiz poker player he knows.

"A couple," he says in answer to a question about whether Jodie Foster tells any good beaver jokes. But then he adds, quickly, "I think the world of her."

Then, on the subject of artistic compromise: "Someone asked me to put on the Batman suit once and I wouldn't do it."

Also this: "It's difficult working with a puppet."

And finally, responding to my inquiry about whether there are top-secret anti-aging pills available only to stars like him and capable of creating the appearance of perennial freshness and vigor: "Just look at me."

I do look. Closely. I see he's right.

♥ THE POKER GAME IS WINDING DOWN AND SO, TO judge by his pink, glazed eyes, is Gibson. He's been playing cards for more than three hours, but his night isn't over yet — not close to over. In a few minutes a car will come to ferry Gibson to a press event timed to the high-definition DVD re-release of *Braveheart*, which first hit theaters 15 years ago and established him as something more than a swaggering, smirking leading man. His best-director Oscar for *Braveheart* helped him found an exclusive club of one: a star who could open a range of motion pictures (even limp trifles like *What Women Want*) to blockbuster first-weekend grosses but who could also create, produce, and helm massively profitable, epic experiments set in ancient foreign lands and cast with unknown actors speaking obscure languages.

It was such a grand artistic run, unprecedented — the true, raw material of megalomania, which isn't a delusion when it's working, only when it convinces the vaulting ego that it can work forever.

No wonder Gibson pushed his luck. No wonder he crowned himself the King of Malibu, chewed out the cop who couldn't see his crown, and then, when it came time to straighten up his act, withdrew for a while behind his infamous mug shot. He doesn't speak about that period of emotional recuperation; however, that the Malibu judge who expunged his drunk-driving conviction praised him for taking his recovery seriously suggests that he swallowed his medicine like a big boy. His so-so performance at poker tonight may be another sign of health, judging by a story he told earlier about his history with another game, chess, during a previous major bout of melancholy.

Gibson was about 40, he recalls, and feeling like a total bloody mess when suddenly, inexplicably, amazingly, he started moving his bishops, rooks, and pawns like a late-blooming Bobby Fischer. Hunkered down behind a board in Los Angeles's Grand Havana Room, he took on all comers, beating them consistently, thanks to a spell of eerie strategic omniscience that he describes as "when I had this overview of everything." But then Gibson's inner chaos (continued on page 92)





In 1964 at the age of 14, Tom Bedell developed his own line of acoustic guitars to help a generation explore their musical passions. Over four decades and two inductions into the Iowa Rock 'N Roll Hall of Fame later, Tom Bedell introduces his new line of namesake acoustic guitars.

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**THE PAYOFF** After a 10-hour, 9,000-foot ascent, Bernie Rosow savors every last turn as he descends the upper flanks of 11,049-foot Telescope Peak in Death Valley.



# Death Valley's Secret Stash

Like the prospectors a hundred years before them, eight grizzled ski bums came to the desert looking for a rare gem. They struck white gold when they found one of the most spectacular backcountry lines in California.

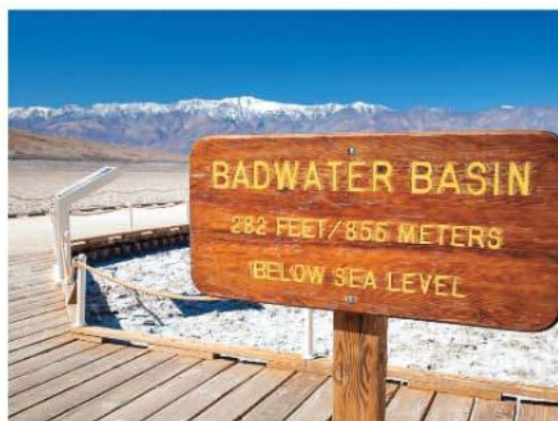
by DAVID T. PAGE

photographs by CHRISTIAN PONDELLA





**B**Y 6 AM THE LIGHT'S coming up fast on what has to be the unlikely backcountry skiing line in North America. The sun hits the cornices at exactly 6:17; we pause to take it in. The mountain paints itself before us, finally, as the sort of mountain a person could actually ski. Its hidden lines are catching just the right light — there are glades off the top, a pair of wide-open bowls, a series of north-facing chutes reminiscent of Taos or Alta or Ajax, but bigger. Meanwhile, a vertical mile below us is Death Valley, the driest, hottest desert in the West. Three hundred cyclists are setting out from Furnace Creek for the Death Valley Double Century, hoping to get ahead of the heat, which in a few hours will hit 90 degrees. The summit we're aiming for sits reflected in the stagnant pool at the bottom of Badwater Basin, 282 feet below sea level. ¶ Each of us had recognized the absurdity of searching for skiable snow in the Mojave Desert — it was part of the appeal — but now it was all starting to make perfect sense. Telescope Peak, Death Valley's tallest mountain at 11,049 feet, is enormous, with more sustained vertical rise





## FINALLY GLIDING

The crew hits decent snow at around 7,000 feet and is able to quicken the pace by skinning toward the summit (left); cold Tecates are downed before a brief three-hour night's sleep and a cruel 1 AM alpine start (below).

than any other peak in the lower 48. Base to summit it requires a longer climb than any of Colorado's 14ers, the Tetons, even Whitney, Shasta, or Rainier. If you're looking at it from a distance, which is your only choice if you want to take in the whole thing, it's near impossible to get perspective. The part of it that resembles other mountains you might ski — the part with trees and snow, that is — doesn't start until around 7,000 feet and is such a comparatively small part of the whole, it's hard to gauge. Until you're halfway up.

Once we reach the high ridgeline, the vast alluvial mess finally gives way to the first patches of crusty, wind-dried snow. But there's too much snow to hike around and too little to warrant putting on skis. If only we were able to attach skins to the bottom

of our skis, freeheeling up the mountain would be twice as fast as walking. Instead, it goes something like this: one ginger step, then another...then punch through to your knees. Repeat. We've been at it for five hours already, eight tiny specks, skis on our backs, climbing up and out of the desert in the dark, on the scantest of game trails. We've watched the moon rise and the distant glow of Vegas 100 miles away give way to the dawn. We've had blood drawn by the local flora. We're nowhere near the halfway mark, and yet we're exactly where we want to be: on our way to ski something that none of us — and who knows, maybe no one in the world — has ever skied.

AT EXACTLY THIS TIME YESTERDAY, WE WERE standing in the parking lot at Dante's View, at 5,475 feet, on the opposite side of the basin, 20 miles as the crow flies from the face we came to ski. We sipped coffee, studied the contours on the map, and looked across at the mountain through binoculars. There was snow up there, to be sure, but in the vastness of the landscape it seemed little more than an odd counterpoint. Was it powder? Was it corn? Was it a thin veneer of death crust over rocks? Some of us had been casing the peak for years; others had just heard rumors. As for me, every time I drove Highway 395 down to Los Angeles, it was there — the other side of it, the west face — and every time, especially when there was snow on it, I was reminded: That mountain should be skied.

There were six of us at that point, with two more to join later. If nothing else, we had the makings of a highly competent crew. Christian Pondella is one of the best extreme-sports photographers around, and he brought with him three local Mammoth pros. Ryan Boyer, a self-proclaimed redneck tele guy, originally from Santa Cruz, signed on simply because it reminded him of the old bumper sticker: "When hell freezes over, I'll ski there, too!" Bernie Rosow, the youngest of the group at 28, is a lead snowcat driver for Mammoth Mountain. He worked the swing shift, 4 PM to midnight, and spent all day, every day on a fat pair of twin tips. David Schemenauer was a renowned big-mountain skier who used to trade his talents on the steeps for gear. His record for most days clocked in a single season: 232. The four of them had come down from Mammoth the night before with no small amount of reluctance, having torn themselves away from the High Sierra in the glorious aftermath of a late-winter dump. But these are all guys who thrive on dropping into something they can't quite make out.

**"CROSSING THE GRAND CANYON IN ONE DAY IS EASIER," WRITES ONE GUIDEBOOK AUTHOR.**



Then there was my brother-in-law, Devin McDonell, who had driven nine and a half hours around the southern horn of the Sierra from San Francisco to be here. There had been a brief moment during my own drive down when I worried about Devin in this company, as he was the only one of us trying to float a life beyond the purview of the mountains. I might not have given it a second thought had I known I was offering him the powder day of a lifetime, but, frankly, we had no idea what kind of snow we'd find on Telescope. For all we knew, we'd be walking down, and I wasn't sure how much pain he'd be willing to trade for no payoff whatsoever. Then I reminded myself that he'd done an Iron Man and that, despite having grown up in New York City and learned to ski at, of all places, Jiminy Peak, Massachusetts, he was still one of the strongest skiers I knew. He also happened to have been an instructor at Jackson Hole and had once post-holed up Shasta with a full alpine setup on his back. I quickly realized it was myself I needed to start worrying about.

I'd called the Visitor Center at Furnace Creek the week before to see if the Park Service could offer any clarification on the generic advisory they'd published online: "Winter climbers should be experienced and equipped with ice ax, crampons, winter clothing, boots, and ropes." The ranger had never even heard of anyone skiing Telescope. "You mean, like, with crampons and an ice ax to the top and skiing down?" he asked. "I think anyone you talk to is going to advise against it."

Looking at it through binoculars, even from 20 miles away, we could see there was nothing particularly technical about the climb — we'd all been up and down much gnarlier stuff — and little did the ranger know he was practically goading us to climb Telescope by telling us we'd have the whole range to ourselves.

The easiest way to the summit is via the old dirt road up the moun-



tain's backside from Wildrose Canyon, past the charcoal kilns to Mahogany Flat, near the spot where in the mid-1930s a miner by the name of John Thorndike actually envisioned building a ski resort. But we wanted to ski the east face, the one we were looking at from Dante's View. The purity of making the climb straight up from the lowest point in the country and then skiing back down into Death Valley proper was too much to resist. The aesthetics were undeniable, the clean, epic up-and-down of it.

At first there was some dissent. It was true: We'd be able to spend more time on the snow if we went up the backside. We'd be in and out, with photos, and on the road home in a fraction of the time. But then Schemenauer pulled out Michel Digonnet's classic hiking guide to the park, *Hiking Death Valley*. Digonnet calls the climb from Hanaupah Canyon to the summit of Telescope one of the toughest treks in Death Valley. "Crossing the Grand Canyon in one day is much easier," he writes. "Only a chosen few can do this hike in one day, and even fewer can cram the round-trip between sunrise and sundown."

And so the gauntlet was thrown.

As night fell on our camp at the top of the Hanaupah fan, we sipped Tecates and prepared dinner on the tailgate of the Land Cruiser. Then, out of the moonlight came Joe Walker, an ex-pro ski racer and tuner for the World Cup who was known to tag along occasionally with World's Most Traveled Man Bill Altaffer. A few hours after that, the eighth and final member of our crew, John Wentworth, pulled up in his brand-new but already dented Toyota pickup, fresh from a day of deep powder in the High Sierra backcountry. Wentworth, pushing 50, was our wise elder. He spent years

crisp upslope eddy of wind hits our backs and eases our loads, and the snow begins to soften as the morning warms up. We glide through a forest of gnarled 3,000-year-old bristlecone pines, among the oldest living things on the planet. It feels like a quick lap in the woods above my house before picking the kids up from school. We're in our element and estimating the summit to be just a couple of hours away.

Then the aspect changes yet again. Pondella takes a fair slide sideways, self-arresting with his fingernails. Devin drops a glove, climbs down to get it and back up again, then drops a pole. We are all back to post-holing — kicking and punching our way up 1,500 feet of slab, against a cascade of tiny ice crystals sliding in the other direction. If there's a crux to this marathon, this is it.

After a week of clear skies and relentless, unseasonable melting, the sky has started to cloud over as a cold front lumbers in from the northwest. The overcast is good, I think; it will help keep the snow firm. On the other hand, if the temperature drops too much, or if the wind gets into the bowl, we could be in for a nasty, bulletproof crust. When we crest the main ridge, the wind is gusting and cold. We are still nearly 1,000 feet from the summit, and Wentworth is still nowhere to be found. Devin throws himself down on the snow. "I'd rather do an Iron Man," he says.

We put on full winter gear, and I try to raise Wentworth on the radio. Nothing. We eat dry bagels with slices of dry salami, drink water, and force ourselves to press on into the wind, our hoods up, our goggles on. We're now switchbacking, then post-holing again, then slapping our skis like flippers across exposed rocks. But we're close; Telescope is ours.

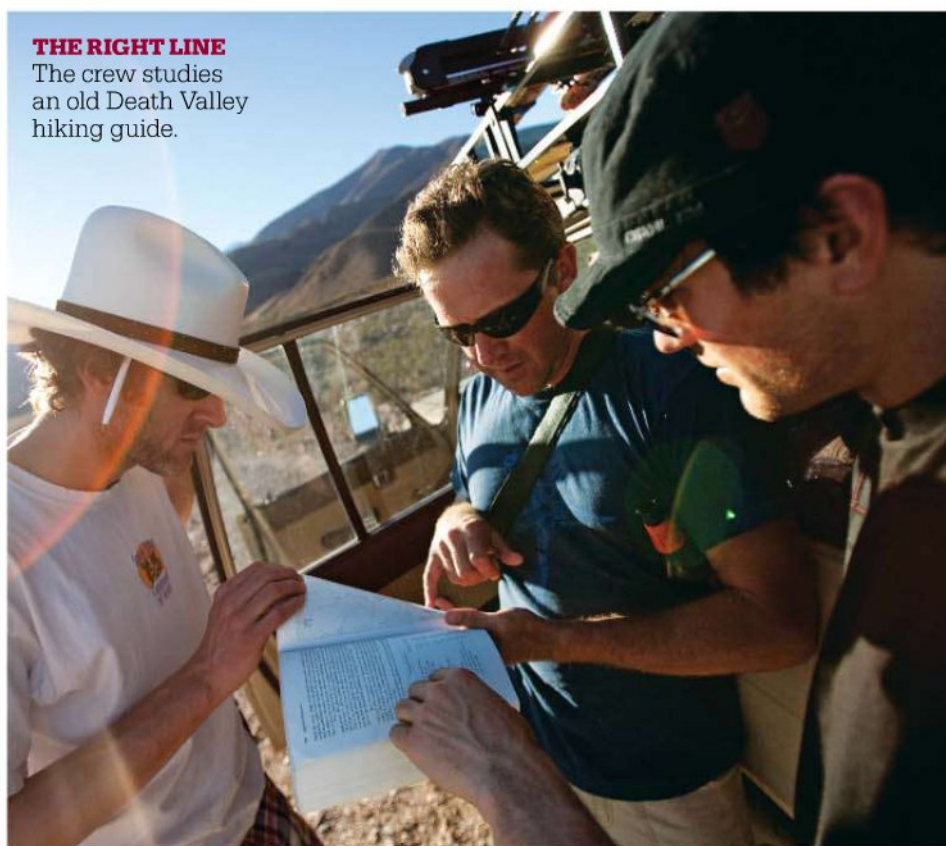
## IT ALL GIVES WAY TO THAT RARE, HOOTING-AND-HOLLERING, TIME-STOPPING KIND OF FREEDOM.

producing movies for David Lynch before finally giving in to the life of a ski bum, and then to that of a tireless advocate for public access. He claims to be the only person alive to have skied Griffith Park in Los Angeles.

"Where's the snow?" Wentworth asked, stepping out into the dust.

**W**ITH THE SUN NOW ABOVE the horizon, we're finally on skis and moving up fast. The goal at this point is to get on top and be skiing down before the sun gets too intense, before the snow turns to mush or starts to slide. "This is what we know how to do," says Boyer, boosted on Pondella's tropical dried-fruit medley and charging hard as ever. But almost immediately the pitch gets too steep, the snow like rock candy, like fine china — sunbaked by day, frozen by night — and too slick for skins. Wentworth is the only one of us who brought along a pair of ski crampons, lucky bastard, and he's long gone by now, having dropped down into the gully looking for snow to skin up. For the rest of us, the skis come off once again, to be hefted over shoulders for the first of a brutal series of boot-packs.

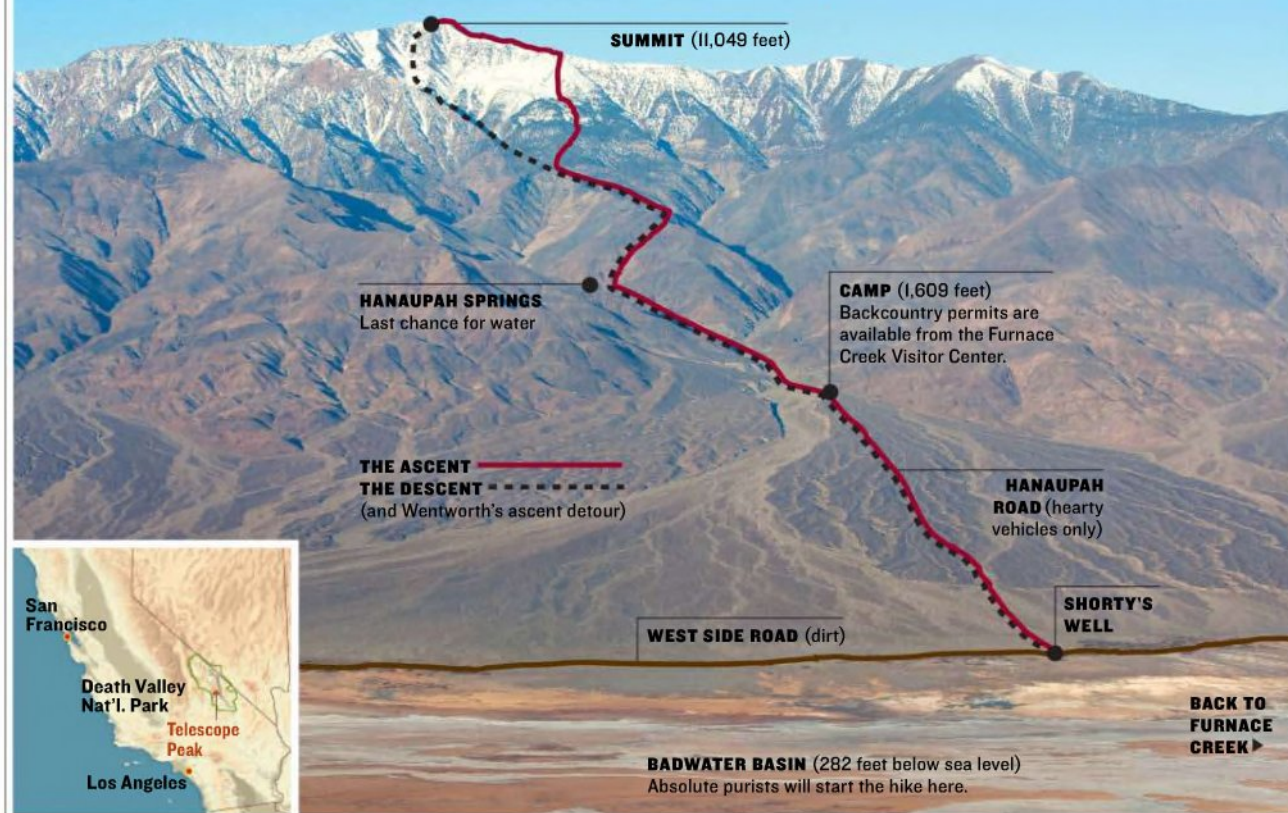
As we reach 8,200 feet, our hard work begins to pay off. We get a lovely, if brief, alpine-style ski tour across an avalanche field, where a stand of limber pine has been smashed by an old slide. A



**THE RIGHT LINE**  
The crew studies  
an old Death Valley  
hiking guide.



## A Skier's Guide to Telescope Peak



MAP BY HANAN HUSSEIN

Turns out Wentworth has been on the summit for some time, waiting for us. After leaving us behind earlier, he found a tongue of snow that led straight to the summit. With only the company of his iPod, he skinned straight up the throat of the thing without having to take off his skis even once. He's already read and signed the summit register (the previous entry is dated November 7 — four months earlier).

"Look yonder," he shouts, gesturing into the rising gale — the grand northward march of the Sierra, 60 miles away; dust storms brewing to the southwest; the innumerable ranges lined up to the east like islands in a great sea of clouds. Below us — 11,300 feet down now, and some 17 ragged miles overland — lies the barely fathomable Valley of Death, our new destination. At a few minutes after 11 AM, without any great ado, we drop in.

Pondella and crew traverse to one of the steeper north-facing chutes, looking for a cache of powder and something good to jump off of. Devin and I find ourselves following Wentworth, the old wise man, off the summit cornice. We watch as he carves a smooth line down the gully, down into the big south bowl, flirting with his own route up as he drops. A dozen turns down, he stops. He makes a sign for us to come ahead. "It's good," he shouts.

And so we follow, carving our own widening arcs, and indeed it is good. Not just good like safe, but truly, objectively *good*. There's solid coverage on every aspect, a firm base like frosting on an ice-cream cake — smooth, flawless, dusted on top with two or three inches of soft, wind-sifted winter velvet. And it goes on forever, for thousands of acres of wide-open parkland: steep chutes and glades, nubs and tufts, gullies, fields, and funnels. Farther down, we hit the sweetest of spring corn. And so we go from winter to spring and back again, stopping on occasion to watch the others play, to savor our tracks and the vastness of the terrain, to try to make the thing last.

Having spent the past 30 hours steeling myself for the likelihood of truly awful conditions, I find myself wasting a few turns, throwing my arms around, putting my focus in the wrong place. Then I begin to feel it. Everything else — the long night's upward slog, the scratches and scrapes, the pain in my lungs and legs, the epic hike out still to come — just gives way to that rare, hooting-and-hollering, time-stopping kind of freedom that can never end. And then it ends.

By five minutes to noon, having consumed 4,320 vertical feet in less than an hour, nearly 200 feet more than the most lift-served vert in the lower 48 (at Jackson Hole), we're at the bottom of the snow, lounging on the dirt in the warm sun and the bittersweet glory, back in shorts and T-shirts, waiting for the cliff-huckers to come crashing through the brush. "That was really good skiing," says Wentworth, in classic understatement. "Really good."

It always goes too fast — the skiing-down part — but such is the nature of it. Then you're on to the next thing: a cold Tecate or a long drive, or a swing shift in a snowcat.

For now, though, all that remains between ourselves and that next thing is a long hike back to the car; another 10 miles and four hours of stumbles, scree slips, and knee tweaks; numerous cactus-stabs, a broken ski pole, one pair of shoes peeled clean of soles; a seam-split pack, a torn fingernail.

One year, I think to myself, if conditions are ever right again, I'll haul some camping gear up to this spot — a lightweight sleeping bag, a stove, something good to cook — set up a little early-springtime beach camp where the desert meets the snow, and spend a week or so doing laps in the bowls, really exploring the place. Maybe when my boys grow to kick my ass on skis I'll bring them here just to remind them how big and old the world really is. And how hard some places are to get to — the best places, maybe. 🏔️







A man with glasses and a dark jacket stands in a forest. He has his hands clasped in front of him. In the background, there are trees and a rope structure. In the foreground, there is smoke rising from the ground and several pig heads lying on the leaf-covered floor.

# The World's Most Influential Chef



The modern pioneer of nose-to-tail eating changed the way chefs cook — without ever selling out on TV or attending culinary school.

Now he's determined to change the way you eat.

by **DANIEL DUANE**

*photograph by*

**JULIAN BROAD**





#### MASTER CLASS

Everyone from David Chang to Mario Batali has come to worship at the chopping board of chef Fergus Henderson (right).

Anthony Bourdain has called Henderson the “most influential chef in the world.” While most chefs make their name by fusing unlikely ingredients into new combinations, Henderson has done it by looking backward in time. He finds recipes for forgotten fish, birds, and animals, and the rejected organs and limbs of all of the above, and then presents them in the plainest, most direct manner: half a pig’s face, for example, staring up at you from a white dinner plate, daring you to cut a piece from its cheek and discover the other, more succulent bacon.

After the kitchen tour, Henderson claims a lunch table in St. John’s spare dining room, which has high ceilings, white walls, and black-metal industrial lighting. At age 46, he looks very much the cultural visionary, with his buzz-cut gray-blond hair and the circular tortoiseshell eyeglasses of the modernist architect he once hoped to become. Henderson turns out to be painfully shy and polite. Severe Parkinson’s disease, which has relegated him to a super-

visory role in the kitchen, causes such serene stillness in Henderson’s ruddy-red English face, and then such unpredictable jerking movements, that he can seem like an otherworldly artist, thrashed about by creative impulses.

He orders us a round of champagne and then a lunch of roasted marrow bones, chitterlings, and other dishes. I ask him to talk me through all the various organ meats and their culinary potential. Henderson answers the way he answers nearly all questions, in a series of halting, meandering poetic vagaries:

“Well, the heart!” he says, as our waitress sets down plates of duck and ox heart. “I mean, they are the heart of the beast, and it seems really...ox heart really expresses...ox. Little duck hearts express...ducks, bubumpubumpubumpubump.”

Parkinson’s disease so interrupts the flow of Henderson’s speech that his words come out in startling floods, like an experimental jazz drummer so contrapuntal you can’t tap your foot. His words

## BOURDAIN CALLS HENDERSON’S COOKING AN “OUTRAGEOUSLY TIMED HEAD BUTT TO THE POLITICALLY CORRECT, AND TO OVERLY SCULPTED ENTREES OF LITTLE SUBSTANCE.”

**A**S FERGUS HENDERSON LEADS ME into the kitchen of his world-famous London restaurant, St. John, he pauses to watch one of his cooks chop the arteries off crimson ox hearts big as cantaloupes, cut apart their blood-pumping chambers, and then slice up the deep-red meat for char-grilling. Nearby, another apprentice eagerly trims rusty-red lamb kidneys, cutting white fibrous lobes from their middles. Henderson then opens the walk-in cooler, pulling back the massive door to reveal pretty little pink suckling pigs packed like dead babies into a white plastic tub, young and peaceful as if napping in the soft English sun. Chopped-up cow bones fill several bins, pig livers cure in a salt-sugar mix, and fresh pigskin, rosy and supple, sits in big folded sheets.

A deliveryman brings in crates of fist-size pigeons and decapitated, skinless rabbits looking like greyhound racing dogs slaughtered mid-run, quick little legs fully extended. Over near the industrial range top, another of Henderson’s underlings cuts around a blood clot in a deer’s liver, while still another chops chitterlings — or “pig’s poop pipes,” as Henderson calls them, adding, perhaps to settle my nerves, that “they’ve been brined quite far away from all that.”

As the acknowledged master of the odd bits, the man internationally credited with putting organs and extremities back on upscale menus — and getting people to pay upward of \$30 for such forgotten delicacies as seagull eggs and squirrel — Henderson has become one of the great underground heroes of the food world, a chef’s chef considered untouchable when it comes to transforming scary proteins into thoroughly delicious and even comforting fine-dining fare.

pour forth — “I like organs; they look like themselves” — and then cease, leaving a silence. Then he begins again: “Kidneys, there’s a magical squeak, when you bite them, and then a *give*.” Pause. “...andthenagiivve...”

“I believe it’s that squeak that acts as a sort of...Cupid to me. Like brains, it’s a textural experience.... We poach them very gently, and then we bread and fry them. You get this crunch, and then this rich,



creamy give, and...*gna!* It's sort of the *gna!* Theory of brains. In fact, there's some story..."

Long pause, twitching.

"I can't remember. Someone once said, 'All those memories...'"

"In a brain?"

"Ah!" he said. "There we go." Then he looked at the spread before us and said, with a smile, "Well, stab a heart!"

ST. JOHN OCCUPIES A BRICK Georgian townhouse, down the block from the 800-year-old Smithfield Market, where butchers hack at thousands of bloody animal carcasses, seagulls caw in the cold gray sky, and price tags poke up from lamb balls and gory skinless goat heads. Signs advertise OFFAL BROKERS and TRIPE DRESSERS, and crowds of off-duty butchers in white coveralls drenched with blood smoke cigarettes and devour eggs at sidewalk tables. Historical plaques celebrate the good old days, when criminals were drawn and quartered and unwanted wives sold.

There may soon be a plaque for the market itself: Smithfield, among the very last English markets of its kind, is an atavistic throwback to an age before remote feedlots and slaughterhouses began protecting urbanites from the knowledge of how their food lived and died. Modern English meat-eating culture, in fact, is every bit as squeamish as our own, savoring the obvious skeletal muscles — steaks, roasts, ribs — while shying away from the pumps and filters, the ears and snouts that our farming ancestors treasured.

Much of Henderson's appeal comes from his assault on this sorry state of affairs, his insistence that we needn't fear our meat. Everything about St. John's plain paper menu and austere decor — along with every detail of his cult-classic 1999 cookbook, *Nose to Tail Eating: A Kind of British Cooking* (published in the U.S. as *The Whole Beast: Nose to Tail Eating*), with its old-fashioned typeface and startling black-and-white photos of organs — deliberately conjures a parallel universe in which human history took a different turn and arrived at a different present tense. A world where the modern male never learned to view his beloved steak as a pink rectangle magically appearing in cellophane.

Not that everybody gets the right message.

"You know, there's two types of offal eater," explains Thomas Blythe, St. John's longtime manager. "There's the group of chaps who come in at lunchtime, and they've not been before, and it sort of gets a little gladiatorial. 'I'm going to have the bone marrow, and then I'm going to have the chitterlings!' While the seasoned offal eater fully appreciates what a brilliant dish deviled kidneys on toast is, especially for lunchtime on Monday after a racy weekend. So you hope that the offal gladiators turn into the more monastic types, over time."

Henderson himself claims to have no interest in culinary adventure, insisting that he simply follows a personal ethos opposed to



## Roast Bone Marrow & Parsley Salad

THIS IS THE ONE DISH THAT DOES NOT CHANGE ON THE MENU AT ST. JOHN. THE MARROWBONE COMES FROM A CALF'S LEG; ASK YOUR BUTCHER TO KEEP SOME FOR YOU.

### INGREDIENTS:

12 three-inch pieces of veal marrowbone  
A healthy bunch of flat-leaf parsley, leaves picked from the stems  
2 shallots, peeled and very thinly sliced  
1 modest handful of capers (extra-fine if possible)

### DRESSING:

Juice of 1 lemon  
Extra-virgin olive oil  
A pinch of sea salt and freshly ground black pepper  
A good supply of toast  
Coarse sea salt

Put the marrowbone pieces in an ovenproof frying pan and place in a hot 450° oven. The roasting process should take about 20 minutes, depending on the thickness of the bone. You are looking for the marrow to be loose and giving, but not melted away, which it will do if left too long.

Meanwhile, lightly chop your parsley, just enough to discipline it; mix it with the shallots and capers; and at the last moment, dress the salad.

Here is a dish that should not be completely seasoned before leaving the kitchen, rendering a last-minute seasoning unnecessary by the actual eater; this gives texture and uplift at the moment of eating. Scrape the marrow from the bone onto the toast and season with coarse sea salt. Then a pinch of parsley salad on top of this and eat. Of course, once you have your pile of bones, salad, toast, and salt, it is diner's choice.

### SERVES: 4

From *THE WHOLE BEAST: NOSE TO TAIL EATING*, by Fergus Henderson

waste. Long haunted by visions of discarded animal "middles" — unwanted parts left lying in fields after the harvesting of the carcasses — Henderson says he's come to feel that "it's only polite, once you've knocked the animal on the head, to eat it all." Beyond that, he'll just say that his food draws inspiration from England's rural past, and that he lets nature set the menu — oysters in January, game birds when the hunting begins. Henderson also sources most meat from sustainable, humanely operated family farms, but there, too, he disavows any revolutionary tendencies: "I just have this sort of hippie-dippie happy theory," he tells me. "It starts with the animal, when it's happy, and it skips into the slaughterhouse and *knock!* It goes, 'Oh! I was happy,' *boof*. And then we cook it happily and respectfully, and it comes to you, the diner, and you're happy."

But it would be disingenuous to pretend that shock value hasn't played a great role in Henderson's success, especially among his fellow chefs. In a culinary profession bored sick with the predictably bland filet mignon, seared ahi, and, worst of all, boneless, skinless chicken breast, Henderson has had the courage to believe in his own vision — by putting all this stuff on his menu, and little else — and has emerged as a figure of intense culinary inspiration, proof that a chef *can* follow his own path, however eccentric, and succeed. Thus the popularity of the now annual FergusStock in Manhattan, where chefs like David Chang put on Fergus-themed events packed with culinary celebrities, and the proliferation of openly St. John-inspired restaurants around the U.S., like San Francisco's Bar Tartine; Animal, in Los Angeles; and New York City's the Spotted Pig. Bourdain has named St. John his favorite restaurant in the world and has repeatedly fingered Henderson's roast bone marrow and parsley salad as his "death-row meal" — it's the last thing Bourdain wants to eat before the firing squad. In his introduction to *Nose to Tail Eating*, Bourdain calls Henderson's cooking an "outrageously timed head butt to the growing hordes of the politically correct, the PETA people, practitioners of arch, ironic Fusion Cuisine, and all those chefs who were fussing about with tall, overly sculpted entrées of little substance and less soul."

"What he did was he went out and did this shit," says James Silk, a former St. John cook and now co-executive chef and part owner of Feast, in Houston. "Pig's ear salads! Lunatic stuff! And he got away with it! He's empowered people."

"Like fried squirrel! They're fucking everywhere! They're in every park! And yet I got over there and had fried squirrel!" says Chris Cosentino, executive chef at one of the first and best American restaurants to follow Henderson's lead, San Francisco's Incanto. Cosentino specializes in Henderson-inspired "whole pig" dinners, at which diners can eat, quite literally, an entire pig. He became apoplectic at the very memory of his St. John experience: "I had seagull eggs! Could I do that here? No. I'd be shackled and thrown in jail."

(continued on page 93)





*The* REBIRTH *of*

AMERICA'S BEST OLYMPIC FREESTYLE SKIER IS THE ONLY MAN WHO CAN LAND

by AIMEE BERG





# JERET PETERSON

THE "HURRICANE." BUT HIS LIFE OUTSIDE SKIING HAS BEEN A STORMY RIDE.

photographs by CARLOS SEBRAO



The whole thing takes just 2.9 seconds. In that tiny window of time, between his skis leaving the ramp and touching down again, skier Jeret “Speedy” Peterson somehow flings his body through a complicated eight-part series of twists and flips that make up his signature trick. It requires such extraordinary precision, timing, and strength that no other skier has dared try it in competition. The difficulty lies not only in the combination but in the sequence: one twist on the first backflip, three twists on the second, and one more on the final backflip — while flying as high as a five-story building. One slight miscalculation could spell disaster.

Yet it all began as a joke. While Peterson was practicing jumps on a water ramp one day in 2004, coach Darcy Downs suggested he add a third twist to his second flip — and he somehow pulled it off. When Peterson later landed it on snow, his coaches rushed over and asked, “What did it feel like?”

“Like being stuck in the middle of a hurricane,” Peterson answered. The name stuck. If all goes as he hopes, the Hurricane will win him gold in the Vancouver Olympics, where the 28-year-old Boise native is one of the favorites in freestyle aerials.

But outside those three seconds in the air, little in Peterson’s life has gone according to plan. In fact, in the four years since the Turin games, where he was a medal contender and media star, his life away from skiing spun almost fatally out of control. The story of how he brought himself back, found his feet, and stuck the landing has never been fully told — until now.

**B**ACK IN 2006, SPEEDY PETERSON BLEW INTO TURIN full of bravado, and the press ate it up. It seemed like a gold medal would barely be enough for the tobacco-spitting skier from Idaho with the backward trucker hat,

diamond-studded ears, and cocky grin. Peterson — then the reigning aerials World Cup champion — wanted money, fame, and glory. “I wanted to be *it*,” he recalls.

The night of the Olympic freestyle aerials final in Sauze d’Oulx, the hill was lit up like a landing strip. All eyes focused on the takeoff ramp as the top 12 men soared into the night sky one after the other for judges who rated them on takeoff, form, and landing, multiplied by the degree of difficulty of their tricks.

Every U.S. flag waved for Peterson, the only American to make the final. After the first jump, he was in third place, within striking distance. Just one more to go, and the pressure was on: Nail the Hurricane, and he’d be a hero. Fail, and his high-risk decision would forever be second-guessed. He could opt for an easier trick, but easy had never made sense to Peterson. There was no question what he’d throw.

The snow was getting colder, and thus faster. Adrenaline pumping, Peterson started a few inches too high up the hill. That tiny mistake had huge consequences: He rocketed off the kicker, and his momentum caused him to over-rotate the last flip. Amazingly, he landed on his skis — but his hand grazed the ground. Goodbye, gold medal. Hello, seventh place.

“I got spanked,” he says.

That night, he and his friends headed to a mountain bar. “You choked!” a drunk American taunted. Peterson glared — and then someone handed him his first drink in six months. A few hours later, Peterson and his childhood pal Mason Fuller were roaming around with full bottles of wine in each hand. “We were partying ski-team style,” Fuller remembers.

As the sun started to rise, Peterson and Fuller were stumbling around in the streets. When a police officer asked the drunk men for their passports, Peterson refused and started to walk away, but Fuller reached out to stop him. Suddenly Peterson spun around and — bam! — clocked his friend in the mouth, chipping his front teeth. He was immediately remorseful, and no charges were filed, but the U.S. Olympic Committee jumped on his case. Within 24 hours he was on a plane home.

“I acted inappropriately,” Peterson says now. But his post-game outburst reflected deeper trouble than a disappointing result. “Nobody asked, ‘Why is this happening?’”

**E**VEN A PODIUM FINISH WOULD NOT HAVE ERASED what Peterson had been through. He was haunted by a turbulent childhood, and by a gruesome scene he’d witnessed just months before Turin, a memory that he still cannot shake. “Things have been going wrong for me since the day I was born,” he says matter-of-factly.

The son of a nurse and a hospital lab technician, Peterson was the youngest of three kids; his teenage half-sister, Kim, was the one who chose the name Jeret. Around the age of 18 months, Peterson was allegedly sexually abused by a family member — or at least that’s what he’s always been told, by his mom and a string of counselors. “Whether it did or didn’t happen, I don’t know,” he says now. “But it might as well have.”

The family soon disintegrated, as his parents divorced in a messy battle that drove his father away. When Peterson was five, Kim was killed in a car wreck a few weeks shy of her high school graduation. With an absent father and a working mother, Peterson became the ADD hellion who set fire to the yard, sold firecrackers in school, and,





**SPEEDY'S PROGRESS:** From bottom: With sister Erika at age four; going airborne at Snowbird at 10; with Mom after winning a World Cup in Deer Valley in 2007

later, ripped through town on a scooter as loud as a chain saw. In elementary school, he discovered skiing and learned to burn off his energy by hammering through mogul fields at nearby Bogus Basin and throwing spins till he was dizzy.

At 11, Peterson heard about a summer aericals camp in Lake Placid, New York, but he was too young to attend, so his mom forged his age on the application. When it came time to ski off the practice ramp and into the pool, he bolted to the front of the line in his uncle's snowmobile helmet and checkered life jacket, then launched. He tried to stay vertical but accidentally threw half a backflip and crashed into the water headfirst. He bobbed up, giddy with excitement.

Peterson raced up the stairs again and slithered past the other campers; the coaches nicknamed him "Speedy," for Speed Racer. By the end of the week, he had crammed in 200 jumps and was officially qualified to compete. "I felt more comfortable being upside down in the air than right side up with my feet on the ground," he says.

For a while, the damage in his life was eclipsed by his stunning athletic performances. By 16, Peterson had made it onto the U.S. team, and by 17 he was junior national champion in aericals. A fourth-place finish at the last Olympic qualifier made him an alternate for the 2002 Salt Lake City games. It was almost too easy. "I felt guilty," Peterson says, "because I beat out a lot of older guys on the team that I really respected."

One day later, his teammate Emily Cook crashed and broke both feet — which meant Peterson got the last Olympic slot. "I was extremely happy for myself," he says, "but knowing that the only reason I got to compete was because my good friend got her dreams crushed was very difficult." When Emily called to relay the news, they both cried.

On the night of the aericals final, Peterson placed ninth, a satisfying result for a 20-year-old rookie. Earlier, he had smiled for the NBC cameras and held up his gloves, on which he'd written: HI EMILY.

After Salt Lake City, he asked for the summer off, thinking he'd try college for a while. "I just wanted to be a kid," he says. But in



"I looked him straight in the eyes, he looked me square in the eyes," Peterson recalls. "Then [he] pulled the trigger."

what would become a pattern for him, he found it difficult to navigate life outside skiing. At the University of Utah, all he did was party and "find chicks to do my homework." The depression he had been diagnosed with as a teenager resurfaced, and medication couldn't lift him. He resumed training, but even skiing wasn't enough to keep him motivated. He became bored with his practice jumps, and it showed. Team officials demoted him and told him that if he wanted to return, he'd have to prove his commitment.

He responded to the challenge from his coaches, and made it back onto the elite team. And on January 12, 2003, he earned his first podium: second place in a World Cup at Mount Tremblant, Quebec. For the next two years, he appeared to be on track to contend for a medal in Turin. But inside he was deeply insecure. "I was extremely unconfident off the hill," he recalls. "I could tell you 10 million things I was bad at."

**T**HEN CAME 2005, THE YEAR that changed everything. "It was the biggest year of highs and lows in my life," he says.

It started out well: In January, in an amazing three-week run across 12 time zones, Peterson won aericals events in New York,

British Columbia, and China. At the end of the season, he claimed the most coveted prize short of an Olympic gold medal — the crystal globe awarded to the overall World Cup aericals champ.

In the off-season, Peterson poured his energy into a new house in Park City, Utah, that he was renovating. It was his first home, and he wanted it to be perfect; he even created a pond with a waterfall in the yard. He lived with two Olympic bobsledders and Trey Fernald, a ski bum with a drug-laced past. Fernald had grown up with one of Peterson's teammates, and Peterson let him stay, rent-free. All he had to do was help with landscaping — and stay clean. "If I see any drugs, you're out," Peterson warned.





As housemates, Peterson and Fernald grew close, going to concerts, steelhead fishing in Idaho, barbecuing in the backyard. Every once in a while, they'd drive out to a shooting range where Fernald would take out his prized Walther PPK pistol and fire it at some blown-out TVs and a rusty fridge. It was James Bond's gun of choice. "That's why Trey loved it," Peterson says.

Late one night, June 25, a party got going at Peterson's house. About 20 revelers showed up, mostly women. Peterson dialed Fernald at work: "Dude! There are so many girls here. Bring your boys over and we'll have a good time."

Around 3 AM, Peterson says, Fernald stumbled in, wasted. He spotted one of Peterson's friends, a pretty young woman, and went over to her. Suddenly his hands were around the girl's neck. She struggled, scared. "Hey!" Peterson said, running over. "What the fuck, man?"

Fernald looked at him, his pupils so dilated that no color was visible. "You're high," Peterson said.

Fernald gritted his teeth. "No, I'm not."

"Really?" Peterson said. "Let's go to the police station and I'll have you drug-tested."

Fernald went downstairs to grab his shoes. Minutes later, Peterson followed him and pulled aside a tapestry that served as a room divider. Then he froze. Fernald was lying in bed, the silver pistol in his right hand. Peterson watched him put it to his head.

"I looked him straight in the eyes, he looked me square in the eyes — then pulled the trigger," Peterson says. "Didn't say a word. I don't even remember hearing the gun."

The bullet dislodged Fernald's right eyeball so it hung down his right cheek. His left eye was still open, looking at Peterson. He gurgled as he tried to breathe. "The only thing I could think of was

By the end of  
the night, he'd  
won \$550,000 at  
blackjack —  
"more than  
I could make  
from aials in a  
lifetime."

to put his eye in to try to make it look normal," Peterson recalls.

He never slept in that house again.

**A**FTER FERNALD'S SUICIDE, Peterson dove into the bottle. "I was definitely an alcoholic," he says. When he drank, he got angry. "I'd get in fights with anybody or anything — a policeman, a sidewalk, a planter, I didn't care. I was about as safe as a three-year-old with a gun," he says. "I never had any repercussions. Nobody stopped me, and I couldn't stop myself. Nobody took control of this situation that I was clearly not in control of."

At times, his luck was so good that he had little need to take control. In August, a few weeks after Fernald took his life, Peterson and some buddies went to Las Vegas for a friend's birthday. When he and his posse arrived at the Mirage, he headed straight for the blackjack table. He began playing \$5 hands, which soon became \$25 hands, then \$100 hands — real money for a guy who worked at Home Depot (as it then did for many Olympic athletes, the home-improvement chain gave Peterson flexible hours so he could train).

Soon he was up nearly \$4,000 and getting his drink on. He handed \$500 chips to each of his friends and said, "If you guys win, keep the money. If you lose, it doesn't matter because it's the casino's anyway." Everyone got 19, 20, or 21, and the dealer busted.

Emboldened by his luck, Peterson started betting \$500 per hand, then \$1,000. Drinking heavily, he grew careless. He'd foolishly hit on 19 when the dealer had 20 — but then he'd get a two. "I couldn't lose to save my life," he says. When he reached \$30,000 Peterson was invited into the high-limit room. Now he was drinking Bud Light from a glass and, playing the maximum \$5,000 a hand, raking in the chips. He was up 80 grand and getting rowdier by the minute, until after several warnings the guys got kicked out for cursing and shouting.

Next door at Treasure Island, they strode up to the high-roller room, and right away Peterson won the first four hands. Now he was up \$100,000. Jay Kealey, his best friend from Boise, was on his right. Nate Roberts, the 2005 moguls world champion, was on his left. Neither could believe what was happening. Peterson put \$15,000 in chips in front of each and said, "Let's go!"

"Dude, that's insane! I'm not playing \$5,000 hands of blackjack," Kealey said.

"Okay, don't play," Peterson replied, and turned away. His friends gave in and started playing, pooling their money. And their luck continued. "They called me all freakin' night," says Mason Fuller, who grew up with Kealey and Peterson in Boise. When Peterson was up \$150,000, Fuller said urgently, "Jay, put him in a headlock and drag his ass outta there. He needs to walk away with this."

The casino started changing the dealers, changing the cards: "I'm amazed they didn't change the carpet," Peterson says. When security came to see if he was counting cards, Peterson couldn't even *add* the cards.



Finally, at about 5 AM, Peterson announced, "I'm done." He handed his stacks of chips to the cashier and watched her count out \$550,000 in \$100 bills. He could hardly comprehend the sum. "That's more than I could make from arials in a lifetime," he says.

Up in the penthouse, the boys were trying to order a high-roller breakfast. Rack of lamb! A 50-pound lobster tail! Wheaties with Michael Jordan on the box! They could get none of those things, but their glee was undiminished. Hanging up the phone, Peterson pulled a stack of hundreds from his pocket and peeled the paper strip off the middle, and they started hurling fistfuls of cash at each other. It was snowing green.

Later, after the last stray Benjamin had been retrieved from the lampshades, Peterson gave Kealey \$100,000 and Roberts \$225,000 and kept \$225,000 for himself. His best friends were stoked. "I'd much rather change all of our lives than just mine," Peterson says now.

**I**N SEPTEMBER, HIS HOT STREAK CONTINUED AS Peterson won another high-stakes event, the first Olympic qualifier in Australia. That was all he needed: He was bound for Turin. He had already landed the Hurricane on snow and was determined to use it to win the gold. He had stopped drinking after Vegas and seemed to have found his groove. But then: the botched jump, the drunken fight, and the humiliating plane ride home.

Back in the States, Peterson immediately set off for Vegas again. But this time, he locked himself in his hotel room and slept for four days. He was embarrassed, exhausted, and distraught.

The more he thought about it, the more he started to realize that skiing was the only thing that kept him focused. "Even if it was just for 10 seconds at a time, my head was clear," he says. "The only thing I really had control of was my skiing."

On January 11, 2007, at a World Cup event in Deer Valley, Peterson notched record-setting scores. He finished second in the year-end standings.

But the high didn't last. "The way Speedy works, he's on or he's off," says his friend and fellow jumper Emily Cook. "He's kind of two speeds. Before Trey died, he was always full of positive energy. After, he would disappear, get quiet and withdrawn."

Depressed, bored, and away from the skiing spotlight, he went into free fall. He bought a new condo in Park City, but he kept hitting Vegas, winning and losing thousands at a time. He cut off communication with friends and family. "Depression clouded everything," he says now. "Everything I tried — medicine, psychology, physical exercise — led me back to square one. It got to the point where I was driving down the freeway and all I wanted to do was jump out of my truck."

In July, Peterson told his mother straight up, "I'm suicidal." She tried to get him psychiatric help, but he argued and refused. When he went to the store and didn't come back for several hours, his worried mom eventually called the cops, who threatened to take him to the

hospital in handcuffs. "I was pissed," Peterson says. "I didn't want to be put in a loony bin." His girlfriend of seven months, Tia, ended up driving him to the University Neuropsychiatric Institute (UNI) in Salt Lake City, where he stayed for six days. But the medication the doctors prescribed stripped him of emotion. "I was so flat that I would have done anything just to feel something," he says.

Two months later, on the night of September 17, 2007, he collected a roll of duct tape, a garden hose, two knives, several bottles of over-the-counter sleeping pills, and some beer and drove to the shooting range where he and Fernald had hung out. He called Tia and said, "I'm miserable and want to die." She cried, but he couldn't. "I felt nothing," he says. "There was no difference between telling her I was going to kill myself and ordering dinner at a drive-through."

He walked to the back of his brand-new silver Ford F-350 diesel, the one he'd tricked out with DVD screens in the sun visors, and attached the hose to the tailpipe. He fed it through the back window and secured it with cardboard and duct tape. In the front seat, the movie *Final Destination* was playing. He thought about the searing pain he'd felt after Fernald's suicide and whether he had the nerve to inflict such anguish on others.

Suddenly, a flashlight and gun appeared. Dazed, Peterson got out with his hands up. A female cop secured his wrists. Peterson looked down: The handcuffs were hot pink.

He spent another week at UNI, while his mother had the un-

fortunate task of dismantling the hose from the truck and cleaning out the interior. "He had it packed to the hilt with drugs and alcohol," she says. "The pill bottles were open and thrown all over the floor. You could have opened a small corner market in there." Frightened, she wondered if anything was going to be able to help her son.

After his suicide attempt, Peterson decided to take a year off from skiing. He went back to Boise, where he started a construction business. His life began to turn around. He was in counseling and learned that his antidepressants weren't interacting properly with the chemistry of his brain. On his doctor's advice, he switched to vitamin supplements instead. He felt it was making a huge difference and restored his energy — but his drinking continued unchecked.

In early November 2008, after a Bud Light and tequila bender that began at a Boise State football game, Peterson shuffled into his mom's house and, while taking off his boots, smashed his foot through a mirror. Blood went everywhere, even the walls. He was so drunk he didn't care, but when his mother walked in and saw the gory mess, she was horrified.

(continued on page 92)

#### MOMENT OF GLORY

Below, teammates hoist "Speedy" after winning a World Cup in January 2007; opposite, at home in Park City, Utah: "My maturity level has gone up."







# AMERICA'S

## STYLE

Rahlves, left, wears a coat by **SALVATORE FERRAGAMO**, \$2,140; windbreaker by **NIKE**, \$195; sweater by **GAP**, \$148; jeans by **JOE'S JEANS**, \$169; scarf by **MEG COHEN**, \$185. Peterson, center, wears a coat by **DKNY**, \$495; cardigan by **LACOSTE**, \$425; pants by **PERRY ELLIS**, \$80; scarf by **DKNY**, \$75; sneakers by **NIKE**, \$109. Ligety wears a coat by **RALPH LAUREN BLACK LABEL**, \$2,595; vest by **RLX RALPH LAUREN**, \$495; shirt, \$295, and pants, \$395, both by **RALPH LAUREN BLACK LABEL**; scarf by **POLO BY RALPH LAUREN**, \$95; boots by **RALPH LAUREN**, \$159.

These eight veteran Olympians can't wait to wave the stars and stripes triumphantly in Vancouver next month. Here they inject some of that excitement into their wardrobe, showing off the season's Technicolor options.





# GOLDEN BOYS

**Daron Rahlves**  
**SKI CROSS**

**Jeret Peterson**  
**AERIALS SKIING**

**Ted Ligety**  
**ALPINE SKIING**

Downhill god Rahlves doesn't understand the word *retire*. After leaving alpine racing in 2006, he took up ski cross (think roller derby on snow). Now that the sport has been added to the Olympics, the 36-year-old will be battling guys a decade younger. "I think I still have what it takes," he says. Also working

on a comeback: two-time Olympic aerialist Peterson, 28, who sat out 2008 on a self-imposed sabbatical and now ranks third in the world. (Read more about his return on page TK.) Yet for all the experience of Rahlves and Peterson, Ligety, 25, may be the most relaxed heading into Vancouver. "I approach it with

a calculated nonchalance," says America's top-ranked downhill racer. "There are so many different factors that the best guy doesn't always win." Of course, he could just be defusing expectations: He was the only American male skier to win neckwear in the Turin games in 2006 — a gold in the combined.

text by **JOHN BRADLEY**  
photographs by **MICHAEL DWORNIK**  
fashion by **PATTI O'BRIEN**





Newell wears a coat,  
\$2,690, and scarf,  
\$235, both by **ETRO**;  
denim jacket by **GAP**,  
\$88; pants by **BROOKS**  
**BROTHERS**, \$248;  
socks by **GOLD TOE**,  
\$8; sneakers by **NEW**  
**BALANCE**, \$110.

## Andy Newell

### CROSS-COUNTRY SKIING

Cross-country skiing was a Eurocentric sport...until Newell came along. Since he took third at a 2006 World Cup event — the first U.S. skier to place in 23 years — he's been a podium fixture. He credits the training. "We looked at cyclists and swimmers; tried different intervals and innovative stuff in the weight room," says Newell, 26. His coaches don't like his other snow pursuit: riding the half-pipe on nordic skis. "Yeah, I could hurt myself. But there's no point in trying to stop me."



Fisher wears a coat by **PERRY ELLIS**, \$350; zip-up hoodie by **RALPH LAUREN BLACK LABEL**, \$395; plaid shirt by **TOMMY HILFINGER**, \$49; T-shirt by **GAP**, \$14; pants by **BOSS GREEN**, \$175; plaid scarf by **MEG COHEN**, \$185; solid scarf by **DKNY**, \$145.

## Steve Fisher

### SNOWBOARDING

According to Fisher, 27, the trick of the year in Vancouver will be the double flip — and he's not happy about it: "I don't think they look aesthetically pleasing. Everyone's looks the same." Less flashy than his snowboarding colleagues both on pipe and off — "It's a Midwestern thing," says the Minnesota native — Fisher had been perfecting another trick before his coach forced him to practice his double flip. "I had been working on switch back-side spins, which are incredibly difficult," he says. "Not many people can do them."

Associate fashion editor: **BRYNN CARHART**. Grooming by **JOYCE TAFT** for Artistsbytimothy priano.com. Production by **JESSIE LEVOY**. Local Chicago production by **KIM KNIGHT PRODUCTIONS**.





## Trevor Marsicano & Tucker Fredricks

### SPEEDSKATING

Marsicano, 20, medaled in four events at the 2009 World Championships, and plans to do the same in Vancouver.

Impressive, since five years ago a fellow racer's skate cut his right thigh to the bone, leaving him with balance issues. His teammate Fredricks (right) had his own hurdle to overcome: laziness. "I hated training, so I put in the bare minimum," says the 25-year-old of his 25th-place finish in the 500-meter at Turin. He's since recommitted himself to the sport, training hard and eating well. "No more Dr Pepper for breakfast."



Marsicano wears a jacket by **BOSS ORANGE**, \$395; hooded sweater by **GAP**, \$168; pants by **GIORGIO ARMANI**, \$650; boots by **SEBAGO**, \$140; all scarves by **MEG COHEN**, \$185 each.

Fredricks wears a vest by **NIKE**, \$160; suit by **CALVIN KLEIN**, \$500; windbreaker by **NIKE**, \$195; shirt by **RALPH LAUREN BLACK LABEL**, \$295; tie by **J. CREW**, \$50; socks by **GOLD TOE**, \$8; shoes by **FLORSHEIM BY DUCKIE BROWN**, \$295; hat by **MEG COHEN**, \$100.

For more information, see Where to Buy, page 92.





## Brian Martin

### DOUBLES LUGE

Early races on the Vancouver luge track have seen speeds near 100 mph — almost 20 mph above average. “You have to be spot on, or there will be consequences,” says Martin, 35. He knows of such things.

He and teammate Mark Grimmette were favorites in Turin after a bronze in '98 and silver in '02, but a crash on their first run ruined their shot at medaling in a third straight Winter Olympics. “Gold in Vancouver is huge. I want to be back on top.”

Martin wears a coat by **PRADA**, \$1,350; jacket by **NIKE**, \$200; plaid shirt by **STEVEN ALAN**, \$225; polo by **CALVIN KLEIN**, \$68; corduroy pants by **ERMENEGILDO ZEGNA**, \$295; socks by **GOLD TOE**, \$8; shoes by **SPERRY FOR J. CREW**, \$125; scarf by **BURBERRY**, \$295.



PROMOTION

Men's Journal

# BEST of EVERYTHING EVENT

NYC, December 3rd, 2009

This past December, *Men's Journal* hosted its 6th annual "Best of Everything" event at the famed Explorers Club in New York City. A celebration of the December / January 2009 issue, the event brought to life *Men's Journal's* "Gear of the Year" feature through creative displays of Editor-selected products. *Men's Journal* readers and VIPs were able to interact with the best gear made for men that 2009 had to offer.

A special thank you goes out to event sponsors Glenfiddich, Leatherman, Nautica Oceans and Powermat for helping make this event a true year-end success.



Guests



Brad Wiener, Editor, *Men's Journal*  
Joh Warner, Marketing Communications Manager, Leatherman  
Vincent Kraulich, Associate Publisher, *Men's Journal*



Guests



Jonathan Wilde, Senior Editor, *Men's Journal*  
with Powermat raffle winners



"Gear of the Year" products



"Gear of the Year" presentation with Jonathan Wilde



Photography by Owen Fagan

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 **POWERMAT**  
WIRELESS CHARGING



photograph by  
**Jeff Harris**

# GEAR

**DETAIL**  
The ERA Pro's curved metal shaft means less hunching over while shoveling the walk.

► **ERA Pro Summit Gold  
HDSE-4EA Shovel & Canada  
Goose Nomad Storm Jacket**

You can handle Old Man Winter's worst with an ergonomic shovel like the ERA Pro. Its S-shaped shaft saves your back when tossing snow, while its 18-inch-wide plastic blade wears a steel tip for cracking ice. [\$24; [eragroup.ca](http://eragroup.ca)] Pair the don't-shoot-me-orange shovel with the equally vivid Nomad Storm Jacket in Bonfire Red. A down-filled inner jacket zips into a waterproof, breathable shell, keeping you comfy whether you're digging out the car or bombing black diamond ski runs. [\$610; [canada-goose.com](http://canada-goose.com)]

## Surviving the Snow

Blizzard just buried you under a foot of powder? These tools will give you the upper hand on Mother Nature.

by ROB BURNS

### ALSO COVERED THIS MONTH

**HOCKEY GEAR**  
pg. 86

**GLOVES**  
pg. 87

**MINI-CAMCORDERS**  
pg. 88

**ERGONOMIC CHAIRS**  
pg. 90



### ▼ Viper SmartStart Remote Start System

Install the SmartStart hardware in your car and this app on your iPhone or iPod Touch, and you can remotely start your ride — as well as control the locks and security system — anywhere you get cell service or WiFi. Like, say, inside a warm house. [\$500; [viper.com](http://viper.com)]



### ▲ Tretorn Thule Mid Boot

The cross-country ski-boot duckbill on the front of the Thule Mid is purely a throwback aesthetic, but every other detail is a function of Tretorn's 100-plus years spent perfecting snow-ready footwear. Insulating wool lines a seamless rubber exterior, while the gusseted lacing, which would seem oddly placed in back, ensures a snug fit without leaving the front of the boot open to snow. [\$140; [tretorn.com](http://tretorn.com)]

### ▼ Cub Cadet 528 SWE Snow Thrower

For the big jobs, it's time to break out a snow thrower. The two-stage 528 SWE makes the task even easier with electric push-button start, zero-turn steering, single-hand chute control, and blue skid shoes that are chemically engineered to glide smoothly along asphalt without wearing down. [\$1,100; [cubcadet.com](http://cubcadet.com)]

**DETAIL**  
With an in-dash headlamp, you can clear snow in the wee hours of the morning.



### ▼ Yamaha EF3000iSE Inverter Generator

When a storm knocks out your power, you'll wish you'd already bought a generator. The ultra-quiet EF3000iSE converts 3.4 gallons of gas into nearly 21 hours of juice so you can turn the furnace, fridge, and TV back on. [\$2,200; [yamaha-motor.com](http://yamaha-motor.com)]



### ▼ Talus Outdoor Tech ColdAvenger Pro Mask

A balaclava works well until it gets soaked by the moisture you exhale. The ColdAvenger Pro solves this with an integrated ventilator that traps moisture (so it can't fog up glasses or goggles), then uses it to humidify incoming cold air, eliminating the lung-stabbing pain of breathing in frigid temps. [\$60; [talusoutdoor.com](http://talusoutdoor.com)]



**DETAIL**  
The Talus keeps air around your face between 40 and 60 degrees warmer than the temperature outside.

### ► Thermos Element 5 Hydration Bottle

The big lid-release button on this 22-ounce insulated bottle is ideal for cold days when you're wearing gloves, but Thermos warns against drinking hot liquids from the Element 5 Hydration because the combination of its high-flow spout and steaming coffee may lead to burns. Our solution: Be careful. [\$35; [thermos.com](http://thermos.com)]





# SIGHTINGS

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**\$229**

[thenorthface.com](http://thenorthface.com)



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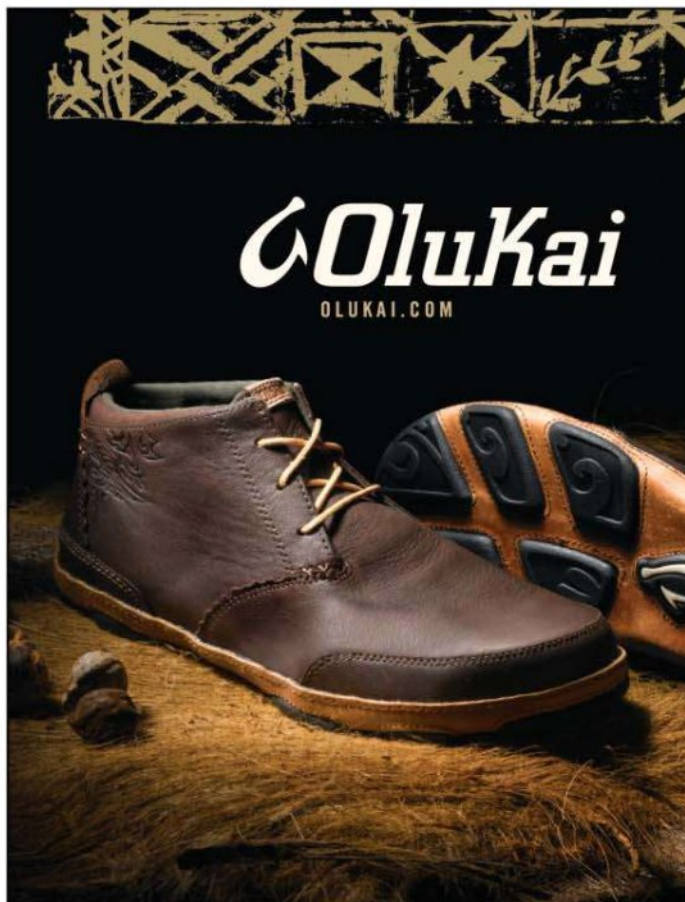


  
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# Equipped for Ice

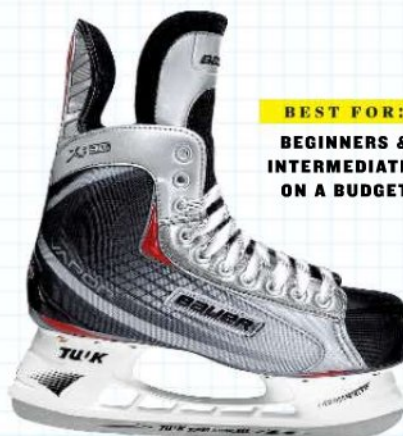
Ex-NHL defenseman David Harlock tested the newest sticks and skates to help you find the gear that's best for your game. *by* JOHN BACON

## ▼ Easton Stealth S19

The slight flex of the Kevlar-wrapped, compression-molded S19 supercharges slapshots and pairs nicely with a strongly curved blade to deliver pucks to the top shelf with ease. "It's the liveliest stick of the bunch," says Harlock. "And I like that the shaft is thicker, squarer, and tackier than the others." [\$240; [eastonhockey.com](http://eastonhockey.com)]

### BEST FOR:

**BOOMERS WITH  
BIG SLAPSHOTS**



### BEST FOR:

**BEGINNERS &  
INTERMEDIATES  
ON A BUDGET**

## ▼ Bauer Vapor X:30

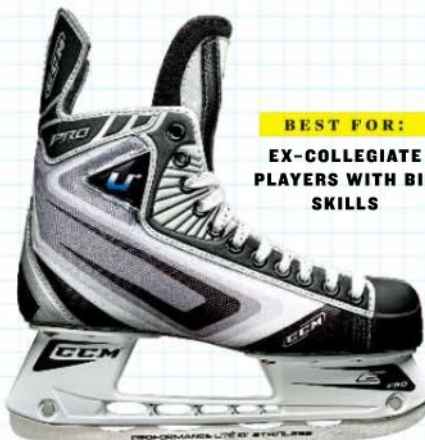
This stripped-down version of Bauer's top-end X:60 offers nearly as much agility and speed but less durability. "I felt fast wearing these, plus they're fairly comfortable," says Harlock. "But I'd blow through them in a couple of weeks." Don't worry — what might be a con for the pro is a boon for weekend warriors who won't abuse them as much. The less hardy X:30 also breaks in easily. [\$180; [bauer.com](http://bauer.com)]

## ▼ CCM U+CL

"It's very, very light, but the puck still jumps off it," says Harlock about Alex Ovechkin's weapon of choice. A multi-directional carbon-fiber weave strengthens the U+CL where it's most needed, allowing CCM to cut the fat elsewhere so snipers can quickly rip off pinpoint shots. [\$220; [ccmhockey.com](http://ccmhockey.com)]

### BEST FOR:

**FINESSE SHOOTERS**



### BEST FOR:

**EX-COLLEGIATE  
PLAYERS WITH BIG  
SKILLS**

## ▼ CCM U+Pro

If your game involves physics-defying slashes and blowing by defenders on breakaways, look no further than the U+Pros. "These are the stiffest and most responsive," but also the hardest to break in, says Harlock. "If you don't heat these up the day before in the oven, they'll feel like a vise on your foot." Harlock's biggest seal of approval: He walked off with them after testing. [\$570; [ccmhockey.com](http://ccmhockey.com)]

## ▼ Bauer Vapor X:60 Stick'Um

For puck-handling Houdinis, the Vapor X:60 is a magic wand. The shaft is beveled, and the blade's toe is narrow and round, making it easier to handle the puck in tight spaces. "I had less accuracy and less power shooting with the X:60 — but a better feel for the puck," says Harlock. [\$200; [bauer.com](http://bauer.com)]

### BEST FOR:

**DEFT PUCK HANDLERS**

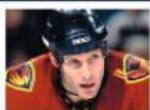


### BEST FOR:

**GAMERS LOOKING  
FOR COMFORT**

## ▼ GRAF Ultra G35

If the CCM U+Pro, above, is a Ferrari, then the Ultra G35 is a Lexus, plush and comfortable. According to Harlock, it's the easiest to break in. "This is the only skate you could take out of the box and play in that same night," he says. It felt supportive and solid, offering respectable acceleration and agility. "But it'll break down faster than the CCM, too," he warns. [\$570; [grafcanada.com](http://grafcanada.com)]



### ▼ ABOUT OUR EXPERT

Canuck David Harlock spent four years as a standout at the University of Michigan and won a silver medal as a member of Canada's national hockey team in the 1994 Olympics. He went on to play 10 years professionally, four in the NHL as a defenseman for the Maple Leafs, Capitals, Islanders, and Thrashers. He's now living in Michigan, playing charity games and schooling ex-college players in pickup.



# Ranch Hands

Combine a work glove's style with high-end materials and you get a perfect mix of casual and classy. Think Robert Redford strolling around Sundance.

by MICHAEL SLENSKE

photograph by  
Alix Martinez

## 1. Steven Alan Wool Camp

A blend of past and present, this glove features an abrasion-resistant wool backhand from Woolrich, the country's oldest mill, and a slit in the thumb for using your phone. [\$128; [stevenalan.com](http://stevenalan.com)]

## 2. Gordini Fireside

Gordini's fleecelike Lavawool lining is a blend of wool and synthetic fibers that keeps your hands drier than wool or fleece alone. [\$45; [gordini.com](http://gordini.com)]

## 3. Polo Ralph Lauren Shearling

The unparalleled warmth, softness, and moisture-wicking ability of shearling — the pelt of a once-sheared yearling lamb — make these mitts ideal for the coldest day. [\$195; [ralphlauren.com](http://ralphlauren.com)]

## 4. J.Press Sheepskin Hand-sewn

Take care with these gloves: The delicate sheepskin on the back will mold to your hand, but it will also pucker if it gets too wet. [\$165; [jpressonline.com](http://jpressonline.com)]

## 5. Filson Lined Goatskin

Soldiers, ranch hands, and anyone else who abuses gloves seek out goatskin, which has a tight grain that resists punctures and cuts. [\$70; [blackbirdballard.com](http://blackbirdballard.com)]

## 6. Ugg Leather Glove with Gauge Points

Incredibly soft, spongy deerskin such as the kind used by Ugg isn't structured enough for jackets, but it's perfect for wrapping your hand in. [\$95; [uggaustralia.com](http://uggaustralia.com)]





► **Kodak Zi8**

9



## DETAIL

Flip lets you customize the MinoHD — upload an image and the company prints it on the face of the camcorder.

### ▲ Flip MinoHD

It's slim enough to fit in Mick Jagger's jeans pocket, yet it still includes a mini HDMI port for showing videos on a TV and a flip-out USB plug for connecting to a computer, no cords needed. The screen is a tad tiny, but the 720p HD video looks great even in low light. Just watch your fingers — it's easy to hit the wrong button on the touch-sensitive controls. [[\\$229; theflip.com](#)]



### ▼ Zoom Q3

Concert bootleggers, rejoice! Two directional condenser mics on the top of the Q3 pull in clear audio (24-bit/48kHz WAV in geek terms) that blows away the competition. Unfortunately, the Q3 isn't so talented as a camcorder: Video is basic VGA (not HD) and only a little better than the uninspiring iPod Nano's. [[\\$249; \*zoom.co.jp\*](#)]



▲ **JVC Piccio GC-FM1**

On paper the Picsio seems impressive. In reality, its 1080p video is middling in good conditions and awful in low light. You'd be better off hiring a court artist to sketch your candlelit dinner party. Oddly, it takes good still pics, but do you really need a camcorder for that? [[\\$200; camcorder.pvc.com](#)]



## DETAIL

The Zi8's external mic jack is a rarity in pocket cams and a huge boon if you want clear voices and sound.

# Pocket Shooters

We find the best mini-camcorders for recording your everyday exploits. *by* DAN A. NELSON

## DETAIL

To add some pizzazz to your videos, the Nano has 15 built-in effects, such as film grain and motion blur.



## DETAIL

Swiveling the lens (which rotates up to 270 degrees) automatically turns on the Webbie HD.



▲ **Apple iPod Nano 16GB**

The sliver-thin Nano is the least adept camcorder here. It's one of only two that can't record in HD, and it tends to turn in washed-out video — YouTube-worthy, but that's it. Of course, the Nano is also an FM radio, video player, and iPod. You'll carry it everywhere, and to the annoyance of others, you'll film everything. [[\\$179; apple.com](#)]

**Sony Webbie HD MHS-PM1 ▲**

The swiveling lens lets you keep the screen in sight whether you're shooting over the top of a crowd, from down at ground level, or anywhere in between. The Sony's 1080p high-def video shows detail even in low light but is always a bit soft around the edges. More irksome: having to remove the battery to charge it. [[\\$130; sonystyle.com](#)]





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## Office Chairs

**DETAIL**

The back's bendy elastomer is used for dishwasher-door hinges, meaning it's durable.

► **Knoll Generation**

For the ADD sitter, this chair is heaven — the bendable back lets you sit sideways or even backward. Yet the flexible Knoll lacked adjustability. The three controls were “all counterintuitive and requiring Herculean strength,” said one tester. Lumbar support was adequate, but the floppy back left shoulders hanging.

[ \$777; [sithowyouwant.com](http://sithowyouwant.com) ]

7

▼ **Humanscale Freedom**

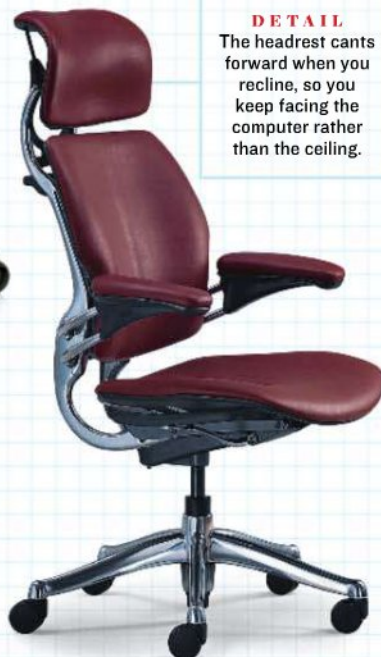
Functional, comfortable, technical, sure, but few office chairs are this stylish. “I feel like the boss,” said one tester. “People take notice of a man in a beautiful leather-and-chrome chair.” The Freedom is as smart as it is sexy, earning kudos for its self-adjusting system that automatically provides the proper lumbar and shoulder support.

[ \$1,285; [humanscale.com](http://humanscale.com) ]

8

**DETAIL**

The headrest cants forward when you recline, so you keep facing the computer rather than the ceiling.



## Seats of Power

We spent 2,000 man-hours testing ergonomic chairs to find the ideal one for your eight-hour day. *by* MARTIN MULKEEN

**DETAIL**

Like most of the high-end chairs tested, the Zody is partially constructed from recycled materials.

► **Haworth Zody**

Pragmatists loved the Zody for its ease of adjustment, particularly the car-window-style crank that tweaks the seat back's pitch to any angle, not just preset stops. Complaints focused on unruly armrests that slipped out of position with a mere nudge and an insubstantial plastic lumbar plate that didn't do much. [from \$699; [haworth.com](http://haworth.com)]

6

**DETAIL**

Wheel locks are handy, but they're easy to accidentally engage with your feet.

▼ **Evolution Chair**

Some testers loved the Evolution, some hated it, but all agreed that its stabilized riff on the yoga ball encouraged good posture. One reviewer who suffered a debilitating back injury last year became a devotee: “It forced me to sit in the proper position. If I didn't, my back started hurting again.”

[ \$149; [evolutionchair.com](http://evolutionchair.com) ]

7





### ▼ Staples Acadia

Costing a 10th of some chairs here, the Acadia was bound to have a few cons: namely, a poorly cushioned seat covered in excessively slippery mesh fabric. That said, testers loved the intuitive seat recline and seat back-angle adjustments. As long as you've got an extra pillow to sit on, the Acadia's respectable support makes it an ergonomic bargain. [*\$160; staples.com*]

5



**DETAIL**  
Three levers: the simplest adjustment system we came across.



**DETAIL**  
The seat has four layers, all of which shift with your body.

### BEST IN CLASS

#### ▲ Herman Miller Embody

The Embody's killer app is a series of interlocking vertebrae, modeled on the human spine, that mold to a sitter's posture without compromising support. While some testers said the Embody didn't always force them into a proper sitting position, the chair was still dubbed

the most comfortable option. "It's like a hammock for the office," noted one tester. Considering that Herman Miller is credited with the invention of the cubicle, the company owes us a little relief. [*\$1,099; hermanmiller.com*]

9

### ▼ HAG Futu

The Futu is ergonomic, whether you like it or not. The plastic chair back doesn't recline, and the domed seat cushion makes anything but perfect posture impossible. Said one tester: "It feels like a dominatrix." However, lumbar support is excellent. This is a chair for type-A men with color-coded to-do lists. [*\$675; hagfutu.com*]

6



**DETAIL**  
The Futu's short armrests left elbows dangling when typing.

**DETAIL**  
A tension control lets you set how easily the Think reclines.



#### ◀ Steelcase Think 3D knit

The Steelcase's mesh-and-cord back makes it look like a chaise longue, but it's surprisingly supportive. A wide seat and intuitive adjustments earned accolades as well. But back-pain sufferers beware: The plastic lumbar panel felt "chintzy and random," according to one tester, since it was difficult to adjust and often jammed in the seat back's wires. If you don't already have decent posture, look elsewhere. [*\$729; steelcase.com*]

7

#### ► Kore Stool

Some testers initially relished the Kore's challenge of sitting properly without a seat back or stable platform (since the stool is designed to wobble). "It forced me to sit up and use my core," said one. But most were soon fatigued by the constant balancing act required to remain stable, and found themselves lazily hunched over. [*\$130; korestool.com*]

4





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### MEL GIBSON *continued from page 58*

began to clear, taking with it his supernatural mastery. He compares the process to the story *Flowers for Algernon*, about a young man with an unusually low IQ whom scientists briefly turn into a genius before he lapses back into confusion. "As soon as my life got better," Gibson says, "my chess game went to hell."

What his life is like these days, with the divorce, the baby, the new movie, and the troublesome beaver puppet to contend with, only Gibson knows for sure — but the fact that he's out among the guys without an off-the-chart blood-alcohol level and running on nothing stronger than Selegiline suggests that he's headed in the right direction. He drinks the last of several Diet Cokes, deals one last hand, is beaten by his own publicist, and settles back into his chair to count his money — as if it might possibly matter. But Mel's a "cheap bastard," according to Nierob, and he carefully tabulates his evening's losses (23 bucks from a hundred-dollar buy-in) before pocketing a few wrinkled bills.

Earlier, in the middle of the game, while discussing *Edge of Darkness* and *The Beaver*, he claimed that he doesn't make movies for the money, but for the privilege of "doing it." After watching him play poker, I almost believe him. Passing around his MAO-B inhibitor, making tasteless JFK jokes, and cracking wise about a black transvestite, Gibson walked the edge at times, but he seemed to know where the edge lay. He seemed like himself, in other words, whatever some people may think about that self — and he knows that a few of them don't think much of it.

What he seemed to relish most about the game was physically manipulating the cards. He made them jump; he made them skip and dance. And he held them at precisely the right angle to keep me from catching a glimpse of even one of them. Not that I ever tried to peek. With Gibson, that simply isn't necessary. It's what made him a star, as watchable as any, and what will assure that he stays one, probably, if the Diet Cokes and Selegiline hold out.

Gibson wears what he's holding right there on his face. ☹

**WHERE TO BUY PAGES 76-81** Salvatore Ferragamo apparel at Salvatore Ferragamo New York 212-759-3822. Nike apparel at nikesportswear.com. Gap apparel at gap.com. Joe's Jeans at joesjeans.com. Meg Cohen accessories at Meg Cohen Design Shop 212-966-3733. DKNY apparel at dknyc.com. Lacoste apparel at lacoste.com. Perry Ellis apparel at Macy's. Ralph Lauren apparel at ralphlauren.com. Etro apparel at Etro Las Vegas 702-792-3876. Brooks Brothers pants at brooksbrothers.com. New Balance sneakers at newbalance.com. Tommy Hilfiger apparel at Macy's. BOSS Green pants and BOSS Orange jacket at 1-800-HUGOBOSS. Giorgio Armani pants at Giorgio Armani boutiques. Sebago boots at sebago.com. Calvin Klein apparel at Macy's. J. Crew tie at jcrew.com. Gold Toe socks at goldtoe.com. Duckie Brown for Florsheim shoes at barneys.com. Prada coat at select Prada boutiques 888-977-1900. Steven Alan shirt at stevenalan.com. Ermengildo Zegna pants at zegna.com. Sperry for J. Crew shoes at jcrew.com. Burberry scarf at burberry.com.

### PETERSON *continued from page 75*

"He's gonna kill himself," she says she remembers thinking. "I lost Kimmy, and now he's gonna kill himself, either accidentally or on purpose."

"That look on her face was all it took," Peterson says. "In that moment, I realized that my actions were not just affecting me. I finally got sick of being a jackass." He quit drinking that day and has been sober since.

ON A SUNNY THURSDAY IN OCTOBER, Peterson stands in Times Square, wearing his blue U.S. Ski Team warm-up jacket. His blond hair is brushed upward, and crow's-feet frame his pale blue eyes.

He is friendly and quick to smile, although he hasn't exactly had a smooth year. All the money he won in Vegas? Gone. What he didn't give to his friends, he lost to taxes and a poorly timed investment in a Canyons ski resort penthouse. When the market soured, he ended up losing the condo, as well as his townhouse and his truck; on the day before Thanksgiving in 2008, Peterson filed for Chapter 7 bankruptcy in Idaho.

But this time, he didn't let his problems overwhelm him. Without a car, he decided to ride his bicycle up the long steep hill to the practice ramp every day, turning his commute into a summer training tool. When he lost his properties, he asked for help with housing, and a U.S. Ski Team supporter is letting him live rent-free in her 7,000-square-foot house just down the road from Deer Valley.

"I've never felt happier," he says. "The last year has been a huge breakthrough. My maturity level has gone up. I don't do things that make me feel guilty now." Personally, he says, "I'm not out of the woods, but I'm so close."

His stomach still sinks every day when he passes the exit to the house where he lived with Fernald, but he's off all medications. While that can carry risks, he's trained himself to call his therapist when symptoms of depression return. "I've learned to talk about how I feel, and it has completely changed my life."

Last season, he returned to the aerials team and captured his seventh career win at a World Cup event in Lake Placid — despite skiing only one day during his year off. Even more remarkably, he finished third overall in the 2009 year-end World Cup standings.

"I've had extreme highs and lows," he says in a moment of reflection. "I've had abuse. I had a roommate commit suicide in front of me. I had an alcohol problem. But I've also had an amazing life with lots of great adventures. I've gone to the Olympics twice. I have an amazing family. I've learned that just because one thing happens to you, it doesn't create your entire life."

Vancouver will mark Peterson's final Olympics. He will attempt to land one last Hurricane — and hopefully this time, he'll stick it. The question now is not necessarily what will happen in those 2.9 seconds, but whether America's finest aerialist can finally master life with both feet on the ground. ☹



THE STANDARD RESUME OF TODAY'S AMBITIOUS young cook reads like a listing of every famous chef the young cook has ever met — how he apprenticed for 10 minutes under Thomas Keller, at the French Laundry, and then staged for half an hour under Tom Colicchio at Craft, and then served as sous chef under Gordon Ramsay. Everybody wants the world to know who influenced them, where they got their ideas. Henderson, by contrast, has literally never worked under a single other chef, nor has he ever been to culinary school. In an industry built around lengthy apprenticeships, Henderson is 100 percent *sui generis*, a creation of his own imagination, and of his considerable ambition.

Over another lunch together — this time at one of his favorite restaurants, a fish place called Sweetings, in London's financial district — Henderson tells me he was born in 1963 in London, into a middle-class family that, not surprisingly, enjoyed both offal and fine dining. He has fond memories of his mother's tripe and onions and equally warm recollections of the family's endless high-end-restaurant meals while traveling.

"Our family was kept together by the white tablecloth," Henderson tells me, ordering a plate of smoked eel and a glass of white wine. "We'd always stop for lunch or supper wherever we were, and if you could fit in a church between meals, that was all the better."

Henderson's father, an architect who loves great food, was such a powerful influence that Henderson tried at first to combine his father's two interests, entering architecture school and planning his buildings by thinking first of the feast he'd like to give upon the empty site — like the vision he once had of pigeons and peas with a huge chunk of parmesan, at a table for four in the middle of Mexico City's vast public square, the Zócalo. Henderson would then write up a kind of recipe for the building itself.

"I think of myself as an architect distracted by kitchens," he tells me, explaining that when he wasn't busy drawing in architecture school, he began a kind of pop-up restaurant — cooking a French cassoulet for 200, for example, in a borrowed space. On the strength of those meals alone, Henderson was asked to rescue a failing restaurant by coming in as head chef and creating a new menu. So he left architecture for good.

That first professional cooking gig lasted a few months: "The architecture school didn't mind my being obsessed with food," he says, "but chefs weren't happy being told to cook by an architect, so it was a slightly fraught period, but I battled on." Henderson met his future wife, Margot, in that period. She, too, is a chef, and they're still married, with three children. In 1992, they cooked together at a famous old English pub, and that's when Henderson's own style took shape. He served all offal all the time, and he would characterize his attitude as: "If you're going to come to my restaurant, you'll eat it."

"I suppose I should've sat at the foot of a great master," Henderson says. "But I didn't. I don't believe this notion that chefs should sleep under the stove and never leave the kitchen. Everybody needs to breathe fresh air, read good books, see movies... Life informs what you're cooking. I suppose that's not a very chef-y view of the world, but there you go."

Without any further professional background, Henderson opened St. John in 1994. It was an immediate hit and became a hangout for what was then a hot young London art scene. Henderson himself became a cultural celebrity.

Then he began to notice an involuntary twitch in one finger. Soon, he'd become what he calls a "human windmill," twitching uncontrollably, and he had to face the greatest challenge and tragedy of his life, the onset of Parkinson's.

At first, Henderson fought bravely to remain behind the stove, where he'd always been happiest. But it wasn't long before he had to accept the inevitable, that after working so hard and building so much, he simply wasn't safe with a knife in his hand.

"GOT INTO TROUBLE LAST NIGHT.... NOT A good thing...man my age," says Henderson, shuffling up to the St. John bar early the next morning.

"Trouble, huh?"

"Yes, trouble.... Not good. Not good. Care for a Fernet-Branca?" Henderson considers this jet-black Italian liqueur to be a great hang-over cure; he seems to view alcohol in general as a powerful steadying influence on his nerves. So he downs a couple of shots, moves on to espresso, and begins talking about the painful decision to name his sous chef as his replacement in the role of head chef.

In 2004, Henderson began a new course of medication. A year later he had a surgery called deep brain stimulation. The idea was to plant platinum iridium electrodes in particular parts of the brain, pulsing in currents via wire running out of the skull, down the neck, and into a titanium-encased, battery-powered neurostimulator, buried below the clavicle. Nobody really knows why this works, but the procedure is used to treat a number of diseases, including Tourette's syndrome and major depression.

Henderson learned that he would remain conscious throughout the entire procedure. Surgeons bolted a metal brace to his skull — "a sort of Darth Vader-looking thing" — so that his head would remain steady, and they drilled two holes in his skull, each about a half-inch wide.

"There was a certain poetic justice, I felt, having cooked so many brains, to have my brains cooked a bit," Henderson says.

Then another thought appears to strike him: "Hey, shall we go have lunch at St. John Bread and Wine?" he asks, referring to his only other restaurant, also in East London. "And perhaps a Madeira first, for elevenses? I find it immensely calming...."

And so, after yet another drink we climb into a taxi and head toward London's trendy Shoreditch neighborhood. While the driver navigates bad traffic, I ask Henderson where the surgeons placed the electrodes. He claims not to know. "I find I like the ostrich theory... put your head in the sand. The more I know about Parkinson's, the more symptoms I get, so it's best to know nothing about it."

The surgeons then knocked Henderson out with a general anesthetic and surgically implanted the unit's battery pack in his chest. "It was a fruity experience but really successful," Henderson says, and while he still can't cook safely, he says, "I'm 100 times, 200 times better than I was."

Friends and co-workers confirm this. They say his body is much calmed since the surgery, and although Henderson hasn't returned to the kitchen, he appears to be thriving in his role as the chief St. John visionary, dreaming up new dishes and telling others how to execute them. He retains absolute veto power over every plate that leaves his kitchen, and yet he's free to travel and broaden his influence even further.

Henderson now has a second cult-hit cookbook, *Beyond Nose to Tail*, which he co-wrote with his pastry chef, Justin Piers Gellatly, and his new business venture, the St. John Hotel, opens in London this summer. His influence in the United States continues to grow as well, as evidenced by the third annual FergusStock event this past autumn, where he served those pot-roasted half pig's heads at the Breslin, inside the Ace Hotel, in Manhattan.

After we've paid the taxi driver, Henderson leads me into St. John Bread and Wine, another brutally spare space, borderline industrial, and he orders his usual champagne to start, his usual bottle of fine Burgundy, and yet another wildly challenging menu. Crispy pig's tail is, it turns out, quite simply among the most delicious things I've ever eaten.

"Oh, and you should try the rolled spleen, it's wonderful," Henderson says. "It swells in..."

"It swells in your mouth?"

"In love. It swells in love, which can be seen as a good thing or a bad thing, depending...."

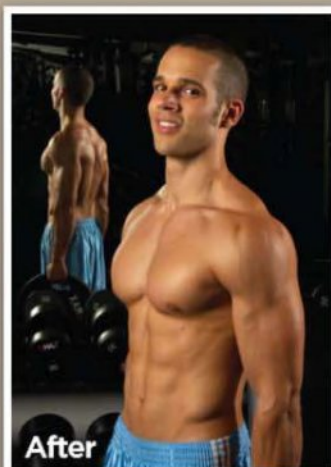
The waitress appears, and Henderson asks, "Can we have radishes and butter, rolled spleen, potted rabbit, sweetbreads, oh...and a salad, to keep the scurvy away?"

And there it is again, this impulse toward an alternate history: "to keep the scurvy away," as if the scourge of ancient mariners were still a genuine problem; as if chefs and journalists in 21st-century London still had those mariners on our minds; as if, in other words, the world were other than it is.

Henderson admits that much like his manager, Blythe, he sometimes worries about the spirit in which people approach his food. "I mean...it's sort of entertainment for city boys in here," he says, referring to the young bankers who work in the British financial district. "Who's going to eat the most scary thing on the menu? And that gives you the wrong... Nothing's scary. It's all delicious." 🍷



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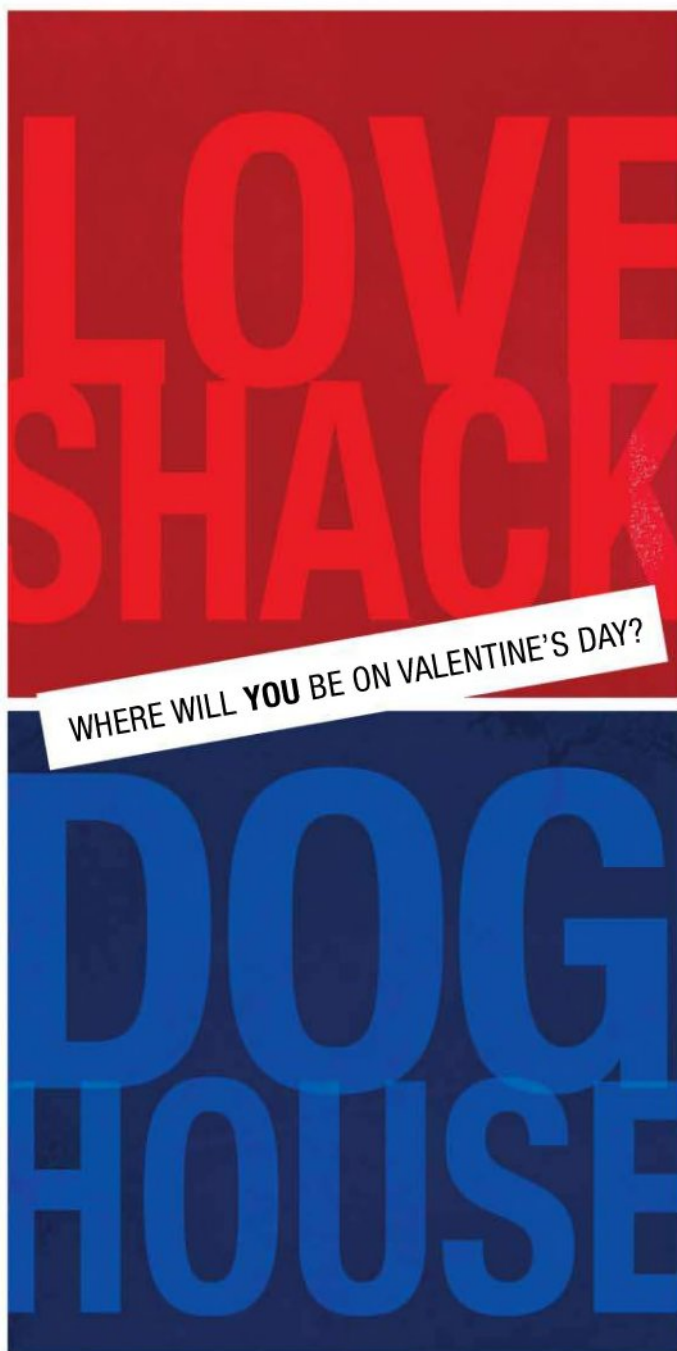
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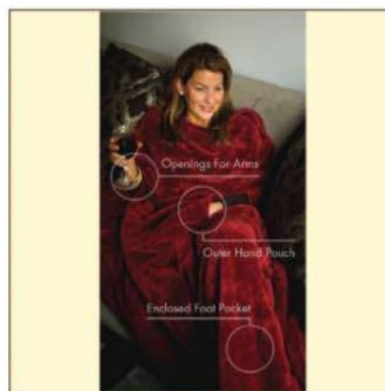
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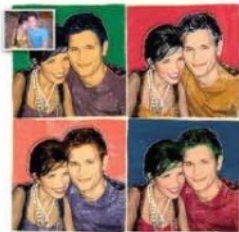


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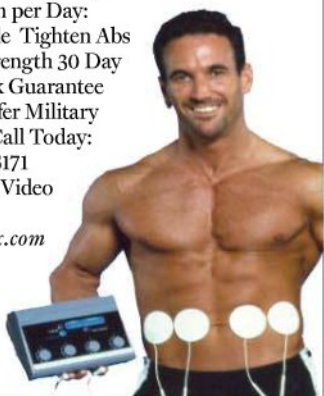
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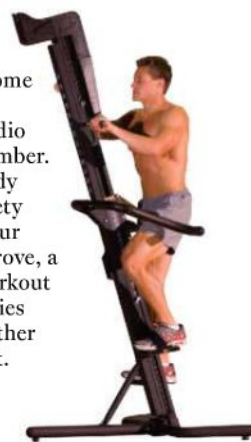
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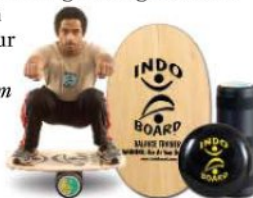


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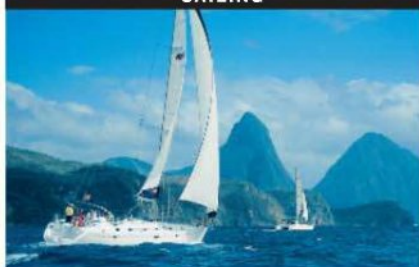
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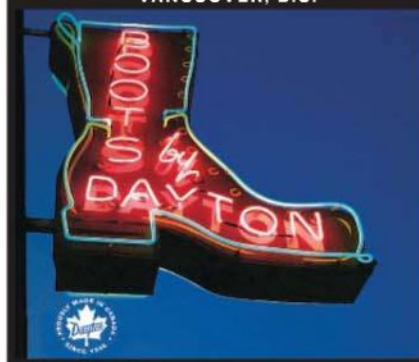
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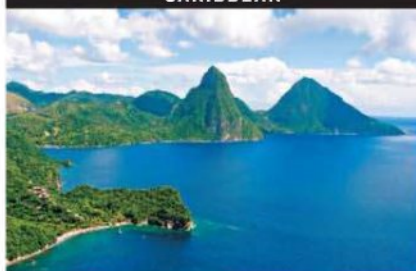
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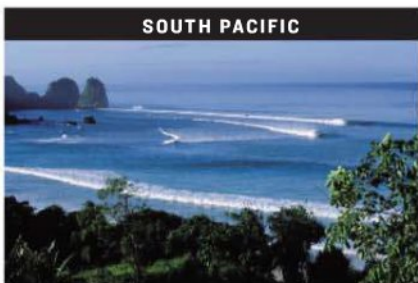


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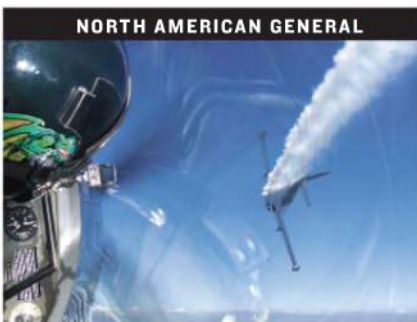
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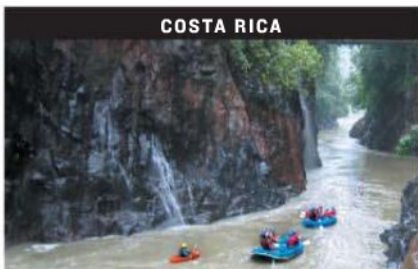
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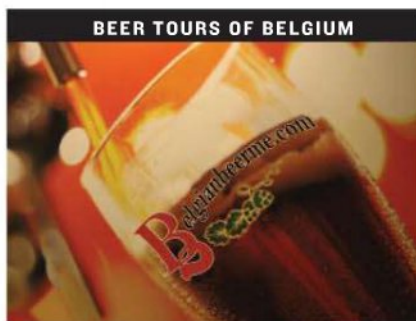


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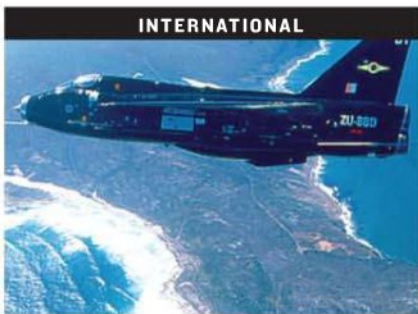
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# Survival Skills

## Mark Cuban



### What's the secret to surviving controversy?

When you're getting beat down on every front page and newscast and blog, remind yourself that in three weeks it will all be forgotten. There is always another train wreck people will turn to.

### What should every man know about money?

It won't make you happy. But it sure opens a lot of doors to Happyland.

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

My dad told me, "Today is the youngest you will ever be. Live like it."

### What skill should every man possess?

At my high school prom, when I realized how moronic I looked in my too-small powder-blue tux, I figured I could either laugh at myself along with everyone else, or I could freak out. Not taking myself so seriously has worked well ever since.

### Do you have a scar that tells a story?

I played rugby for 15 years. That plus genetics led to me having nothing but bone against bone in my left hip. In the summer of 2007, they cut off the top of it and com-

pletely replaced it with a Smith & Nephew titanium hip that's held in place with a long rod in my leg. Best thing I ever did. I was so pain-free that seven weeks later I was dancing on *Dancing with the Stars*.

### What piece of gear should every man own?

A PDA with internet access from anywhere in the world. I've made NBA trades and finalized deals with free agents while sitting on the beach in Greece. One reason I bought my house in Grand Cayman is that the internet access there is as good as, if not better than, the Time Warner connection I have at my house in Dallas.

### What's the best way to end a relationship?

Twitter it, right?

### Have you ever cheated death?

I was in a car with a bunch of high school buddies. It was pouring rain and I was driving too fast. I remember we were yukking it up, bullshitting about something, when we hit some water and started to hydro-plane. I'm sure it was seconds that we were doing 360s, but it seemed like forever. Only through sheer random luck did we stay on our side of the highway. When it was over, we were all wide-eyed, but dead silent. I

*The self-made billionaire, 51, owns the Dallas Mavericks, much to the dismay of NBA refs.*

don't remember us saying anything the rest of the trip home, and I haven't talked to any of the people in that car about it since.

### What's the best meal you know how to make?

I go to McDonald's and pick up two salads. Then I put them both in a huge bowl, add corn, cottage cheese, relish, and for croutons, some crunchy cereal. My big ol' salad, a comfy couch, the game on TV — to me, that is the ultimate meal.

### What piece of clothing should a man never wear?

A bow tie. It's cute on a 12-year-old, but past then, I just don't get it.

### What skill would you still like to master?

I took piano lessons for a few months when I was a kid. I can play the first minute of David Bowie's "Changes," the first few minutes of "Stairway to Heaven" — but nothing else. I would love to learn how to play for real so I could get my kids into instruments.

### How should a man best face his fears?

Don't. I'm terrified of heights. One day my friends "helped" me decide that I should ride some nasty roller coaster over and over until I was cured. I rode it six times, and every time I was just as miserable as the last. I haven't ridden one since. There are plenty of ways I get pumped up — letting gravity do its job isn't one of them.

### What advice would you give to the younger you?

Do it the exact same way, except don't punch Michael Cooper, a kid I went to school with.

— INTERVIEWED BY STEVEN RUSSELL

## What's the best way to dance without embarrassing yourself?

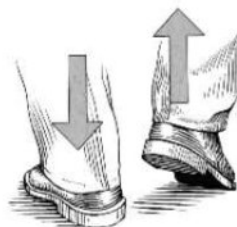


I

On *Dancing with the Stars*, I learned the samba, and my partner told me I had to shake my ass. I thought you had to wiggle your hips really fast. That's wrong. Here's how: (I) Face away from your target. She has to see your ass. (II) Relax your butt cheeks. Wow, I never thought I'd say those words. (III) Alternate moving your heels up and down as fast as you can.



II



III





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