

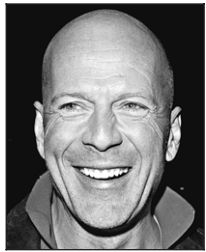
A better Life

Health, education & science

Ebola vaccine testing begins for humans

An experimental vaccine against Ebola virus has been given to a human for the first time, in a clinical trial announced this week by the National Institute of Allergy and Infectious Diseases. The vaccine, which has been found to protect monkeys from the deadly virus, will be given to 21 adult volunteers in three doses over two months. Six others will get a placebo. All will be followed for a year, to determine the safety and effectiveness of the vaccine. The vaccine contains modified, inactivated genes from Ebola. Volunteers will not be exposed to the virus itself, researchers said. NIAID director Anthony Fauci said an effective vaccine would be useful in countries where the virus circulates, and could also deter its use as a possible terrorist weapon. The World Health Organization this week reported 11 deaths from Ebola fever in the Republic of Congo.

Willis goes to court to celebrate adoptions



Carlo Allegri, Getty Images

Willis: Gets adoption ball rolling.

Courts in more than 120 communities will open their doors Saturday to finalize the adoptions of some 3,100 children from the foster-care system in a nationwide event to focus attention on the importance of adoptive families. According to a recent Health and Human Services study, of the 542,000 children in foster care in the USA, 126,000 are eligible for adoption, yet only 20% to 25% will join an adoptive family by age 18. Actor Bruce Willis, the White House's National Spokesperson for Children in Foster Care, will handle opening ceremonies at Queens Family Court in New York, where more than 400 adoptions will be finalized. For events in other areas, visit nationaladoptionday.org.

Sweetened drinks pour on the calories

People in the USA are consuming a lot more calories from soft drinks and fruit drinks than they did 20 years ago, says a study in November's *Obesity Research*. Nutrition professor Barry Popkin and colleagues at the University of North Carolina-Chapel Hill reviewed food consumption data from the U.S. Department of Agriculture and other sources for more than 100 countries and found intake of calories from sweeteners such as sugar and high-fructose corn syrup (used in soft drinks) has increased significantly over the years. Between 1977 and 1998, people in the USA consumed 83 more calories a day in sweeteners, and 66 of those extra calories came from sweetened beverages (soft drinks, fruit drinks). Caloric intake from sweeteners increased 74 calories a day in other countries from 1962 to 2000.

Lost Inca city not so lost, says critic

The thrilling discovery of a lost Inca city is coming under fire. The London-based Royal Geographic Society had announced earlier this month the headline-grabbing discovery of Lactapata, an Inca royal city near Machu Picchu in Peru. But various explorers had mapped the site by 1985, says *Archaeology Magazine's* Executive Editor Mark Rose, and it was first mapped in 1912. "So the location of the 'lost' site was not unknown," he writes. At a recent briefing in London, expedition leaders said the city was a primary religious center for the Incas. A thorough study of the site, without overstated claims, should have been news enough, without the "hype" that obscures the long-term nature of archaeological work, Rose says.



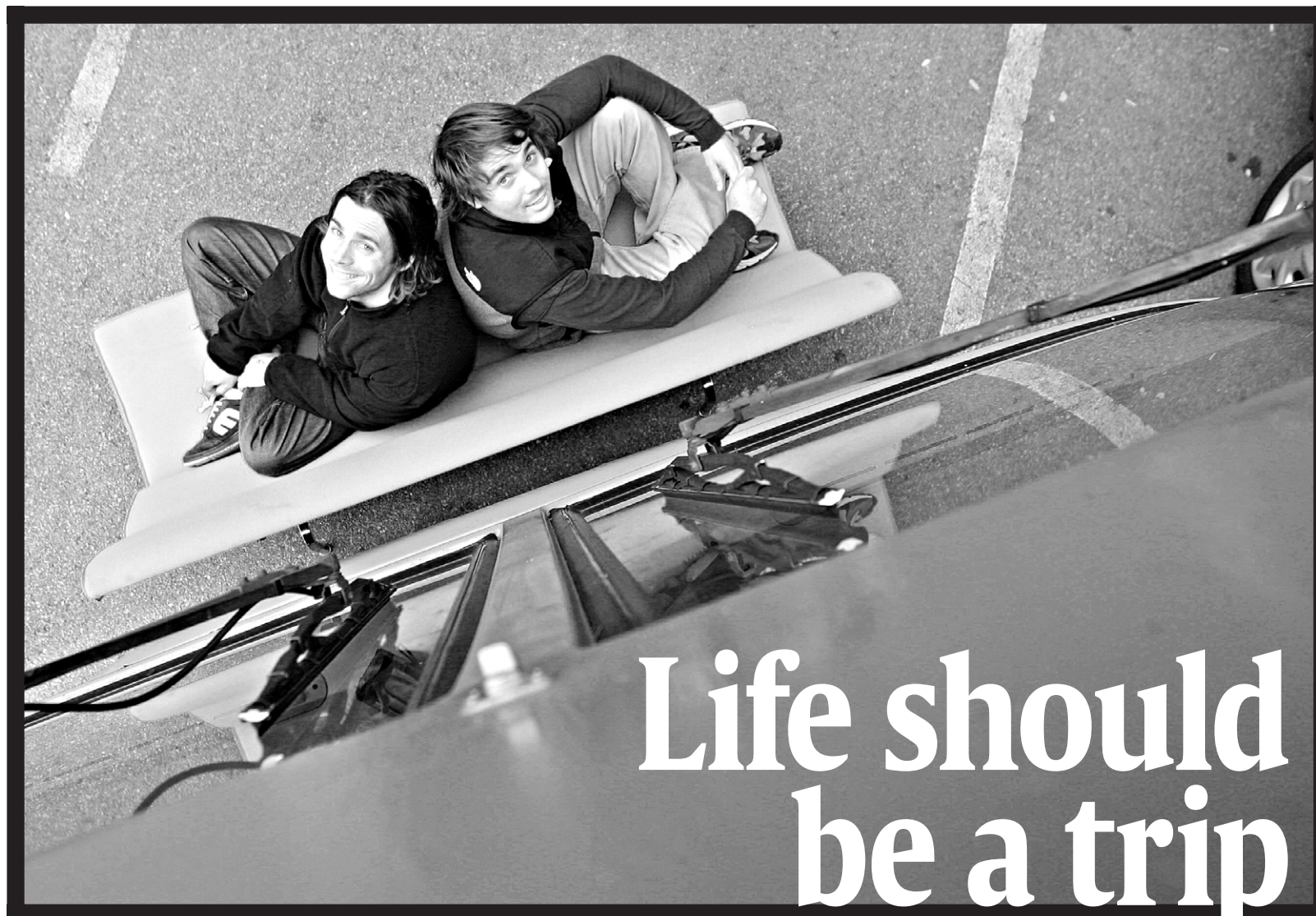
By Andrew G. Duthie, IUCN

Endangered: Fewer than 250 breeding pairs of South Africa's riverine rabbit remain in the wild.

Animals, plants battling extinction

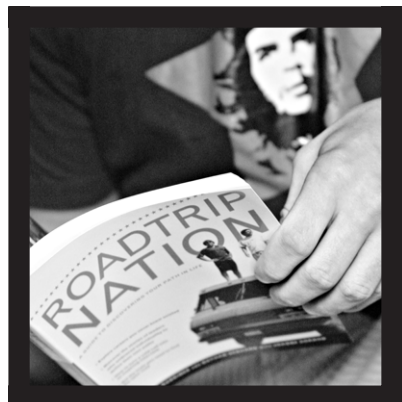
The Galapagos snail, once collected by Charles Darwin, and South Africa's long-eared riverine rabbit are among 12,259 known plants and animal species facing extinction, according to the 2003 Red List of Threatened Species. The snail and the rabbit, with fewer than 250 breeding pairs remaining, were upgraded from endangered to critically endangered — one step before being considered "extinct in the wild." The list, compiled by the World Conservation Union (known as IUCN), put 11 species into that most severe category this year, including two Hawaiian plants — the flowering *Clermontia peleana* and the palm-like *Cyanea superba*. Although fewer total plants and animal species were cited on the Red List last year (11,167), Switzerland-based IUCN says it is difficult to compare numbers from year to year because new species are being discovered and others change categories.

By Michelle Healy from staff and wire reports
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By Stan Godlewski for USA TODAY

Back on the road again: Nathan Gebhard, left, and Mike Marriner take a break in front of their bus. This week they wind up a tour of college campuses to promote their book, *Roadtrip Nation*, and a documentary based on the cross-country trek they took to interview people with interesting jobs.



To follow their bliss, they first took to the road to find it

By In-Sung Yoo
USA TODAY

For Nathan Gebhard and Mike Marriner, the road has always held the answers to life's little quandaries.

The lifelong friends and former roommates at Malibu's Pepperdine University — both every bit the shaggy-haired West Coast surfer dude — would trek to the beaches of Northern California when the waves weren't cooperating near their hometown of Laguna Beach.

These days, however, they're in search of much more than a few fleeting moments of aquatic nirvana. They're out to start a movement.

Philosopher/writer Joseph Campbell, who died in 1987, had a deceptively simple suggestion. "Follow your bliss," he told people in the PBS special *The Power of Myth*. Seek the path that not only makes you happy but whole.

So Gebhard, 27, and Marriner, 26, with two friends in tow, took to the road in 2001 to spread their gospel aboard a refurbished 31-foot, 1985 Fleetwood RV, painted neon-green. They motored 15,000 miles, coast to coast, to interview and videotape more than 80 people from every imaginable profession, all in the name of finding their bliss. They dubbed their movement Roadtrip Nation.

And now Gebhard and Marriner are wrapping up a cross-country tour of colleges with their new book, *Roadtrip Nation: A Guide to Discovering Your Path in Life* (\$13.95, Ballantine), as well as a PBS documentary to promote Campbell's advice: "Find the open road."

Their first trip was born of frustration with their career paths, or rather, the realization that those paths were anything but theirs. Graduation was fast approaching in 2000, and like so many of their generation, Gebhard, who had studied business, and Mar-

Words of wisdom along the way

Chicago

"People who worry about what others think or say about them hesitate. They may hesitate to make a mistake; worse, they might hesitate to achieve greatness."

— Charlie Trotter, University of Wisconsin (political science), chef/owner of Mobil Travel Guide-rated Five Star restaurant Charlie Trotter's

New York

"I landed a job as a grip on a feature film, so I quit my job and sold my car. I had no wife and no kids. I ate rice and beans for the next three years, but I was happier than when I had more money and a car."

— Ben Younger, Queens College (political science), screenwriter/director of *Boiler Room*

Seattle

"I don't think you can be successful on your own without an unbridled love and enthusiasm for doing something you really, really love. You can't fake it for long. People will see through it."

— Howard Schultz, Northern Michigan University (communications), chairman of Starbucks Coffee Co. and owner of the Seattle SuperSonics

riner, a biology and kinesiology grad, found their ride on the road of life more like a runaway railroad car.

"There was nothing telling me I shouldn't, so I majored in business because (they) make money, and it makes sense," says Gebhard. "You can go get your house, your mortgage and your SUV, you know?"

But faced with life's multiple-choice test, they picked "none of the above."

To explore their professional options, they decided to chat with those who had already found a match. For an entire year, they cold-called and interviewed anyone who seemed to have an interesting job.

They talked to entrepreneurs like Michael Dell of Dell Computers and Starbucks' Howard Schultz, human genome scientist J. Craig Venter and even a lobster fisherman — many featured on their Web site, www.roadtripnation.com — anyone who followed a unique path to fulfillment. Along the way, they picked up college students to share the experience. The roof of the RV became a guest book.

Their endeavor drew interest from *Forbes*, which ran an article. Just like that, what started as a personal journey has burgeoned into a mission, and, as fate would have it, a full-time job.

Atlanta

"Look, you never walk into your dream job right off the bat. When I started at the network, I delivered mail. (It) turned out to be the best job in the world because I got to know everybody at the company."

— Mike Lazzo (never attended college), senior vice president, programming and production of Cartoon Network

Sponsors including Apple and State Farm have chipped in with support and equipment. Though some money went to pay off the \$40,000 in credit-card debt incurred during the first road trip, sponsor support is kept at a minimum to maintain the project's integrity. Both founders still live with their parents.

Gebhard and Marriner are often offered speaking engagements, but they're not about to make a career of it. Their Behind the Wheel program sent three New Jersey friends on their own three-week road trip last summer. The documentary for this trip is in the editing room, and another book is on the way.

Passing the torch is critical to keeping this a movement "for students, by students," says Marriner. That in mind, the crew returned to



Source: Roadtrip Nation: A Guide to Discovering Your Path in Life

By Adrienne Lewis, USA TODAY

the road this fall, visiting 29 colleges where they have ties with career centers. They're recruiting teams of students for road trips in summer 2004 and beyond; they're showing their documentary, airing on some PBS affiliates and on PBS You, PBS' distance-learning offering, this weekend.

Some educators, often at odds with Roadtrip Nation's anti-establishment stance, are wary.

No doubt, exposure to a variety of jobs is wanting among the nation's youth, and certainly, "there are too many lawyers," says Bill Coplin, a faculty student adviser at Syracuse University and author of *10 Things Employers Want You to Learn in College* (\$14.95, Ten Speed Press).

But messages of "follow your dreams" must be carefully framed, he cautions.

Unchecked enthusiasm can be dangerous without the safety net of skill. The idea that "you can be anything you want to be" — it's not true," Coplin warns. "You can be anything you can be. In the business world, talent will win."

Marriner acknowledges that "there are limitations to (our) philosophy."

"No doubt, we're way outside the spectrum. But that's because the rest of society is way over here. You need that voice out there. You've got to take a position and stand on it."

"This is a direct challenge to our generation."

FDA weighs in on expanding nutrition labels to list the total calories

Right now, you do the math, and that's a problem

By Nanci Hellmich
USA TODAY

The food label on grocery store products needs an overhaul so it will be more useful to consumers struggling to control their weight, several nutrition experts say.

For instance, a 20-ounce bottle of Mountain Dew might have a line on the nutrition facts panel that tells dieters it contains 275 calories. Currently it says 110 calories for an 8-ounce serving.

This is one of the controversial ideas being discussed today in Bethesda, Md., at a

meeting sponsored by the Food and Drug Administration. Top weight-loss researchers, industry experts and government officials will present their ideas for revamping the label, which has been a requirement for processed foods since 1994.

The FDA will take the information from today's meeting and submit a report early next year to agency commissioner Mark McClellan.

"We will be looking for ways to revise the food label to make it a more potent public health tool," says Peter Pitts, FDA's associate commissioner for external relations and the moderator of the meeting.

One concept being discussed: the possibility that some products should list total calories as well as calories per serving.

Nutrition Facts	
Serving Size 34 Crackers (30g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Cholesterol 5mg	0%
Sodium 270mg	11%
Total Carbohydrate 19g	6%
Dietary Fiber Less than 1g	2%
Sugars 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

If you ate the whole thing: Revisions to the food label on processed foods would reflect how many calories are contained in the entire package or item.

"For instance, it works for a 3-ounce or a 5-ounce bag of chips where somebody might eat the whole thing," says Michael Jacobson of the Center for Science in the Public Interest, a Washington, D.C., consumer group. "For a jar of peanut butter, it doesn't make sense. There will have to be some judgments on when it will be appropriate."

Says Rudy Nayga, professor of agricultural economics at Texas A&M University who has studied the food label, "It's a good idea. It saves people from calculating. It will help, but packages have limited space, and it could get all cluttered if you keep requiring more information."

But not everyone is sure this change would prompt people to eat less. Some re-

search shows that once people choose what food they are going to eat, they pay very little attention to how much they are consuming, says Brian Wansink, a professor of nutritional science and marketing at University of Illinois-Urbana-Champaign.

In one study, Wansink found total calories listed on labels did not reduce how much people ate. But people did reduce their intake if the label said they'd have to walk two miles to burn off calories contained in the package or that they'd gain one-sixteenth of a pound if they ate it all.

Stephanie Childs of the Grocery Manufacturers of America, a trade group representing brand-name foods, says the group is doing a survey to see if listing total calories would help consumers.