

- HOME
- NEWS SUMMARY
- U.S.
- POLITICS
- WORLD
- BUSINESS
- TECHNOLOGY
- SCIENCE
- HEALTH&LIVING
- TRAVEL
- ESPN SPORTS
- ENTERTAINMENT
- WEATHER.com
- REFERENCE
- LOCAL
- ABCNEWS SHOWS
  - World News
  - GMA
  - 20/20
  - Nightline
  - This Week

ABCNEWS.COM

[COMPAQ.COM](#)   
 [OUR ENTERPRISE SOLUTIONS](#)   
 [INFORMATION](#)



# Online Investment Scams

## AIDS Cure Hoax Cheats Investors

Press releases that touted Plasma Plus as a major breakthrough in treating HIV were false and misleading — a scam that cost investors millions. (ABCNEWS.com)

By *Rebecca Raphael*



July 7 — It sounded like a medical miracle — a drug touted as a breakthrough treatment for the virus that causes AIDS.

Press releases on the Internet as early as 1998 from Uniprime Capital claimed to have had documentation from the government of Spain indicating that their treatment, called Plasma Plus, was a medical wonder.

Internet message boards, which are only loosely monitored, raved about this “most undervalued stock” that was “a once-in-a-lifetime opportunity.” Thousands of people got word of the company, whose stock was compared to buying Microsoft at a nickel. In just a few days, more than 5 million shares of Uniprime changed hands and the stock spiked more than 800 percent.

The information, which turned out to be from an obscure Nevada automotive company, was false, and the hoax led not only to false hope, but also cost investors an estimated \$20 million.

Police say Alfred Flores was the man behind the pump-and-dump scam, though he maintains his innocence. He faces fraud charges for allegedly falsifying his résumé and scientific research. Uniprime has denied any wrongdoing and has not been charged. The company claims it was duped by Flores and that it did not profit from the stock price movement.

**Avoiding Investment Fraud on the Internet**

**Related Stories**

- [20/20: Online Investment Fraud \(Transcript\)](#)
- [SEC Seeking \\$150 Million to Fight Internet, Other Fraud](#)
- [Tokyo Joe Fights SEC Fraud Charge](#)
- [Levitt Supports Market Police](#)



- SEARCH
- ABC.com
- THE CENTURY
- EMAIL  
ABCNEWS.com
- SEND PAGE TO A FRIEND
- TOOLS AND HELPERS



## Avoiding Investment Fraud

With more than 7 million Americans trading online — comprising 25 percent of all trades made by individual investors — investment fraud on the Internet happens all the time. And while the Web has legitimate investment opportunities, it can also be the breeding ground for unscrupulous players, as the Uniprime scam shows.

"You cannot believe the stories we hear about people who have been ripped off," says Cameron Funkhouser of the National Association of Securities Dealers, a self-regulatory organization that oversees all brokerage operations in the United States.

The Securities and Exchange Commission and other regulators are cracking down on Internet fraud, but how can you tell if you've hit investment jackpot or spotted blatant fraud?

■ **Never invest based solely on bulletin board postings or an online newsletter.** While they can offer instant and valuable information, they can also be tools for fraud. "Treat bulletin boards for what they are: anonymous conversations," says Funkhouser. "All the scamsters need is a small percentage of people reading message boards to purchase the stocks that they're pumping." Likewise, online newsletters — and the hype that often follows — spread quickly, with seemingly unbiased information. But they are often written by people who stand to profit off unsuspecting investors.

■ **Look for key phrases.** Any claims of "inside information," an "IRA-approved investment," "the most undervalued stock," offers of a "risk-free" or "ground-floor opportunity" that's "guaranteed" to turn big profits in a short time may be signs that investment opportunities are too good to be true.

■ **Take your time.** Don't respond — at least not too quickly — to opportunities that require you act immediately claiming, for example, that "the market is moving" or offering a "limited-time offer." No matter how tempting the offer, do not give in to pressure to invest before you investigate.

■ **Research the company.** Find out who you are dealing with, know what you are buying and the risks of your investment. Is the investment registered? Does the company have a record of complaints or fraud? Get the company's prospectus or financial statements and verify their claims. Many companies are required by law to file forms with the Securities and Exchange Commission. You can find these forms online in the SEC's EDGAR database or look at the North American Securities Administrators Association's site to locate your securities regulator. (See Web links at right.)

■ **Consult a trusted third party.** Whether it's your attorney, financial advisor, accountant or a friend, it's a good idea to talk to someone before making an online investment.

■ **Don't submit financial information online.** Or at the very least, you should first read the site's privacy policy to find out what personal information the site collects and how it will be used. Some Web sites may

### WEB LINKS

[Uniprime Press Release](#)

[Federal Trade Commission](#)

[National Association of Securities Dealers Regulation](#)

[SEC: Filing a Complaint](#)

[North American Securities Administrators Association](#)

[SEC's EDGAR Database](#)

ask for information about your income, bank accounts  
Social Security number as a ploy to develop a list of  
potential investors.

■ **Be wary of international opportunities.** Off-shore  
frauds are not only difficult to track, but also more  
challenging for U.S. law enforcement agencies to  
investigate and prosecute.

■ **If you have a complaint:** If you think you've been  
a victim of online investment fraud, act promptly  
because you have a limited time to take legal action.  
(See Web links at right for sites that include information  
on filing a complaint.)

—*Rebecca Raphael, ABCNEWS.com*

SEARCH ABCNEWS.com FOR MORE ON ...



- HOME
- NEWS SUMMARY
- U.S.
- POLITICS
- WORLD
- BUSINESS
- TECHNOLOGY
- SCIENCE
- HEALTH&LIVING
- TRAVEL
- ESPN SPORTS
- ENTERTAINMENT
- WEATHER.com
- REFERENCE
- LOCAL
- ABCNEWS SHOWS
- World News
- GMA
- 20/20
- Nightline
- This Week

# Giving Your Doctor a Checkup



## Finding Out What You Should Know Before Making a Choice

Physicians know plenty about their patients — but do patients know enough about them? (ABCNEWS.com)



Stay informed with

By *Rebecca Raphael*  
 abcNEWS.com

Nov. 16 — How much do you know about the doctor you choose from your health plan?

A six-month *PrimeTime Thursday* investigation found that between Cigna and Aetna, more than 150 doctors on their 1999 provider lists for the New York City, Washington, D.C. and Los Angeles areas had been disciplined by state medical authorities in the last 10 years for a wide range of offenses.

More than 70 had been disciplined for medical negligence or incompetence, including two surgeons who had operated on the wrong knee. Others were cited for substance abuse, sexual misconduct, fraud, poor record-keeping and over-prescribing drugs.

“There’s no question that doctors who have repeatedly been found to practice poor medicine are put on these lists, and it’s just a matter of which patient it’s going to be that’s going to be the next victim,” says Dr. Sidney Wolfe of Public Citizen’s Health Research Group, which publishes a yearly book called *Questionable Doctors*.

But Susan Pisano of the American Association of Health Plans, a trade group representing managed care, says, “Health plans go through a very rigorous credentialing process with physicians.” Health care companies, she says, check the [National Practitioner Data Bank](#), which is not open to consumers, for any disciplinary action against a doctor and monitor

Additional Resources

Related Stories

[PrimeTime: Your Doctor's Records \(Transcript\)](#)



E-MAIL THIS PAGE

Send this story to a friend. ▶

performance and sanctions on an ongoing basis.

Unless a doctor's license has been suspended or patients are at risk of imminent harm, she says, then a peer-review board evaluates doctors on a case-by-case basis, taking into account, for example, the passage of time or a doctor's possible rehabilitation.

Patients, she adds, are better off choosing a doctor from a health plan's list because picking a doctor out of the Yellow Pages is not nearly as secure as choosing one that has been pre-screened by a managed care company.

Still, she says, "we would agree that more information needs to be made available" because it's a good idea for patients to do their own research before choosing a doctor.

So how can you find out if your doctor has been sued for malpractice or disciplined by a state medical board or federal agency?

- [The American Medical Association \(AMA\) Physician Select](#) service claims to provide "comprehensive information" on virtually every licensed physician in the United States — but it offers nothing on their doctors' disciplinary history. You can, however, gather basic demographic and professional information about a doctor.

- [The Official Osteopathic Physician Profile Report](#) includes doctors' training, license and DEA status, as well as state and federal sanction alerts.

### State Medical Boards

To uncover disciplinary information about your doctor, your best bet is to contact your state's medical board. What is made available to the public varies from state to state, but, says Pisano, there is a growing emphasis across the country on the rights of individual patients.

"The trend has been toward providing more information for consumers about physicians' malpractice and discipline records," she says, particularly via the Web.

- [The Alabama State Board of Medical Examiners and Medical Licensure Commission](#) lists public actions taken against doctors over the past three months. To research past actions, they invite you to pull up newsletters by date, which, of course, is no help if you're trying to find out whether a particular doctor has been disciplined at all. For that, you can make a request in writing to the disciplining agency.

- [The Arizona Board of Medical Examiners \(BOMEX\)](#) site allows you to verify credentials and

### WEB LINKS

[Public Citizen](#)

[Unmasks](#)

[Questionable](#)

[Doctors](#)

[American](#)

[Association of Health](#)

[Plans](#)

look at disciplinary action taken against doctors over the past two years.

- The [Medical Board of California](#) allows you to verify if a doctor is certified and provides a license number, address and schooling. No information is offered online about disciplinary action taken, but you can call 916-263-2525. There is a separate site for the [Osteopathic Medical Board](#).

- The [Colorado State Board of Medical Examiners](#) offers a summary of disciplinary actions by month and year, but covers only the past twelve months. For information on a particular physician, you must submit a written request.

- The [District of Columbia's Department of Health](#) requires that you send a check or money order for \$50 to find out about a doctor's disciplinary history.

- The [State of Iowa Board of Medical Examiners](#) lets you verify by phone whether a physician or acupuncturist is licensed. The Web site will tell you more than you ever wanted to know about how a physician is licensed and what the disciplinary process for licensees' entails—but nothing about particular physicians who have violated state law or board rules.

- The [Kansas Stated Board of Healing Arts](#) offers an alphabetized database of doctors (everything from physicians to occupational therapists to athletic trainers) who have been disciplined over the past five years.

- The [State of Maine Board of Licensure](#) lists "adverse actions" alphabetically and chronologically as far back as 1981.

- In Maryland, the [Board of Physician Quality Assurance \(BPQA\)](#) offers a profile for active licensed physicians, including disciplinary actions taken by the BPQA or another state board as provided to the National Practitioner Data Bank. You can also call 800-492-6836.

- The [Massachusetts Board of Registration in Medicine](#) helps you find out about a doctor's education, training, awards, publications, insurance plans accepted, as well as malpractice and disciplinary histories.

- The [Minnesota Board of Medical Practice](#) lists three doctors who were disciplined in September 2000. But if the doctor you're trying to find out about isn't one of those three, you can contact the board at 612-617-2130. The Board's Health Professional Database can, however, help you find a doctor's town and license number.

- The [New Jersey State Board of Medical Examiners](#) lists all New Jersey physicians along with their license status and disciplinary history, or you can call 609-826-7100.

- In New York, the [Professional Misconduct and Physician Discipline](#) Web site provides a listing of all physicians, physician assistants and specialist assistants who have been disciplined since 1992. To find out about disciplinary actions prior to 1992, call 800-663-6114.

- The [North Carolina Medical Board](#) lets you search bi-monthly reports on disciplinary action and look at all actions taken by the board for offenses such as failing to renew a license or attempting to produce an abortion contrary to law.

- The [North Dakota State Board of Medical Examiners](#) allows you to research licensure and disciplinary information by a physician or physician assistant's name.

- The [State of Ohio Medical Board](#) has an online service for checking a licensee's status, including formal actions taken. You can also search medical actions taken by month for the past two years online or call 614-466-3934.

- The [Oklahoma Board of Medical Examiners](#) covers everything from dieticians to apprentice athletic trainers to perfusionists (one who injects fluid into an artery in order to reach the tissue). You can search disciplinary action status by name, county and specialty. The [Oklahoma Board of Osteopathic Examiners](#) lists disciplinary actions taken against doctors of osteopathy by doctor taken over the last five years.

- The [Oregon Board of Medical Examiners](#) charges \$10.00 per doctor's name to find out extensive background information or you can call 503-229-5027 to find basic information on up to three doctors.

- The [Rhode Island Board of Medical Licensure and Discipline](#) offers a list of state-licensed physicians who have had disciplinary action taken against them. These names are also disseminated to all hospitals, healthcare facilities and HMOs.

- The [Texas State Board of Medical Examiners](#) has an online verification system. If you can't figure out how to use it (which may very well be the case), you can call 800-248-4062.

- The [Vermont Board of Medical Practice](#) lets you search any board action by doctor's name.

- In Washington, the [Medical Quality](#)

[Assurance Commission](#) allows you to check the disciplinary status as well as the number of complaints against any licensed, registered or certified health care provider by calling 360-236-4800.

■ For states not listed above, try [State Medical Board Web sites](#) or [State Board Directory](#).

— *Additional reporting by Michael Mendelsohn*

### More Resources

■ [The Federation of State Medical Boards](#) compiles the Board Action Data Bank, a central repository for formal actions taken against physicians. While the Data Bank is not available to the public, Public Citizen's Health Research Group has established publicly available books on [Questionable Doctors](#).

■ [The Go.com Web Directory](#) rates sites that offer state and nationwide physician databases as well as information on how to choose a doctor.

■ [Healthgrades.com](#) is an independent company that offers "Physician Report Cards" on more than 600,000 doctors in 78 specialties. They claim to gather their information from state medical boards, physician themselves, health departments, publicly available directories or telephone surveys and the Centers for Disease Control and Prevention.

■ [SearchPointe](#) combines the data from all 50 states to provide a single, nationwide source for physician credentials. Finding out a doctor's specialty, education and address and license status is free, and for \$9.95 you can get a license and sanctions report.

■ Ask your doctors about their background: Are they board certified and have any disciplinary actions been taken against them?

SEARCH ABCNEWS.com FOR MORE ON ...

Copyright ©2000 ABC News Internet Ventures. Click [here](#) for Terms of Use and Privacy Policy and Internet Safety Information applicable to this site.





Good Morning America World News Tonight 20/20 Downtown Primetime Night



SEARCH  
ABCNEWS

GO TO:

HOMEPAGE » ONAIR » FEATURE

RELATED

Downtown  
Case

- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYScope
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ POLITICS
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL

NEWS PLUS

Tech Jobs



REFERENCE

TURBO NEWS

SEND THIS PAGE  
TO A FRIEND

EMAIL  
ABCNEWS.com  
HELP & TOOLS

## Beyond a Reasonable Doubt Must a Juror Be 100 Percent Certain?

By Rebecca Raphael



Nov. 20 — In a case with no witnesses and no conclusive evidence, jurors decided after four-and-a-half days of deliberations that Michael Fletcher, who had no arrest record or history of violence, murdered his pregnant wife. He now faces life in prison.



But the same jurors who handed down the verdict of second-degree murder also expressed doubts.

Prosecutors argued that Fletcher's shirt cuff was sprayed with microscopic particles of blood. But was the blood from his proximity to a high-impact gun blast or was it picked up when he attended to his bleeding wife? Or, as the defense asked, was there even blood there at all?

Unconvinced by the blood evidence, one juror said, "That put some question — some reasonable doubt — into my mind."

"His shirt would have had a lot more blood on it if he was in the room," said another juror. "There was no blood on his shoes, socks or pants. I couldn't place him in the room. And that bothered me."

For another juror, a missing piece of evidence in the case was Fletcher's motive. "It just didn't seem likely that he would commit an act of murder just to be with the judge," he said, referring to Fletcher's affair with Susan Chrzanowski, a prominent local judge. "I think that he could have been with the judge anyway."

"It was very frustrating for us," another revealed. "It would have been a lot easier if the pieces of the puzzle were a little bit in more detail and they were credible 100 percent of the time — and that just didn't happen."

### Beyond a Reasonable Doubt

"I think that there is some doubt that maybe he didn't do this," explained a juror. "But beyond a reasonable doubt, I think he's guilty."

So what exactly does "beyond a reasonable doubt," the level of certainty a juror must have to find a defendant guilty in a criminal case, mean? While the precise definition varies by state, it is "a standard, solid, well-established, universal concept that is almost always defined to juries by judges in the same language" says Richard Uviller, Professor of Law at Columbia University.

"Reasonable doubt," he explains, "is not proof to a mathematical certainty. It is not proof beyond any doubt. Reasonable doubt is a doubt founded upon reason ... It is not a hunch, conjecture or surmise. It has to be based upon the evidence or the lack of evidence in the case." Uviller adds, "Juries do not have to be completely convinced, as long as they have a pretty high degree of certainty."

Using the high-profile O.J. Simpson case as an example, Judge Joel Blumenfeld, an acting Supreme Court justice in New York City, explains that the acquittal did not mean jurors believed he was innocent. Rather, "it means they were not convinced beyond a reasonable doubt — a doubt for which they can articulate a reason if called upon to do so."

E-MAIL THIS



Series



## The Jurors' Challenge

How is the concept of reasonable doubt explained to jurors and do they understand the intricacies of language used to define it? According to Judge Steven Fisher, administrative judge in Queens County, N.Y., not all jurors do.

When reading instructions to a jury, he finds that "jurors stay with you for a half hour or 40 minutes, and then you get sort of a glazed look from them." This can be even more problematic in states like New York, where Fisher presides, where jurors are not permitted to receive written instructions to either follow along as the judge instructs them or to take into the deliberations room. Instead, they are only able to listen to the judge's charges.

"It's very hard for a lay person to comprehend and digest principles of law which they don't read, but simply hear spoken from a judge," says Fisher, "especially when the jury instructions last for a considerable amount of time."

Complicating matters even further, judges within a particular jurisdiction are not supposed to deviate from the accepted definition, and if a juror asks for a clarification on the burden of proof, a judge will often merely re-read the same definition. And, adds Blumenfeld, because the jury deliberations are private, "a judge never knows how the jury arrived at the verdict and if they used the reasonable doubt standard."

Fisher, who co-chairs a committee that recently approved a change on the definition of "proof beyond a reasonable doubt" for his jurisdiction, says, "The law recognizes that in dealing with human affairs, there are very few things we know with absolute certainty." ■

[LINK BACK TO TOP ▲](#)

GO TO:

abc NEWS.com

SEARCH

SECTIONS

Copyright © 2000 ABC News Internet Ventures. [Click here for Terms of Use & Privacy Policy & Internet Safety Information](#) applicable to the

ABCNEWS.com family of sites:

[ABC.com](#)

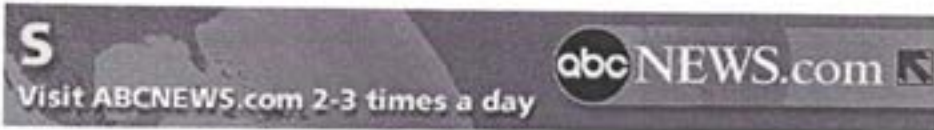
[ESPN.com](#)

[Disney.com](#)

[Family.com](#)

[Go.com](#)

[Mr.Showbiz](#)



- HOME
- NEWS SUMMARY
- U.S.
- POLITICS
- WORLD
- BUSINESS
- TECHNOLOGY
- SCIENCE
- HEALTH&LIVING
- TRAVEL
- ESPN SPORTS
- ENTERTAINMENT
- WEATHER.com
- REFERENCE
- LOCAL
- ABCNEWS SHOWS
  - World News
  - GMA
  - 20/20
  - Nightline
  - This Week



## 'Real' Ecstasy

### Controversial Group Tests for Lethal Copycat Drugs

Ecstasy, or MDMA, usually comes in the form of a pill in a number of colors and shapes, pressed with an image, logo or corporate design. (US Customs Service/AP Photo)

By Rebecca Raphael



Oct. 2 — Ecstasy is dangerous and illegal in its own right, but it's the knockoffs of the popular drug that are garnering public attention and raising concern.

Amid reports last week that copycats of the drug are responsible for at least nine deaths across the country since May, DanceSafe, a nonprofit organization that tests pills for Ecstasy — and its often more dangerous copycats — is in the spotlight.

Ecstasy is a psycho-active or mind-altering compound that usually comes in pill form; it's one of the hottest drugs on the market. Law enforcement officials say they seized 12 million pills last year, up from 200 pills just six years ago. While many users say Ecstasy leads to feelings of joy, euphoria and elation, some say it can also cause brain damage, memory loss, unconsciousness, tremors, chills, dehydration and overheating, which can lead to death.

### DanceSafe or Sorry?

DanceSafe, which is headquartered in Oakland, Calif., has 10 local chapters throughout the country and plans on opening 20 more. Volunteers for the group show up at nightclubs and all-night rave parties, where they offer pill testing services for Ecstasy users. Real Ecstasy is MDMA (methylenedioxymethamphetamine). But many pills that are sold as Ecstasy do not actually contain MDMA, and may have components like PMA

**LIVE EVENTS**  
**BOARDS: 20/20:**  
 What do you think?  
**LIVE**

#### Related Stories

[Web Sites Give Guidelines for Drugs, Prostitution](#)

[Fake Ecstasy Drug Kills Six in Florida](#)

[20/20 Downtown: 'Real' Ecstasy \(Transcript\)](#)

[Chat Transcript: Discussion on Drug Use in the Club Scene](#)



Stay informed with

- SEARCH
- ABC.com
- THE CENTURY
- EMAIL  
ABCNEWS.com
- SEND PAGE TO A FRIEND
- TOOLS AND HELPERS



**WEB LINKS**  
[DanceSafe](#)  
[Drug Enforcement Administration](#)

(paramethoxyamphetamine) or DXM (dextromethorphan), which can be more lethal.

"The fake pills are often times more likely to kill you," says Emanuel Sferios, who founded DanceSafe last year. "We screen against fake pills and have successfully prevented thousands of young people from swallowing pills that didn't contain Ecstasy and had more dangerous substances."

But the program has drawn fire from parents and drug enforcement officials, who say DanceSafe's mission ignores the dangers of Ecstasy itself.

"What kind of message are we sending the kids?" asks Steve Casteel, chief intelligence officer for the Drug Enforcement Administration. While he believes that DanceSafe does recognize that Ecstasy is dangerous, he thinks the tests performed by the organization are unreliable, inconclusive and misleading. "I'm really concerned about the false sense of security that DanceSafe brings," he says. "The message they deliver by having the word 'safe' in their title is a false one."

Jan Aeschlemann, whose 18-year-old daughter died from a copycat drug, says that handing drugs back to kids — which DanceSafe always does — "gives them a feeling that it's OK. That's not the message that should be out there. It's not OK."

"I think the information that DanceSafe should be putting out is: Stay away from this drug," says Lt. Richard Hart, head of the Oakland police department narcotics division. "It's very dangerous."

But Sferios says that it is "absurd to have as a goal stopping the use of ecstasy." The "Just Say No" message, he says, "has been a miserable failure. We have not stopped the spread of drugs. We need to try something different."

His harm-reduction approach, he believes, offers a large segment of the population, whom he calls "novelty seekers," nonjudgmental information on the risks of drugs as well as risk-reduction techniques. Likening his group's approach to needle exchange programs that aim to prevent the spread of the HIV virus, Sferios says, "Everyone who's approached our table to get their pill tested was going to swallow that tablet anyway."

While Sferios says that the best way to reduce harm is to abstain from using drugs altogether, he believes his harm-reduction approach of providing nonjudgmental information on the risk of drugs and risk-reduction techniques are the best way to reach a large segment of the population whom he calls "novelty seekers." For these youngsters, he says,

**"... a misguided philosophy at best, a dangerous one at worst. It's like putting on a seatbelt so you can go 1,000 miles per hour."**

**— Steve Casteel, of the DEA, on DanceSafe**

"drug experimentation is a fact of life."

### High-Tech High Touch

And Sferios has his supporters. Bob Wallace, 51, who was the ninth person ever hired by Microsoft and is now semiretired, met Emanuel at a party and has since contributed \$70,000 to DanceSafe.

"One thing I like a lot about DanceSafe is that they don't say 'You should or should not do a drug.'" Instead, DanceSafe is "spreading knowledge very effectively" and "reducing the harm that can happen."

In fact, most of DanceSafe's funding comes from Internet professionals. "In the Internet work community, it's very intense, long hours, very structured, very difficult," Wallace says. "So you can imagine that when these people have a little free time, they want something that helps them open up and feel compassion and love."

So MDMA, which is said to do just that, has made its way from all-night raves to Silicon Valley. "It's called high-tech high-touch," Wallace says. "The more technical you get in your job, the more touchy-feely you need in your life."

Wallace, who has also contributed nearly \$300,000 to research mind-altering drugs, says that the unique qualities of MDMA, such as increasing feelings of empathy, make it a drug worth studying. "We need to understand how our mind works," he says. Because of DanceSafe, he adds, "people who would normally not have any idea of brain chemistry are starting to learn what's good for the brain and what's bad for it."

Steve Simitzes, 25, who recently left the Internet industry to work in music production, is also a donor. People who are interested in "forging deeper into their psyches," he says, which can include professionals who work developing new technology, are drawn to Ecstasy.

A "raver" for 10 years, Simitzes supports DanceSafe's mission. "If people are going to use drugs, they're going to use drugs. Let's make sure they are doing it safely," he says.

But to Casteel of the DEA, "That is a misguided philosophy at best, a dangerous one at worst. It's like putting on a seatbelt so you can go 1,000 miles per hour. It just doesn't work." ■

*David Perozzi produced the 20/20 Downtown segment, with John Quiñones reporting.*

**abc NEWS.com**  **Detailed forecasts...**   
 weather.com Sign up for Inbox Weather now! 

Good Morning America World News Tonight 20/20 Downtown Primetime Night

- ▶ [HOMEPAGE](#)
- ▶ [NEWS SUMMARY](#)
- ▶ [U.S.](#)
- ▶ [INTERNATIONAL](#)
- ▶ [MONEYScope](#)
- ▶ [WEATHER.com](#)
- ▶ [LOCAL NEWS](#)
- ▶ [ENTERTAINMENT](#)
- ▶ [SPORTS](#)
- ▶ [SCI / TECH](#)
- ▶ [POLITICS](#)
- ▶ [HEALTH](#)
- ▶ [LIFESTYLES](#)
- ▶ [TRAVEL](#)



SEARCH  
ABCNEWS

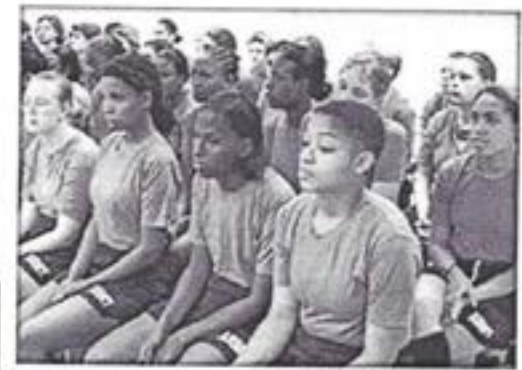
GO TO:

[HOMEPAGE](#) » [20/20 DOWNTOWN](#) » [FEATURE](#)



## Nine Weeks of Hell

### Welcome to Basic Training in the U.S. Army




By *Rebecca Raphael*  
abc NEWS.com

Nov. 27 — Could you make it through Basic Training at Fort Leonard Wood Army Post in Fort Leonard Wood, Mo.?

Basic Train



Basic Train

NEWS PLUS  
[Tech Jobs](#) 



- [REFERENCE](#)
- [TURBO NEWS](#)
- [SEND THIS PAGE TO A FRIEND](#)
- [EMAIL ABCNEWS.com](#)
- [HELP & TOOLS](#)

Recruits at Ft. Leonard Wood, 2 1/2 hours outside of St. Louis, Mo., will be transformed from civilians to soldiers over the next nine weeks. (ABCNEWS.com)

For he

**RELATED**

- [20/20 Down of Hell \(Tra](#)
- [Downtown Part Two](#)
- [Downtown Part Three](#)

Though there are exceptions, most physical training is gender-integrated, with men and women held to different standards.  
 Before even beginning the program, you must pass the Army's diagnostic physical fitness test:

	push ups	sit ups	1-mile run
men	13	17	under 8½ min.
women	3	17	under 10½ min.

If you make the cut, you can officially begin Basic Combat Training (BCT). Your day might look like this:

### A Day in the Life

**0400:** Wake-up/Personal hygiene/Barracks maintenance  
 The last fireguard on duty will wake you up, along with a drill sergeant over the intercom. You must conduct personal hygiene and make your bed with corners at a 45-degree angle ("hospital corners"), as well as no wrinkles in the sheets or blankets. Make-up and jewelry (except religious medallions) are prohibited.

**0430:** Kitchen police  
 Select people (chosen according to a duty roster) are sent to the dining facility for an all-day affair, where they will clean up the kitchen and eating areas, serve meals and do



ABC NEWS STORE



series on f as they ex basic train

dishes.

**0445: PT**

Men and women do physical training together Monday through Saturday. At least three days a week, you'll run a minimum of 2 miles and the other three you'll do muscular strength endurance.

**0530: More personal hygiene**

Time to get out of your physical training uniform and into your Battle Dress Uniform (BDU).

**0600: Weapons issued**

The same M16A2 is assigned to you throughout basic training. When not being used, it is safeguarded in an arms room with an intrusion protection system.

**0630: Transportation to range**

This time you're driven the 2½ to 3 miles outside of camp, but you could just as easily be asked to walk.

**0700 Breakfast at the range (a "field feed")**

All meals have vegetarian options. Eat up because no food is allowed in barracks and no snacks are offered.

**0800: Basic Rifle Marksmanship (BRM)**

You will be given 27 rounds of ammunition to achieve a shot group of six rounds within a 4 cm. circle.

**1230 Lunch**

Today it's an MRE (Meals Ready to Eat) in a plastic bag.

**1300: More BRM**

You'll continue with the Shot Grouping Exercise until all soldiers have met the standards.

**1700: Transportation back to barracks**

**1730 Weapons turned back into the arms room.**

**1800: Dinner**

Enjoy your hot and nutritious meal in the dining facility.

**1830: Drill sergeant time**

Drill sergeants keep counseling records on privates' performance and set aside time to counsel each soldier in their platoon. (If you're not being counseled tonight, it's suggested that you clean up your area, shine your boots and prepare for tomorrow.)

**1900: Values training**

You'll learn the value of duty. Other Army values include: loyalty, duty, respect, selfless service, honor, integrity and personal courage. Put the first letter of each word together and you get leadership (LDRSHIP).

**2000: Personal time and hygiene**

You're in luck: Showers have hot water.

**2100: Lights out.**

You must sleep in your physical fitness uniform. If it is your turn, you will be awakened during the night to be the fireguard for one hour.

E-MAIL TH



Besides making it through nine weeks of a schedule like that, you'll also must be able to pass this test. If you fail, you'll have 10 days before you can try again.

**Final Physical Fitness Test**

	<b>push ups</b>	<b>sit ups</b>	<b>2-mile run</b>
<b>men</b>			
17-21	35	47	under 16:36

22-26	31	43	under 17:30
27-31	30	36	under 17:54
<hr/>			
<b>women</b>			
17-21	13	47	under 19:42
22-26	11	43	under 20:36
27-31	10	36	under 21:42

Not so fast. You've still got to be able to pass an End of Course Test (EOCT) and complete the following:

**Foot marches:** You must complete seven foot marches up to 10-km, carrying your assigned equipment, including your Mission-Oriented Protective Posture gear (MOPP), which is used when going through nuclear, biological and chemical (NBC) training.

**Hand-grenades:** You must throw two live hand-grenades at least 35 meters.

**Operate in a chemical environment:** You must stay in a chemical environment (CS gas) for two minutes without making any adjustments to your protective mask. You must then remove the mask from your face, remain there for one minute and exit.

**Individual weapon:** You must knock down a minimum of 23 out of 40 targets on the record qualification range (from 50 to 300 meters).

**Bayonet assault course:** After learning basic attack and defensive movements, you will be required to negotiate a course in which you execute each movement correctly.

**Pugil training:** You'll be given a pugil stick, padded helmet, pugil gloves and a groin protector (worn by both males and females) before engaging in a one-on-one pugil bout.

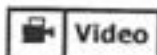
**Hand-to-hand combat:** After learning basic hand-to-hand combat techniques, you must pass a test showing your mastery of skills and movements.

**Field training exercise (FTX)** The FTX is a 3-day 2-night exercise that begins and ends with a tactical road march, in which you'll perform tasks such as moving under direct fire, reporting enemy information, and camouflaging your defense position.

### Ready for More?

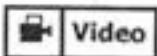
If you've made it through all this, you can move on to Advanced Individual Training (AIT), during which you'll pursue a specialty like truck driving or medicine.

But first, tune into *20/20 Downtown* next week to see if you can survive what the Army calls "Reception and Integration," but recruits refer to as "shakedown." ■



Video

[Basic Training Pt. 4](#)



Video

[Basic Training](#)



PRINT THIS PAGE



SEND THIS TO A FRIEND

[LINK BACK TO TOP](#) ▲

SEARCH

Keyword

abcNEWS.com

SECTIONS

Select a section

GO TO:





Good Morning America World News Tonight 20/20 Downtown Primetime Night



SEARCH  
ABCNEWS

- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYScope
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ POLITICS
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL

GO TO:

HOMEPAGE » 20/20 DOWNTOWN » FEATURE

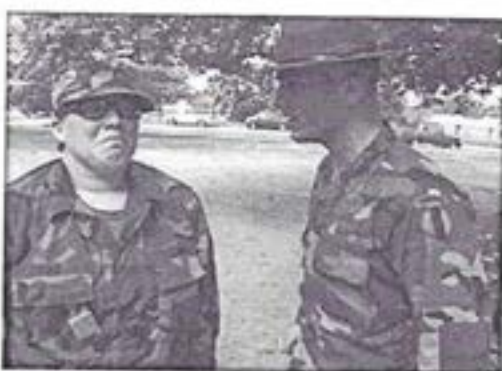


For he

## Nine Weeks of Hell: Part 2

### Reception and Integration: Recruits Call it 'Shakedown'

By Rebecca Raphael  
abc NEWS.com



"If you want to cry, you should've joined the Air Force," yells a drill sergeant at recruit Amanda Dove. (ABCNEWS.com)

Dec. 4 — Crammed in a truck like cattle, Geneva Palmer, April McGreevy, Erin O'Reilly, Amanda Dove, Alia Richardson, Tracie Rosales and their fellow recruits are on their way to meet their drill sergeants.

#### RELATED

Downtown  
Part One  
Downtown  
Hell, Week



NEWS PLUS  
 go



REFERENCE  
TURBO NEWS

SEND THIS PAGE  
TO A FRIEND

EMAIL  
ABCNEWS.com  
HELP & TOOLS



#### video

Meet Basic Training's finest.  
RealVideo (download RealPlayer)

"You will put your heads down in the bags," yells an officer. "Do it!"  
When the trucks arrive, the women are not welcomed by cake and coffee. Instead, they find complete chaos and mayhem. Under full verbal assault from the officers who'll train them for another eight weeks, the recruits fall into formation.

One at a time, Dove is yelled at by three different drill sergeants — until she breaks down into tears.  
"Lock it up private — there is no crying here," shouts a drill sergeant.  
"We see tears here all day, every day," adds another.

But the tears have little effect on the seasoned training officers, who have spent years learning how to toughen up recruits. To them it's about instilling a "military bearing" in civilians.

"You better get your doggoned military bearing and suck up those tears," shouts one. "Suck 'em up! Suck 'em up!"

But not all drill sergeants yell, points out Drill Sergeant Cindy Walker. "We're all human. We're not just yelling machines."

### From Civilian to Soldier

The Army says the purpose of such yelling and screaming is to instill discipline in the privates, to get the privates to pay attention and follow orders under pressure and without question — just like they would need to in combat.

"It's not to instill fear or hatred, but they probably do hate their drill sergeant in the beginning," says Walker. "And it does create some stress for the new recruits, which they need to know how to react to."

On an even more basic level, says Walker, "sometimes it's necessary to yell just to get the private moving at all ... A lot of privates are used to doing things their way. If they're not yelled at, they won't do it ... If we don't put the intensity to them, they're not going to move."

ABC NEWS STORE



series on f  
as they ex  
basic train

E-MAIL TH!



Ser  
frie



But, she says, "for some people that are not used to it, it could tear them apart." Indeed, for privates, the process called "Reception and Integration" can be intimidating, degrading and dehumanizing.

"I can't do this. It's the yelling that scares me," says O'Reilly. "I hate being here."

The officers, however, don't see their work as harrasment, but as part of the necessary training for war.

"It's about beginning the process of turning them into soldiers," says Lt. Col. Haskins. "They're really civilians with a haircut and a uniform when they get to us."

Walker says, "It's the fear of the unknown that stirs them up a little bit," feeling that goes away within days, as they get into a routine and know what to expect.

Asked if Basic Training was in any way a form of hazing, public relations officer Mike Warren says, "Hazing falls under abuse and that is strictly prohibited."

"It's not meant to intimidate and it's definitely not hazing," adds Walker. "That's against the rules and regulations," she says, which are strictly enforced.

Drill sergeants are also prohibited from hitting — or even touching — a private. They may only put their hands on a private to make a uniform correction or in an emergency.

### 'It Hurts So Bad'

"Recruits come in with an 'I' or a 'Me' mentality," says Walker. "Now they're part of a team and they should work together and help each other get through certain situations." Which is why, she explains, "if one or two privates shows attitude, and if one private has to do push-ups, then all the privates do push-ups together."

Feeling part of a team — even a team that's yelled at by drill sergeants — helps the women bond and look out for one another.

"You kind of have to be friends," says McGreevy. "If you don't get along, you're not going to make it."

The women have now been in Basic Training for 10 days — and they admit the fatigue and stress are wearing them down.

"It makes me want to cry, it makes me want to quit," says Rosales. "Because it hurts so bad, but I don't. I just keep going."

And Rosales is not alone. With eight weeks of Basic Training left, O'Reilly says she is ready to give up. "I think this was a big mistake," she says. "I'm so stressed out I just want to go home ... but I don't want to be a quitter."

But O'Reilly heads home on emergency leave because of a death in her family. And while she's gone, she may be asking herself: Does she have what it takes to make it in the Army?

Tune in to *20/20 Downtown* next week to find out.



PRINT THIS PAGE



SEND THIS TO A FRIEND

[LINK BACK TO TOP](#) ▲

SEARCH

abcNEWS.com

Keyword

SECTIONS

Select a section

GO TO: Select a Topic

Copyright © 2000 ABC News Internet Ventures. [Click here for Terms of Use & Privacy Policy & Internet Safety Information](#) applicable to the

ABCNEWS.com family of sites:

[ABC.com](#)

[ESPN.com](#)

[Disney.com](#)

[Family.com](#)

[GO.com](#)

[Mr.Showbiz](#)

abcNEWS.com  Play and Win 

June 29, 2001

Good Morning America World News Tonight 20/20 Downtown PrimeTime Nightline WNN T

- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYScope
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ POLITICS
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL
- ▶ VIDEO & AUDIO
- ▶ WEBCASTS
- ▶ COMMUNITY



GO TO:

HOMEPAGE » U.S. » FEATURE



**Difference**  
The seven-day California AIDS Ride coincided with the 20th anniversary of the epidemic.

## Pushing the Pedal Seven Days on the Road to Fight AIDS

By *Rebecca Raphael*  
abcNEWS.com

PASO ROBLES, Calif., June 5 — Trailing in the wind behind some of the more than 2,900 bicyclists pedaling from San Francisco to Los Angeles are orange flags. The fluttering bits of cloth identify the Positive Peddlers, a group of 105 riders who identify themselves as HIV positive.

"So long as I can bike 575 miles, I must have a few good years left," said Tony Wietek, a culinary instructor from Chicago, who tested positive for the virus that causes AIDS five years ago. Wietek is one of the Positive Pedalers.

Wrapped around his head is a bandana that organizers of the California AIDS Ride handed out this morning. "Twenty Years, How Much Longer?" the bandana reads, commemorating the 20th anniversary of the disease.

The AIDS ride began in California in 1993. It is one of several Palotta Teamworks' events around the country where people raise money to take part in the multi-day trips.

The California trip lasts seven days. This is day three and the riders are going from King City to Paso Robles, a 77-mile ride in temperatures hotter than 90 degrees.

### Reasons to Ride

Every rider has a different story. Some are cycling for themselves, to prove they still have the energy and stamina necessary. Some are doing it for friends or lovers who have died.

"I ride in memory of my best friend who died in 1998. I ride for HIV positive people who can't ride and I ride to support the beneficiaries," said Joe Ede, who came from Minneapolis for the ride. Ede did his first ride in 1997, two months before he was diagnosed with HIV during a routine physical.

And others are doing it to raise money and awareness for a cause. Proceeds from the California are earmarked for the San Francisco AIDS Foundation and the Los Angeles Gay and Lesbian Center.

"I will do as many of these as I can until there's a cure," says Tim Greene, a personal trainer in Los Angeles, who has done every California ride. "Young people today don't see death the way I did? They just see drugs sustaining lives of people who are HIV positive."

"Everyone I knew was dying of AIDS," said the 42-year-old, "And I reached a point

SEARCH  
ABCNEWS

RELATED

AIDS  
DEATH

AIDS at 20

HIV/AIDS C

Global HIV

HIV/AIDS S

Timeline 1:

WEB L

Remember the Strugg Centers for and Prevent AIDS Mem Twenty Ye AIDS Foun Africa Save Africa 2000 Plus



NEWS PLUS  
Tech Jobs

COMPAQ  
Inspiration Technology

MAXIMUM



Click here to play  
Millionaire  
abc.com 

REFERENCE  
COOL DOWNLOADS  
EMAIL  
ABCNEWS.com

HELP & TOOLS

where there was so much sorrow that I couldn't hold it inside of me anymore."

**More Than a Check**

Though Larry Rosenblatt, 37, hasn't personally been affected by AIDS, the ride is a chance to experience "giving of myself."

Rosenblatt, who works at a telecommunications start-up, says he knows how to write checks to support various causes but his commitment usually ends there.

By joining a team of cyclists from Northern California, he says he's taking his philanthropy a step further. "AIDS is a hot button that doesn't get addressed in a humane manner because people are ignorant," said Rosenblatt, whose wife and two children will be waiting for him at the ride's closing ceremonies in Los Angeles.

**A Lucky One**

AIDS has changed since the rides began in the early 1990s. Drug therapies have kept those with HIV alive longer and infection rates declined during the latter half of the decade.

The disease has become almost manageable and some riders see that a complacency has developed.

"I'm one of the lucky ones. I've been on the same meds for five years," says Wietek. "I take my pills and go about my day. But here on the ride, AIDS is in my face for seven days. That's part of the reason I'm here." ■

*Rebecca Raphael is a producer for ABCNEWS.com who is taking part in the California AIDS Ride. Last year, she rode in the Boston-New York AIDS Ride.*

PRINT THIS PAGE | SEND THIS TO A FRIEND | VIEW MOST EMAILED

LINK BACK TO TOP ▲

GO TO:

abcNEWS.com

SECTIONS

SEARCH  
ABCNEWS

Copyright © 2001 ABC News Internet Ventures. Click here for Press Information, Terms of Use & Privacy Policy & Internet Safety Information applicat

ABCNEWS.com family of sites:    ABC.com    ESPN.com    Disney.com    Family.com    Mr.Showbiz



For the r  
U.S. new

Search I





abcNEWS.com

Good Morning America World News Tonight 20/20 Primetime Nightline WNN This Week

June 13, 2002



SEARCH

- HOMEPAGE
- NEWS SUMMARY
- US
- INTERNATIONAL
- MONEYScope
- WEATHER
- LOCAL NEWS
- ENTERTAINMENT
- ESPN SPORTS
- SCI / TECH
- POLITICS
- HEALTH
- TRAVEL

- FEATURED SERVICES
- SHOPPING
- DOWNLOADS
- WIRELESS

**NETZERO**  
PLATINUM  
**SIGN UP NOW!**

- INTERACT
- VIDEO & AUDIO
- WEBCASTS
- BOARDS
- CHAT
- NEWS ALERTS
- CONTACT ABC

An insider's view on what makes the news...

**ABC NEWS**  
ShoppingGuide

## Getting Off Antidepressants

### Withdrawal Side Effects of SSRIs Emerging

By *Rebecca Raphael*  
abcNEWS.com

Aug. 25 — As bad as her panic attacks were, 27-year-old Melissa Hall says that going off the medication she originally took as treatment was also a nightmare.

- Print This Page
- Email This Page
- See Most Sent

Although she followed a doctor's advice and tapered off the Paxil, she says she experienced severe dizziness, nausea and electric shock sensations, which left her virtually incapacitated.

"I didn't work for two months," she says. "I just laid on my couch waiting for the dizziness and nausea and

everything to go away."

When doctors didn't have answers for her, Melissa turned to the Internet, where she found hundreds of postings by people experiencing similar symptoms as they discontinued Paxil, reassuring her that she was not alone.

Millions of people, perhaps as many as 10 percent of the American population, have taken serotonin boosters, which are often used to treat depression, panic disorder and compulsive behavior. Many of them have no problem discontinuing use, but others experience side effects of varying degrees. And as patients like Melissa attempt to discontinue use of various antidepressants, some experts worry they are not getting enough information about how to deal with potential withdrawal side effects.



Melissa Hall, 27, says she was virtually incapacitated by the withdrawal side effects of Paxil. (ABCNEWS.com)

Despite anecdotal reports, there have been very few studies on the subject, and experts can't say how many people may experience some form of withdrawal.

"We see withdrawal symptoms that can be so severe," says Dr. Joseph Glenmullen, a clinical instructor in psychiatry at Harvard Medical School and author of *Prozac Backlash*, "that patients feel held hostage to the antidepressant."

### Washing Out of the Body

Shari Loback was prescribed Paxil for chronic headaches by her neurologist, who she says never warned her about problems associated with getting off the drug.

"I was so dizzy and sick, and sometimes I would get out of bed and I would just collapse because I couldn't get up," Loback says.

Other patients report experiencing balance problems, flu-like symptoms, hallucinations, blurred vision, irritability, tingling sensations, vivid dreams, nervousness and melancholy.

While different SSRIs work similarly, by adjusting the amount of serotonin in the brain, they each have a varying half-life, which is the amount of time the drug stays in the body. The SSRIs with shorter half-lives, such as Paxil, wash out of the body most quickly, which can cause a jolt to the nervous system. In contrast, withdrawal effects may be less disruptive with Prozac, which has a longer half-life and remains in the system longer.



One spa in

The Adv

RELATED

20/20: Pain (Transcript)

SSRI Withd Underdisc

"Prozac is less likely to cause acute withdrawal," says Dr. Robert Hedaya, psychopharmacologist and author of *The Antidepressant Survival Guide*. "Withdrawal symptoms take longer to hit, but that doesn't mean you won't experience them in four or five weeks."

Compounding the problem, some experts say, is that many patients who go off the drug mistake withdrawal symptoms for a return of the original symptoms they were using the drug to treat. It is then very common for patients to restart the medication.

"This is chasing one's tail by medicating withdrawal side effects," says Dr. Glenmullen, which often results in needlessly prolonging exposure to the drug.

The product insert for Paxil warns that "abrupt discontinuation may lead to symptoms such as dizziness, sensory disturbances, agitation or anxiety, nausea and sweating," and also mentions "withdrawal syndrome" as a rare adverse event.

Dr. David Wheadon, vice president of regulatory affairs at SmithKline Beecham, the maker of Paxil, says anecdotal reports show that withdrawal side effects "happen very rarely."

After growing concern about these withdrawal symptoms, drug companies renamed these phenomena "antidepressant discontinuation syndrome." Wheadon says these symptoms only occur in about two out of every 1,000 patients who discontinue the medication in what he calls an "appropriate" way. Even then, he says, the symptoms are mild and short-lived.

But Melissa Hall — who was ultimately able to get off the antidepressant — says her symptoms were far from mild or short-lived. "Even though I had found people on the Internet that were going through the same thing," she says, "no one knew how long it was going to take."



ABCNEWS  
Purchase  
transcript

### As You Go Off an Antidepressant...

- **Work closely with a doctor.** Think of your doctor as your partner in healing, suggests Hedaya. Don't go off medication without medical supervision.
- **Taper the medication.** Experts agree that the best way to avoid withdrawal side effects is to wean off the medication. By reducing the dosage in small increments, the brain can gradually adjust to the change in chemical balance and slowly adapt to living without the drug. For some people, experts say, this process may take up to a year.
- **Get psychotherapy.** While drugs can often cover up problems, therapy can help uncover and address the underlying causes. Cognitive behavioral treatment, for example, can work to change maladaptive behavior, bring out stifled emotions and provide you with the tools for dealing with future issues. In fact, extensive clinical research has shown that for some conditions, psychotherapy is superior to medication in the long run.
- **Time it right.** It is best to go off medication, Hedaya suggests, when any external factors that may have led to depression or a panic attack are resolved or at least under your control. It may be beneficial to go off medication when not undergoing a major life change or enduring stress.
- **Exercise.** Study after study provides strong evidence that exercise plays a major role in lifting mood, boosting energy, improving immune function, reducing stress, anxiety and insomnia, increasing sex drive and elevating self-esteem.
- **Eat a healthy, balanced diet.** Consider consulting a nutritionist who can suggest foods that will positively impact mood, energy level or help treat (or at least not worsen) any other conditions.
- **Find a "centering practice."** Dr. Richard Mackenzie of Childrens Hospital Los Angeles recommends exercises such as yoga or meditation to get in touch with your inner compass, find equilibrium, reduce stress, stabilize mood swings and relax.
- **Get your hormone systems tested.** "Everybody should make sure they have a very thorough evaluation of their nutritional status, hormones, minerals, vitamins and immune system," says Hedaya, "to enhance possibilities of reducing dosage or going off medicine." Treatable hormone imbalances like an underactive thyroid or deficiencies of amino acids and minerals can rob you of energy, sexual vitality and feelings of well-being.
- **Consider vitamin supplements.** Hedaya reports success in patients coming off Efexor, for example, by taking 25-50 mg. of Vitamin B6 daily. He notes, however, that excessive doses on a prolonged basis can be toxic.
- **Turn to friends and family.** "These are people who have been in a patient's life far longer than a therapist," says Glenmullen, "and will continue to be there long after

#### WEB LINKS

- SmithKline
- Int'l Coal Awarene
- Nat'l Men
- Nat'l Inst Health

Search



therapy is complete." Glenmullen also suggests making use of community resources such as church or support groups.

— *Rebecca Raphael, ABCNEWS.com*

---

 [PRINT THIS PAGE](#) |  [SEND THIS TO A FRIEND](#) |  [VIEW MOST EMAILED](#)

---

Copyright © 2002 ABCNEWS Internet Ventures.

Click here for: [HELP](#) [ADVERTISER INFO](#) [CONTACT ABC](#) [TOOLS](#) [PR](#) [TERMS OF USE](#) [PRIVA](#)

Family of sites: [ABC.com](#) [ABC Family](#) [ESPN.com](#) [Disney.com](#) [FamilyFun.com](#) [GO M](#)



Smiles on their faces  
Knives in their backs



abcNEWS.com

Good Morning America World News Tonight 20/20 Primetime Nightline WNN This Week

June 13, 2002



SEARCH

- HOME PAGE
- NEWS SUMMARY
- US
- INTERNATIONAL
- MONEYScope
- WEATHER
- LOCAL NEWS
- ENTERTAINMENT
- ESPN SPORTS
- SCI / TECH
- POLITICS
- HEALTH
- TRAVEL

- FEATURED SERVICES
- SHOPPING
- DOWNLOADS
- WIRELESS



- INTERACT
- VIDEO & AUDIO
- WEBCASTS
- BOARDS
- CHAT
- NEWS ALERTS
- CONTACT ABC

An insider's view on what makes the news...



For millions of singles, e-mail has become an essential tool in the dating game.

## From E- to Eternity

### E-mail Sparks New Dating Rituals

By Rebecca Raphael

abcNEWS.com

Feb. 15 — *Dear Jon, I have enjoyed spending time with you, but now's really not a good time for me. I'm just not ready to be involved with someone again and things are only going to get busier for me at work, too. Hope all is well. Take care.*

#### STORY HIGHLIGHTS

- The Dangers and Benefits. A Tool in the Dating Game
- From E-Flirting To Virtual Breakup

- Print This Page
- Email This Page
- See Most Sent

Thank God for e-mail, thought Allison, 29, who had the unenviable task of dismissing a suitor. With the touch of a button, her message was gone, and soon he would be too.

#### ALSO ON abcNEWS.com

- Sugar Pills as Good as Drugs for Depression
- Devices Help U.S. Troops Speak Afghan Languages
- Is Saying 'Sorry' Gaining in Importance?

"Take care," she says of her painstakingly crafted word choice, "drives the point home that 'I wish you well but don't want to go out with you again.'"

E-mail makes breaking up quick and easy, says Allison, a Manhattan social worker who dug into her e-mail archive on the condition that her real name not be revealed. There is no possibility of an awkward silence, desperate glance or instantaneous plea for one more chance. Careful to point out that her motives were not purely selfish, she says it's beneficial for the dumper, too, because "it's an ego-saving medium."

Beyond the breakup, the Internet has changed modern-day dating practices — for better and for worse — not just for the millions of singles who have turned to online dating services in hopes of finding a mate, but for anyone with an e-mail address.

#### The Dangers and Benefits

There was a time when asking a woman out meant a man needed to muster up the courage, find the words and actually speak them — to a real-life person who would then respond in real time. Getting to know someone involved more than merely typing a few suggestive lines throughout the work day. And being dumped didn't mean that your prior exchanges and contact information were literally placed in the "Trash" icon on someone else's desktop.

Now that's all changed, and according to some experts, it's not necessarily for the better.



#### RELATED

- Ups and Downs in Romance
- PrimeTime: (Transcript)



"E-mail c whole rel



Sherrie Schneider, co-author of *The Rules: Time-tested Secrets for Capturing the Heart of Mr. Right* and *The Rules II: More Rules to Live and Love By*, says e-mail can be the kiss of death for a courtship.

**run the ri  
becomin**  
Sherrie Schn

"The danger with using e-mail is that writing can be therapeutic," she says. "People unburden their souls, as if they're writing in a journal. E-mail casualizes the whole relationship. You run the risk of just becoming pen pals."

Schneider, whose play-hard-to-get-advice is considered outdated by some, says e-mails should always be brief and never be responded to within 24 hours.

**E-MAIL THI**



Still, many singles choose not to heed the advice. According to a recent survey conducted by Matchmaker.com, a leading online dating site, online flirting is becoming more commonplace. While 73 percent of the more than 5,000 members surveyed report using e-mail to flirt, singles who do not meet a love interest through a dating service also say e-mail plays an increasingly crucial role in the getting-to-know-you process.

"It's a good tool for casually getting to know people. It expedites the whole dating routine," says Allison, who continues to use e-mail — not just with her rejected suitors, but also with her boyfriend of 2 1/2 months. "We're both less inhibited," she says of their e-correspondence.

**"With the  
embarras  
to-face c  
gone, the  
kind of e  
promiscu**  
Jeffrey Olick,

But, she agrees, it's not for everyone — particularly the grammatically challenged.

"If there are spelling errors in his e-mail, forget it," says Allison. "I broke up with someone because every time he e-mailed me I was horrified. Especially when he spelled my name wrong."

Typos are understandable, she says, but glaring spelling and grammar mistakes are a turnoff.

On the flip side, she says, "It's such a turn-on when a guy is entertaining over e-mail ... It shows thought and creativity. There's a certain intelligence there."

**WEB LINI**

match.com  
matchmakr  
oneandonly  
americansi  
datingclub.  
socialnet.c  
friendfinde

### A Tool in the Dating Game

Marc, a 26-year-old lawyer who also asked that his last name not be used, says his busy day and lack of privacy at work made e-mail an indispensable tool during his courtship with the woman who is now his fiancée.

Looking over their e-mail correspondence — which his fiancée plans to print out and turn into a scrapbook — Marc analyzes the progression of their relationship.

"After about a week, I stopped signing my name 'Marc' and just wrote 'M,' he says, "which is a little more personal." And on Valentine's Day of last year, he started closing them with the word "love."



Emily Livingston, public relations director for the online dating site match.com, describes the medium as "low-pressure, casual, lighthearted and controlled." In fact, she says she wouldn't be dating her boyfriend were it not for e-mail.

"E-mail hasn't replaced the telephone, but it's a great way for people to develop a relationship," she says.

Whether you've met someone on- or offline, says Jay, a 27-year-old attorney who asked that his last name be omitted, "it's easier to have the courage to ask her out over e-mail because it saves the embarrassment of rejection. And you're also not putting the other person on the spot."

Jeffrey Olick, a professor of sociology at Columbia University who teaches a course on mass media and popular culture, agrees that e-mail can ease the pressures of the pre-

dating mating dance.

"There's a lower threshold when you use e-mail," he says. "It takes guts and courage to go face-to-face. E-mail is a lot easier to send. There's more stream of consciousness, and it lets people be bolder than when you have to look someone in the eye."

#### From E-Flirting to Virtual Break-Up

As for flirting over e-mail, Allison says her favorite technique is the ellipses. "The dot-dot-dot thing just sort of has a little innuendo, depending on the context," she says. Other popular e-flirting techniques include punctuating missives with "emoticons," or using suggestive subject lines.

"With the embarrassment of face-to-face communication gone," says Olick, "there's a certain kind of electronic promiscuity."

But without facial expressions, body language, intonations or any verbal cues, e-mail can also be the source for electronic ambiguity. Not to worry: With just a touch of the "Forward" key, a suitor's enigmatic e-prose can be sent to others for analysis and interpretation.

"I'll definitely pass an e-mail along if I need a second opinion on what it could mean or advice on how to respond," says Allison. But, she qualifies, "I don't forward stuff to my friends if it's really personal."




And if she ever decides to call it quits, well, she knows the e-mail drill. ■

#### Emoticons That Can Yield a Smile

Emoticons are facial expressions made by a series of keystrokes, often used as a way to e-flirt. Here's a sampling:

- :-) Smiley face
- ;-) Winky
- :( Sad face
- :p Sticking out tongue
- :o Surprised look or a yawn

---

 [PRINT THIS PAGE](#) |  [SEND THIS TO A FRIEND](#) |  [VIEW MOST EMAILED](#)

Copyright © 2002 ABCNEWS Internet Ventures.

Click here for: [HELP](#) [ADVERTISER INFO](#) [CONTACT ABC](#) [TOOLS](#) [PR](#) [TERMS OF USE](#) [PRIVA](#)

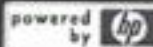
Family of sites: [ABC.com](#) [ABC Family](#) [ESPN.com](#) [Disney.com](#) [FamilyFun.com](#) [GO Mz](#)



For the first word on new developments

AMERICA FIGHTS BACK

GOOD MORNING america



Good Morning America World News Tonight 20/20 Primetime Nightline WNN This Week

June 13, 2002



SEARCH

- HOME PAGE
- NEWS SUMMARY
- US
- INTERNATIONAL
- MONETSCOPE
- WEATHER
- LOCAL NEWS
- ENTERTAINMENT
- ESPN SPORTS
- SCI / TECH
- POLITICS
- HEALTH
- TRAVEL

## A Dark Side to Prozac?

**New Study Concludes Drugs Like Prozac May Induce Suicidal Behavior**

By Rebecca Raphael

abcNEWS.com

June 21 — In the winter of her freshman year at Harvard, Julie, who requested anonymity, was prescribed Prozac to treat depression. Almost immediately after taking the drug, Julie says she began having trouble sleeping, and within a week, she says she felt agitated and detached.

- FEATURED SERVICES
- SHOPPING
- DOWNLOADS
- WIRELESS

- Print This Page
- Email This Page
- See Most Sent

**NETZERO**  
PLATINUM  
**SIGN UP NOW!**

ALSO ON abcNEWS.com

- Sugar Pills as Good as Drugs for Depression
- Devices Help U.S. Troops Speak Afghan Languages
- Is Saying 'Sorry' Gaining in Importance?

"I couldn't stand how I felt," she says. "I wanted to crawl out of my skin. It was just terrible. I felt so terrible that I just thought, I can't live like this ... I couldn't think about my family; I couldn't think about my friends. All I could think was, I have to get out of this feeling."

About a month after she started taking Prozac, Julie overdosed on over-the-counter sleeping pills. When she was admitted to the psychiatric ward of McLean Hospital in Massachusetts, her doctors noted that she'd had a "paradoxical reaction to Prozac."

Julie has a differing — and more blunt — appraisal: She says the drug was the cause of her suicidal feelings.

"I knew that the suicidal feelings had not been there before I started Prozac. I remember that very distinctly," says Julie.

According to a new study by Dr. David Healy, director of the North Wales Department of Psychological Medicine in Northern Ireland, Julie may not be alone in experiencing

an extreme form of agitation called akathisia. Healy's study is one of the most recent that claims there are potentially dangerous side effects for some patients on the class of antidepressants called Selective Serotonin Reuptake Inhibitors (SSRIs).

"SSRI-type antidepressants like Prozac and Zoloft can make people suicidal," he says.

### A Causal Link to Suicide?

In his most recent study, Healy put 20 healthy, non-depressed volunteers on Zoloft, an antidepressant that is believed to work, like Prozac, by boosting serotonin levels in the brain. Two of the volunteers became suicidal.

"The conclusions are that these drugs can directly cause people to commit suicide," he adds.

It is estimated that one out of eight Americans has taken at least one of these SSRIs, so the suggestion of a connection between these drugs and suicide is raising controversy among doctors, patients and manufacturers involved in the \$6-billion-a-year market.

"The data that we've reported is quite overwhelming that this drug is not associated with an increase in suicidality," says Dr. Steven Paul, vice president of clinical investigations at Eli Lilly, the maker of Prozac. "The over 10,000 patients who have been on clinical trials where people have looked at suicidality, suicidal ideation," he adds, "have shown without a doubt that these drugs do not increase suicidal ideation or

An insider's view on what makes the news...



RELATED

- Chat: Prozi
- 20/20: Can. Dangerous
- SSRI Withd Underdisc
- Studies Ne

suicide potential. In fact, they do just the opposite: They reduce it."

Pfizer, the maker of Zoloft, says there is "a vast body of valid medical and scientific research" refuting Healy's theory. Pfizer claims that there was no reliable evidence that Healy's subjects were "healthy" to begin with, and calls the study's conclusions "scientifically bogus, false and misleading."

Still, Healy does have his supporters. Dr. Joseph Glenmullen, a clinical instructor of psychiatry at Harvard University Medical School, who recently wrote *Prozac Backlash*, points to a 1990 study that says Prozac can induce "intense, violent suicidal preoccupation." In his book, he also presents numerous anecdotes about patients who experienced dramatic changes, including anxiety, agitation, insomnia, suicide attempts and violence toward others after taking SSRIs.

Akathisia is only one of many potential neurological side effects. Glenmullen says a significant number of people can experience other problems, like fatigue, muscle spasms, sexual dysfunction and withdrawal syndromes.

"We now have unequivocal evidence from a wide range of side effects that these drugs are impairing the normal functioning of the brain and that's information doctors and the public need," Glenmullen says.

Critics of Glenmullen's book point to a 1991 FDA study that found there to be "no credible evidence of a causal link between the use of antidepressant drugs, including Prozac, and suicidality or violent behavior." But transcripts from the same FDA hearing show that three of nine panel members expressed concerns about the data.

Despite what he believes to be potentially harrowing side effects, Glenmullen says, "For moderate to severely depressed patients or with other conditions that they're used for, the drugs can be enormously helpful and you see patients have clear-cut responses to them and really benefit from them."

Healy, too, agrees that these drugs can be highly beneficial, which is why he continues to prescribe SSRIs, including Prozac and Zoloft, though always with careful monitoring.

What patients need, says Glenmullen, is to be aware of the potential risks and to be monitored closely while on the drug. He has petitioned the FDA to add a warning to the labels of SSRIs alerting doctors and the public to akathisia, suicidality and other side effects.

"This is an urgent public health concern given the tens of millions of people, including children, being prescribed SSRIs," he writes.

### 'They Need to Know'

After her release from the hospital, Julie withdrew from Harvard. She returned the following year and graduated. Now married and in her final year of law school, she says she has overcome her depression and put her life back together.

Julie believes her ordeal could have been avoided if the doctors treating her had been aware of the possible link between the medication and suicidal thoughts. In her case, one psychiatrist had taken her off the medication, suspecting that Prozac was the cause of her suicidal feelings, only for another doctor to reject that theory and put her right back on the drug.

She would like to see manufacturers include information about such side effects and hopes that her experience can serve as an opportunity to increase public awareness.

"Prozac is a great drug," she says. "People should take Prozac. It can help people. But there are some people it's not going to help, and there are some people whose lives it could ruin. And they need to know." ■

Antidepress

Second Op  
Backlash

ABCNEWS  
Antidepress  
Term Pract

New Book,  
Antidepress

FTC Appro  
Agreement

Prozac for:

Chat Trans  
Glenmullen

#### WEB LINKS

Mental Hea  
Dr. Joseph  
Internation  
Drug Aware  
Prozac Sur  
Group  
National In  
Health  
Depression  
Anxiety Dis  
Associatio  
Prozac Bac  
Eli Lilly & C  
Pfizer



PRINT THIS PAGE | SEND THIS TO A FRIEND | VIEW MOST EMAILED



EMAIL CHAT  
CHAT

COMPAQ.COM OUR ENTERPRISE SOLUTIONS INFORMATIO

March 15, 2001

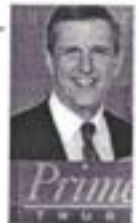
Good Morning America World News Tonight 20/20 PrimeTime Nightline W



GO TO:

HOMEPAGE » PRIMETIME » FEATURE

SEARCH  
ABCNEWS



- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYScope
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL
- ▶ VIDEO & AUDIO
- ▶ WEBCASTS
- ▶ COMMUNITY



Louis Bloomfield shows ABCNEWS' Chris Cuomo how superheating can be problematic when using a microwave. (ABCNEWS.com)

## Explosive Microwave Danger

'Superheating' Can Cause Violent Bubbling

abcNEWS.com

March 15 — Patty Long put water in the microwave and waited three minutes for it to boil, but something seemed wrong: no bubbles.

### STORY HIGHLIGHTS

[Boiling Without Bubbles](#) [Preventing Microwave Hazards](#)

So she heated the water a little longer. When she took it out, Long recalls, the water "exploded like a bullet up into my face. It hit the ceiling too."

Long was rushed to the emergency room, where she was treated with first- and second-degree burns all over her face. Even worse, the corneas of her eyes had been scalded.

"I was afraid I would never see my kids again," says Long, who lives in Naperville, Ill. It took six months of treatment for Patty to fully recover her sight.

### Boiling Without Bubbles

Experts say that what caused Long's injury is known as "superheating," which is one of the most potentially hazardous problems that can occur when heating water or other liquids in a microwave oven.

The scientific definition of superheating is that water can go above boiling temperature without any bubbles forming. "It's hotter than it should be for normal boiling to occur, and yet it doesn't boil," say Louis Bloomfield, physics professor at the University of Virginia. In a process called nucleation, the energy that's already in the water, however, can be triggered by a granule — such as a tea bag, instant coffee or a utensil — which can then cause the water to erupt.

"Anything that triggers the boiling once you've reached that temperature will cause catastrophic, very sudden flash boiling," explains Bloomfield. "And it can spray the water ... all over the room, the microwave or you."

### Preventing Microwave Hazards

Despite this danger, Bloomfield says a microwave is "actually one of the safest devices in your kitchen when used correctly." Here are some tips to prevent superheating and other microwave problems:

- Put your teabag or instant coffee in the water prior to heating the water in



NEWS PLUS



REFERENCE  
COOL DOWNLOADS  
SEND THIS PAGE TO A FRIEND

EMAIL  
ABCNEWS.com

HELP & TOOLS



### WEB LINKS

Associatio  
Appliance

USDA Foo  
Inspection

Dr. Louis E  
Things Wo

the microwave.

- Always stir liquids before heating, suggests CiCi Williamson, food safety specialist at the USDA.
- Don't put twist ties in the microwave. "It's like a wire with too much electricity running in it," says Bloomfield. "The charges pile up at the ends of that twist tie and can potentially make sparks."
- Don't cook things too long. Sounds simple, right? But many people don't pay attention to how long they heat something for in the microwave. According to the Association of Home Appliance Manufacturers, you should not heat liquid for more than two minutes.
- Stir food midway through cooking to distribute heat and homogenize the temperature. Unlike a conventional oven, a microwave heats food from the inside out, rather than from the outside in. So the container may be cool but the contents beyond boiling temperature.
- Allow standing time before touching. "A decent rule of thumb is to wait maybe a minute or two for every cup of water you've got," says Bloomfield, "to give it time for the evaporative process to cool down the liquid and bring it back toward the boiling temperature from above."
- Sample food before giving it to a child or test the temperature and several places. "Until you stir it and then feel it carefully," says Bloomfield, "you don't know what the temperature of that next spoonful is."
- Do not let plastic wrap touch foods during microwaving and be sure to use a brand of plastic wrap that is microwave-safe.
- Loosen the plastic wrap on one corner. "Turning a corner gives the steam a vent to escape, while keeping most of it in," says Williamson.
- Lift a lid or plastic wrap away from your face. "Don't look at it while your lifting it," advises Williamson. "And start from the back of the dish."
- Keep children away from microwaves when removing hot liquid or food.
- Use a baby bottle warmer instead of heating a bottle in the microwave, as some formula and bottles have disposable plastic liners may be problematic.
- Don't microwave in Styrofoam.
- Do not dry herbs in the microwave, as they can ignite.
- Use a turntable inside the microwave to keep the liquid moving and to promote more even heating, says Terry Dunn, General Electric's general manager of global communications.

— ABCNEWS.com's Rebecca Raphael contributed to this story.



PRINT THIS PAGE



SEND THIS TO A FRIEND

LINK BACK TO TOP ▲

GO TO:

SECTIONS

SEARCH

ABCNEWS

Copyright © 2001 ABC News Internet Ventures. Click here for Terms of Use & Privacy Policy & Internet Safety Information applicable to the t

ABCNEWS.com family of sites:

ABC.com

ESPN.com

Disney.com

Family.com

Mr.Showbiz



## Who spends over \$1 billion each year with women- and minority-owned businesses?

April 12, 2001

Good Morning America

World News Tonight

20/20

PrimeTime

Nightline

W



GO TO:

HOMEPAGE » PRIMETIME » FEATURE

- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYScope
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL
- ▶ VIDEO & AUDIO
- ▶ WEBCASTS
- ▶ COMMUNITY



NEWS PLUS



- REFERENCE
- COOL DOWNLOADS
- SEND THIS PAGE TO A FRIEND
- EMAIL  
ABCNEWS.com
- HELP & TOOLS



Attorneys Betty Anne Waters, left, and Barry Scheck embrace after Waters' brother's exoneration. (George Rizer/AP Photo, Pool)

### Using DNA Evidence Q&A With Barry Scheck

By Rebecca Raphael

March 22 — Kenneth Waters would not have been exonerated last week after 18 years behind bars were it not for DNA testing.

This relatively new technology has resulted in the post-conviction exoneration of 85 people since 1992. Defense Attorney Barry Scheck was involved with Waters' release and is co-director of the Innocence Project at Cardozo Law School in New York, which assists inmates who are challenging their convictions based on DNA testing of evidence.

**Q:** What was your role in the Waters case?  
**A:** Betty Anne contacted us in 1996 or 1997 because we have a project that uses DNA evidence to prove that people are wrongfully convicted. It was an especially compelling case because of her passion and belief in his innocence. We worked with her to get Kenneth out of jail, but Betty Anne did it.

**Q:** Why did you start the Innocence Project?  
**A:** I started it with Peter Neufeld in 1992 because we had developed some expertise in DNA testing and we knew this technology had the potential to exonerate the wrongfully convicted as well as identify who really committed a crime.

**Q:** What kinds of laws regarding DNA profiles exist?  
**A:** Laws require samples to be taken from convicted offenders and put into a databank. But one of the problems is that not enough unsolved crime DNA profiles are being put into a databank. Law enforcement just isn't doing it. One of the things I did was ask [New York] Police Commissioner Howard Safir to do DNA testing on 25,000 rape kits from unsolved crimes. They were going to throw them away. There are hundreds of thousands of rape kits which contain evidence not being tested. It's happening all across the country.

**Q:** What kind of far-reaching impact can the use of DNA evidence have on the justice system?  
**A:** DNA exonerations are creating public pressure to institute serious reform. It's a growing civil rights movement in America. But DNA is not a panacea. The real value is what it will help us understand about the strengths and weaknesses of the criminal justice system. It will help us understand what leads to wrongful convictions as well as solutions that will minimize terrible miscarriages of justice.

**Q:** I understand that all 85 people who have been exonerated on DNA evidence are men. Why is that?  
**A:** Post-conviction DNA evidence in cases of rape or rape-homicide is comparatively

Bi  
Si  
Ar

SEARCH

RELATED

- Sister Help Freedom
- Man Convi Freed After
- DNA Evide After His D

REFERE

Click Here  
 Transcript  
 PrimeTime



easy to find. Another reason is that far more men than women are in prison for committing violent crimes.

**Q:** Tell me about your new book.

**A:** The book is not about DNA. It's about why innocent people get convicted and what we can do to fix it. It's got stories not unlike Betty Anne and Kenneth's story. Whether it's because of a mistaken eyewitness, junk forensic science, lawyers asleep in the courtroom, police and prosecutorial misconduct ... it's the worst imaginable nightmare for people from all walks of life to be wrongfully convicted. Since the book was published, there has been a new DNA exoneration every 18 days.

**Q:** Aside from using DNA evidence, what suggestions do you have for preventing innocent men and women from being convicted?

**A:** The first has to do with eyewitnesses. Instead of having all the different individuals line up next to each other, they should be shown one at a time in a sequential presentation. All these studies show that if you do that, it does not reduce the number of correct identifications but you dramatically reduce the number of false ones. To deal with the problem of false confessions, there's a simple solution that conservatives and liberals agree on: Videotape the interrogations. Then there's no dispute about what was said and you have a good record to see if there was unfair coercion. It's not a perfect solution, but it's a good one. Also, we need more money for lawyers defending the poor. It's that simple. We shortchange lawyers who represent middle-class and poor people charged with crime in this country. The easiest way to get the conviction of an innocent person is to have a lawyer who's asleep in the courtroom. And when you have bad lawyers, every other problem in the system is exacerbated.

**Q:** What is your goal?

**A:** My goal is to transform the criminal justice system in America to make it fair and just ... to minimize the conviction of the innocent and maximize the apprehension of the guilty. And DNA testing gives us a learning moment to see what the other problems are in the system.■



PRINT THIS PAGE SEND THIS TO A FRIEND

[LINK BACK TO TOP ▲](#)

GO TO:

abcNEWS.com

SECTIONS

Copyright © 2001 ABC News Internet Ventures. [Click here for Press Information, Terms of Use & Privacy Policy & Internet Safety Information](#) applicat

ABCNEWS.com family of sites: [ABC.com](#) [ESPN.com](#) [Disney.com](#) [Family.com](#) [Mr.Showbiz](#)

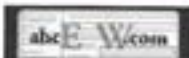




She talks with celebs and world leaders . . .



Click here to Barbara Walter Insider's emi



Good Morning America World News Tonight 20/20 Primetime Nightline WNN This Week

June 25, 2002



SEARCH

- [HOMEPAGE](#)
- [NEWS SUMMARY](#)
- [US](#)
- [INTERNATIONAL](#)
- [MONEYScope](#)
- [WEATHER](#)
- [LOCAL NEWS](#)
- [ENTERTAINMENT](#)
- [ESPN SPORTS](#)
- [SCI / TECH](#)
- [POLITICS](#)
- [HEALTH](#)
- [TRAVEL](#)

- [FEATURED SERVICES](#)
- [SHOPPING](#)
- [DOWNLOADS](#)
- [WIRELESS](#)



- [INTERACT](#)
- [VIDEO & AUDIO](#)
- [WEBCASTS](#)
- [BOARDS](#)
- [CHAT](#)
- [NEWS ALERTS](#)
- [CONTACT ABC](#)

An insider's view on what makes the news...



Tom Tarter and Jane Liebschutz are two of the physicians featured in Nova's documentary. (ABCNEWS.com)

## Taking the Doctor's Vitals

From Medical Student to Practicing Physician

By Rebecca Raphael  
abc NEWS.com

March 22 — On her last day of gross anatomy lab at Harvard Medical School in 1987, Jane Liebschutz had a hard time parting with her cadaver.

### STORY HIGHLIGHTS

[Hospital Hierarchy](#) [The Personal Toll](#)

- [Print This Page](#)
- [Email This Page](#)
- [See Most Sent](#)

"I felt very attached to my cadaver. When we took out the brain," she recalls, "it made me think that I was holding what used to be a soul ... When we left, I felt as if I was leaving something very important behind and I wouldn't get it back."

### ALSO ON abc NEWS.com

- [Investigators Question Roommate of Sept. 11 Hijackers](#)
- [Does Big Brother Have Your Baby's DNA?](#)
- [Can French Fries Give You Cancer?](#)

When her medical training went from the classroom to the hospital, Liebschutz watched a patient die after six hours of open-heart surgery. She was distraught. While crying uncontrollably, she learned that in the future she'd first have to comfort the patient's family so there would be no time for such a reaction.

Now, as a practicing internist at an inner-city hospital in Boston, Liebschutz has a different perspective. "As I've gone along in my career, I've realized that you can't make everything better. People are sick. People die," says Liebschutz. "You need to just be there with them."

Revelations like these are what took filmmaker Michael Barnes to Harvard Medical School 14 years ago. His mission was to chronicle the lives of seven students, documenting a remarkable metamorphosis as these men and women became part of the medical tribe. His documentary series, *Survivor, M.D.*, begins next week on NOVA.

### Hospital Hierarchy

Having finished her undergraduate studies at Yale, Liebschutz was 24 and had a background similar to many of her medically elite peers when she entered Harvard Medical School. The same could not be said for Tom Tarter. With his city college degree and experience as an auto mechanic, bouncer and weightlifter, he often felt like an outcast.

"I was born to be a mechanic. I was born to be a carpenter. I was born to be a janitor,"



### REFEREN

Click Here: Transcript - PrimeTime



developed this shell to protect that." He explains, "Tim's defense against some of this probably was his excessive interest in guns."

Eventually he retreated into a world of comic books and superheroes, finding comfort in fantasy.

"He entertained himself throughout his childhood by creating fantasy monsters of various kinds," says Smith. "He was the warrior hero who always fought these monsters." Ultimately, Smith says, McVeigh "had the skill and finally the motivation to turn that fantasy into reality — which he did."

Smith believes that McVeigh has no fear of his execution on May 16. "Tim's not afraid of that event, not now ... Tim is a warrior who's ready ... to die for his cause." ■

— Written for ABCNEWS.com by Rebecca Raphael.



Watch P  
report on  
10 p.m. E

Timothy M  
Trial

PRINT THIS PAGE | SEND THIS TO A FRIEND | VIEW MOST EMAILED

McVeigh L  
McVeigh C  
McVeigh W  
McVeigh S  
Survivors t  
Jury Finds



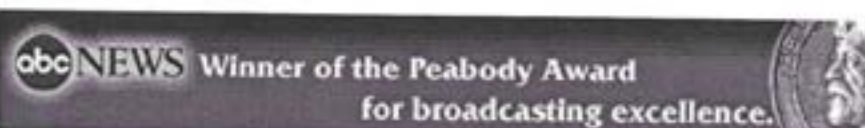
by Lou Mic  
Herbeck

Michel and  
the details  
interviews  
McVeigh in  
book. Purc  
now.



Search





Good Morning America World News Tonight 20/20 Primetime Nightline WNN This Week

June 13, 2002



SEARCH

- HOMEPAGE
- NEWS SUMMARY
- US
- INTERNATIONAL
- MONEYscope
- WEATHER
- LOCAL NEWS
- ENTERTAINMENT
- ESPN SPORTS
- SCI / TECH
- POLITICS
- HEALTH
- TRAVEL



Howard Lutnick, CEO of Cantor Fitzgerald, shares his plan to financially compensate the victims' families. (ABCNEWS.com)

## Keeping His Word CEO of Hard-Hit Company To Compensate Victims' Families

abc NEWS.com

Oct. 10 — Two days after hijacked jets were slammed into the World Trade Center, Cantor Fitzgerald CEO Howard Lutnick was sobbing on national TV, pledging that his bond-trading firm would look after the families of the company's more than 700 victims.

- FEATURED SERVICES
- SHOPPING
- DOWNLOADS
- WIRELESS

- INTERACT
- VIDEO & AUDIO
- WEBCASTS
- BOARDS
- CHAT
- NEWS ALERTS
- CONTACT ABC

- Print This Page
- Email This Page
- See Most Sent

MORE ON THIS STORY  
> RELATED STORIES

- WTC Tenants Look to Pick Up Pieces
- Readers Praise Bosses After Sept. 11 Attacks

The following day, he cut off the paychecks of those who were missing, angering many of the families by assuming their loved ones were dead. He then said he would sever the victims' health benefits by the end of September.

Now he tells ABCNEWS' Connie Chung that he is keeping his pledge to the victims' families. For the next five years, the company will set aside 25 percent of its profits for them. The funds will cover the families' health care costs for the next 10 years, with whatever is left over being equally distributed among the families in cash.

"We are going to be with these families for the very long term," said Lutnick, who was out of the office on the morning of Sept. 11 because he was taking his son to the first day of kindergarten. "No cap, no limit. The more we make, the more successful we can rebuild our company.

We share it together."

If the company's profits were lower than expected over the five years, the company would keep making payments until each family had received at least \$100,000, he said.

Lutnick also said the company would pay out all bonuses and commissions owed to the victims by Thanksgiving.

Asked why he cut salaries after vowing to look after the families, Lutnick said, "It was the most difficult decision, because it wasn't a business decision or a personal decision. It was an everything decision."

Lutnick said he had two options: a short-term and a long-term one. "If we paid salaries to 733 people who were gone, and only had 300 people in the United States of America who were left, the company would not be there in the long run," he said. "Three hundred people in the United States can't pay 700 of their friends' and co-workers' salaries and stay in business."

An insider's view on what makes the news...



One spa in

The  
H  
Adv



### Cutting Off Hope

But for some widows, it was about more than money. They said Lutnick cut off their spouses' salaries at a time when the families were still holding out hope that their loved ones were alive.

"I was disgusted," said Ann Wodenshek, who lost her husband in the Sept. 11 attack. "I didn't accept he was dead at that point. He was missing ... They could give us at least two weeks to grieve without having to think that our husbands were gone."

Susan Sliwack, who lost her husband Robert and has three children to support, said, "Howard Lutnick is not the man that's going to tell me my husband is dead. That's not how I want to find out, on TV with the rest of the world."

According to Sliwack, Lutnick "never treated anyone kindly in the firm" and "was not liked by the company."

Other widows suggested that Lutnick was trying to gain sympathy by sobbing on national TV, or possibly attempting to attract business.

"He should have gotten a great award for his performance that day," said Lynda Scarcella-Fiori, whose husband, a Cantor employee, died in the attack.

Lutnick is aware of the widows' criticisms, but said he does not hold anyone accountable for their harsh words because he knows they are in pain.

"I don't blame anyone who lost a family member for what they say," he said. "They all got an absolute pass for anything they say and anything they do."

### 'Aggressive, Ambitious, Ruthless'

Investigative reporter Tom Jaffe, who wrote about Lutnick for *Forbes* magazine, said he was not surprised by Lutnick's response after the attack.

"Lutnick is regarded as aggressive, ambitious, ruthless and willing to step on or over anyone in order to get what he wants," said Jaffe, who covered Lutnick's takeover of the company from his dying mentor, Bernie Cantor, and his subsequent court battle with Cantor's widow over control of the company.

Whether Lutnick backed himself into a corner with his initial promises, or simply needed time to work out the details, Kathy Faughnan, whose husband was killed, is willing to give the CEO the chance to do the right thing.

"I'm only hoping that he does what he would do for his own family to the best of the company's ability," said Faughnan, who is now raising three children on her own. "I wouldn't want the company to go out of business because then nobody gets helped."

Lutnick, who is grieving over the loss of his own brother in the attack, added: "When you take away all the people whose shoulders a CEO stands on, the CEO is just a person. I am just a person who lost my brother, who is doing everything that I can to stay and deliver exactly what I said," said Lutnick. ■

*Written for ABCNEWS.com by Rebecca Raphael.*

WEB LINKS

- Cantor Fi Emergen

Search





**Grow Potted Plants Twice as Big.** More Potting Tips **Mirac**  
**GROW!**

Good Morning America World News Tonight 20/20 Downtown Primetime Night



SEARCH  
 ABCNEWS

- ▶ HOMEPAGE
- ▶ NEWS SUMMARY
- ▶ U.S.
- ▶ INTERNATIONAL
- ▶ MONEYSCOPE
- ▶ WEATHER.com
- ▶ LOCAL NEWS
- ▶ ENTERTAINMENT
- ▶ SPORTS
- ▶ SCI / TECH
- ▶ HEALTH
- ▶ LIFESTYLES
- ▶ TRAVEL

GO TO:

HOMEPAGE » PRIMETIME » FEATURE

REFEREN

Click Here  
 Transcript  
 PrimeTime



## Inside a Food Court Fast Food or Fat Food?

By *Rebecca Raphael*  
 abcNEWS.com

Jared Fogle's success with his "Subway Diet" doesn't mean fast food is healthy. (Chuck Robinson/AP Photo)

March 22 — Jared Fogle became a celebrity when he dropped 245 pounds by eating exclusively at Subway for a year.



NEWS PLUS  
 Tech Jobs

### STORY HIGHLIGHTS

[Adding it Up](#) [Healthy Alternatives](#)

- REFERENCE
- COOL DOWNLOADS
- SEND THIS PAGE TO A FRIEND
- EMAIL  
 ABCNEWS.com
- HELP & TOOLS

The now-24-year-old skipped breakfast every day (except for coffee), had a 6"-turkey sub for lunch with potato chips (baked, not fried) and a foot-long veggie sub (hold the cheese and mayo) for dinner. His waist shrunk from 60 inches to 34 and now he's not only featured throughout the country in advertisements for Subway's healthy fare, but he's convincing Americans that eating fast food can be healthy in the process.

But according to a new survey published in the April issue of *Nutrition Action Healthletter*, the food often found in malls, sports arenas, interstate rest stops and airports are actually partly to blame for fattening Americans.

### Adding it Up



For example, a Schlotzsky's Deli "Large Original" sandwich has roughly 1,300 calories, 50 grams of fat and 4,400 milligrams of sodium. For most people, that's two-thirds of a day's worth of calories, one day's worth of fat and two days' worth of sodium.

When you order a Starbucks venti (20 oz.) White Chocolate Mocha made with whole milk, you may think you're getting a coffee drink, but you're actually packing on 600 calories and 25 grams of fat. "It's a milk shake, not a cup of coffee," says Jayne Hurley, senior nutritionist at the Center for Science in the Public Interest.

A "Strawberry Hulk" at Smoothie King is just some fruit blended up, so that must be healthy right? But it's made with ice cream and added sweeteners with sugar (don't forget that many chains add sherbet or sweeteners) and a king size has nearly an entire day's worth of calories.

And don't kid yourself that pizza is an exempt if it's got some veggies. One slice of Sbarro's spinach and broccoli stuffed pizza fills you up with about half a day's saturated fat and 700 calories.

### Healthy Alternatives

"If you choose, wisely," says Hurley, "there are some decent things to eat at a food court." Here are her suggestions:

■ **Try these:**

At Au Bon Pain: Thai Chicken Sandwich, Pesto Chicken Salad.

For Chinese food, don't get a combo meal. Get only one entree and order steamed — not fried — rice.

TCBY: A small cup of lowfat frozen yogurt. Auntie Anne's Pretzels: Skipping the butter and ordering a plain pretzel instead of glaizin' raisin or cinnamon sugar saves you about 200 calories.

■ **Look for "lite."**

Some chains have a low-cal or healthier menu. For example, try Schlotzsky's "Light and Flavorful" selection for a sandwich with a fraction of the calories.

■ **Reduce your portion.**

One entree of Chinese food, not the combo platter, makes a big difference in calories. And a TCBY regular cone has half the calories of a larger waffle cone.

■ **Skip the extras.**

No toppings on the yogurt and no mayonnaise on the sandwich.

■ **Go skim.**

You can have your Starbucks, just get it made with skim milk. Also, avoiding the whipped cream can cut the calories in half.



PRINT THIS PAGE



SEND THIS TO A FRIEND

[LINK BACK TO TOP ▲](#)

SEARCH

ABCNEWS

abcNEWS.com

SECTIONS

Select a section ▼

GO TO: Select a Topic ▼

Copyright © 2001 ABC News Internet Ventures. [Click here for Terms of Use & Privacy Policy & Internet Safety Information](#) applicable to the

ABCNEWS.com family of sites:

[ABC.com](#)

[ESPN.com](#)

[Disney.com](#)

[Family.com](#)

[Mr.Showbiz](#)



TOYOTA



Good Morning America World News Tonight 20/20 Downtown Primetime Night



powered by  
**COMPAQ**

SEARCH  
ABCNEWS

GO TO:

HOME PAGE » PRIMETIME » FEATURE

HOME PAGE  
NEWS SUMMARY  
U.S.  
INTERNATIONAL  
MONEYSCOPE  
WEATHER.com  
LOCAL NEWS  
ENTERTAINMENT  
SPORTS  
SCI / TECH  
HEALTH  
LIFESTYLES  
TRAVEL

NEWS PLUS

Tech Jobs

REFERENCE

COOL DOWNLOADS

SEND THIS PAGE  
TO A FRIEND

EMAIL  
ABCNEWS.com

HELP & TOOLS



Liar, liar, pants on fire?  
(ABCNEWS.com)

## The Truth About Lying

Can You Tell Who's Full of It?

abc NEWS.com

March 15 — You may lie more often than you realize.



### STORY HIGHLIGHTS

Everyday Untruths Signs of Deception

"If you ask the average person, 'Do you lie?' they would say, 'No, I never lie,' or they might say, 'Oh, occasionally a white lie,'" says Robert Feldman, a social psychologist at the University of Massachusetts. "But if you look at your own behavior over the course of a day, you'll find a very different story."

Take an [ABCNEWS.com](#) ballot to see if your internal lie detector may need a tune-up.

According to Dr. Michael Lewis of the Robert Wood Johnson Medical School in New Jersey, "In a single day, most of us lie, I would say, a minimum of 25 times."

#### Everyday Untruths

There are gradations of lies and, says Feldman, there are three broad categories as to why we lie: to make others feel better about themselves, to boast and make ourselves look better, and to protect ourselves.

Some lies are so common that we may not even think twice before speaking them. "We unconsciously lie to people without thinking very much about it or even categorizing it as a lie," says Feldman.

Any of these sound familiar?

- "I can't make it in today. I'm sick."
- "No, that doesn't make you look fat."
- "My computer crashed with everything on it."
- "I tried you — the line was busy."
- "The check is in the mail."
- "I had a nice time tonight, too. I'll call you."

Many lies, says Feldman, fall under the guise of politeness. "God knows we all have to live in this world, and sometimes you need to lie to get along," he says. "We all expect a certain amount of untruth."

And, he explains, "knowing when it is appropriate to lie and to bend the truth is part of a broad array of social skills." In fact, studies show that children who are the most



believable liars tend to have a lot of friends and become the leader of the pack.

---



---

## Signs of Deception

---

So how can you catch a liar?

"It's very hard to tell when someone is lying," says Feldman. He says some indicators of deception, like facial and body language, could merely be signs of anxiety or nervousness that have nothing to do with lying.

But, keeping that in mind, here are some ways to figure out if you're being told the truth:

- Look for discrepancies between speech and facial or body movements.
- A liar's pupils may dilate.
- A change in voice level and pitch are possible signs of a lie.
- When someone's lying, says Feldman, you're likely to see less smiling.
- More shrugs of the shoulders? That's a possible sign.
- Too little eye contact — and too much contact — are both fishy.
- Excessive blinking could be a giveaway.
- Keep an eye out for speech hesitations, whether it's pausing, using "ums," throat clearing or other stalling techniques.
- Too much swallowing is not a reassurance that you're hearing the truth.
- A recent study shows that a liar is often drawn to touch his/her nose.

■

— ABCNEWS.com's Rebecca Raphael contributed to this story.



PRINT THIS PAGE



SEND THIS TO A FRIEND

LINK BACK TO TOP ▲

GO TO:

SEARCH  
ABCNEWS

SECTIONS

Copyright © 2001 ABC News Internet Ventures. Click here for Terms of Use & Privacy Policy & Internet Safety Information applicable to the :

ABCNEWS.com family of sites:

[ABC.com](#)

[ESPN.com](#)

[Disney.com](#)

[Family.com](#)

[Mr.Showbiz](#)



abc NEWS.com **Scotts** Want to build a thick lawn? **FREE!** Lawn Care Reminder Ser **Go!**

powered by **COMPAQ**

Good Morning America World News Tonight 20/20 Downtown PrimeTime Nightline WNN Th

July 31, 2001



SEARCH **ABCNEWS**

- [HOMEPAGE](#)
- [NEWS SUMMARY](#)
- [US](#)
- [INTERNATIONAL](#)
- [MONEYScope](#)
- [WEATHER.com](#)
- [LOCAL NEWS](#)
- [ENTERTAINMENT](#)
- [ESPN SPORTS](#)
- [SCI / TECH](#)
- [POLITICS](#)
- [HEALTH](#)
- [TRAVEL](#)



## The Sting

### Investigation of Home Repair Workers

abc NEWS.com

June 14 — What do home repair workers do when you're not looking?

A hidden-camera investigation catches home repairmen in the act of ripping people off. (ABCNEWS.com)

#### STORY HIGHLIGHTS

[Dishwashers and Laundry Machines](#) [Avoiding Deceptive Practices](#)



#### FEATURED SERVICES

- [TECH JOBS](#)
- [SHOPPING](#)
- [DOWNLOADS](#)
- [WIRELESS](#)

Late last year, *PrimeTime* was offered a rare opportunity by a district attorney on New York's Long Island. He was setting up a sting to investigate home repairmen and what they do in houses like yours when they think no one is watching. The district attorney offered to let *PrimeTime* secretly film the entire investigation.

E-MAIL TH: Ser frie

WEB LINI  
BBB: To R  
or File a Cr

Search I



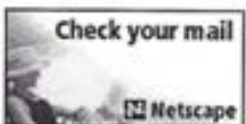
Armed with eight hidden cameras, we uncovered some of the imaginative ways contractors and repairmen can lead you to despair.

### Dishwashers and Laundry Machines

- [INTERACT](#)
- [VIDEO & AUDIO](#)
- [WEBCASTS](#)
- [BOARDS](#)
- [CHAT](#)
- [NEWS ALERTS](#)

We started with home fuel oil. Ten delivery companies were called to deliver 100 gallons each and not one cheated us. Then, six different chimney cleaners were called in and most did a fine job.

But just when we were ready to count on competence and honesty in appliance repair, a dishwasher repairman came to do his work. All that was wrong with the dishwasher was that a plastic spoon was resting under the float assembly. But the repair person said a new timer would need to be purchased and installed for \$233.28.



Even worse, when a second repairman finally did notice the spoon, he threw it out of sight without telling the homeowner what was found, and stuck to the original story. "There was a burned wire coming down from the timer," said the worker.



When it came to fixing a washing machine, not only did one worker neglect to check the hose, which would be part of standard procedure, but another actually urinated in the homeowner's laundry sink — without even running the water in the sink afterward!

One washing machine repairman urinated in a homeowner's sink. (ABCNEWS.com)

The sting house was closed early last month with these results: Of 26 companies called in to work in the house, three were charged criminally for petty larceny or working without a license. Four were cited for consumer violations.

### Avoiding Deceptive Practices

What should you look for before deciding if a worker is deserving of your business? And how can you avoid being taken advantage of by home repair workers? Charlie Gardner, director of the Office of Consumer Affairs in Suffolk County, N.Y., has some suggestions:

- Don't let the technician take any parts with him. "Most legitimate technicians are not going to have to do that," says Gardner. "That's not standard operating procedure. They either recognize it or they'll record the information but they don't need to take it with them."
- Research the company. Check on complaint history or license status before hiring someone [see Web link at right]. "Not all jurisdictions license," says Gardner, "but if they need a license for this type of work, do they have one?"
- Don't pay too much in advance. "Generally speaking," says Gardner, "putting 10 or 15 percent down would be fine. Don't do business with someone who insists on the entire amount up front. Many of our complainants are people who have paid money before any work has been done. So the repairman has your money and you have his promises."
- Be suspicious of workers who will only accept payment in cash. "It can just be a red flag," says Gardner. ■

ABCNEWS.com's Rebecca Raphael contributed to this report.



PRINT THIS PAGE



SEND THIS TO A FRIEND

VIEW MOST EMAILED

LINK BACK TO TOP ▲

GO TO:

abcNEWS.com

SECTIONS

SEARCH  
ABCNEWS

Copyright © 2001 ABCNEWS Internet Ventures.

Click here for: [HELP](#) [ADVERTISER INFO](#) [CONTACT US](#) [TOOLS](#) [PR](#) [TERMS OF USE](#) [PRIVACY](#)

ABCNEWS.com family of sites: [ABC.com](#) [ESPN.com](#) [Disney.com](#) [Family.com](#) [TV](#)