

Gore appears on Oprah to obtain women's vote

Kicking off the show's season premiere, the candidate pledged to clean up entertainment violence if elected.

By Sandra Sobieraj
ASSOCIATED PRESS WRITER

CHICAGO — In the Oprah easy chair, Al Gore charmed with talk of his "soul mate" Tipper, promises to make life easier for working parents, and a high-five for ruby red stilettos. But he left the talk show diva wanting.

"No kiss? I was hoping for something," Oprah Winfrey shrieked after Gore, the first politician invited to her television stage, greeted her yesterday with a handshake and one-armed, half hug.

The Democratic presidential nominee slipped by her question with congratulations for her freshly minted Emmy award. With a slapped high-five, he admired her spike-heeled, Dorothy-from-Oz boots. Asked why she should vote for him, the 8-year vice president replied: "I know something about the job of president."

His lighthearted appearance on the Oprah season premiere kicked off a week in which Gore and running mate Joseph Lieberman hope to solidify gains among women voters by focusing on education policy and pledging to clean up entertainment violence marketed to kids.

Reacting to a new Federal Trade Commission report, Gore said yesterday they would ask the entertainment industry for a voluntary "cease-fire" in marketing inappropriate videos, games and "albums" to children.

Gore said his administration would give

entertainment companies six months to clean up their act or face unspecified "tougher measures" under current laws on advertising.

Winfrey, who frequently interrupted as Gore lapsed into his stump speech during the broadcast, was less interested in policy than personality — and especially the big kiss he laid on wife Tipper at the Democratic National Convention. Gore explained it as "an overwhelming surge of emotion."

"This was a great moment in our lives. I mean it's not as if I got there by myself. This has been a partnership, and she is my soul mate," Gore said to wild applause from Winfrey's mostly female audience.

Bush is scheduled to appear Sept. 19 on Winfrey's show, which reaches 22 million viewers weekly.

From Chicago, Gore was traveling to a Belleville, Ill., elementary school for a town meeting on education. His week was also crowded with \$7 million in fund raising for the Democratic Party, which has been financing the lion's share of Gore's TV ad war with Bush.

Lieberman, also in Chicago, was headed to Texas later yesterday for a \$1.5 million lineup of four fund-raisers, but not before angling to capitalize on the FTC report.

Lieberman, a leading critic in Congress of the entertainment industry's glorification of violence, hastened to Chicago on Sunday night to be at Gore's side yesterday morning for the taping of other TV interviews on the subject.

Teenage injuries boost arthritis

By Lauran Neergaard
ASSOCIATED PRESS WRITER

WASHINGTON, D.C. — You may think you rebounded fine from that knee injury playing hoops or soccer at age 16, but it could haunt you by your 40s or 50s.

Scientists are proving what some sufferers have long suspected: A single knee injury as a teenager or young adult can triple the risk of arthritis in that knee by middle age.

Now researchers are seeking ways to prevent injured knees from deteriorating, and joint specialists say doctors must start telling young patients, especially athletes, how to protect their knees.

Nobody's advising giving up sports — most Americans don't exercise enough — but some simple precautions may make a big difference.

"I can't tell you how many people I've seen who say, 'I played college basketball and injured my knee but I still play on weekends, I just run through the pain,'" well-known arthritis expert Dr. Roland Moskowitz said with a sigh.

"Pain is nature's way of telling you there's something wrong here," said Moskowitz of Cleveland's Case Western Reserve University.

Nearly 21 million Americans suffer osteoarthritis, the form of the joint disease typically caused by the wear-and-tear of aging.

The smooth, slippery cartilage that cushions joints over time becomes rough and cracked, causing pain and stiffness that can become severe as the cartilage continues to disintegrate.

It can hit any joint, but knees are particularly vulnerable.

Some studies have found knee injuries in middle to old age, when joints are deteriorating, accelerate arthritis. So Johns Hop-

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arthritis expert

kins University rheumatologist Dr. Allan Gelber wondered if earlier injuries, when your body still heals easily, played a role.

Gelber used a study of 1,337 Hopkins medical school graduates who underwent rigorous health exams before graduating some 40 years ago and then were monitored each year since.

People who injured a knee before age 22 had a threefold increased risk of getting arthritis in that knee, and it typically struck by the mid-50s, he found.

The cumulative risk rose to fivefold when Gelber also counted injuries suffered later in life.

Injuries included ligament or cartilage tears and bone fractures.

Football, basketball and skiing were common causes, but car accidents and falls were culprits, too.

If the injury heals, why would it matter? Because even mild damage throws off a joint's biomechanics, Moskowitz explained. "You may not see change day to day, but year to year you'll see the change."

Consequently, said Gelber, "We must find ways ... to prevent knee injuries." Athletes could be given easy-to-use knee guards to prevent injuries, and they could play on better terrain, avoiding artificial turf that is much harder on knees than grass is, he said.

Researchers are hunting for protective treatments for injured joints.

For example, preliminary studies suggest tissue engineering — using patients' own cells to grow new cartilage in a laboratory and then transplanting that tissue into their knees — works better on a new, small injury than it does once arthritis strikes,

Moskowitz and Gelber say. But it's a cumbersome, expensive treatment, so scientists are trying to create a single-injection method.

Other researchers are questioning if the arthritis treatment hyaluronate also might help stave off the disease, and drug companies are developing chemicals that might one day block cartilage-destroying enzymes.

Until such research is reality, specialists advise some commonsense precautions for battered knees:

■ See a doctor right away if a knee injury causes severe pain or if swelling lasts more than 24 hours, says Dr. John Klippel of the Arthritis Foundation.

Also seek help if pain lasts more than a few days. You may need a brace, restricted activity or surgery — although Gelber cautions that some cartilage operations themselves have been linked to arthritis, so ask about options.

■ Lose weight. Being overweight is an arthritis risk, so adding pounds adds trouble to an injured knee.

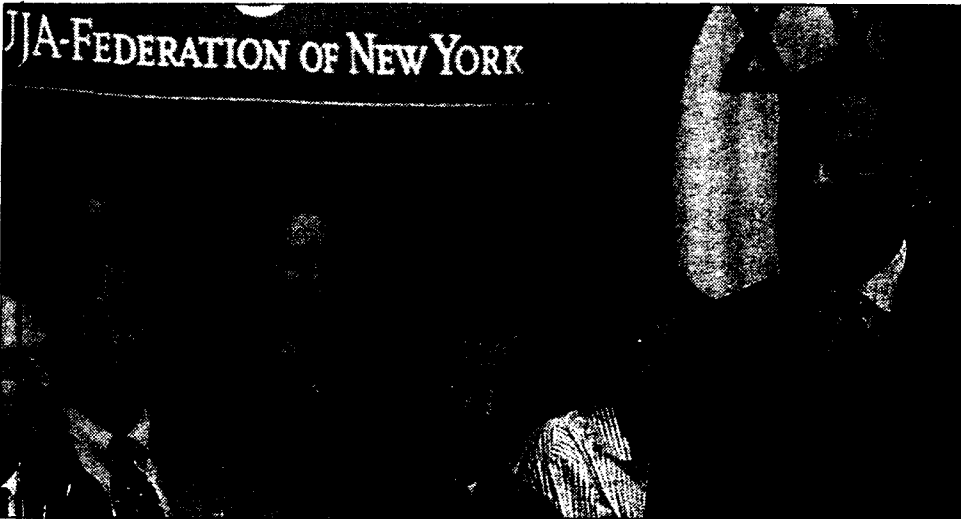
■ Try joint-friendly exercise, like swimming. A fast walk on a treadmill is easier on knees than jogging. Whatever the exercise, do stretches first to limber joint-supportive muscles. Proper strength-training is important — people with stronger quadriceps muscles are less likely to get arthritis, Moskowitz says.

■ If giving up a favorite sport isn't an option, wear a supportive brace even after the knee heals — and don't play in pain.

■ For a mild injury, a shoe lift helps stabilize the knee, Moskowitz says; a rheumatologist or orthopedist can fit them.

Barak, Arafat begin rewriting agenda after peace treaty talks stall

By Karin Laub
ASSOCIATED PRESS WRITER



David Karp/Associated Press

Israeli Prime Minister Ehud Barak speaks to members of New York's Jewish community.

NEW YORK — At a town hall meeting with New York Jewish leaders, Israeli Prime Minister Ehud Barak exuded confidence. If peace talks with the Palestinians fail, he said, he'll simply move on and attend to Israel's domestic problems instead.

Palestinian leader Yasser Arafat has appeared equally unruffled, saying that if he cannot deliver everything he promised — a Palestinian state in the West Bank and Gaza Strip with east Jerusalem as a capital — an eventual successor would do so.

Both leaders have begun rewriting their agendas and shifting terms of the debate over Mideast peace. The changes come as a peace treaty is slipping out of their grasp following President Clinton's failure last week to resolve the toughest problem: the dispute over Jerusalem holy sites.

In part, such a display of cool may be a negotiating tactic, with both men trying to show that they have other options and won't make peace at any price.

However, Barak, and to a lesser extent Arafat, have also begun preparing public opinion for the possible collapse of negotiations.

Both had staked their political prestige on a peace deal. Barak was elected by a landslide in May 1999 on a bold pledge to end the conflict with the Arabs in his first four-year term, while Arafat promised his people at every turn that he would deliver Palestinian statehood — one of the fruits of peace — by the end of the year.

Barak's shift of emphasis became apparent in appearances before American Jewish leaders on Sunday, the last day of a weeklong New York visit during which the Israeli prime minister met twice with Clinton to try to break the deadlock in negotiations.

"If it turns out that peace is a dream whose time has not yet come, then I am prepared to transfer my full focus and energy to building bridges over the deep social divide between our people," Barak told a town hall meeting of Jewish leaders here.

Barak's fallback plan to a peace treaty is to launch a "civic revolution" in Israel, including writing a constitution, allowing civil marriage and making math, civics and English mandatory in all schools.

Barak has said he would invite hard-line factions, including the main opposition party Likud, into his government to win support for a secular agenda.

That move would dim peace prospects even further since Likud opposes concessions to the Palestinians.

Arafat also has been trying to lower expectations raised by his repeated promises that a Palestinian state would be declared by the end of the year.

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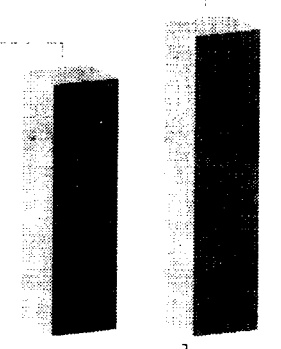
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