

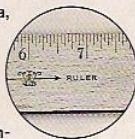
# AGENDA

## MIND & BODY

**WHITE IS THE NEW RED** Finally, a white wine with all the same alleged heart-health benefits as red. By selecting grapes rich in polyphenols (free-radical-fighting antioxidants) and adapting the winemaking process to mimic that of red wine, researchers in France have created Paradoxe Blanc, the first health-modified chardonnay, available now in Europe and coming soon to a wine shop near you.



**BESPOKE CONDOMS** Until now, condoms have come in two sizes. Problem is, penises come in any number of sizes, and if a condom is too tight, it can hinder circulation or break; loose ones can slip off or bunch up. Enter Frank Sadlo, inventor of the obvious but clever, FDA-approved Viva condom, which comes in 55 sizes. To get the Viva, simply log on to theyfit.com and print out Sadlo's patented "fit kit" to determine your length and girth, then order a box of 12 (\$10). Eventually, Sadlo hopes, there will be vending machines so that you'll be able to punch in your measurements and get your Vivas to go. At last the old cliché is honored: Size does matter.



**AVOID THE 'ROID'S** Pill-popping muscle-heads, beware: The DEA warns that two full-blown anabolic steroids, 1-testosterone and 4-hydroxy-testosterone, both of which slipped under the radar of Congress's 1990 steroid ban, are now being sold as over-the-counter dietary supplements in products such as 1-Test, Atomic T-Bol, T-100, and at least a dozen others. (Check your supplements' ingredients to be sure you're not on the juice.) These new 'roids are not illegal (yet), but like their illegal cousins, they can cause aggressive behavior, liver damage, and testicular shrinkage.



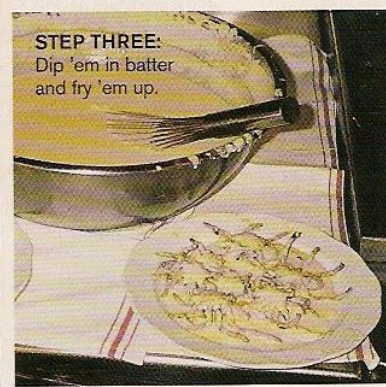
**THE MAGICAL FRUIT** A new study at UCLA shows that taking a purified white-kidney-bean extract called Phase 2 may block the absorption of roughly half the calories from starchy foods like bread, pasta, and potatoes. Test subjects lost weight and saw their triglyceride levels drop. The side effects? You guessed it: bloating and gas.



**STEP ONE:** Start with live tarantulas.



**STEP TWO:** Put them on a tray in the broiler.



**STEP THREE:** Dip 'em in batter and fry 'em up.

## DELICACIES

# Just Eat It

**E**VERY MARCH, 1,300 EXPLORERS CLUB MEMBERS and guests gather in black tie at Manhattan's Waldorf-Astoria and sample some of the world's most peculiar cuisine. The likes of Neil Armstrong and Walter Cronkite feast on dry-roasted mealworms, barbecued crickets, Cajun-style alligator, and pâté of beaver, among other treats. In anticipation of this year's gala (March 22), Gene Rurka, the man who thinks up each year's menu and tracks down the rare delicacies, offers his tips on planning your own exotic meal.

**START WITH A COCKTAIL:** "Sometimes we add bovine eyeballs to the martinis by taking out the lens and cornea and then stuffing the eye with onions, olives, or mushrooms. Then we skewer it with a pick."

**REMEMBER THE SALAD:** "Think of greenery as a vehicle to carry insects from plate to mouth. Take endive: That's a beautiful, V-shaped leaf. You look at it and wonder, Would a nice tarantula fit in there? Nah, too big. How about a scorpion? Yeah —

we can have the scorpion climbing out of the endive. That's good."

**PRESENTATION IS KEY:** "If you serve something with nothing sticking out — no head or antennae — your guests won't know what it is. They'll just think it's crunchy. When you serve insects, every antenna has to be up, every leg has to be perfect."

**AVOID ENDANGERED CRITTERS:** "Years ago, we served puffin and seal. You know where you'd be if you brought in a seal today? And something like albatross — it would be unconscionable to eat albatross. But kangaroo? There's plenty."

**CONSULT YOUR LOCAL PET STORE:** "If you're going to cook up just six tarantulas, go to the pet shop and buy six. We're looking at hundreds, though, so we buy in bulk." —James Oliver Cury

### BONUS RECIPE: Tarantula à la Jack Daniel's

- 1 Place live tarantulas in the refrigerator for 45 seconds to slow them down.
- 2 Next, lay them on a cooking tray, spread their legs, cover them with a wire grill rack, and douse them with a few healthy splashes of Jack Daniel's.
- 3 Put the tray in the broiler, right under the flame, for 30 seconds.
- 4 Remove the grill and put them back under the flame until all remaining hair is burned off.
- 5 Take the spiders out of the broiler, dip them in batter or sauce — a diluted sweet barbecue sauce works well — and deep-fry them for two minutes in peanut oil.
- 6 Skewer each tarantula to a pineapple slice and serve.

DAVID BISHOP/FOODPIX (GLASS); MICHAEL PIRROCCO (RULER); BRAD WILSON/PHOTONICA (MUSCLE); CORBIS (BEANS); COURTESY OF GENE RURKA/THE EXPLORERS CLUB (TARANTULAS)