

Undercover police in 15 towns to pose as pedestrians.

N.J. drive to curb crosswalk accidents

By Amy S. Rosenberg
INQUIRER STAFF WRITER

LONGPORT, N.J. — It's the standard move at the Jersey Shore. The group of beachgoers, trailing kids, boogie boards, wagons, chairs, and strollers, stands at the intersection. One driver might wave them across.



Casey Feldman, 21, was killed at an Ocean City intersection.

But do the others stop? Some pedestrians venture across, only to find themselves stranded in the middle. Others balk and wave the car by. And others try the run-no-matter-what strategy. It's all part of the general anarchy that confronts pedestrians and drivers in Shore towns during the summer, a situation that ended tragically July 17 in Ocean City, when Casey Feldman, 21, a Fordham University student from Springfield, Delaware County, was struck and killed at a seemingly placid intersection at 14th and Central Avenue, walking to See **PEDESTRIANS** on A12

Debate comes to Phila. site



AKIRA SUWA / Staff Photographer

Maria Milton tries to engage Rep. Joe Sestak in conversation before a town-hall meeting at the Broad Street Ministry near the Kimmel Center. Nearly all of those inside the session supported a health-care overhaul.

Health-plan backers fill Sestak meeting

By Michael Vitez,
Michael Matza and John Sullivan
INQUIRER STAFF WRITERS

About 650 people — diverse in age, race, and occupation, but nearly all supporters of a health-care overhaul — last night crowded into a Center City church for a town meeting with U.S. Rep. Joe Sestak (D., Pa.) that, in sharp contrast to recent gatherings across the country, was overwhelmingly civil.

Many said they went to Broad Street

Ministry because they felt their point of view wasn't being heard.

"We just haven't been getting our story told," said Antoinette Kraus, an organizer with Health Care for America Now. "The supporters of health reform have been missing from the debate. We support Obama's health-care plan, and we can't wait any longer for reform."

Kraus and scores of supporters were in Lebanon, Pa., on Tuesday when oppo-

See **SESTAK** on A5

Health-Care Overhaul

■ Georgia senator disputes Palin, Obama on "death panels." **A4.**

■ Leaders of Britain's national health agency say lies are being spread in U.S. **A4.**

Fed sees positive signs on economy

It will slow an emergency rescue program while keeping interest rates at record lows.

By Jeannine Aversa
ASSOCIATED PRESS

WASHINGTON — The Federal Reserve delivered a vote of confidence in the economy yesterday, saying it would slow the pace of an emergency rescue program and indicating the recession appears to be ending.

The central bank also held interest rates steady at record lows, with a closely watched bank lending rate near zero, and again pledged to keep them there for "an extended period" to further an anticipated recovery.

Fed Chairman Ben Bernanke and his colleagues said the economy appeared to be "leveling out" — a considerable upgrade from their last meeting in June, when the Fed observed only that the economy's contraction was slowing. "We're no longer at DEFCON 1," said Richard Yamarone, economist at Argus Research, referring to the defense term used to indicate being under siege.

"The Fed is pulling in some of its life preservers now that the economy is no longer sinking."

The more optimistic tone lifted Wall Street. The Dow Jones industrials gained about 120 points, or 1.3 percent, to close above 9,360 — near their highest

See **ECONOMY** on A11

On the Bright Side

■ Toll Bros. sees home orders rise. **C1.**

■ Boxers or briefs, a positive sign for the economy. **C1.**

Breast-cancer theory gym-tested

By Marie McCullough
INQUIRER STAFF WRITER

Women treated for breast cancer are warned to avoid heavy lifting — including groceries, babies, and hefty handbags — for fear they'll develop chronic arm swelling.

A new study led by University of Pennsylvania researchers shatters this guidance. By lifting weights twice a week for a year,

breast-cancer survivors with the swelling had fewer debilitating symptoms and flare-ups, even as they grew stronger.

A new study turns a caution on lymphedema on its head.

In fact, some of the 70 iron-pumpers completely controlled the unsightly, incurable fluid buildup called lymphedema.

"It's just a wonderful program," said Jackie Amarnek, 77, of King of Prussia, who still works

See **WEIGHTS** on A12



WILLIAM ECENBARGER / For The Inquirer

Stony Creek begins as a small spring in Lebanon County and flows west through wilderness before emptying into the Susquehanna River.

Vast tract at a crossroads of nature and man in Pa.

By William Ecenbarger
FOR THE INQUIRER

COLD SPRING, Pa. — No one's waiting at the Cold Spring Railroad Station just now, and there are no guests at the Cold Spring Hotel. In fact, there hasn't been a train through in more than 100 years. Only the hotel's walls and foundation remain, and the station was leveled 20 years ago by vandals.

This is a real, live ghost town — one of several in Stony Creek Valley, a remarkable 19-mile-long strip of wilderness without a sin-

gle inhabitant or public road that lies just 90 bird-miles from Philadelphia City Hall and within two hours' drive of half of Pennsylvania's 12 million inhabitants.

It is one of the largest roadless areas remaining in Pennsylvania, the last surviving section of a vast expanse of streams, mountains, valleys, fields, and forests that Moravian missionaries named St. Anthony's Wilderness in the 18th century.

In the 19th century, it was the scene of a brief but frenzied coal

See **STONYCREEK** on A8

INSIDE

WEATHER

High 82, Low 70

Mostly cloudy with showers and thunderstorms. Exclusive NBC10 EarthWatch forecast, **B11.**

FOOD

Peachy crop

Jersey peaches are ripe, and as succulent as ever. **F1.**

INDEX

Classifieds	...G1	LotteriesD8
ComicsE6	Obituaries	...B9
EditorialsA14	SideShow	...E2
ExpressD8	Television	...E5

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Study adds weight to a cancer theory

WEIGHTS from A1
out regularly. "My arm looks perfectly normal now; you'd never know there's anything wrong."
The study, published in today's New England Journal of Medicine, is the largest and most rigorous to show clear-cut benefits — and no risks — to slow, progressive strength training for women with breast-cancer-related lymphedema.
The condition develops when fluid flowing through the channels of the lymph system backs up behind an obstruction. In breast-cancer patients, the problem stems from the removal of one or more small bean-shaped lymph nodes under the arm next to the diseased breast. The nodes are dissected to check for the spread of cancer.
Lymphedema is both unpredictable and common, affecting 20 to 30 percent of the nation's 2.4 million breast-cancer survivors. Amarnek, for example, developed swelling about a year after surgery; her mother, another breast-cancer survivor, never had the problem, despite having many more nodes removed.

The fluid accumulation, which can become disfiguring, is more than a cosmetic problem. The lymph system is part of the infection-fighting immune system, so disrupting it "changes the arm's ability to respond to injury or infection," said Kathryn Schmitz, the epidemiologist at Penn's Abramson Cancer Center who led the weight-lifting study.
"Inflammation such as sunburn can be a problem," Schmitz said. "Gardening becomes dangerous."
That's why cancer experts and breast-cancer support groups have long recommended that survivors avoid strenuous, repetitive arm movements that might cause injury. Those include lifting, scrubbing, pulling, and pushing.
But it's impractical for survivors to never lift toddlers or push a mop, wrote Wendy Demark-Wahnefried in an editorial accompanying the Penn study.

And what are women to do if the standard lymphedema treatments stop working?
Amarnek, for one, became depressed. A minor injury — she nicked a finger while closing an umbrella — turned her arm into a massive, weakened burden. She underwent months of lymph massage by a therapist, and wore a compression sleeve and glove during the day and mummylike bandages at night. Nothing helped.
"It really had me down," she recalled of her 2005 nadir. "Then, out of the blue, I got the letter

Preventing, Treating Lymphedema

Lymphedema is the buildup of fluid in soft tissues when the lymph system is damaged or blocked. It usually affects an arm or a leg.
Causes include infection, injury, cancer, surgical removal of lymph nodes, or scarring from radiation treatment.
Symptoms include swelling, a tight or heavy feeling, burning, and skin changes.
Treatment commonly includes massage therapy, tight bandages, and compression garments.
Preventive measures involve skin care, activity, and lifestyle. (Obesity increases the risk of lymphedema.) For more information, see the National Lymphedema Network at www.lymphnet.org.

SOURCES: National Cancer Institute, Abramson Cancer Center of the University of Pennsylvania

from Penn."

Through advertisements and letters, Penn recruited 170 women with lymphedema. Half the women were given a year's free membership to a nearby YMCA or gym where fitness staff had been specially trained to coach them through upper- and lower-body weight-lifting workouts, as well as stretching exercises. The other half of the women did not work out, but were entitled to the same benefits after the study, conducted from October 2005 to March 2007.

Among the women who did not work out, 29 percent had lymphedema flare-ups, compared with 14 percent of the weight-lifters. The severity of symptoms such as pain, puffiness, tight jewelry, and difficulty writing or typing decreased 13 percent for weight-lifters, compared with 4 percent for the control group.

And while the control group had no increase in strength, the lifters added both upper- and lower-body power. Their average bench press went from 43 pounds to 53 pounds — a 23 percent increase.

Amarnek, who lifts 10-pound hand weights instead of barbells because of an old shoulder injury, now does 50 repetitions per arm, plus bicep curls and tricep push-



LAURENCE KESTERSON / Staff Photographer
Jackie Amarnek works out to ease lymphedema. "My arm looks perfectly normal now; you'd never know there's anything wrong," she says.

downs.

Not bad for a self-proclaimed klutz who got doctors' excuses to get out of high school gym.

"My husband says I'm getting too strong," she quipped, adding that getting fit has given her a new circle of friends.

"This was a life-altering event for many of the women," Schmitz said. "What we heard over and over was that it not only improved their quality of life, but changed how they perceived themselves. They felt more sexy and were willing to show their arms."

This is not the first study to show such benefits from defying conventional wisdom. In the mid-1990s, Donald McKenzie, a Canadian sports-medicine physician, showed that breast-cancer survivors developed strength, solidarity, and self-esteem while paddling dragon boats — a sport that is now internationally popular among survivors.

But many of those women did not have lymphedema.

The Penn study is the first large, well-designed study to focus on lymphedema sufferers, including many African American women

and women from "a broad range of occupational and educational levels," noted Demark-Wahnefried of the M.D. Anderson Cancer Center in Houston.

She wrote that the weight-lifting program "clearly has the potential to result in cost savings, not only by reducing direct health care costs, but also by reducing ... disability and allowing women to return to work at full capacity, either within or outside the home."

Toward that end, Schmitz and her colleagues are working to make weight-training a routine part of breast-cancer patients' recovery. They are collaborating with organizations including the Lance Armstrong Foundation, the national YMCA, the American College of Sports Medicine, and St. Joseph's University. In addition, the Abramson Cancer Center's Web site, www.pennccancer.org, is compiling a list of local weight-training programs.

"There's a groundswell now," Schmitz said.

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Stray cells raise cancer return risk

Even the smallest spread of breast cancer to a lymph node raises a woman's chance of a recurrence by 50% over 5 years.

By Marilynn Marchione
ASSOCIATED PRESS

Breast-cancer patients with even the tiniest spread of the disease to a lymph node have a much higher risk of it recurring years later and may need more treatment than just surgery, new research suggests.

For years, doctors and patients have struggled with what to do about a microscopic tumor or stray cancer cells in a lymph node. Women with "micro tumors" usually are given estrogen-blocking drugs, chemotherapy, or both; those with isolated cancer cells usually are not, because those were thought to be of low concern.

The new study challenges that view. It suggests that either type of metastasis, or spread, raises a woman's risk of having cancer show up in the breast or anywhere else in the next five years by about 50 percent.

"This took an area that was very gray and I think made it black and white," said Linda Vahdat, director of breast-cancer research at Weill Cornell Medical College.

"I think it will influence treatment," she said of the study. "If we're considering treating the patient, we probably should."

Daniel Hayes, director of breast-cancer care at the University of Michigan, agreed.

"It really does look like our biases are wrong," he said. "For the first time, it suggests that isolated tumor cells or micrometastases do have biological significance."

Vahdat and Hayes had no role in the study, which was done by Dutch researchers. Results are in today's New England Journal of Medicine.

The study is not ideal: It just observed a large number of women rather than assigning some to get treatment and comparing how they fared with others who were not treated. The study also was done at a time when treatment was less aggressive and in a country where doctors had been treating breast cancer more conservatively than in the United States.

In this country, many women with early-stage breast cancer get hormone blockers.

"The big issue is, should these patients also get chemotherapy?" Hayes said.

But not all women benefit from chemotherapy even when their recurrence risk is high, said Eric Winer, breast-cancer chief at Boston's Dana-Farber Cancer Center.

"Patients are looking for more specific treatment" tailored to their individual tumor type — not necessarily more or less treatment, he said.

N.J. launching a drive to curb crosswalk accidents

PEDESTRIANS from A1
work at Bob's Grill.

Now, Longport, where 4,000 cars drive up and down Atlantic Avenue on a weekend day, along with 14 other towns in South Jersey — including North Wildwood, Sea Isle City, Ventnor and Ocean City and the inland towns of Cherry Hill, Collingswood, and Pennsauken — will begin using \$4,000 grants from the state to place "pedestrian decoys" (read undercover police officers) in crosswalks.
Driver — and, for that matter, pedestrian — beware. That pedestrian entering the crosswalk may be a cop who has the power to issue a \$100 ticket (and two points against your driving record). For that matter, it may be somebody's mother, or daughter.
"It's very troubling," said Sue Fischer, director of the New Jersey Division of Highway Traffic Safety, which will unveil the decoy program today at two news conferences, one in Cherry Hill and the other in North Wildwood. "We are trying to calm this thing down."

As of Saturday, Fischer said, there had been 102 pedestrian fatalities in New Jersey this year, up from 78 at the same time last year. That number includes Feldman and Alexis Cohen, the *American Idol* contestant from Allentown killed July 25 in a hit-and-run incident in Seaside Heights. Overall, 21 percent of highway fatalities in New Jersey involve pedestrians, about twice the national average.

Many of the Shore towns have added "Yield to pedestrians" signs in crosswalks and elsewhere, but police officials acknowledge that it's rarely that simple. And the signs may give pedestrians a false sense of security, with the



AMY ROSENBERG / Staff
Marilyn Fischer of Voorhees gets set to cross a Longport intersection with grandchildren Isabela, center, and Louis. "Not everybody stops," she says of drivers in the Shore town.

idea that they can enter a crosswalk at any time and expect cars to stop.

"It's a shared responsibility," said Longport Police Chief Scott Porter. Decoys will begin working in the town on Monday and operate on random days over the next few weeks. The move will supplement a bracingly effective speed trap long in place as motorists come off the Somers Point-Longport Bridge.

"You can't jump off the curb and expect people to stop," Porter said. At first, police waiting in cars will pull over motorists and issue warnings spelling out the law governing pedestrians. Eventually, there will be tickets.

Towns taking part in the decoy program are: Cherry Hill,

Collingswood, Camden, Pennsauken, and Burlington City, plus North Wildwood, Northfield, Somers Point, Longport, Pleasantville, Vineland, Linwood, Ocean City, Ventnor, and Sea Isle City. The police department from Rowan University and the sheriff's departments from Cape May and Atlantic Counties are also participating.

In Longport, Atlantic Avenue was reduced from four lanes to two, one in each direction, to reduce the "points of contact," Porter said. But the width of the roadway is still the same, and it still takes a long time for beachgoers to get across, especially ones such as the mom who was seen Tuesday linking a stroller and a beach-chair

cart together with one arm and trying to keep a darting 3-year-old by her side with the other.

In Jersey, it's plain that the law doesn't reflect the reality. "It's cultural," said Marilyn Fischer of Voorhees. "There's an us-against-them mentality. That has to change."

"Believe it or not, it's a law in Jersey [to yield to pedestrians]," said Fischer, who was crossing Atlantic Avenue at 34th Street in Longport with her two grandchildren, Isabela, 8, and Louis, 6, one chair, two boogie boards, and a skim board. "Not everybody stops. Sometimes one side stops and the other doesn't."

The law states that if a car in front of you is stopped for a pedestrian, you may not

pass that car. It also states that a pedestrian may not "suddenly leave a curb" if an approaching car is "so close that it is impossible for the driver to yield."

In North Wildwood this week, Andrea Fortune, 49, walking back from the beach with her daughter and three grandchildren, said other places were more pedestrian-friendly. "We were in the Outer Banks, and they are much more mindful. The cars stop immediately. Here, it all depends on the driver."

But from the driver's perspective, it can sometimes be the pedestrians who are oblivious, balancing surf boards and chairs, walking out from behind parked cars with little kids tumbling behind them, tripping over boogie-board leashes, assuming that being on vacation means they can dispense with the vigilance used at home.

"There are people who think they can just step out into the street and traffic will stop for them," said Maureen Shay, 44, a Margate resident who lives near Pembroke Avenue, a popular beach. "And there are the drivers who try to beat the light."

"You have to be aware of your own safety," she said. "Do you want to be the one who said, you hit me but it's your fault?"

Porter said the burden is still on the pedestrian to enter a crosswalk only when it's safe.

In Ocean City, meanwhile, people are still in shock at Bob's Grill, where Casey Feldman's cousin, who arranged for her to get the job this summer, still works, deeply wounded by the tragedy. Feldman, news editor of the Observer newspaper at Fordham, was described as

upbeat, hardworking, and full of ambition, looking toward a career in journalism.

Nobody is yet sure how she ended up dead under an Econoline van, two blocks from work.

Joanne Singer, who lives one house up from the intersection, said the corner was in a state of constant confusion, with stop signs on Central Avenue obscured by tree branches and, two days this week, by an SUV with a roof cargo container parked on Central.

At any given time, motorists seem unsure of who goes first, with pedestrians trying to figure out when it's their turn. Driving through Ocean City, it seems no two intersections are the same. Some are four-way stops. Some have stop signs only in one direction.

"It's really awful," said Singer. "I see people scream at cars. When I walk across, I stare at the drivers." She said she saw people rolling through the stop sign at Central Avenue all day long.

Russell Hendricks, the manager at Bob's, said he still could not understand how the driver of the Econoline van, Anthony Lomonaco, 58, a businessman making a candy delivery, did not see Feldman, already three-quarters of the way across, as she crossed Central Avenue on her way to work. Police issued two citations: failure to yield and careless driving; the case is still under investigation.

"I still don't believe it," said Hendricks. "I go by there every day. And I feel guilty because I gave her the job."

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