

PARTLY CLOUDY

High: 87
Low: 65
0% chance of rain



Thursday: T-storms, 81/71
Friday: T-storms, 82/70
Saturday: T-storms, 85/71

Details on the back of Metro

The Atlanta Journal-Constitution

Credible. Compelling. Complete.

NATION & WORLD, A4

HOW GLOBAL RANSOMWARE ATTACK HIT CLOSE TO HOME

SPORTS, C1

WHICH TOP-GUN PITCHERS DRAW BRAVES' INTEREST



LIVING, D1

HELP KIDS AVOID 'SUMMER SLIDE'

HEALTH CARE

Senate health care plan dealt setback



Senate Majority Leader Mitch McConnell, R-Ky., joined by Sen. John Barrasso (left), R-Wyo., announced Tuesday he is delaying a vote on the Republican health care bill. ANDREW HARNIK / ASSOCIATED PRESS

'We're so close,' Perdue says, as vote gets delayed.

By Ariel Hart

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and Tamar Hallerman
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myAJC

HEALTH CARE IN THE U.S. AND GEORGIA: Health care has been a dominant national issue for years and has had a huge impact on Georgia. To follow every turn on the subject, follow The Atlanta Journal-Constitution's coverage at myAJC.com/politics.

WASHINGTON — Senate Republican leaders hit the brakes on their proposal to overhaul the health care system Tuesday, throwing into doubt the fate of the party's central campaign promise and injecting a major dose of uncertainty into an industry that encompasses one-sixth of the nation's economy.

The move, which came in the face of mounting dissent from

centrists and conservatives alike, sent both ends of Pennsylvania Avenue into a tizzy as President Donald Trump and GOP leaders sought to swiftly reunite their fractious caucus behind closed doors.

The body blow came from a Congressional Budget Office report showing that the plan could leave 22 million more Americans

without health insurance after 10 years.

U.S. Senate Majority Leader Mitch McConnell vowed that the pullback was just a pause, as Democratic leaders declared the delay a signal of the proposal's public unpopularity.

Health bill continued on A6

NSA LEAK INVESTIGATION

More classified info seized from suspect in leaks

Some was not among what was allegedly revealed to media.

By Jeremy Redmon
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AUGUSTA — Authorities are analyzing an extensive amount of evidence they have gathered from the suspect in the National Security Agency leak investigation here, including a notebook from her work space that contains handwriting in Farsi, federal prosecutors disclosed Tuesday.

In addition to translating those notes, they are examining two computers, a tablet and four phones they seized from Reality Leigh Winner's home in Augusta. Additionally, they are studying a recorded interview the former Air Force linguist did with the FBI at her home as well as tapes of phone calls she made from the

myAJC

NSA LEAK: More about the case involving the leaking of classified information about Russia's meddling in the U.S. election system can be found on myAJC.com.

Lincoln County Jail.

And without identifying the evidence or where they got it, the prosecutors disclosed in recent court papers that authorities have seized other classified information from Winner beyond what she allegedly revealed to the news media about Russia's meddling in the U.S. election system. The prosecutors haven't said why the information is classified or whether Winner was authorized to access it as part of her job.

Leaks continued on A7



Reality Leigh Winner faces up to 10 years in prison and \$250,000 in fines for alleged "willful retention and transmission of national defense information."
SEAN RAYFORD / GETTY IMAGES

MEDIA

CNN resignations buoy Trump

Tweets celebrate retracted story on Russia ties as a victory.

By Rodney Ho
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After three employees on CNN's new investigative unit resigned following a retracted online story regarding the Senate's Russian investigation, President Donald Trump tweeted attacks Tuesday

on "fake news."

Thomas Frank, a veteran reporter who wrote the story; his editor Eric Lichtblau, who recently came from The New York Times; and Lex Harris, the man who oversaw the CNN Investigates unit and has worked at CNN since 2001, chose to depart Monday. Frank and Lichtblau worked out of the CNN D.C. bureau; Harris was based in New York.

"In the aftermath of the retraction of a story published on

CNN.com, CNN has accepted the resignations of the employees involved in the story's publication," the network released in a statement.

Trump rejoiced on Twitter Tuesday morning, noting, "Fake News CNN is looking at big management changes now that they got caught falsely pushing their phony Russian stories. Ratings way down!"

CNN continued on A7

EMORY UNIVERSITY

Emory seeks annex into city of Atlanta

Move is expected to make funding for light rail easier to obtain.

By Leon Stafford
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and Mark Niesse
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Emory University formally asked Tuesday to be annexed into the city of Atlanta, a move expected to make it easier for the school to lock in funding for light rail service to its DeKalb County campus.

In an email to the school body, president Claire E. Sterk said becoming part of the Georgia's

biggest city complements both Emory's DeKalb County roots and relationship with Atlanta.

"Emory has built affiliations and community engagements that span DeKalb County and the city of Atlanta," Sterk wrote. "For example, Emory's operations include several hospitals and clinics in DeKalb County and one in the City of Atlanta--Emory University Hospital Midtown."

The news comes as city and MARTA officials prepare discussions on the millions in transportation spending expected to come as a result of last year's

Emory continued on A8



METRO, B1
Ex-DeKalb commissioner charged with theft

Stan Watson was indicted for allegedly receiving about \$3,000 for travel, then resigning without immediately repaying the money.

BUSINESS, A11
Google fined record \$2.7 billion by EU

European antitrust officials fined the search giant for unfairly favoring some of its own services over those of rivals.

BUSINESS, A11
Boeing opening new center at Georgia Tech

The new facility will pair Tech students and Boeing researchers on helping to implement industrial automation.

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Volume 69, Number 179



Fall in love with creamy, organic ice cream.



GREENWISE MINT CHOCOLATE ICE CREAM

Publix

WHERE SHOPPING IS A PLEASURE

BETTER HEALTH

DIABETES QUICK FIX

Poached salmon, fresh linguine make elegant meal

By Linda Gassenheimer
Tribune News Service

A light chive sauce tops gently poached salmon fillets in this quick dinner. Fresh linguine with carrots and broccoli complete this simple, elegant meal.

Shredded carrots can be found in the produce section of the supermarket along with broccoli florets. This means there's no slicing and chopping for the Vegetable Fettuccini side dish.

Helpful hints:

■ Any type of vegetable can be used for the fettuccini. Try sliced daikon or white radish for a slight bite to the pasta.

■ Fresh lemon juice can be used instead of bottled.

■ Any type of whole wheat pasta can be used. Follow package instructions for cooking and add the vegetables 3 minutes before pasta is ready for draining.

■ A quick way to slice chives is to snip them with a scissors.

■ The cooking method is for a 1-inch salmon fillet. Reduce or add the resting time depending on the size of your fillet. Let the salmon rest for 2 minutes for a 1/2-inch thick salmon or for 4 minutes for a 1 1/2 to 2-inch thick fillet.

Countdown:

■ Place water for pasta on to boil.

■ Make salmon.

■ While salmon poaches,

make pasta.

Shopping list:

To buy: 3/4 pound wild caught salmon fillet, 1/4 pound fresh whole wheat fettuccini, 1 bottle lemon juice, 1 bag shredded carrots, 1 small package broccoli florets, 1 bunch fresh chives.

Staples: olive oil, salt, black peppercorns.

POACHED SALMON WITH CHIVE SAUCE

3/4 pound wild caught salmon fillet, skin removed
2 teaspoons olive oil
1/2 tablespoon bottled lemon juice
3 tablespoons snipped fresh chives or 1 tablespoon freeze-dried

chives
Salt and freshly ground black pepper

Bring a medium-size saucepan full of water to a boil over high heat.

Lower the heat to medium-low and add the salmon fillet. The salmon should be completely covered by the water and the water should be at a gentle simmer. Simmer the salmon for 3 minutes. Remove from the heat and let the salmon rest in the liquid for 3 minutes for a 1-inch thick piece of salmon.

Mix the olive oil, lemon juice and chives together.

Remove the salmon from the poaching liquid. Sprinkle with salt and pepper to taste. Spoon the sauce over the

salmon.
Yield 2 servings
Nutritional analysis per serving:
288 calories, 126 calories from fat, 14 g total fat, 2/2 g saturated fat, 6.3 g monounsaturated fat, 96 mg cholesterol, 96 mg sodium, 2.6 g carbohydrate, 0.2 g dietary fiber, 0.2 g sugars, 38.6 g protein

VEGETABLE FETTUCCINI

1/4 pound fresh whole wheat fettuccini

2 cups shredded carrots

1 cup broccoli florets

1 tablespoon olive oil

Salt and freshly ground black pepper

Bring a large saucepan with 3 to 4 quarts of water to a boil over high heat.

Add the fettuccini, carrots and broccoli florets. Bring back to a boil and cook 4 to 5 minutes.

Remove about 2

tablespoons of the cooking water and set aside. Drain the pasta. Add the reserved water, olive oil, salt and pepper to taste. Toss well.

Yield 2 servings
Nutritional analysis per serving:
313 calories, 71 calories from fat, 7.9 g total fat, 1.1 g saturated fat, 5.1 g monounsaturated fat, 0 mg cholesterol, 91 mg sodium, 55.2 g carbohydrate, 7.8 g dietary fiber, 7.3 g sugars, 10.4 g protein

From "Mix 'n' Match Meals in Minutes for People with Diabetes" by Linda Gassenheimer, published by the American Diabetes Association. Reprinted with permission from The American Diabetes Association. Gassenheimer's latest book is "Delicious One-Pot Dishes," published by The American Diabetes Association.

Success Story

Joyce Bell, 47, of Lawrenceville, Ga., lost 26 pounds

Former weight: 158

Current weight: 132

Pounds lost: 26 pounds

Height: 5 feet 5 inches

Age: 47 years

How long she's kept it off: "I started in March 2014," said Bell, who reached her current weight in June 2016.

Personal life: "I have one son and I'm the proud grandmother of one grandson. I'm a full-time nurse with Jen-Care located in East Point, Ga. I attend Berean Christian Church. ... I also host a free Inspired Body community workout every Saturday ... followed by a health and wellness seminar. I am currently a cardiac nurse, fitness model and military veteran who served in both Desert Shield and Desert Storm." She lives in Lawrenceville, is the owner of InspiredBodyByBell and is a national finalist for the 2017 IsaBody Challenge. Her website is www.inspiredbodybybell.com.

Turning point: "The major turning point in my fitness journey began when I as a cardiac nurse learned that I had been diagnosed with mitral valve regurgitation. By 40 years old, I needed a heart valve replacement or I was facing death. During a conversation with my brother on my decision to not have the surgery, he said that I was being selfish for refusing; however, I decided to take matters into my own hands and change my lifestyle for the better. I haven't looked back since."

Diet plan: "I follow a healthy meal plan system by eating food high in nutritional value such as chicken, fish, fruits and vegetables. I do meal prep at the beginning of every week with these types of ingredients."

Exercise routine: "I exercise regularly and often,

BEFORE



Joyce Bell weighed 158 pounds when this photo was taken in 2014.

CONTRIBUTED PHOTOS

AFTER



Joyce Bell weighed 132 pounds when this photo was taken in September.

alternating between two days of strength training and five days of cardio."

Biggest challenge: "One of the biggest challenges is not eating junk food or drinking flavored margaritas like I did often before I started."

How life has changed: "Since I made the decision to take control of my health and fitness, my life has changed phenomenally. I've overcome the inability to do high-impact exercise due to my heart condition, and now I'm helping others work out. I've become a fitness model, featured in several magazines, news and media publications. I won a master figure pro title in body building, started a successful business and I've been enabled to travel across the world to different countries to help others and share my journey with them. One mantra I use is that 'Everything is figure-outtable.' ... You deserve to have a life and body you love. ... My aim is to use the

platform this fitness journey has created to make a positive impact in the lives of others by helping them and showing them they can also overcome health challenges they have."

Be an inspiration: If you've made positive changes in your diet and/or fitness routine and are happy with the results, please share your success with us. Include your email address, a daytime phone number and before and after photos (by mail or JPEG). Write: Success Stories, The Atlanta Journal-Constitution, 223 Perimeter Center Parkway, Atlanta, GA, 30346-1301; or email Michelle C. Brooks, ajcsuccessstories@gmail.com.

Will psilocybin prevent cluster headaches?



Terry & Joe Graedon
People's Pharmacy

Q: I've had cluster headaches for 20 years. Out of everything I've tried, there are only three things that work. To ABORT a headache, I inhale pure oxygen, and without fail, it is gone in five to 10 minutes. It's a true wonder drug!

Imitrex nasal inhaler also works, but it's slower than oxygen and extremely expensive.

To PREVENT clusters of headaches, I take several modest doses a year of psilocybin in the form of mushroom tea. I have some minor psychedelic effects, and the next day I have a lasting sense of positive self-confidence. A 2006 study at Harvard showed significant remission of clusters in test subjects using small doses of psilocybin.

I've taken psilocybin over 50 times in the past several years. I still have cluster headaches, but they are very few, far less intense and easily stopped with oxygen. Other sufferers in my Facebook group have obtained total relief.

A: Cluster headaches produce excruciating pain so intense that the multiple attacks have been described as suicide headaches. That's in part because it is impossible

to function during a bout of repeated, searing, one-sided head pain.

High-flow oxygen is a treatment of choice for cluster headaches. So are triptan-type nasal sprays (Headache, July/August 2016).

Psilocybin is a hallucinogen derived from mushrooms. The Food and Drug Administration considers it a Schedule I drug, meaning that it has no currently accepted medical use and a high potential for abuse. That said, some studies suggest that psilocybin may be beneficial against these killer headaches (Neurology, June 27, 2006; Journal of Psychoactive Drugs, November-December 2015).

Q: I read on your website that you should not drink coffee within one hour of taking a thyroid pill. My endocrinologist disagrees with you. He said I can have coffee right after taking levothyroxine, though I still should wait 45 minutes before eating breakfast.

Since I started taking this medication 15 months ago, my thyroid level has remained the same even though I drink coffee right after taking my pill. Am I just lucky, or is the warning wrong?

A: Years ago, Italian researchers demonstrated that coffee interferes with the absorption of levothyroxine pills such as Synthroid (Thyroid, March 2008). A different formulation, Tirosint, isn't affected by coffee,

although it is pricey (Expert Opinion on Drug Delivery, July 2014).

The most important principle for taking levothyroxine is consistency. Taking it exactly the same way every day allows the physician to adjust your dose to your needs.

Q: I crossed the line a month ago from normal blood sugar to Type 2 diabetes and was put on metformin. I hate taking drugs. What can you tell me about metformin?

A: Metformin is one of the oldest and most well-studied diabetes drugs. It is inexpensive and effective. It also may have anti-cancer activity.

The most common complication is digestive distress, including diarrhea. To learn more about the pros and cons of metformin and other treatments, read our Guide to Managing Diabetes. Anyone who would like a copy, please send \$3 in check or money order with a long (No. 10), stamped (70 cents), self-addressed envelope to: Graedon's People's Pharmacy, No. DM-11, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for \$2 from our website: www.peoplespharmacy.com.

In their column, Joe and Teresa Graedon answer letters from readers. Write to them in care of King Features, 628 Virginia Drive, Orlando, FL 32803, or email them via their website: www.PeoplesPharmacy.com. Their newest book is "Top Screwups Doctors Make and How to Avoid Them."

HEALTH

Teenagers are as sedentary as 60-year-olds by age 19

By Ariana Eunjung Cha
Washington Post

The adolescent years are when people's bodies are supposed to start the ascent to their physical peak. Teenagers are growing like beanstalks. Their hormones are raging. They're eager for new experiences. By all accounts, this should be among the most active periods in a person's lifetime.

Except it turns out it's not. In an eye-opening study involving 12,529 Americans ages 6 to 85, researchers mapped how physical activity changes over a lifetime. The participants, part of the 2003-2004 and 2005-2006 cycles of the National Health and Nutrition Examination Survey (NHANES), wore accelerometers, devices that measure movement, for seven consecutive days. For the purposes of the analysis, researchers counted all types of movement, not just exercise.

The first thing to note about the results, published

in the August issue of the journal of Preventive Medicine, is that physical activity appears to be at its highest at age 6. If you've ever seen a squirmy kindergarten class that shouldn't be a surprise.

Vijay Varma, a National Institute of Aging researcher and lead author of the study, said that there has been a belief that physical activity gradually declines across the entire life span. But according to the new data, there seems to be a sharper-than-expected decline during childhood — starting in elementary school and continuing through middle school and high school. By age 19, the average American is as sedentary as a 60-year-old.

"At 60-plus, many people have health issues that might cause a restriction in movement, but why is this happening at age 19? It suggests that the social structures in place may not be supporting physical activity," Varma said in an interview.

He theorized that the

modern school day, which requires sitting for large amounts of time and where recess is often compressed into 20-30 minutes a day, may be partly to blame. There's also the issue of early school bell times which researchers have found leads to sleep deprivation.

"The timing of school isn't consistent with biology of when kids wake up and go to sleep," he explained.

Varma and co-author Vadim Zipunnikov, assistant professor at the Johns Hopkins Bloomberg School of Public Health, point out that the data shows that school-age children were the most active between 2 and 6 p.m., or after school.

Another reason for the sedentary day is likely to be screen time. Studies about how long we spend parked in front of our TVs, laptops, tablets and phones tend to become outdated quickly due to the constant rollout of new technology, but the numbers have been consistently high — as much as

The timing of physical activity showed that as children age, their physical activity moves later and later in the day until it flips after age 19 to more activity in the mornings.

seven to nine hours per day. While the American Academy of Pediatrics recently loosened its recommendations for screen time, almost everyone agrees that too much leaves less time for physical activity, which can lead to a higher risk of obesity and depression.

Calling the end of adolescence a "high-risk time period for physical inactivity," the study confirms that most children are not getting the minimum amount of activity — at least 60 minutes of a moderate-to-vigorous workout — recommended by the World Health Organization. Among 6- to 11-year-olds, 25 percent of boys and 50 percent of girls were not meeting the target.

For adolescents ages 12 to 19, the situation was even more dire, with 50 percent of males and 75 percent of females falling short, the study found.

The next surprise in the study involves people in their 20s. The data show activity levels go up during this period — and this is important because this is the only period when people are moving more. Varma calls this a "catch up" period and believes this, too, may be related to social factors. While the increase in activity was spread throughout the day there was a noticeable spike in the early morning as compared to teenagers. According to the study, "emerging adulthood rep-

resent a period of multiple life transitions, including initiation of full-time work, increased household responsibilities, and changes in family structure including marriage and becoming a parent."

As expected, physical activity starts to decline at around age 35 and that trend continues through midlife and beyond. That's consistent with previous studies and attributed to the wear and tear on our bodies as we age.

The timing of physical activity showed that as children age, their physical activity moves later and later in the day until it flips after age 19 to more activity in the mornings.

"These findings broadly suggest to us we really need to start looking at when individuals are being more active so we can hone in on what is occurring," Varma said, "and start to design physical activity interventions that might target those behaviors."