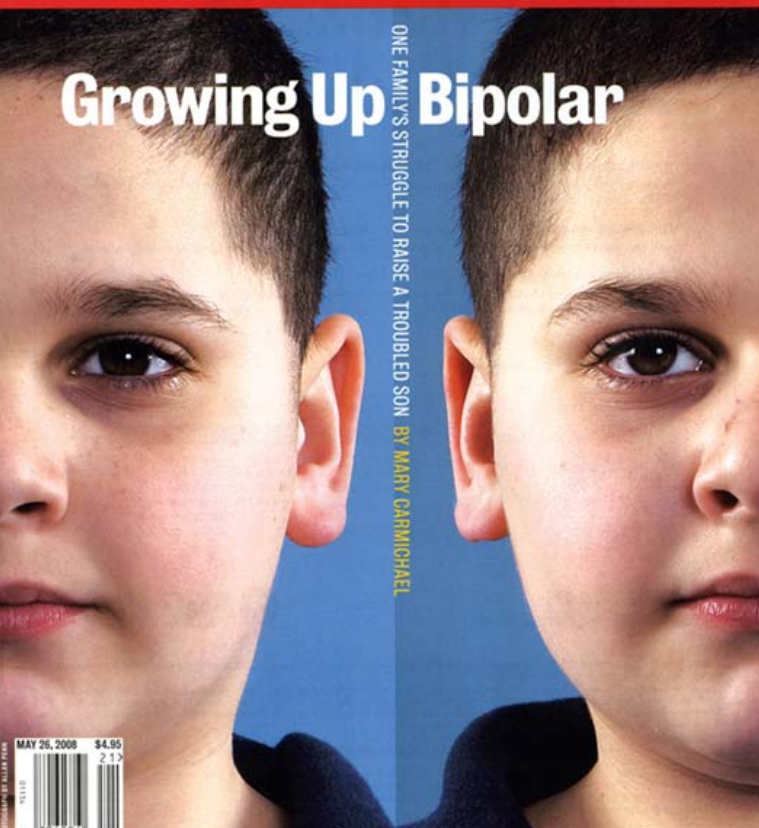


# Newsweek



## Growing Up Bipolar

ONE FAMILY'S STRUGGLE TO RAISE A TROUBLED SON BY MARY CARMICHAEL

PERISCOPE

WORTH YOUR TIME

### His Better 'Last Lecture'

**W**HEN IT COMES TO goofing off, there are a few Web sites that offer the rich resources of YouTube. Since last fall millions of people have visited the site to watch "The Last Lecture," terminally ill Carnegie Mellon professor Randy Paus's hourlong address on reaching your dreams. The lecture,



**GET BUSY LIVING:** Paus offers useful tips on productivity

which formed the basis for the best-selling book published by Hyperion last month, is funny, instructive and uplifting—but it's not Paus's best. "The talk that I'm actually most proud of is the talk I've given over the years on "Time Management," Paus wrote on his blog this spring.

He gave a version of that oration to 850 people at the University of Virginia last fall, and it's also now available on YouTube. "At this point I'm an authority on what to do with limited time," Paus, 46, told the audience while displaying CT scans of his pancreatic cancer. (Last August doctors projected three to six months of "good health"; since then he's suffered heart and kidney failure, but last week his strength was returning.) While less inspirational than his celebrated lecture, this one is filled with practical tips on Paus's passion: becoming more productive by setting priorities, multitasking, efficiently dealing with e-mail, managing meetings and minimizing distractions from chatty colleagues. While many of the

tips will be familiar to fans of efficiency books like "Getting Things Done" or productivity Web sites like LifeHacker.com, some of Paus's tactics are extreme. He's hooked three monitors to his PC (to maximize his electronic workspace), put uncomfortable chairs in his office (to keep visitors from lingering) and he stands up while talking on the phone (as an incentive to finish quickly).

The goal is not to become some superhuman office drone, he says, but to make it easier to get back home, where one's real living is done. "Time is all we have, and you may find one day you have less than you think," says Paus, whose three children are all under age 6. One thing's for sure: if his Web video results in less time sucked away by YouTube, somewhere Paus will be smiling. —DANIEL MCGINN



**THE SWEETEST SOUND:** The Harvard Krokodiles perform in New York

MUSIC

### Songs in the Key of Cheese

**P**OP-TRIVIA QUESTION: What do James van der Beek ("Dawson's Creek") and Osama bin Laden have in common? In their youth, both dabbled in a cappella. According to "Pitch Perfect: The Guest for Collegiate A Cappella Glory," by author Mickey Rapkin, the teenage

bin Laden—who opposed the use of instruments—organized a group with his pals. That discovery "was pretty weird," says Rapkin. "It just shows that a cappella is everywhere." Love it or hate it, he's right: there are 1,200 college groups in the United States, uniting some 18,000 kids under ivy-covered archways to belt out Coldplay tunes. But Rapkin's book reveals a world with as much discord as harmony. One group (the Beelzebubs of Tufts University) dropped a CD; another (the University of Virginia's Hullahoops) traveled to the Philippines to sing. The two narrowly avoided a drunken postperformance brawl with each other.

Most a cappella singers don't pursue careers in music; still, their passion is all-consuming. "They stay up all night debating one song," says Rapkin, himself a former performer. It's about the lure of fame, he says. The Hullahoops can draw 4,000 fans to a show. Harvard's Krokodiles annually rake in \$300,000 from gigs and CD sales. For just as many people, listening to 15-man harmony is the ninth ring of hell. "Khaki pants, vests and snapping are never going to be cool," Rapkin says. "You have to embrace the humor of it." Or run away screaming. —SARAH KLAFF

A LIFE IN BOOKS



### Louise Erdrich

A Native American novelist and poet, Erdrich is known for haunting stories of racism and recreation life, such as "Love Medicine," "Her 13th novel, 'The Plague of Doves,' recounts the slaughter of a farm family in a North Dakota town. Her list:

MY FIVE MOST IMPORTANT BOOKS

- 1 "The Portable Chekhov"** edited by Avram Yarmolinsky. I can easily carry it anywhere for literary solace.
- 2 "Austerlitz"** by W. G. Sebald. The final novel of a fractured and supernal mind in search of its own history.
- 3 "Everything That Rises Must Converge"** by Flannery O'Connor. This line electrified me: "Go back to hell where you came from, you old wart hog." It made me want to write.
- 4 "The World Without Us"** by Alan Weisman. The most shattering and consoling book I read this year.
- 5 "Winter in the Blood"** by James Welch. A book of terse and desperate grace, perhaps the best novel about reservation life.

A BOOK TO WHICH YOU ALWAYS RETURN: "Wide Sargasso Sea" by Jean Rhys. Savage, strange and perfect.

A BOOK YOU HOPE PARENTS WILL READ TO THEIR CHILDREN: William Steig's books, including the original "Shrek!" Simple, beautiful, funny, and an adult can read them without suffering brain damage.

**N** Read an excerpt from Louise Erdrich's multigenerational new book, "The Plague of Doves," at [xtra.newsweek.com](http://xtra.newsweek.com)

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