PERFECT WEEKEND

iHOLA, BUENOS AIRES!

oin Europeans Making the most of a weak peso or Americans jetting in for photo shoots with sexy Argentine models against crumbling urban backdrops.

SHOP: Argentina is cheap even for those bearing U.S. dollars.

The elegant Recoleta neighborhood boasts the best boutiques, like Humawaca for leather laptop bags and cute totes (Calle Posadas 1380) and La Dolfina for polo-style gear (Avenida

sold to

treat the

metabolic

bone disorder

called Paget's disease.

BONIVA: Boniva is a bisphos-

phonate that helps prevent

bone loss and reduces the risk

of spine fractures (but hasn't

been proved to reduce the risk

of hip fractures). Patients can

times-a-year injection. Injec-

tions appeal to patients who

of heartburn or indigestion.

can't tolerate the pills because

EVISTA: A so-called selective es-

trogen receptor modulator (or

SERM), Evista (raloxifene) can

reduce bone loss and the risk of

breast cancer. But it may not

tures. Unfortunately, SERMs

may increase the number and

severity of hot flashes, so many

postmenopausal women don't

Richard Hellman, president of

the American Association of

HORMONES: Estrogen reduces

bone loss in women but may

also increase the risk of heart

men, doctors may prescribe

testosterone.) The benefits

diminish quickly when you

FORTEO: The only bone builder

tients, with markedly low bone

density and prior fractures, to

take for up to two years. It re-

years and costs \$8,000 a year.

But remember, you can

help your bones free of charge

Crisann Hillier, 48, who has a

family history of osteoporosis,

walks two miles a day, doesn't

fortified orange juice. That's a

good prescription for anyone.

smoke and drinks calcium-

and without side effects by

making lifestyle changes.

quires a daily shot for two

on the market, Forteo is ap-

proved for osteoporosis pa-

quit taking the hormones.

disease and breast cancer. (For

Clinical Endocrinologists.

want to take them, says Dr.

help reduce the risk of hip frac-

choose between an oral

monthly dose and a four-

EAT: Insist your concierge squeeze you into the industrial-style Sucre restaurant,

Alvear 1315).

with its open kitchen, sleek bar and excellent wine cellar planted in the middle of the room (Calle Sucre 676; tel. 011-54-4782-9082).

DANCE: Stroll through the district of San Telmo, where there are impromptu tango sessions

on Sundays in Plaza Dorrego. Rummage the surrounding antique shops like Gabriel del Campo (Calle Bethlem 427). Don't miss the Artepampa gallery, with its textured paintings and sculptures (Calle Defensa 917).

STROLL: Join locals for an evening in Puerto Madero, the recently revived docklands area. Walk along the waterfront before slipping into one of the bustling bars or restaurants in the former 19th-century warehouses. SLEEP: In the heart of the city, the con-

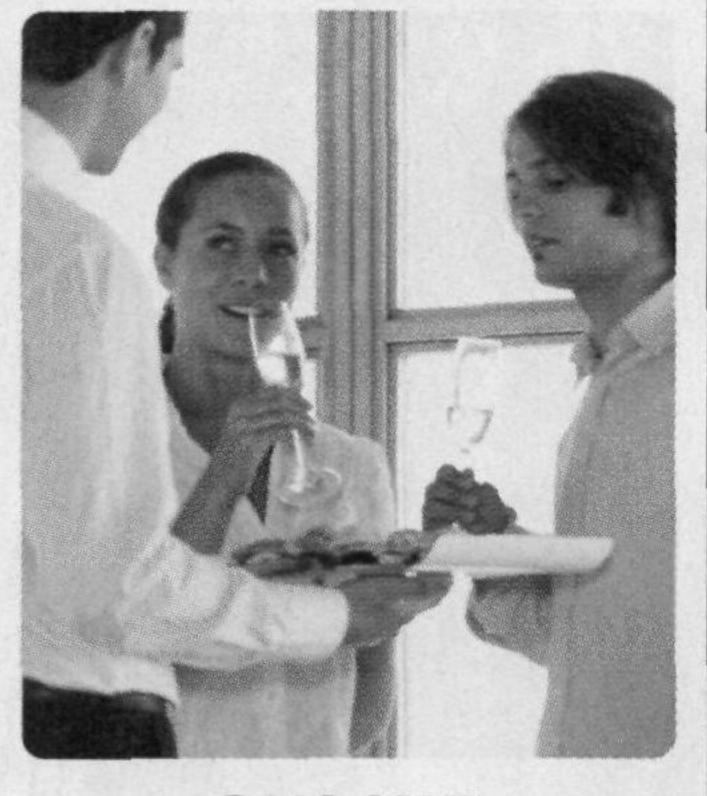
temporary Esplendor has expansive rooms, oversize portraits of Argentine luminaries and a gorgeous, multilingual staff. Doubles from \$155 (www.esplendor buenosaires.com).

-MICHELLE JANA CHAN





ALL TANGOED UP: Dance-club sign; Obelisk Avenida 9 Julio



ONLINE

GETTING SOCIAL

shindig? From firming up a date to sending out invites, these event-planning sites will help you get the party started.

MyPunchbowl (mypunchbowl .com). Before you dole out invites, send a Pick-a-Date e-mail that presents guests with several options. Designate certain invitees as VIPs and the site prioritizes their responses as it calculates which date works best for the gang. Socializr (socializr.com). This tool integrates info from networking sites like MySpace and Friendster into your profile, as well as posts from your blog and photos and videos from Flickr and YouTube. Socializr also provides the tools needed to promote an event on your other sites. Renkoo (renkoo.com). Geared toward intimate gatherings, Renkoo lets you pick from dif-

toward intimate gatherings,
Renkoo lets you pick from different events, such as cocktails,
dinner or game night. You can
set a date or let people vote on
the best time. You can also host
a discussion in the site's chat
interface, or look for suggestions on places to go. Notifications can even be sent to your
IM program or cell phone so
you can be ready to party 24/7.

-CATHY LU