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The Adeste Prize









We Invite

corporations/individuals to contribute to those who have achieved.

Foresight requires a curiosity as deep as it is boundless... and our greatest incentive should be in helping those who are young.

We at JO LEE give you an 'open' invitation to embrace those who may otherwise not be recognized and assist them in 'seeing the future before it arrives'.

THE ADESTE Prize will be awarded to 'The 40 and under Unsong Heroes' for achievements in the categories of the Humanities, Social Justice, Technology, Arts, and Medicine.

Nominations are urged by readers around the world.

Please! Submit the name of someone you believe is deserving of such an award.

Nominees should have either achieved extraordinary findings, or excelled beyond their limits in inspiring others to 'touch the stars'.

The Award

Successful awardees will receive the exquisitely designed ADESTE Gold Medal.

Awards will be announced February end, for the previous year.

Criteria

The achievement by the Candidate should be of a humanitarian act of significant magnitude which positively benefits mankind by advancing the ability to meet a basic need or should be a new, original, and meaningful discovery.

ADESTE takes as its Credo – the lessons behind Nobel. For Submissions » CLICK HERE «



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Lois M. Gordon Yes, Virginia! Come – Explore with Me

James Mansell Half TiME Danilo Navas Capriccio H. Gail Regan The Marvelous Maverick

Lani Silver Politically Red Craig Ricker The digital divide Oluwaseun Sotiyo When Angels Cry

Sue K. Wallingford Dining! The Exquisite 9

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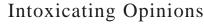
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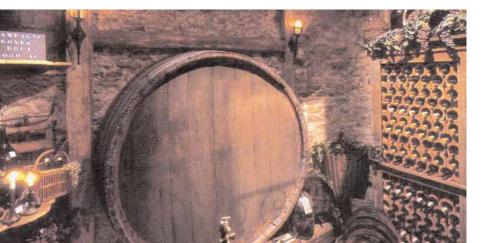
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jo lee

LETTERS TO THE EDITOR »

Charlton P. Zingbrook Bristol - England

We must indeed applaud JOLEE Magazine and The ADESTE Committee for once again selecting a most fascinating and deserving recipient for their 2006 '40 and under Unsung Hero.' This young lady's creation in the field of solar energy, as outlined in the article, can certainly benefit the many developing countries and help those countries in providing a better life for their citizens.

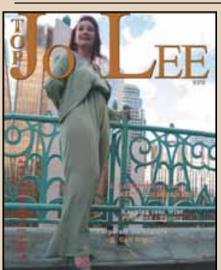
Richard M. Baiden Marketing/Corporate Management Kingston - Canada

Marvelous! What an extraordinary publication; such remarkable energy and lightness of spirit in so many directions. It literally bursts with enthusiasm -- I wish that I had known of it earlier.

You cannot imagine my pleasure -- and surprise -- at seeing some of Michael Callaghan's poetry in such engaging and eclectic company in your Spring issue. I know that Michael is a tireless and persistent editor and your publication of his three poems as In My Memory, captures and displays his genius for relating the personal to the public.

Your tribute to Paddy Sampson in the same issue, was intensely affective. I had met Paddy through Michael and, although I didn't know enough about his craft fully to appreciate the depth and range of his abilities, I at least had the wit to recognize an exceptional talent -- and man.

So, thank you for your care for two remarkable people, and their talents.



«On the Cover

Jo Lee on the Roof Fairmont Royal York Toronto

> Photography by: A.W. Dyson

«Feedback

Magnum Bierwatle Moscow - Russia

The Summer article 'Genocide in the 20th Century' is a good reminder of the many problems that exist in the world today. However, I believe more should be said about the lack of responsibility in correcting some of these problems that the United Nations has shown. Their lack of response to the many existing problems is irresponsible and the continued support to this organization is also irresponsible unless they show some activity in stopping the genocide around the world.

Graceton Faron Curator Chicago - Illinois

Your 2006 Recipient for the ADESTE Prize, was a great inspiration. My congratulations to ANNA HELEN DYSON. I hope future candidates live up to this level of dedication.

Laurence Aglesfere Wimbledon - UK

Jo Lee's Summer exclusive interview titled: 'If I were Prime Minister for a Day' {of Canada} is very worthy of note. It is always nice to read about someone who is able to accomplish so much plus, do for mankind. Most of what you read in the media today reflects the bad. More publications should feature people such as Dr. Jadad. Perhaps society would have better examples of young people to follow.

Doran J. Stanlee Corporate Executive New York - New York

Craig Ricker's capsulated treatise on Russia is very thought provoking and appreciated. "The Art of War" sounds like a guide for politicians worldwide as well as generals. Because communism requires a dictatorship, deception becomes the dictator's tool for maintaining power.

Now that Communism is gone - why has Russia failed so far to make economic progress? As Craig suggests, the people do not have a feeling for the sacrifices required from democratic leaders and the holdover leaders continue to use 'deception' to stay in power. It is quite right that the political parties in Russia are not effective - it is like there are two real parties; the KGB and the Mafia. I have spent many months working with Russian business men trying to create wealth, but the deceptions have prevented it.

Mominate someone.

The Adeste Prize

www.adesteprize.com

jo lee



« THE MARVELOUS MAVERICK

By H. Gail Regan, Toronto - Canada

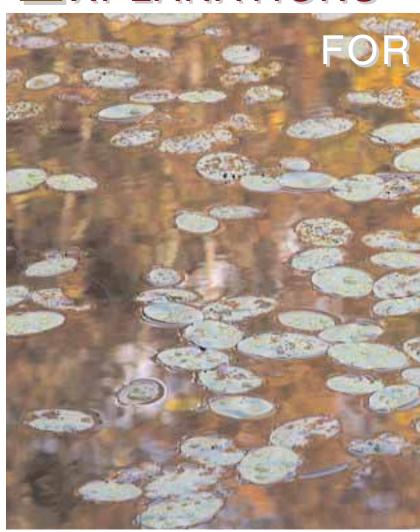
Gail Regan is vice-chair of Cara Operations. She chairs Energy Probe, Friends of Women's College Hospital, is a member of the Canadian Association of Family Enterprise, the Family Firm Institute and the Strategic Leadership Forum. She has a PhD in Educational Theory and an M.B.A. in Finance. Her background in sociology and her personal experience of business have given her intellectual interest in the problem of evil.

ALSE

EXPLANATIONS

eople suffer when organizations fail and when the causes of failure are obscured. In May 2000, cattle manure contaminated the municipal water supply of a town in Ontario, Canada, killing dozens and maiming survivors for life. An inquiry was held to determine who was at fault. The cow? The farmer who owned the cow? The water managers? The municipality who hired them? The legislation that exempted experienced operators from further training? The lab that tested the water? {The lab was no longer a 'public' lab, owned by the Province of Ontario. New legislation had allowed privately-owned labs to test water.}

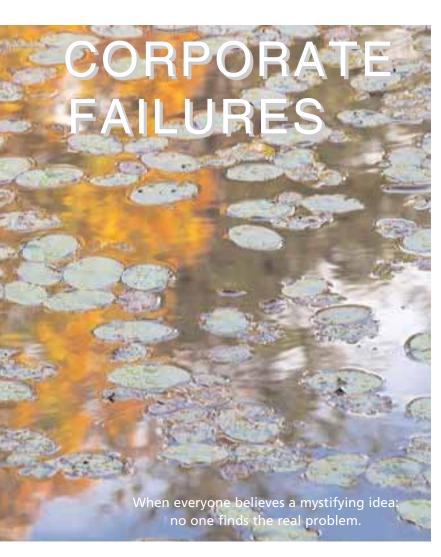
Even though there was no question that the lab had accurately identified the contaminant, privatization emerged as the consensus view of what went wrong. {In retrospect this explanation seems crazy, but it made sense at the time. A public lab could have reported to a medical officer of health without breaking the law. The private lab was supposed to report to the operators of the water supply only. It would have broken the law and risked its contract to report more widely.} The municipal government of Walkerton did not indefinitely agree with the mystifying idea that the private lab was at fault. In 2006, it hired a for-profit water-management corporation to provide the town's water.



This incident illustrates how commercial corporations are important in modern life. Even when ideology dislikes them, even when communities are empowered to provide their own services, private corporations will be chosen anyway. They can compete on quality and can be held accountable for their offerings.

If commercial corporations are so wonderful, why do they fail? In the case of Enron, the consensus view is that illegal behavior is to blame. To my mind this is like saying private water testing caused the Walkerton tragedy. Nonsense.

Profitable corporations fail because they are a success.



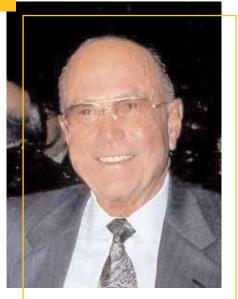


The more successful they are, the more opportunity there is to ignore risk and the farther there is to fall. When there is a corporate ethos of achievement, wealth-creation, inventing a new economy, the rewards of corporate life become psychologically important to the leaders as signs of success. Leaders become vulnerable to craving perks, causing their corporations to consume themselves in turf wars.

Enron had a risk management department. If this department had been empowered to fully participate in corporate strategy, Enron would have protected itself from too-risky deals. Due to the false pride of its leaders, their misplaced and exclusive self-confidence, this did not happen. Jeff Skilling, president during much of this debacle, admits neither criminal guilt nor innocent mismanagement. He blames the Wall Street Journals. When everyone believes a mystifying idea, no one finds the real problem.

I don't like the line of thought that goes, "Who cares? Profit-seeking corporations are evil anyway." Modern society depends on well-performing corporations. Ask the Walkerton victims.

jo lee



« PROS & EX.CONS

By Creaghe H. Gordon President Global Enterprise Solutions, Inc. Los Gatos - California

IMMIGRATION

ECONOMICS

IMMIGRATION REQUIREMENTS?1

- " If you immigrate to our country you have to speak the native language.
- " You have to be a professional or investor; no unskilled workers allowed.
- " No special bilingual programs and schools.
- " No special ballots for elections.
- " No government business will be conducted in your language.
- " You cannot be a burden to the taxpayers. You're not entitled to welfare.
- " You have to relinquish individual rights to the property.
- " You're not allowed to protest or demonstrate.

Are these acceptable requirements? The Mexican government thinks so. These are statements of their policy. Should we also adopt them? Let's examine this further.





There are at least three ethical foundations that should be considered.

- 1. Every human being is unique and equal. Every human being is first and foremost a person.
- When society is essentially concerned with the common good, the good of all its members, it truly guarantees the good of every individual.
- 3. It is immoral to knowingly and willingly enforce and follow immoral laws, however, God-given human rights trump laws that trample on those rights. For example, the apartheid laws of South Africa were legal but immoral.

"Am I my brother's keeper?" Yes, we are. There is a commitment to live and die for others, not for the self. Everyone has a moral obligation to live by these standards even when those standards clash with established law; e.g. Mother Teresa and Oscar Romero.

BUT STATES HAVE RIGHTS!

The state has certain rights given to it by the citizens of the state. It can protect their citizens from undesirable influences. A comprehensive new report on the costs of immigration has refocused attention on the strains immigrants place on education budgets².

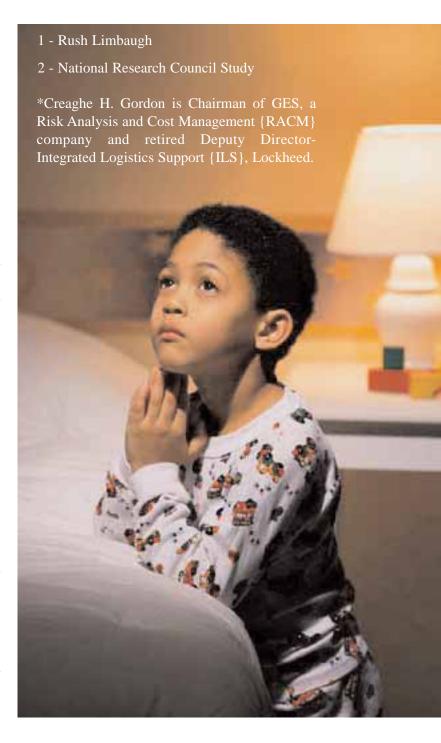
The National Research Council concludes that immigration creates a net gain for the U.S. economy. However, in the short run, immigrants are a drain on state and local governments and receive more in services than they pay in taxes because they tend to have more school-age children, be poorer, and make less money. "In state and local budgets, education is the dominant factor driving the cost of immigrants."

However, the picture shifts when looked at over the course of a lifetime. State and local governments foot the bill early in an immigrant's life. But after becoming productive workers, they repay most or all of the cost of those services in the form of taxes, but, not necessarily to the same government.

An immigrant with less than a high school education costs the economy about \$13,000 over his life span. But immigrants with more education produce a net gain of about \$198,000.

Do illegal immigrants have rights? Of course they do. They have the right to be treated as humans but do they have the same rights as citizens who have paid for those rights. If a farmer accumulates goods does everyone have the right to those goods? Does this same principle apply to the state?

YOU DECIDE..



EXCLUSIVE ~ JO LEE

MAY I INTRODUCE YOU TO

THE AMAZING

HEIDE VAN DOREN BETZ

Heide Betz, Scotty Morris.



Welcome to JO LEE Magazine, dear Heide! What a gem of an interview this is going to be and I'm going to ask you to just talk - and tell me about your many wonders, Heide - so our 23+ million readers can revel within your joy. And then we'll present a montage of Scotty's photos on your very best celebration of all. Of the luncheon and dinner - before and after your big event - with toasts for you Heide, from Governor Schwarzenegger, Senator Feinstein, and the California Assembly, for our worldwide audience of readers to see. ~

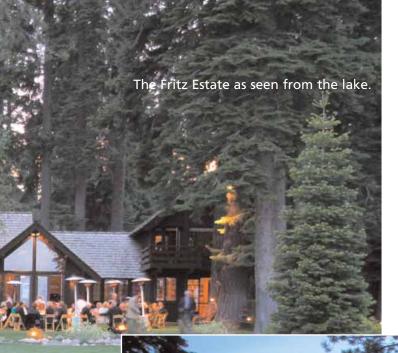
"Jo Lee, how exciting to be sitting with you and how equally thrilled I am to talk about in particular, the very best celebration in my life. Oh, where to begin.



Jo Lee, as you know, I have been most fortunate in having attended several spectacular parties in many locations across the world. As co owner of the beautifully restored mansion le Petit Trianon, I've hosted prominent international figures and celebrities - often to raise funds or benefit a charitable cause. One was a costume ball in the style of Louis XVI. There were many gentlemen in white powdered wigs and Marie Antoinette look alikes - myself included.

But Jo Lee - the celebration of my recent birthday was one of the most memorable and meaningful parties of my life. And the one missing ingredient was you, having to be in London at the time.

Since I have traveled frequently in my pursuit of the arts, I have had occasion to attend beautiful parties in Tuscany, Italy, in London, England and of course in San



Morris - one of your famous columnists - hosted this event for my birthday.

You know, I have a special place in my heart for Lake Tahoe. My family spent every summer and much of the winter there for our holidays. My sons learned to swim and ski at Tahoe. It is nature at its best ... clear skies with crisp fresh air, an unpolluted pure blue lake that fluctuates in color from teal to cerulean. Every August there is a 'Save the Lake' charity event that draws people from all over the United States on to the exquisite shoreline of lake Tahoe. Scotty's celebration for me was held at the estate owned by an old and dear friend,



Francisco where we are blessed with many restaurants with exquisite cuisine. There have been several memorable party experiences at the Ritz Carlton Private Dining Room, Boulet Larder, Masa, Fleur de Lys.

The celebration at Lake Tahoe that you missed, Jo Lee, was truly the most special! My dear friend Ray Scotty

Mara Fritz, whose five beautiful daughters grew up with my sons. Mara graciously offered us her exquisite home on the lake {the site for the annual Save the Lake event} for the party and....

It was magic!



An intimate pre-party dinner at the famous Boulet Larder in San Francisco hosted by my friend Gioia Gandolfi, helped set the stage for the big event. An after party brunch at the estate hosted by my sons, Michael and Steven, put a cap on the festivities and allowed the guests to wander in daylight and enjoy the beauty of the lake.

The evening was planned around the full moon - risky, yes, but the moon cooperated and blessed us with a most spectacular and romantic sight as it rose slowly from the lake - between two mountains - and then settled into the night sky to illuminate our party.

I have always believed that it is the people who make

the party - yes, truly the best ingredient for a good party is the people - and I had not only my family with me but

and Tom Marcus.

also my dearest friends. 70 of us enjoying the most delicious fivecourse menu catered by Paul and Deborah Selak. There were interludes of arias from favorite operas

> including Tosca and La Boheme. Every guest told of the joy and laughter present

at every table. So many told us - it was the best party they had ever attended.

We really did have it all!

Beautiful people, delicious food, music, an extraordinary venue in the

natural surroundings by the lake, and of course that incredible full moon.

Scotty, whose great love is capturing just the right shot which, as you know Jo Lee, he does brilliantly ... was not only a perfect host, but managed taking great pictures as well.

How lucky can we be!

Jo Lee, you wanted me to reflect on some of the parties, so particularly vivid within my mind. Well, there was..









Sande Schlumberger, Tom White.

Barbara Brookins Scheider, Heide Betz.

Vintner, gallery owner and arts supporter Karen Caldwell; Internationally published interior designer Jean Larette.

The Czars Ball at St. Catherine's Palace in St. Petersburg, Russia to celebrate New Years Eve of 2002 - the festive, formal dinner was nine courses, with caviar and champagne flowing and entertainment from various performing arts groups throughout the evening.

Another brilliant party was New Year's Eve at Chateau Villette outside of Paris. {The site of much of the action in Dan Brown's Da Vinci code.} The Chateau and ground are period 17th century, and you can only imagine the fun we had photographing every detail.

An elaborate costume ball hosted by my friend Nancy Hamon of Dallas, to celebrate the opening of a wing to the Dallas Museum - The Nancy and Jake Hamon wing. Live elephants and costumed attendants ushered the guests into the museum tent, designed by the late Tony Duquette. Dancing continued until early hours of the morning.

The 'opening night' formal gala events for the San Francisco Opera, the Symphony, the Ballet and the San Francisco Antique Fair become more spectacular every year. This past year the tent used for the opera event was transformed into a Moroccan style hideaway by designer Robert Fountain, and caterer Dan McCall continues to invent new creations for discriminating tastes.

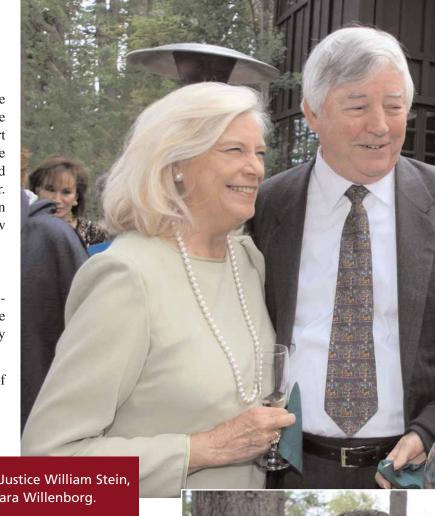
A birthday celebration for a friend from London at Skibo Castle in Scotland, the former home of Andrew Carnegie, now a very private club, was memorable. Guests were ushered into the 18th century dining room with kilted pipers.

Two elegant and beautiful formal dinner parties at one of my favorite places anywhere in the world - the Temple of Dendur at the Metropolitan Museum of Art in New York are not to be forgotten. These galas were in celebration of the reopening of recently renovated Greek and Roman galleries, so expertly overseen by Dr. Carlos Picon, Director of the Greek and Roman Department. The Temple of Dendur venue and the low candlelight mood of the evening are hard to surpass.

And then again, Jo Lee..

As I continue to travel the world assisting in the acquisition of major works of art for museums and private collectors and reflect further upon life, deep within my

Scotty's celebration for me - has been the very best of them all!"

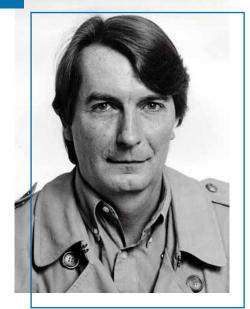


Jan Stein, Justice William Stein, Barbara Willenborg.





jo lee



« COLLECTIVE ECLECTIC

By Robert R. Brooks, San Francisco - California

A few months ago the San Francisco Opera presented the world premiere of Dr. Atomic-an elaborate two act, three hour production based upon the days {and final minutes} leading up to the world's first Atom bomb test in the New Mexico desert, July 16, 1945.

A TRULY AWESOME BOMB

You cannot help being awed: by the multiple talents in such a grand production.



by the multiple talents and skills involved in such a grand production; the production quality in every aspect was first rate. But it really is a shame that such a huge effort results ultimately in nothing beyond one long, bleak, dreary downer. {Come to think of it, all the tremendous human effort to manifest the A-Bomb ultimately resulted in one big bummer too.}

However, and I find this unforgivable, there is not a speck of wit to be found within the entire libretto - just the full-blown intensity of human anguish and long labored statements of the obvious. If, in reality, human existence/the condition of man was as bleak, painful, utterly humorless and loveless as is depicted in this opera, then total atmospheric combustion in 1945

would have been a welcome deliverance. {It is not widely known; yet a few of the physicists involved at the time were not entirely certain that, as a result of their test, there was a remote possibility that an atomic chain-reaction could theoretically ensue and ignite the earth's atmosphere.}

John Adams, the composer, gave a brief, informal talk preceding the opera in which he commented: "When you think of it, the atom-bomb really is the ultimate American Archetype." I still prefer Tom Sawyer.

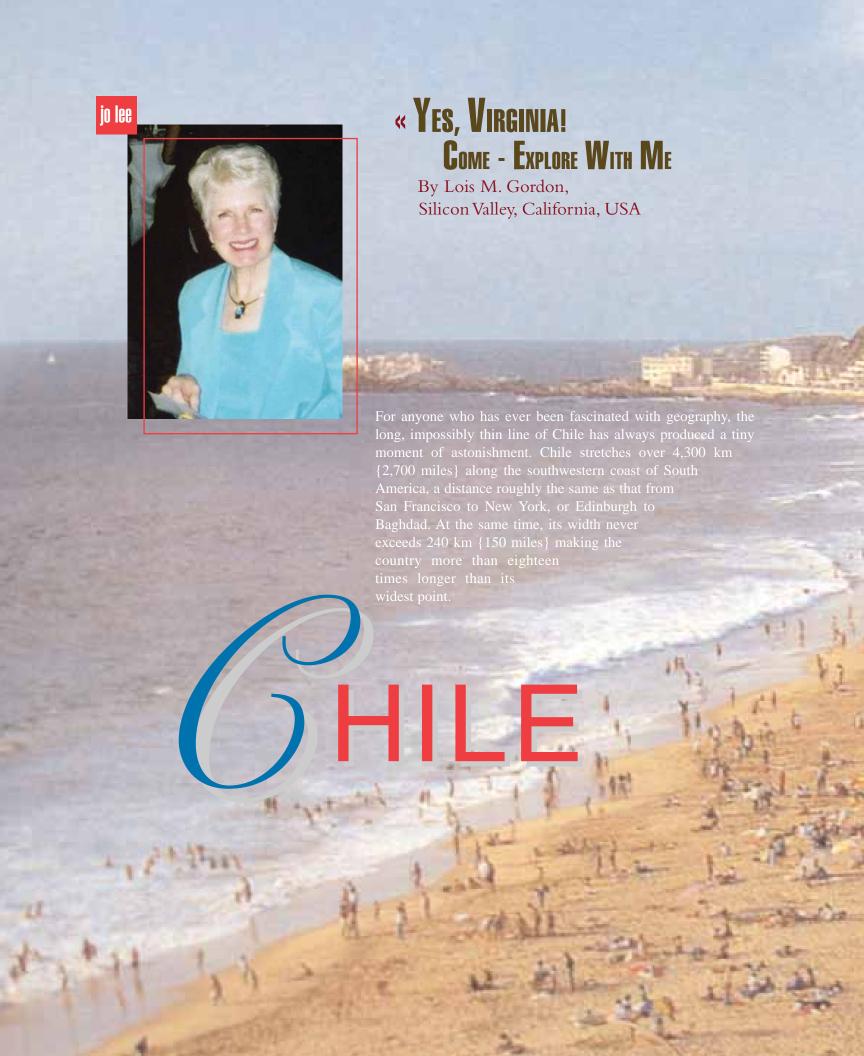
* "Robert Brooks is a free spirit who every once in a while comes across with a gem of prose. Always down to liberal arts, Rob attended Stanford and Oxford. He is a prolific writer, dedicated photographer, hiker and a sixth generation Californian.

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* As we venture out into our world, your travel can consist of a day visit to the closest towns or a journey that will place your feet clear on the other side of the world. It is all about discovery and about everywhere you walk. So, COME - EXPLORE WITH ME. Write Lois: Click Here The Bellavista neighborhood is home to many restaurants and cafes. For stunning views of the city, head to the top of Cerro San Cristòbal, accessible by bus, funic-Penquins in Patagonia. ular, or by a vigorous hike. Also in the Bellavista area is La Chascona, the house designed by Nobel Prize Winning Poet - Pablo Neruda - whose work recently gained popularity in the film: "Il Postino". Viña Del Mar, Chile's most luxurious resort town, attracts visitors from all over the world. Some come for Viña Del Mar's tropical ambiance ... its grand avenues lined with palms and banana trees, soft stretches of white sand beach and its sybaritic plenitude of gourmet restaurants. While Viña's celebrity has brought it any number of sleek, modern buildings, the character of the town is set by its many charming colonial houses. The most romantic way to tour Viña Del Mar is via Victoria, the region's traditional horse-drawn carriage. On to Puerto Montt by ship, we visited a Chilean farm; ate too much, watched the dancers and the rodeo. Through Darwin Channel, on the calmest of seas, were the Chilean fjords. Next, the Strait of Magellan, usually choppy and with rough seas, was calm as glass for us. With the grandness of the most beautiful scenery, magnificent cities and wonderful memories, this completed eleven days of our twenty-three day adventure.

jo lee

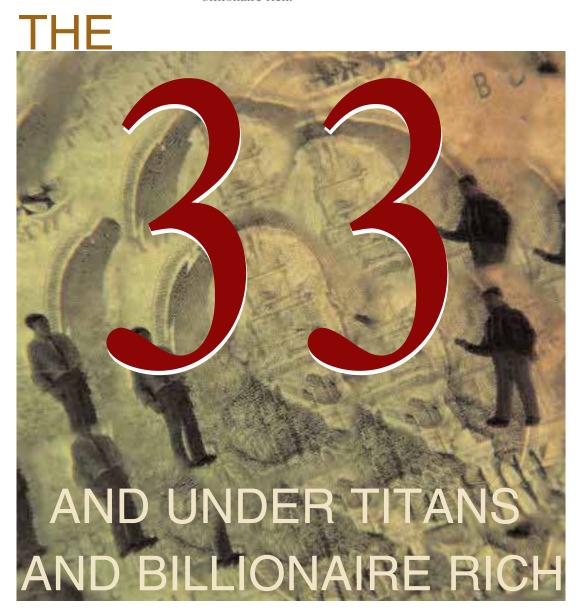
FEATURE

By Hughes Morgenfeld Los Angeles - California

Making money appears to be a little easier than it used to be.

1986 uncovered some 140 billionaires. 2003 found 476. With a record 793 on 2006's list. These billionaires are worth a combined \$2.6 trillion with an average net worth of: \$3.3 billion.

But a handful belongs to those 33 and under Titans who are billionaire rich.



t began when Brin and Page persuaded two venture capital firms to contribute at the same time, preventing either investor from asserting control and then hiring an industry veteran, former Novell CEO, Eric Schmidt, as Google's chairman and CEO. And when the founders disagree, they debate in private and present a united face.

As they set out with their massive undertaking to organize the world's information - the world could not begin to know their thinking would become extraordinarily BIG. And with an exceptional commitment to philanthropy, unparalleled among the young, Page and Brin subsequently committed 1 percent of Google's equity and profits to good deeds - making clear that their aid goals - were to be no less ambitious than in their business.

The company employs more than 4,000 people, and sits on about \$7 billion in cash.

SERGEY BRIN Born: Aug. 21, 1973 EDUCATION: B.A., University of Maryland; M.A., Stanford University FAMILY: Single JOURNEY: He immigrated with his family to Maryland from Russia at the age of 6. Net Worth: 12.9

LARRY PAGE Born: March 26, 1973 EDUCATION: B.A., University of Michigan; M.A., Stanford University FAMILY: Single FASCINATION: Inventors whose revolutionary contributions are unheralded. Net Worth: 12.8

And a handful more:

HIND HARIRI, single, 22, youngest child of Rafik Hariri, becomes the youngest billionaire on the list, only because her father, former Lebanese Prime Minister Rafik Hariri, was killed in a car bombing last year. She graduated in June 2005 from the Lebanese American University in Beirut. Campaigned for her brother Saad in recent Lebanese elections. Net Worth: 1.4

German Prince ALBERT VON THURN UND TAXIS, 8 months older than HIN HARIRI

and also single, 22, inherited a fortune on his eighteenth birthday in June 2001. His assets include extensive real estate holdings, a valuable art collection and a tech company. His 30,000 hectares of woodland in Germany

is considered one of the largest forestry holdings in Europe. He resides in one of the family's castles, Schloss Emmeram, with his mother Gloria and older sisters Maria Theresia and Elisabeth. Net Worth: 1.9

DANIEL MORTON DIFF, single 30, resides in New York City. He's an undergraduate of Columbia University, Bachelor of Arts / Science. His father, William Ziff Jr., built Ziff-Davis publishing empire {PC Magazine, Car & Driver, Boating} retiring to Florida in 1994. Diff reinvested proceeds via Ziff Brothers {Dirk and Robert} Investments: hedge funds, corporate debt, equities. Net Worth: 1.2

SERGEY BRIN: Single, 33, Net Worth 12.9 LARRY PAGE: Single, 33, Net Worth 12.8





HIND HARIRI: 22, Youngest Billionaire, Net Worth 1.4

GERMAN PRINCE ALBERT VON THURN UND TAXIS: Single, 22, Net Worth 1.9





FEATURE

By Shekhar Gupta Bangalore - India

A full professor of Harvard at the age of 28, chief economist for the World Bank, US treasury secretary, Harvard president before he was 50 - Lawrence Summers has had an extraordinary life. Having recently quit after a long struggle to reform the way Harvard is structured, we give you ...



ORLD

In Need of Fresh
THINKING

guess, I've always had a passion for economics. We have a world that's very much in need of fresh thinking.

My own commitment is very much to working and to making the world a better place and obviously people in business do that in many ways. But I think in government and in universities, we are able to do a lot of things that touch many people's lives and that's very important.

should be done-whether it's what the Treasury can do to help developing countries, or create a better fiscal health in the United States, or what Harvard can do to attract the very best students by searching as widely as possible and removing barriers for financial need, or what Harvard can do by stepping up its contribution to scientific research and thinking about the ways to collaborate, or by engaging with the world as a whole - it seems to me one always wants to push forward as



"We have a world that's very much in need of fresh thinking."

As for my youth becoming my liability, I had almost everything held against me at one time, or rather in things that I've done. But I've tried always to take as forceful an approach as one can, because it seems to me that with all that can be done in the world and all that

aggressively as possible. Or maybe that's something that comes out of my relative youth in these positions. It's not an impatience to always want to do more.

If one looks at many other great contributions that people have made-I think they often come from people who bring a relatively fresh perspective to a problem.

And I think we have a world that's very much in need of fresh thinking. That's why, at the university, I tried to work very hard to build and foster combinations across different disciplines, across different schools of the university. It seems to me the way in which you move forward the most, is to bring together as many people with strong views and as much energy as you possibly can. That's all we tried to do at Harvard and at the Treasury, and that's what I look forward to in the field of economics.

You know, now at Harvard College, any student whose family earns less than \$40,000 a year doesn't have to pay anything to send a child to college. That's not just an American policy but that's a global policy. We want to get sufficiently extraordinary students, no matter what their background is, no matter where they grew up. The world needs more international understanding than we ever had before.

We have a saying that science is too important to leave to scientists and war is too important to leave to generals. Education is too important to leave only to educators. That's why the education school at Harvard is partnering with the business school to discuss techniques of leadership and management within education. That's why some of our finest economists at Harvard are working on questions in education and research. When I was at the World Bank, one of the things that I was

involved in was a study looking at the issues of education. And everyone's always known that was the moral imperative.

What we were able to demonstrate was that, in purely economic terms, if you calculated the higher wages, if you calculate the benefits in terms of reduced health care costs from happier, healthier families, if you look at the increased ownership of property that came when women were educated, if you look at the reduced transmission of disease, education might well be the most important investment for many developing countries.

I think complacency is the greatest danger facing Harvard and other US universities. We've been strong for a long time and if we become self- satisfied, that's when you go down the hill. That's why Harvard always needs to ask itself, is it providing the best possible education for students? Are we doing everything we can to push back the frontiers of science? Are we doing it in traditional ways or are we taking new kinds of combinations?

For the next few years, I'm going to be working and thinking about a whole set of questions that I've noticed but haven't had a chance to attempt to think deeply about as I've been involved in leadership and administrative positions.

We need to be thinking about new combinations and new ways of reaching to excellence, new ways of organizing universities. We need to take advantage of the power of information."



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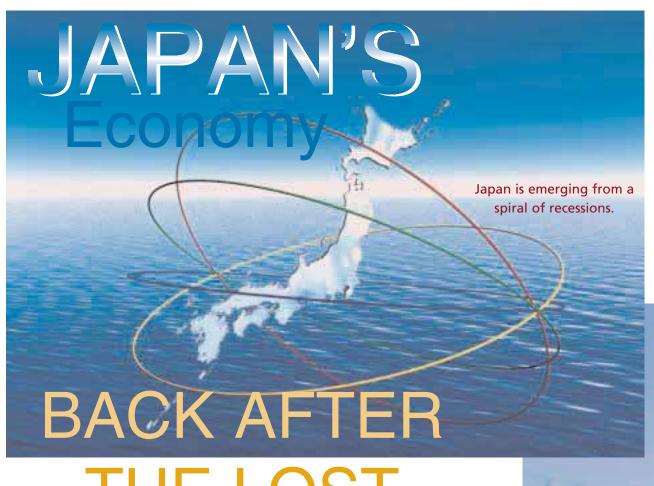


FEATURE

By Evan Osnos Tokyo - Japan

TOKYO. A lone scoop of ice cream for \$23. A penknife for \$500. A cruise for \$160,000.

Make no mistake: Japan is back.



THE LOST DECADE

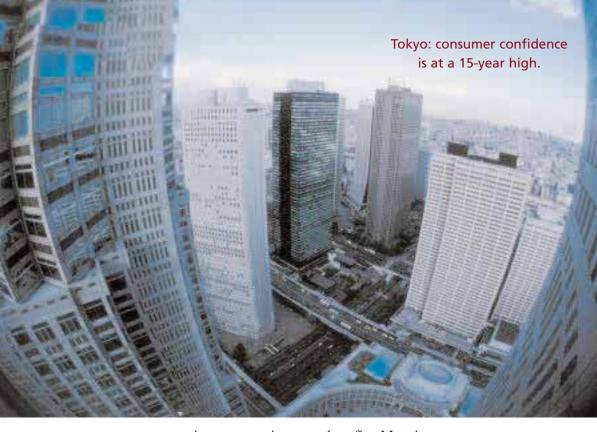
fter 14 gloomy years, Japan is emerging from a spiral of recessions, malaise and deflation and is on pace for the longest period growth since World War II. As in its heyday in the 1980s, the rise of the world's second-largest economy is sending ripples through Asia, Europe and the U.S.

But behind the good news is also a sobering portrait of a country altered by what it calls the Lost Decade.

Today's Japan is increasingly divided between the flush and the frustrated, winners and losers.

The changes, blamed for rising rates of domestic abuse, suicide and truancy, have stirred intense debate in a nation that long prided itself on equality and stability.

Indeed, consumer confidence is at a 15-year high as the country enters its fourth year of strong growth. Unemployment is the lowest since 1998, and compa-



nies are reporting record profits. Most important, economists say, this recovery is unlike several false starts in the past decade because it is driven by domestic demand, not simply exports or government spending.

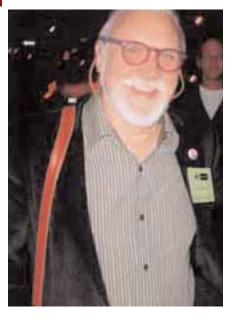
The top tax bracket has dropped from 70 percent to 37 percent. The result is that Tiffany and Ralph Lauren boutiques are flourishing-and so are thousands of new 100-yen shops, the equivalent of American dollar stores.

Competition in society has intensified. Though companies are on the mend, they offer far fewer good jobs. Nippon Steel, Japan's largest steelmaker, has 20,000 workers today, down from 60,000 two decades ago. It expects a record profit this year of \$2.84 billion, allowing it to revive its recruitment of white-collar workers.

Tuition at Japan's best schools has risen 15-fold in the past three decades and sociologist Masao Watanabe of Hitotsubashi University says the system is producing a "disguised aristocracy."

Just as the winners of the new economy are unmistakable, so are the losers. Each Sunday night, a long, quiet line forms in Tokyo's answer to Central Park, accepting free bowls of rice from a nonprofit before drifting back into the city.





By Martin Robertson Toronto - Canada

Martin Robertson is Ideas in Motion and recently celebrated forty years as an award winning TV and festival event producer.

He lists career highlights as the creator of Beacon Millennium Canada celebrated by Her Majesty, Queen Elizabeth II on Eve 2000, winning the British Academy of Film and Television Arts Award for The Kenny Everett Video Show in 1978, researching and writing 24 number one rated shows in the UK for This Is Your Life, promoting the concert movie Ladies and Gentlementhe Rolling Stones in 1973, and orchestrating two recent international events - First Steps (01-01-01) Walk in 26 countries and the Planetary Vision global net broadcast.

http://martinrobertson.ca Contact: ideas@martinrobertson.ca

IDEAS in

MOTION MOTION



henever I read JO LEE I am struck by the wide range of interests it represents and the fact that it simultaneously reaches an audience everywhere around the globe. It's truly an example of McLuhan's "global village" concept. Many of the larger issues that now concern world 'citizens' such as global warming, poverty, AIDS, ownership of the world's freshwater supplies, globalization and the protection of cultural diversity are subjects of interest for JO LEE readers like myself - but what to do about them is always a challenge for each individual.

My chosen passion is for documentaries - cultivated from my career in television and the arts. Over the past four years, I have been impressed by the quality and the commitment shown in the hundreds of videos we receive in submission for our annual international environmental film festival, based in Toronto, Canada, called Planet in Focus. Distilled down to 50 or 60 of the best the world has to offer, we get kudos for our efforts, but recently I have realized that something was missing. Simply put - a global reach.

So, I came up with an enterprise that should interest JO LEE readers: a concept called "ideas in motion" which offers the opportunity for people to create their own mini festival of documentaries that reflect personal interest. I have created a web site under my own name, strictly as a non-profit enterprise, that offers access to filmmakers and distributors of some cutting edge documentary product now hitting the festival circuit.



'Youth In Action'

Once a video is purchased, or permission granted to view, any activist can set up an entertaining screening of fascinating subject matter whether for a few friends, or a larger organizational crowd, as a "do-it-yourself" mini fest.

My role in this networking is to maintain the website at http://martinrobertson.ca with pertinent reviews of material, links to distributors and directors, a calendar of festival and other events and success stories from individuals who have taken the plunge.

The original inspiration for the concept of an alternative distribution network came when I was able to assemble a mini festival of films on the theme of water to present at the World Water Forum in Kyoto, Japan in March of 2003. I was partnered in this launch event by Planet in Focus and Aquarius 21, the brainchild of Japan based Canadian Dave Simpson. I parceled together six films, details of which you can find on the website {click on Event, and then look under Passed} together with panels of guest speakers, music and story telling.

During the four days in Kyoto, we received many requests for similar films from delegates at the WWF from a dozen countries, who emphasized the difficulties they had in finding films and information on certain highly sensitive subjects like the increasing global privatization of water.

The following year, though I was laid low by the onslaught of a lymphoma cancer, I packaged three films on the theme of "youth in action" presented in Beijing, China, with the partnership of the Western Academy private school {also listed on the website under Events/Passed} as well as two films with Gene Action at the Canadian Organic Food Growers Conference, Guelph University, Ontario, Canada.

I feel strongly that film can be used as part of campaigns for change. Distribution at Festivals is one way that directors and producers get their work publicized, but it takes action at a local level where the subject matter is pertinent. Screenings where stakeholders, experts and community activists can debate the issues, followed by a call for direct action is my formula to facilitate public awareness.

I'd welcome any dialogue with other JO LEE readers who may be inspired to do their own thing!

"Ladies and Gentlemen: The Rolling Stones in 1973"





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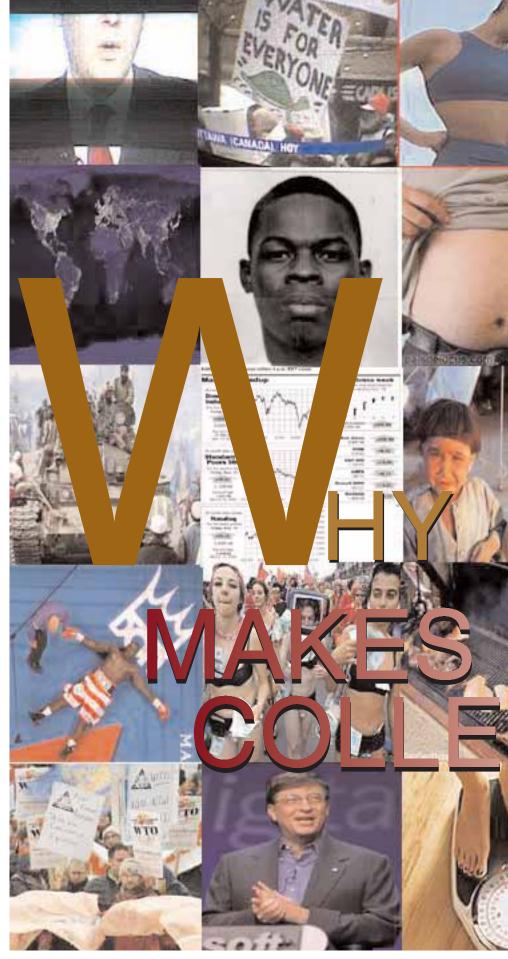
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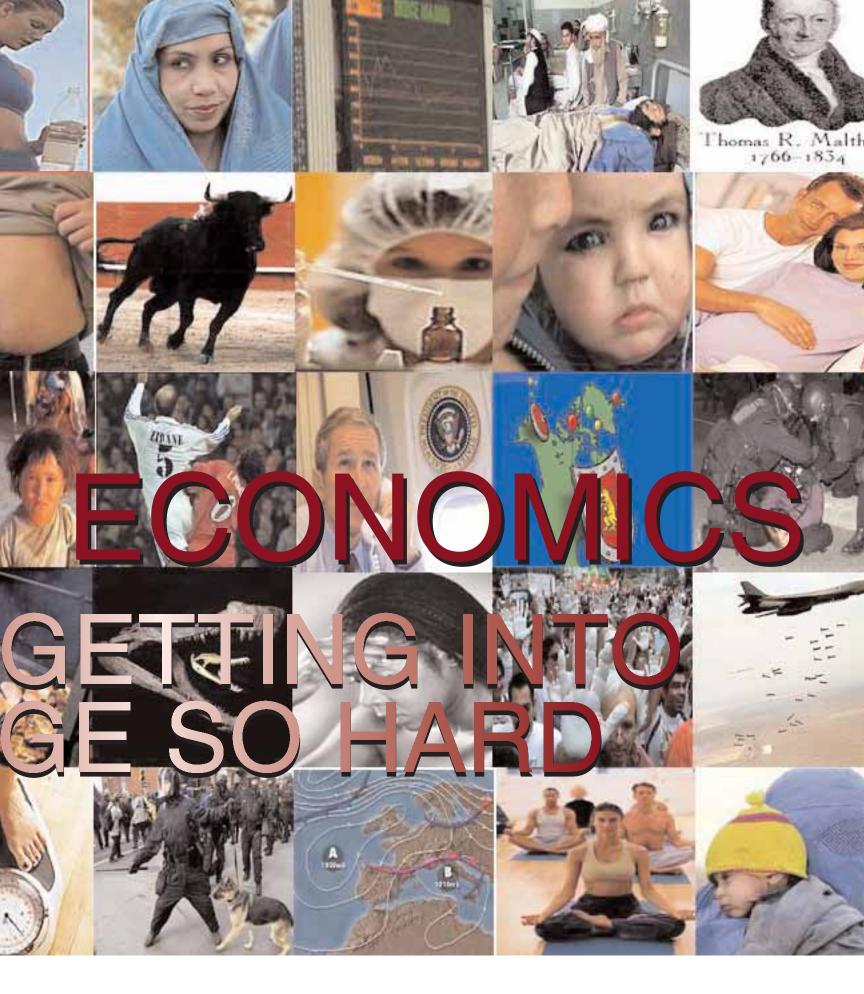
jo lee FEATURE



By Kevin Hassett Washington - DC

Dr. Kevin Hassett is Director Economic Policy Studies at the American Enterprise Institute. He was chief economic adviser to Republican Senator John McCain of Arizona during the 2000 primaries.





ollege admissions this year have been positively nightmarish. Acceptance rates are way down. Was this just an unusually bad year, or a sign of worse things to come?

The horror stories are everywhere. According to the Washington Post, one of the top students at Thomas Jefferson High School, a math-and-science magnet school in Alexandria, Virginia, was rejected by Yale University despite being the child of a Yale alumnus.

Thomas Jefferson is one of the best high schools in the country. Its students are regularly selected as National Merit Semifinalists; an astonishing 167 were so named in the most recent round of selections. It sends 20 percent to 25 percent of its graduates to Ivy League colleges. When that school's best have trouble, it's a sign that things have changed, a lot.

Another sign is apparent in the raw data. Yale accepted only 8.6 percent of applicants this year, down from 9.7 percent last year. Other schools surveyed by the Post, ranging from the Ivy Leaguers to public universities, have admitted a much smaller percentage of applicants this year.

VALEDICTORIAN? NOT IMPRESSED!

Having good grades and test scores, it seems, may no longer be enough to secure a slot at a top university. Harvard University, for example, rejected more than 80 percent of the valedictorians who applied last fall.

What gives? The simple math of the story is that applications are up, and spaces are fixed. The harder part is understanding why the applications are up.

That is where economics come in. Applications are up because the costs and benefits of applying have changed.

First the costs. When I applied to school back in the dark ages, it was an exhausting and expensive process. Each school had a different application with different essay questions. It took days to finish each one.

Today, many schools accept a standardized application. It's easy to bomb the planet with applications, and it's getting even easier as more and more colleges waive application fees for online and standardized applications.

EDUCATION'S PAYOFF

But it can't just be ease of application that explains the change. The quality of applicants must be increasing as well, otherwise the Thomas Jefferson students would still be golden.



An important new research paper by economist Thomas Lemieux of the University of British Columbia has documented that there has been a dramatic increase in the rate of return to post- secondary education in the United States. Lemieux finds that most of the increase in wage inequality in the U.S. is accounted for by a sharp increase in the wages of highly educated individuals.

And the returns skyrocket as you get more education. Lemieux writes that "the wage gap between college post-graduates and college graduates has increased more than the wage gap between college graduates and high school graduates, which has itself increased more than the wage gap between high school graduates and high school dropouts.



Kids {and parents} are smart enough to recognize this. The benefits of being an academic star are increasing, so more and more students are trying to become one. That makes it harder to get into college but increases the quality of each year's senior class.

GLOBAL ECONOMY

Why have the returns to education increased so much? My own best guess is globalization. The U.S. continues to have a tremendous comparative advantage in post-secondary education. While low-skilled workers face intense global competition, high-skilled U.S. workers can still demand a premium relative to skilled workers from other countries.

Indeed, globalization can significantly increase the returns to the highly skilled. Now, a smart manager with a good Internet connection in the U.S. can coordinate production activities in many different countries at once. A really smart manager can figure out how to locate his production chain all across the globe, lowering his costs and increasing his own income.

This is the flip side of the globalization debate. If folks with the highest skills do much better in a global economy, then kids invest in acquiring those skills.

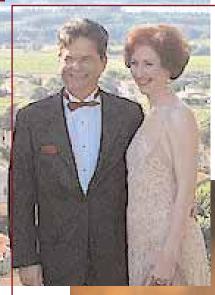
WORSE TIMES AHEAD

College admission will likely get more difficult, especially at the most competitive schools. Those who have the highest training will be the last to be confronted with wage pressures from globalization and their incomes will continue to outperform those with less education. These patterns will be apparent to all and provide even stronger motivation for high school graduates aspiring to academic stardom.

Another factor will make it worse. If kids with perfect records have a hard time getting into top schools, high school teachers will face increasing pressure to inflate the grades of their better students. The top 20 percent of a typical graduating class will have near-perfect grades and the universities will have a hard time telling who's who.

When today's second grader applies to college 10 years from now, admissions directors will regale him or her with the stories of how much easier it was to get into college back in 2006.

FEATURE



By Lauriann Greene-Sollin Jean-Pierre Sollin Sommeliers-Conseil Provence - France

Sollin have both earned the prestigious diploma and title of Sommelier-Conseil. They are the owners of FRENCH WINE EXPLORERS - specialists in escorted wine and culinary vacations. our

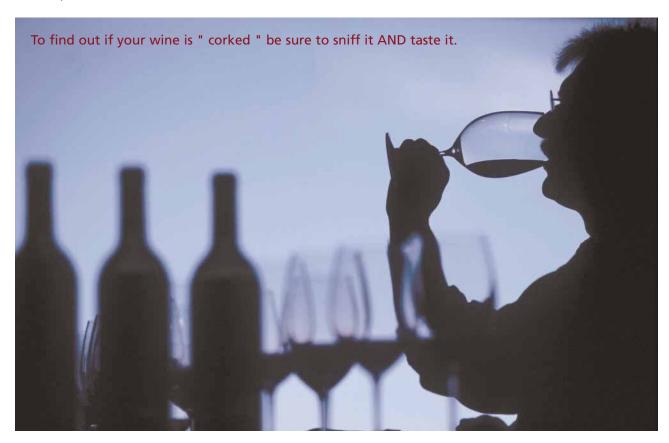
Lauriann Greene-Sollin and her husband Jean-Pierre

*What is a 'cru'?

The French word 'cru' denotes a specific, delimited terroir or production area that has been singled out for its quality. For example, in the Rhône Valley viticultural region, we refer to the 13 communal appellations {the highest level of quality in that region - among them Côte Rôti and Gigondas} as the 'crus' of the Rhône Valley, since these appellations are considered to have the best quality terroirs. In some cases, the word 'cru' refers to a vineyard of exceptional quality which is given a particular status according to a system of classification, as in the Grand Crus and Premiers Crus of

*Should I only buy wine from the best vintages?

When buying French wines, many people rely on vintage charts to tell them what were the 'best' years. In reality, you're missing out if you buy only the so-called 'best' years. Usually, the great years are those that can be aged and, in fact, need to be aged to be appreciated. So what does one drink while waiting for those great wines to reach their optimum maturity? How about a 'lesser' year! Just because there are 'great' years, that does not mean all other years were terrible.



Burgundy {in specified lieux-dits or climates} or the Grand Crus of Alsace. In the case of the Bordelais, the property of a particular classified chateau is referred to as a cru. In Champagne, the word 'cru' is applied to whole villages and their vineyards, classified as Cru, Premier Cru or Grand Cru.

*What are 'legs'? Are they a sign of quality in a wine?

'Legs' or 'tears' are words often used to describe the streaks that appear on the side of your wine glass after you swirl the wine

The presence of 'legs' is not in any way a sign of quality. The appearance of streaks on the side of your glass is an indication of the alcohol content of the wine. For sweet wines, it can also indicate the sugar content. As

you swirl your wine, a thin film of alcohol and water are left along the sides of the glass. The alcohol evaporates more quickly than the water and tends to move up the side of the glass as it evaporates.

*What causes a wine to be 'corked'?

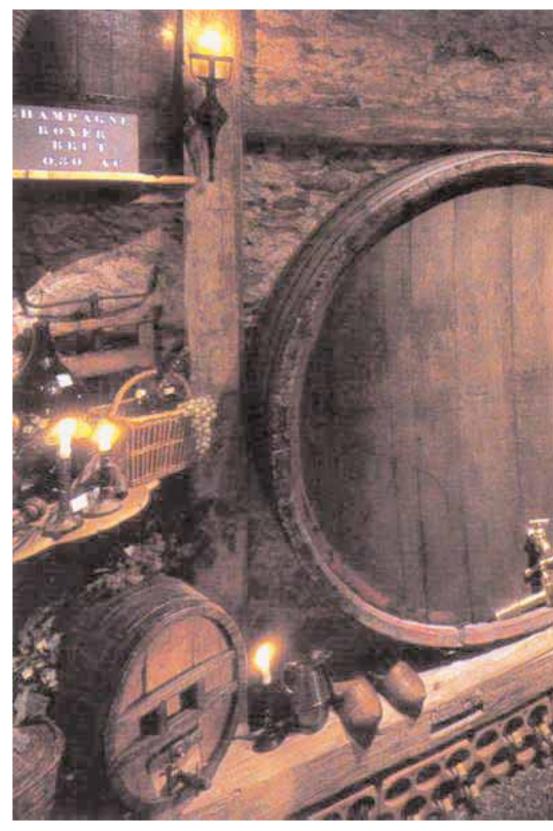
We say that a wine is 'corked' {bouchonné in French} when it has a characteristic musty, moldy, corky smell that dominates and virtually cancels out any other aromas in the wine. Experts say that approximately 5% of all wine bottles have this defect. One that should prompt the buyer to send back the bottle either to the restaurant or to the shop where it was purchased.

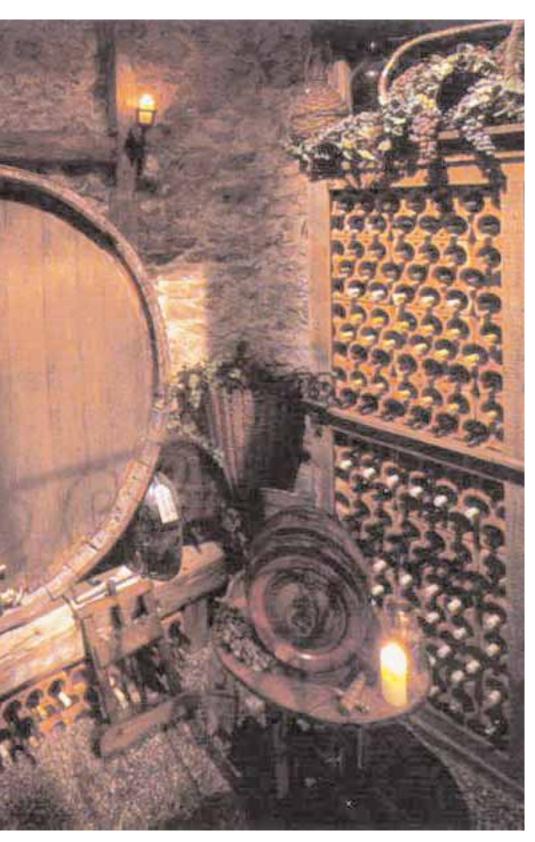
To find out if your wine is "corked "be sure to sniff it AND taste it. Contrary to popular belief, smelling the wine in your glass may not allow you to detect wine that is just a bit corked.

*Do all wines benefit from being decanted?

No. Generally, the wines that benefit most from decantation {pouring wine from the bottle into a carafe} are younger wines. The reason is that the act of decanting the wine also aerates the wine. In a young white wine, aeration can bring out aromas in a wine that would otherwise be 'closed' and unexpressive. In a young red wine, aeration can take the edge off tannins that could otherwise be too aggressive, as in a young left bank {majority Cabernet Sauvignon} Bordeaux wine.

Storing wine should be: free from vibrations.





With older wines, one needs to be more careful. Overexposure to the air can cause rapid oxidation of a fragile, older wine, effectively killing it and rendering it undrinkable.

*Should I open a wine several hours before serving to let it 'breathe?

First of all, not all wines benefit from contact with the air. Older wines can become oxidized and undrinkable if left to 'breathe' too long before drinking. But let's define what 'letting a wine breathe' actually means. Most people uncork a wine bottle and let it sit upright, uncorked, to 'let it breathe'. In reality, with the wine still in the bottle, there is only a tiny surface area of the wine that is actually in contact with the air, so little to no aeration occurs. To really let the wine breathe, you have to either serve the wine {each time you tilt the bottle, more of the wine comes in contact with the air} or decant it into a carafe. Decanting can be particularly beneficial for young wines.

*What are the best conditions for storing wine?

For optimal aging potential, wines must be stored under ideal conditions or as ideal as possible. An ideal cellar or storage space should have the following five characteristics:

- " It should be DARK
- " It should be HUMID
- " It should have a CONSTANT TEMPERATURE
- " It should be FREE OF VIBRATIONS
- " It should be FREE OF ODORS



WHAT IN THE WORLD IS GOING ON!

By the Year 2050: The World population will reach 9.3 Billion or a Growth rate of 77 Million people per Year.

DID YOU KNOW?

In Just '5' years — There were 300 Million UNPLANNED pregnancies Worldwide {Not including 3rd World} with 700,000 Women dying as a result of.

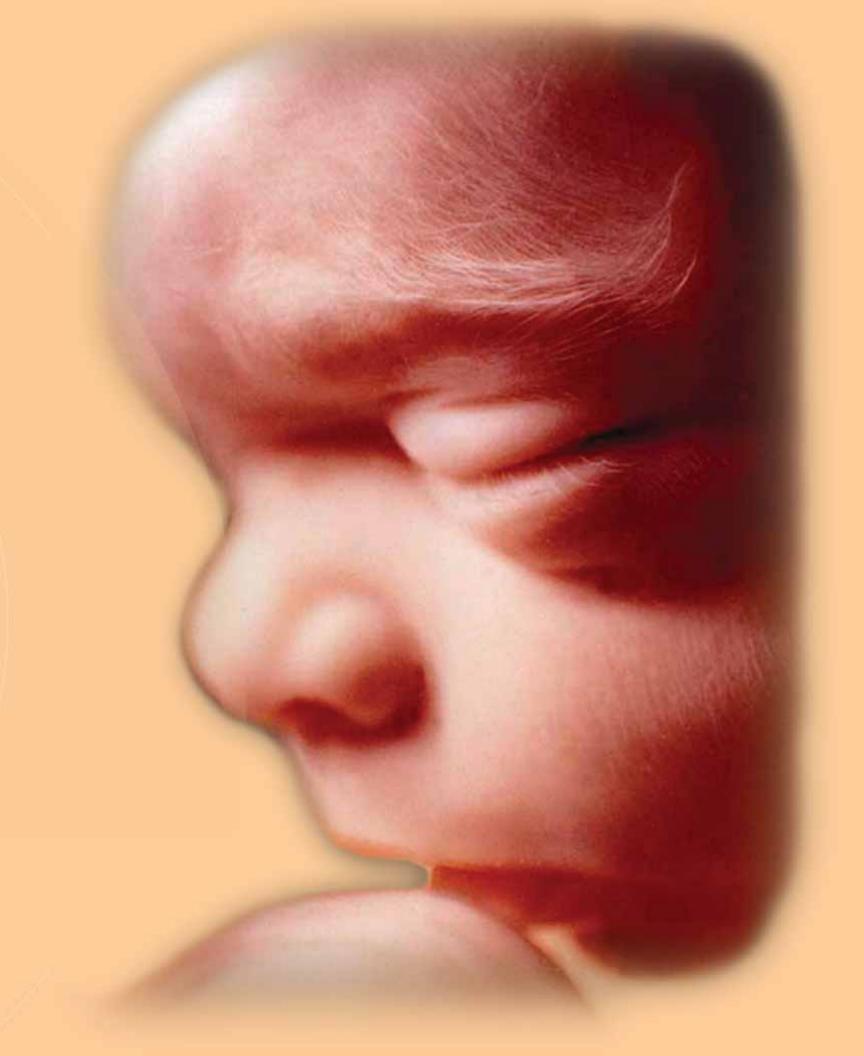
There's a HUGE, unmet need to rectify this!

Hundreds of Millions of Women Globally —

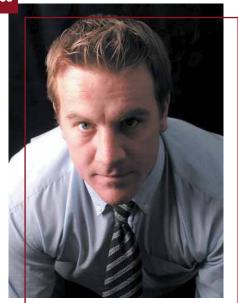
DO NOT WANT TO BECOME PREGNANT.

How can society help! Is there a solution? You decide.

CLICK HERE



jo lee

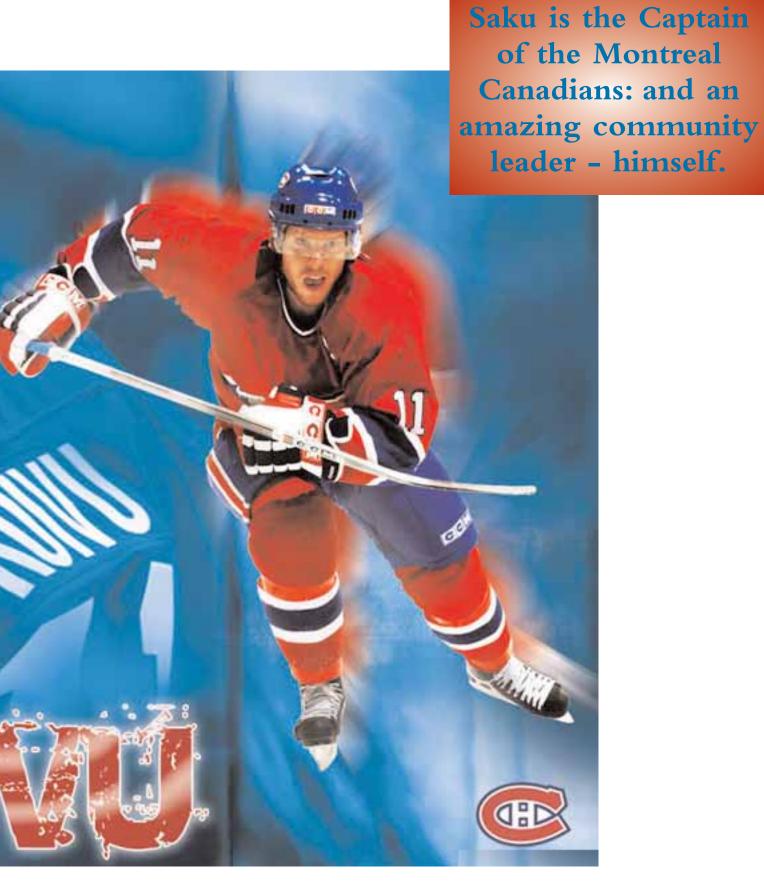


« HALF TIME

By James Mansell Montréal - Québec



I predict a STANLEY CUP for Saku Koivu!



Hi Folks!

become part of the norm to see, hear professional athlete. Too many are either on steroids or, have gotten in trouble with the law ... leaving us somewhat pessimistic of many an image.

My column this season mirrors a hero quite unlike the divide I mention above. He is a gentleman I personally wish to thank for 'the positive perspective on athletes' he's given to me and a myriad of others!

His name is: SAKU KOIVU. And Canada has borrowed him from Finland.

Saku is the Captain of the Montreal Canadians. A great hockey franchise which has produced some amazing players and amazing community leaders. One of these leaders being Saku Koivu - himself.

Saku is a cancer survivor ... who continually uses his popularity to raise money to help cancer related organizations, in the Montreal area. His on-ice determination - whether battling and overcoming the insidious C or, almost losing an eye - has been the same as his off-ice feats. Saku has just donated over 1 million dollars to buy badly needed equipment for the cancer ward at the Montreal General hospital. Way to go!!!

It is time the media begins to understand the relevance of positive coverage on people who make a difference within their local or global community.

Saku is a guy whom kids can look up to in tough times ... for he knows and identifies with the often-lost meaning of: GOOD. What a message!

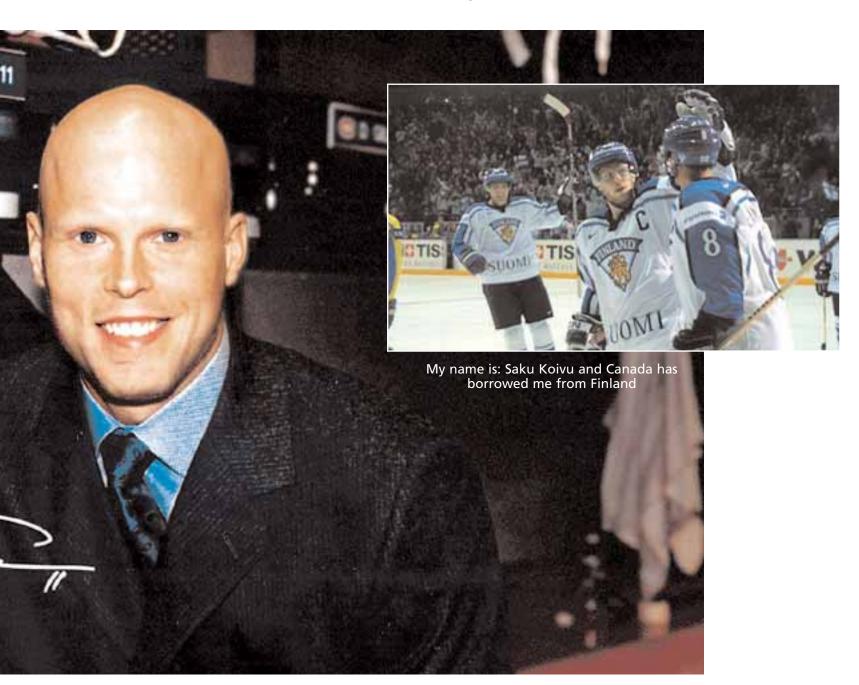
Have you nominated someone for The ADESTE Prize! www.adesteprize.com



Saku is a cancer survivor ... who continually uses his popularity to help others!

To Write James: Click Here

** James Mansell - Sport Management. Member Canadian Baseball Academy - full scholarship / /Donnie Mash Memorial Scholarship / Best Athlete student / Scholarship, Wayne State, Nebraska USA. Athlete of the year / varsity Baseball Captain / 3 time Jr. Elite All-Star / 3 time Jr. Elite Provincial Champion / Academic Baseball Canada Alumnus / Coach-Counselor high performance athletes Baseball Camp / Conceptual-principal developer sport drink / Founder-implementer Education through Baseball Sport School.



jo lee



« The Rich & The Famous

By Robert J. Goldsworthy - Halifax - Canada



A lady in red - The Royal Dining Room.



London residence of the British monarchy since 1837. At the start of its legendary life, Buckingham was a far cry from the glorious, extravagant, fairytale showcase that it is today. Actually, until George III bought Buckingham House in 1761 ... and promptly began remodeling it a year later, it was more of a town house than royal refuge.

The palace of modern times really didn't begin to take shape until 1820, when George IV carried out further reconstruction to the house ... and thanks to the immense vision of his architect John Nash, decided to transform the house into a palace.

Queen Victoria was the first sovereign to take up residence following the reconstruction and then, promptly started another addition, which is the most defining feature of the palace as it appears today, the front wing.

Beyond the spectacular iron gates and world famous facade, lies a treasure trove of precious art, antiques, jewels and spectacular architecture. Paintings by Rembrandt, Rubens, Poussin; sculpture by Canova and Chantry; exquisite examples of rare porcelain; and some of the finest furniture in the world, are just a few of its decadent delights.

Perhaps even richer than its pedigree of physical wonders - is the history, tradition and courtly elegance and civility that mark this landmark's past, present and future. Like the British

nation itself, this proud monument has stood the test of time with a quiet, steadfast dignity that commands the respect, applause and admiration of people everywhere.

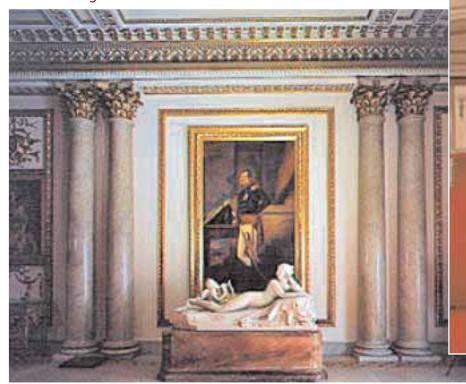
* Robert J. Goldsworthy is Principal Designer and CEO of Goldsworthy Design, an upscale east coast interior design firm. After being educated and living in Toronto, Vancouver and New York - Robert's passion for interior design and architecture has been influenced by some of the most beautiful places and buildings in the world. www.goldsworthydesign.com



Buckingham Place - Grand Staircase.

Queen Elizabeth's Room.

Buckingham Palace - the Marble Hall.





io lee



« POLITICALLY RED

By Lani Silver San Francisco - California

There is only one subject people should be writing about right now: Darfur.

What are YOU going to do about it?



arfur's economy has been massively upset and two million of its six million inhabitants are now at risk of starvation in this region the size of France.

The current dire humanitarian crisis has been caused by massive, systematic violations of international human rights and humanitarian law, constituting crimes against humanity committed by the Sudanese Government and its ethnic militia, the Janjaweed. These crimes have violently driven more than one million people from their homes; untold thousands have died or suffered grievously as a result of massacres, rapes, starvation and disease.

It is estimated that between 80% and 90% of the villages in the region have been destroyed. Violence has increased to the point that most humanitarian efforts have been stopped.

Don't despair, take action:

- Write a letter to your leaders, or write the UN
- " Organize a vigil
- " Produce a community event
- " Send money
- " Talk to people about the atrocities
- Write the Sudanese government, composed largely of the National Islamic Front, who came to power in 1989 because of a coup that deposed an elected government.

Don't watch as another chapter of injustice: gets added to human history.



The Sudanese government, which is primarily Arab-African is working in collaboration with the Janjaweed, nomadic Arab tribes, to destroy the Arab and non-Arab African population of Darfur. The government has assisted the Janjaweed in the genocide, using its weapons and planes.

The crisis in western Darfur began in early 2003 when the native non-Arab African tribal population, made up of mostly farmers, began demanding from the Arab Sudanese government that they have some economic and political rights, of which they had had none.

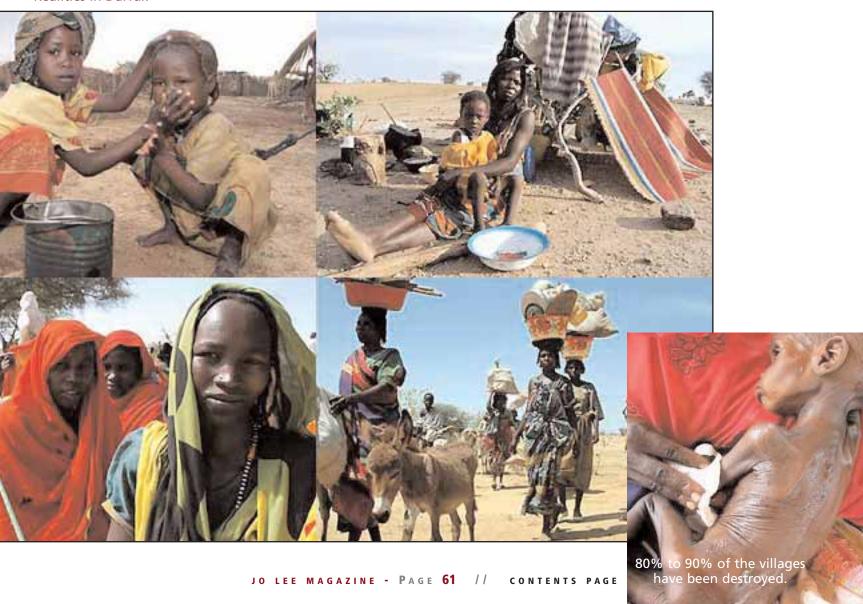
In September 2004, both Houses of Congress declared the atrocities occurring in Darfur to be a "genocide."

What are **YOU** going to do about it?

To Write Lani: Click Here

** Lani Silver - historian, artist, free-lance writer, and Lecturer with the American Program Bureau. {Gorbachev's bureau, Desmond Tutu, Betty Williams & Oscar Arias}. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1,700 oral histories with Holocaust survivors and witnesses. Lani and her partner, historian Eric Saul, discovered the story of Chiune Sugihara, who is called "The Japanese Schindler." Lani became Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 54,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. byrdfound@juno.com

Realities in Darfur.



jo lee



« DINING! THE EXQUISITE 9

By Sue K. Wallingford New York - Vermont USA

Sue K. Wallingford has gained attention in no small measure as one of America's great hostesses and amazing chefs. A native New Yorker, Suki resides within the beauty of her country estate in Fayston, Vermont, USA.

ASIA

OSAKA BOTEJYU 4-3-21 Namba Chuo-ku Osaka Japan TEL: 81.6.6632.3635

This chain of restaurants serves OKONOMIYAKI - a kind of pancake made with batter and a wide variety of vegetables, cooked fish and meats. The Osakans like their food fried and with heavy sauces. There are six branches in Osaka. At dinner you can cook the okonomiyaki at your table.



EUROPE

MILLENNIUM HOTEL Marsala Tita 109 Opatija Croatia 51410

TEL: 385.51.20.2000

This establishment is smart without being formal. They serve fresh oysters, spinney cockles and a Croatian specialty: prawn bouzaka. After the meal, try a glass of Travarica - a fiery brandy.

CUNEO

Davidstrasse II, 312-580 Hamburg, Germany TEL: 49.40.312.580

Here you are just a few strides from the renowned Herbertstrasse, a block long street of bordellos, closed off to women and men under 18. The décor is stylish and sleek serving classic Italian entrees. This is where the chic crowd can be seen. The chef makes one feel special.

ATRIO

Avda. De España 30 Bloque 4, Caceres, Spain TEL: 34.927.242.928

Located in the heart of Rioja - offering regional specialties that revolve around fish and meats, hake, turbot and lobster along with pigeon, partridge and lamb. The wine is a comprehensive Spanish collection as well as some French wines.

THE GEORGE V ROOM Ashford Castle

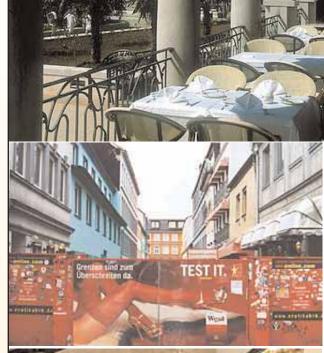
Cong, Co. Mayo, Ireland TEL: 353.92.460.03

World class chef Stefan Matz, offers a menu of modern Irish and international cuisine. The castle is in a fantastic setting with magnificent grounds. It was built in 1228 and in 1939 turned into one of the best hotels in Ireland. The food is expensive but the wines are moderate and the ambience unbeatable...

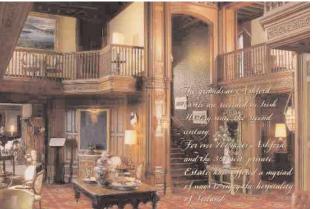
CARLTON RESTAURANT AND BAR

Bahnhofstrasse 41 Zurich, Switzerland TEL: 41.1.227.19.19

Modern, lively-international, Art Deco designed restaurant. Open for lunch and dinner, their prix-fixe menu is served at lunch and dinner. The wine is French and Tuesday after five is the time for socializing in the fun bar.









AUSTRALIA

COLONIAL TRAMCAR RESTAURANT

Begins at Normanby Road, near Clarendon Street,

Tram stop #125 Melbourne, Australia TEL: 9696.4000

This elegant 1927 vintage tram provides an everchanging backdrop as it cruises the streets of Melbourne, serving Kangaroo loin brushed with myrtle, thyme and honey. Steaks and regional sea food dishes are also on the menu.



NEW ZEALAND

EST WINE BAR & EATERY

8 Memorial Square

Martinborough, New Zealand Dinner: Wednesday - Sunday Lunch: Saturday - Sunday

TEL: 06.306.9665

EST is located in the Square's 19th century post office with a paneled ceiling and cozy fireplace. Recommended is the tasting platter with local olive oil. Service is friendly and customer focused.



UNITED STATES

RIVER CITY GRILL 131 West Marion Avenue Punta Gorda, Florida TEL: 1.941.639.9080

This contemporary American Restaurant serving steaks, seafood and pasta is in the heart of what used to be the center of town - before hurricanes ravaged the surrounding area two years ago. Punta Gorda was settled IIO years ago and is again growing up to be a modern small city. The food is very good. The mango glazed broiled grouper was great as was the southern corn flake crusted chicken with collard greens.



* Ah yes! And The EXquisite 9 continues to come ~



« BODY AND SELF

By Andrea Buckett Doctor of Homeopathy Toronto, Canada

You Are What You Ate

«You'll Become What You Eat »



And I'll bet the sweeps, on that!

Q: What kind of oil is the healthiest to cook with? Nora Stowe - Washington, DC

AB: Oils that remain stable at high temperatures are the healthiest, Nora. Surprisingly, this list includes butter, unrefined coconut oil and olive oil. Polyunsaturated oils such as sunflower, safflower and flax become unstable at high cooking temperatures and begin to break down. As the oil begins to degrade, it actually becomes quite toxic and unhealthy - turning into a trans-fatty acid.

Q: Is there a safe sweetener to use when trying to cut down on sugar? Bill Steade - London, Canada

AB: Absolutely, Bill! There is an all natural sweetener called Stevia. It is a plant-derived sweetener that has no caloric value. It can be used in place of sugar or unsafe artificial sweeteners. Stevia is several hundred times sweeter than sugar and so only a small amount is required. It can be used in flavoring drinks or for baking. This is a great option for diabetics.

Q: Is it healthier to eat raw food or cooked food? Anna-Tarine Mergen - Copenhagen, Denmark



A.B: While there is a trend towards a raw food lifestyle, both raw and cooked foods are part of healthy eating. Raw food remains high in all vitamins, minerals, enzymes and fiber. However, some raw foods may be difficult to digest - decreasing their nutritional profile. In turn, some antioxidants in food are enhanced by the cooking process such as lycopene {tomatoes} and beta carotene {carrots}. Those who live in warmer climates may far better with higher amounts of raw food, while those of us in colder climates may do better with cooked. Including plenty of raw food in the diet with some cooked - 70% and 30% respectively, is your best bet, Anna-Tarine.

Q: I have heard that barbecued meat can cause cancer. Is this true? Theodore Haps - Long Island, New York

A.B: Benzopyrene is a chemical created when fat drippings fall on the hot coals of a BBQ. This is a substance that has been shown to initiate cancer development. Smoke rises and deposits the benzopyrene on the food. Use leaner cuts of meat, Ted, and barbecue in moderation.

To Write Andrea Buckett: Click Here

* Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert - is a passion in pursuit of having people live into their nineties - and feel like 52. Yes, she's jumpstarted the most exciting nutritional adventures. She is a graduate of The Homeopathic College of Canada and her private practice today is a sole focus on the body's benefits and pleasures of great food.



GMEXTRAORDINAIRE

Ray Scotty Morris is not only an internationally renowned photojournalist and successful society photographer in San Francisco, but his career has enriched the lives of many on a wide scale. He's been taking pictures for close to fifty years and as a news photographer, he won 29 photo awards in just ten years - local, state and national, including best news picture of the year.

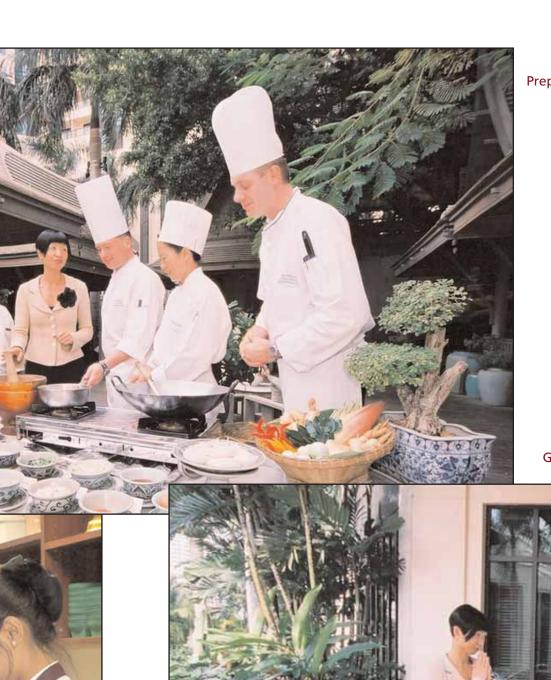
Scotty has received a Certificate of Commendation from the U.S. Senate along with the distinct honor of being written into the 107th U.S. Congressional Record.











Preparation for Cooking Class.

Greeting Bellmen, early day..







« CAPRICCIO By Danilo Navas

Nicaragua - Central America

The Music of





ell-known for its interoceanic canal, Panama is one of the youngest countries in Central America. It gained its independence from Colombia in 1903, during the construction of the canal that connects the Atlantic and Pacific oceans. Its population is formed largely by mestizos {a mixture of African, European and Native peoples.}



Culturally linked to the rest of Latin America, Panama has a rich identity which is reflected in its musical expressions. It's important to notice that Panama is musically closer to South America and the Caribbean than to Mexico, as it is the case with the rest of Central America. The most important native instruments are the 'mejorana' {five-stringed guitar} and the 'rabel' {violin with three strings}. The 'mejorana' is used to sing songs with improvised verses that rhyme, and is very popular in competitions of singers called 'cantaderas'. The 'rabel' is used to play cumbias, puntos and pasillos in the central provinces of Coclé, Herrera, Los Santos and Veraguas.



Popular music, also called música típica or pindín, which is a close relative of Colombian Vallenato music, includes instruments such as the guiro, conga and especially the accordion. Some famous Panamanian artists in this genre are Yin Carrizo, Ulpiano Vergara, Dorindo Cárdenas, Osvaldo Ayala, Nina Campines, Alfredo Escudero, and the late Victorio Vergara.

The national folkloric dance called 'tamborito' is danced by men and women in costumes. 'Tamborito' is led by a female lead singer {cantalante} and backed by a clapping chorus {'estribillo'} that sings four-line stanzas of copla {lyrical form related to Spanish poetry}, as well as three drums.

Caribbean rhythms, Mento and Calypso, are also very popular, brought by early Jamaican immigrants. Some important exponents are: Lord Panama, Delicious, Two-Gun Smokey, Lady Trixie, Lord Kitty, and Lord Cobra and the Pana-Afro Sounds. Panamanian 'cumbia' {derived from Colombian cumbia} has its roots in Africa. Another important music is 'punto' and the salon dances like 'pasillo', 'danza' and 'contradanza.'

Ruben Blades, one of the greatest salsa singers of all times, is an important figure in the musical history of Panama. Other important musicians are Rómulo Castro, Luis Russell, who played with Louie Armstrong in the 1920s, Mauricio Smith, saxophone and flute player who played with Dizzy Gillespie, Machito and Mongo Santamaría; and Victor 'Vitin' Paz, a pillar of the Latin jazz trumpet.

Spanish Reggae had its origin in Panama, giving birth to the now popular Reggaeton style, which became a huge movement in Puerto Rico.

To write Danilo: **CLICK HERE**

* Danilo Navas is a Master of the history and diversity of World Music. The collecting and writing about its richness is for him, an all encompassing passion.



Ruben Blades: one of the greatest salsa singers of all times.

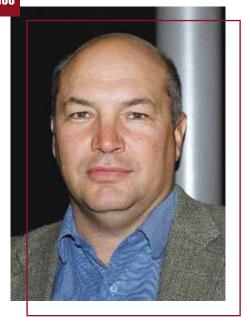




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« THE DIGITAL DIVIDE

By Craig Ricker Kostroma - Russia

THE

DEATH of





It is clear that anti-monarchy sentiment is seething.

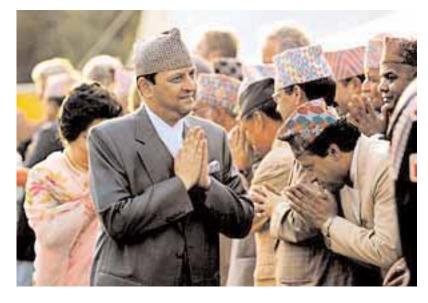
ecently I was in Kazakhstan on a photo-shoot for an oil company. As I don't have television where I live in Russia - I decided to indulge in satellite TV at the oil camp, flipping to what I thought was the BBC International. I concluded it was a 1970s futuristic movie because: the reporter seemed to be intentionally overacting a ridiculous scene ... screaming with leaping enthusiasm about the great pro-democracy protests yet, the protesters were waving hundreds of bright red hammer and sickle communist flags. To my horror - it became clear that this 'was' BBC International and the protests were in Nepal.

I am not a Nepal expert. But I am an expert on Marxist insurgence tactics and this 'pro democracy' movement - aimed at removing the only force resisting the Marxist insurgents in Nepal - has been used dozens of times in the last hundred years by Marxists in places like Russia, Spain and all over Africa.

Whenever there is an established power, like the upper class or caste of Nepal putting up a stiff resistance to a Communist takeover, Marxist terrorists do two things; they force the group in power to take extreme measures like dealing with outrageously violent terrorists in a like manner thus discrediting the regime and, pretend to be a pro-democracy movement in order to weaken the fighting position of the people in power.

Okay, Marxists will be Marxists, nothing new here. The disturbing realization is: why is the international media playing the role of cheerleader for the communist takeover of Nepal? If the King of Nepal gives up his army or is thrown out, the Marxists will be the only

The King, the Crown Prince and the Royal Family.



organized armed force in the country and it is naïve to believe they will behave democratically. Since the Marxists in Nepal are of the most violent sort ... a Cambodia style genocide will most likely result.

What was the position of the BBC? They dug up some pro Marxist westerners pretending to be Nepal experts and their solution was to bring the Marxist terrorists into the political process.

To put this into perspective..

- " The Marxist terrorists of Nepal have caused 13,000 deaths since its beginning ten years ago.
- " That is as many deaths as the Israel Palestine conflict since 1948 to present
- " And more than Al Qaeda in its whole history of terrorism, including 9/11.

Imagine this analogy. That the solution to the war on terror ... is to have Osama Bin Laden run for US Congress.

Nepal is in a fight for its very survival as a culture and a country. It has only one option; the total military defeat of the Marxist terrorists. If they fail, the world will lose one of the last spiritual utopias and we will be served films with titles such as: "The Himalayan Killing Fields."

* Craig Ricker is a prolific writer and among the world's best photographers. He went to Russia from Laguna Beach California in 1992 on a quest-like mission to immerse himself into Russian culture, develop an understanding of Russia from the inside and write books that Russian people respect as accurately portraying their world and life predicament.



Why is the international media: playing the role of cheerleader for the communist takeover of Nepal?



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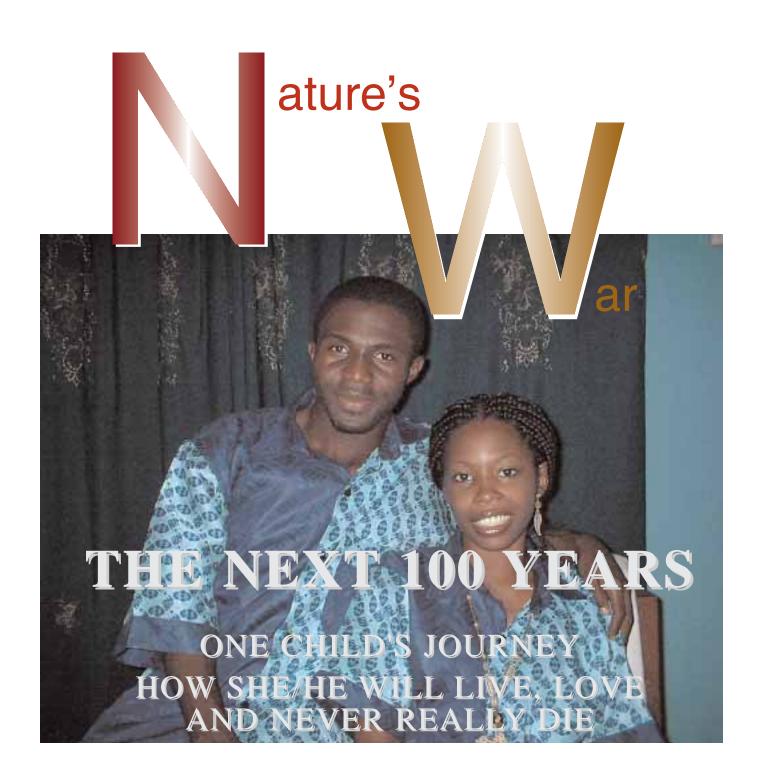


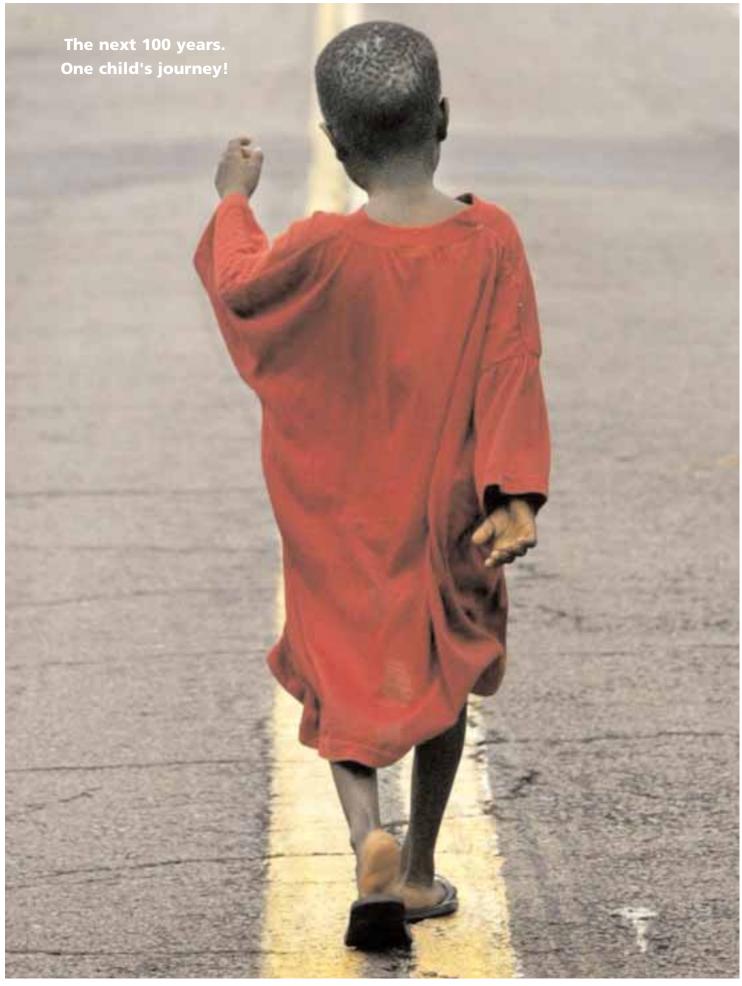




« WHEN ANGELS CRY

By Kelechi Eleanya - Economist Oluwaseun Sotiyo - Conflict Management Consultant Nigeria





JO LEE MAGAZINE - PAGE 84 // CONTENTS PAGE

The genesis of human existence initiated a growing conflict between human populations and their environment, especially the physical environment. Man's natural ability to care for nature {plants and animals} diminished greatly due to his craving to care for his own {family/household.}

It's actually a scenario of an increasing number of people in affixed space. Such has necessitated vibrant ideas on ecological management systems to create a balanced environment that supports the restoration, preservation, and conservation of nature's resources. More people means more needed space to live in, more food to eat, more safe water to drink, more clean air to breathe and more of the earth's resources to be exploited for varying human needs.

The architect of the earth had a plan and design for coexistence between man and his environment including other life forms {animals and trees}; prevailing occurrences project man as overruling the idea of co-existence and paving the way for his own benefits at the expense of other parties to the earth.

The genesis of human existence initiated a growing conflict between human populations and his environment.



Global efforts at managing this great "war of nature" need to be strengthened: can we really achieve a sustainable future with nature conservation?

In Africa, the strategy needs to begin from educating the populace about the vital issues on environment and human survival, social re-direction and higher government commitment.

Prevailing occurrences in many African nations show that there is a carefree attitude to managing the environment: anything can be done anywhere and nobody cares; whether you burn refuse behind your house in the neighborhood or induce other extremes, it just seems normal. The African socio-cultural belief system ... of producing as many offspring as possible ... may be responsible for some of these ills in the region.

For instance: a family with many children is considered to have a more secured future than one with few children. The former believes, that many children will sustain and take good care of them in the future, since more children means more opportunity for a brighter future than the latter family, with fewer children. It's clear also that government efforts are not yet commensurate with the degree of re-orientation and change expected.

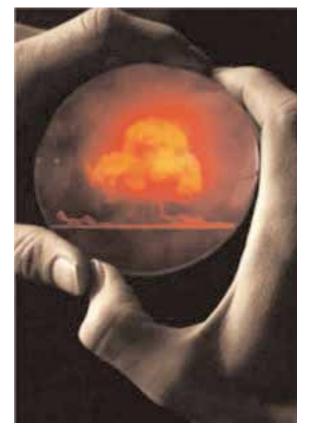
There's a call for global awakening to end this war on nature; command respect for, and restore the world's ecosystem, thereby ensuring human survival and wildlife existence on the globe.

* Kelechi is an economist holding a degree in Renewable Natural Resources Management and a Masters in Forest Economics. He is Programme Officer - Natural Resources Management for The Akassa Development Foundation. {ADF}

Kele802001@yahoo.com

* Oluwaseun, a Theatre Artist and Conflict Management Consultant - holds a degree in Theatre Arts and a Masters in Peace and Conflict Studies. Seun is the Director of Zest Konzalts. {The training of employers/employees in work place conflict management.} She too has directed several drama for youth awareness performances in the Niger Delta.

sotiyo_s@yahoo.com



Global efforts at managing this great "war of nature": need to be strengthened

ENCORE



In this season's 'Encore' - JO LEE Magazine profiles their Photo Stylist Manager, Sandra Fabria - who reflects upon: Abraham Lincoln.

'Taking advantage of what life can offer and enjoying it to the fullest, is a beautiful gift.'

When I recall what the great Mr. Abraham Lincoln had said: "And in the end, it's not the years in your life that count. It's the life in your years" ... I'm moved and ponder the thought.

I was sent to an exclusive girls' high in the Philippines and took advantage of a scholarship course, completing a Bachelor's degree in Civil Engineering.

With high hopes, I pursued a profession quite different to what I had ever studied and it was one of the smartest decisions I've made. As an engineer, I had built bridges connecting roads and suddenly, within the sphere of computer technology - I was building bridges connecting to people's lives.

Then - the unthinkable happened!

After 16 years of being a mom to two teenaged girls.. Jessa Mae and Jewel Dawn - I gave birth to yet another little miracle called, Jeselle Ann. And the challenge keeps getting better and better!

My career in web based technology was to find personal windows of opportunities, creating my niche online. I was introduced by a good friend to JO LEE Magazine - the web's true luxury magazine ... one of the positive places to be. With an optimistic desire to contribute talent to assist the Magazine in achieving even greater goals - this niche has become most fulfilling to me. No price can be paid: for the honor.

WITS END #1 »

By JO LEE Magazine New York / San Francisco / Hong Kong / London Tokyo / Rome / Toronto

An American decided to write a book about famous churches around the world. So he bought a plane ticket to Orlando, Florida and from there, he would work his way across the country from South to North.

OH CANADA!

On his first day - he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read: \$10,000 per call.

The American, being intrigued, asked a priest what the telephone was used for? The priest replied that it was a direct line to Heaven and that for \$10,000 one could talk to God. The American thanked the priest and went along his way.

Next stop was Atlanta, Georgia, where he saw the same golden telephone and for \$10,000 he could talk to God.

He traveled to Indianapolis, Washington, DC, Philadelphia, Boston and New York, on to Portland and north to Seattle. In every church he saw the golden telephone with the same \$10,000 sign.

Upon leaving Seattle, the American saw a sign saying Route 5 North to Vancouver, Canada. Sure enough, there was the same golden telephone, only this time the sign under it read 25 cents per call. The American was surprised and so intrigued that he asked the church's pastor about the sign.

"Father, I've traveled all over America and I've seen this same golden telephone. I'm told it is a direct line to Heaven, but in every state the price was \$10,000 per call. Why is it so cheap here?" The priest smiled and answered: "You're in Canada now son, it's a local call."

WITS END #2 »

By JO LEE Magazine New York / San Francisco / Hong Kong / London Tokyo / Rome / Toronto

The following is an account of some of the most unbelievable dialogue from an American court session - published by the system's court reporters.

DISORDER IN THE AMERICAN COURTS

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No.

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: But could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law.

jo lee



« EDITOR AT LARGE

By Carla Dragnea Bucharest, Romania

What's for Lunch

Click Here: For Carla »

YOUR GUIDE TO HEALTHY SCHOOL LUNCHES

s parents, we all know that children need to eat a variety of foods every day to be healthy and we try our best to give our children a school lunch that tastes great and is good for them, too.

But how many times have we peered into the lunchbox we've just prepared and wondered if we're REALLY doing a great job at it. How can we ensure the quality of the lunches we pack?

Here are some tips you may find useful:

- "Give the kids a choice as to what they take for lunch and, if possible, get them involved with preparing the 'healthier' foods.
- " Use the Food Guide Pyramid as a tool to teach your kids about healthy eating. Have them think of it as a puzzle of nutrients that their bodies need daily with the five major food groups being the puzzle pieces.
- " Avoid packing the same thing over and over again.
 Use your creativity when it comes to your kids' school lunch. Experiment with flavours and add

- color to your creation. Don't you think that a humus grilled chicken, whole wheat wrap with crunchy veggies will be more appealing to your child than the plain old sandwich?
- " Consider hot lunches too all you need is an easy to fill, serve from Thermos food jar that will keep your child's favourite pasta, chilli, or casserole warm.
- " Choose healthy snack food options including cheese sticks, canned or fresh fruit, rice cakes, etc.
- " Encourage your children to drink water throughout the day.

Set up the right eating example for the kids and the rest will be ... 'a bowl of cherries'!

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