

SPRING 2009

180° FROM ORDINARY

JO LEE TALKS TO TOMORROW'S TENOR SUPERSTAR FERNANDO VARELA
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CONSERVATION & CONFLICT IN THE NIGER DELTA



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GENE ARCERI
THE PROVOCATIVE & CHALLENGING WORLD
OF ARCERI

ANDREA BUCKETT, DR. OF HOMEOPATHY
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POLITICALLY RED

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OLUWASEUN SOTIYO
WHEN ANGELS CRY

HEIDE VAN DOREN BETZ
THE RICH & THE FAMOUS

DAVID WESONGA
THE POWER OF MOMENTUM



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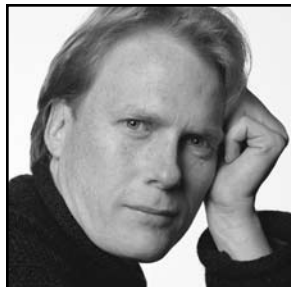
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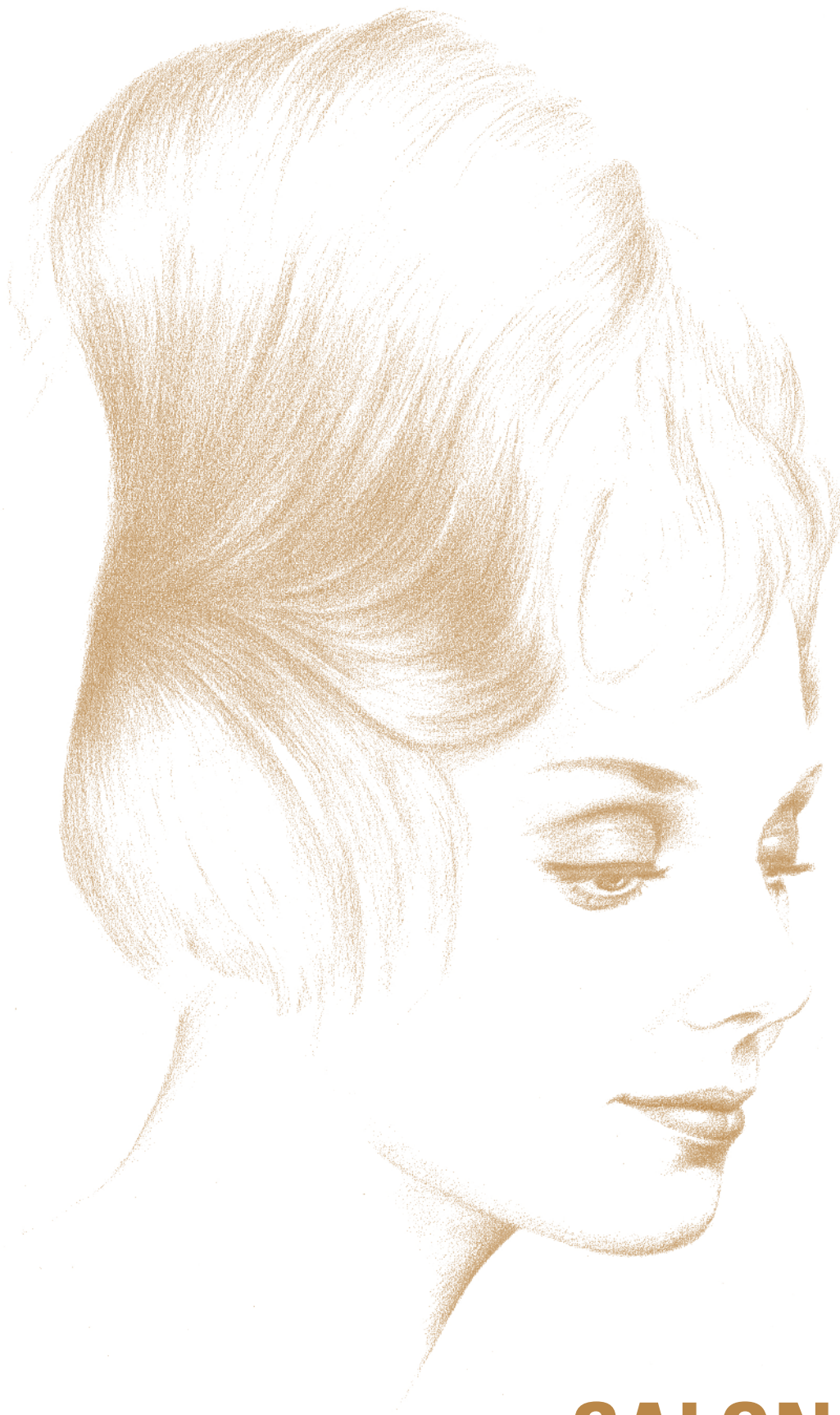
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LETTERS TO THE EDITOR

Harley Dole

POLITICAL HISTORIAN
Bremen – Germany

“Diplomatic Baggage”. A fascinating Autumn 2008 article, well worth the trouble of gathering all of the information. It seems both a good thing and a shame that all of these grand residences must be sold. Obviously they are not needed or safe and the money hopefully will be put to a good use, but a shame that terrorists so control the world order. Many must live in fear and many more will live in fear of terrorists’ bombs. This intimidation has been going on for years and yet more accommodation of their cries keep being met.

Williams Abernath

EXECUTIVE
Toronto – Canada

I’ve been telling friends about a fascinating article by Craig Ricker, in your Winter publication. “Russia – A Place Where Dreams Don’t Come True.” It’s a great insight into a very sad situation. I worked several years in Russia helping entrepreneurs to initiate new businesses – which mostly failed: for the reason given in this article – no hope. Government and crime are so powerful and lacking in heroes where “new” is a dream that does not survive.

Zogen Amsbeck

SCIENTIST
Cleveland – Ohio

I’d like to congratulate the co-authors of “Committed To The Sane Asylum.” It is an exciting history of a unique experience which seems to suggest a new path for treatment of psychosis. I look forward to reading the book. Winter 2008 issue.

Hunter Yuji

COUNTY LIBRARIAN
Japan

It is truly depressing to learn that the rural Chinese had to give up their fresh and clean water in order to have Olympic patrons go away happy. Seen in “Olympic Water”, Autumn Issue, 2008. The Olympics were spectacular and I hope the Chinese people can take pride in their accomplishment – and their sacrifice...

Friedrich Hiltig

INDUSTRIALIST
New York – New York

I refer to a well-written article in your 2008 Winter publication, “The Power Of Momentum”, by David C. Wesonga. While not in the same spirit as the author of this article, I realize that “Momentum” explains the basis for our investing in the American economy. I assume that by the time this letter is published that the momentum of our economy will have overcome the crises that IT NOW FACES.

Opou Hegler

EXECUTIVE
Munich – Germany

“Einstein’s Letter On God” which I enjoyed immensely in your Winter publication, was a fascinating bit of history as well as being an interesting insight. I wish I had the whole letter to read and will look it up. I wonder how harmony in human relations fits into Einstein’s concept of God?

Zoni Paterson

WRITER, PRODUCER,
DIRECTOR
San Mateo – California

Thank you for Gene Arceri’s excellent articles {Autumn and Winter} about Irene Manning and her co-starring role with Humphrey Bogart in THE BIG SHOT. I look forward to more of Gene’s insightful writing.

Although Irene Manning’s movie career totaled less than a decade, she garnered a sizeable fan base during the legendary Hollywood Golden Age. From that time – until her retirement more than four decades later – she continued to attract fans with her outstanding work on stage and in television in both the United States and abroad and she will always be well known and remembered by classic movie fans of all generations. It had been a privilege to help her answer fan mail she received until her death on May 28, 2004.

Agnelli Giori

ECONOMIST
Santa Cruz – Bolivia

While somewhat disjointed and inconclusive, “What Is Wealth?” a piece read in your last magazine, Winter ’08, still leads one to realize how mercurial our emotions are. One day we feel wealthy and the next depressed and poor. I remember strolling in Italy last summer feeling very wealthy and able to buy whatever I would like. Today as I watch the stock market crash {November 20, 2008} I don’t feel so good. As hundreds of thousands slip away I fail to feel a captain of my future.

Dr. Markus Olenbloom Wimble

CHIEF HOSPITAL
DIRECTOR
Copenhagen – Denmark

Obviously everyone’s DNA should be on record to assist in fighting crime. Your Autumn Issue on “Children and DNA” presents the all too common dilemma created by folk who want privacy and the associated rights to commit crimes. Obviously once you say everyone should not have their DNA on record, you have a dilemma of deciding how much of a criminal act deserves this personal infringement of rights – which at this point is probably illegal.

JL

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Gene Arceri
THE PROVOCATIVE &
CHALLENGING WORLD
OF ARCERI

Gene Arceri has gained world attention as a writer, critic, award winning PBS reviewer and publicist. A native New Yorker, Gene resides in San Francisco and spends considerable time in London. Among his best selling books are: 'Elizabeth Taylor: Her Life. Her Loves. Her Future', Susan Hayward's 'RED' and Charlie of Nob Hill. {San Francisco's most famous cat} argen@sbcglobal.net



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YOU ARE WHAT YOU ATE

Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert – is passionate about helping people feel young. She is a graduate of The Homeopathic College of Canada and her successes to date have become a sole focus on the

body's benefits and pleasures of great food.



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PROS & EX.CONS

Stanley J. Dorst is a retired officer of Chevron Land Development Co. and CEO of Grosvenor Development Co. He's been advisor to European governments and private companies as Vice-President of The International Urban Development Association and advisor for The International Executive Service Corps on behalf of the United States State Department Agency for International Development.



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EDITOR AT LARGE

Carla Dragnea is a Biologist whose interest in feature writing has encompassed 'the study of life'. In September, 2008, she was appointed Intellectual Advisor to the YES! E-Help Campus which assists 11+ million young people

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each month. yesintl.com



Kelechi Ekeanya
WHEN ANGELS CRY

Kelechi is an Economist holding a degree in Renewable Natural Resources Management and a Master's in Forest Economics.



Lois M. Gordon
YES, VIRGINIA! COME –
EXPLORE WITH ME

Lois M. Gordon is a world traveler and resides in California's Silicon Valley. She has spent her life as wife and mother, chairing several committees and indulging in her passion for reading and writing poetry.



John Paul Jarvis
I'VE ALWAYS BEEN NUTS

Paul Jarvis has enjoyed a full corporate career as CEO of four subsidiaries of foreign multinationals and served on six boards. Board and boat sailor, tennis player, terrible musician – affords a basis for views and opinions on a broad range of topics.



Ray Scotty Morris
L'OCCHIO – THE EYE

Ray Scotty Morris is an internationally renowned photojournalist and successful San Francisco society photographer. He has 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.



H. Gail Regan
THE MARVELOUS
MAVERICK

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.



Sally Anne Reisner
THE POET'S CORNER

Sally Anne Reisner grew up in San Francisco's Bay Area and then taught in an urban-suburban high school in New Jersey for eighteen years. At the age of fifty she left her job, re-married and focused on her writing.



Vera Resnik
THE POET'S CORNER

Born in Prague, Czechoslovakia, Vera Resnik lost most of her family in the Holocaust. Her volunteer work in the New Jersey court system – as a conflict resolution resource and advocate for children's rights – led to a court appointment to the child review committee. Today, Vera's writings are widely read.



Lani Silver
POLITICALLY RED

Lani Silver is a noted Holocaust Oral Historian – having coordinated 1,700 interviews with Holocaust survivors. Lani was Steven Spielberg's first consultant for the USC Shoah Foundation Institute and she co-discovered the story of Chiune Sugihara, who rescued thousands of Jews in the Holocaust. Currently, Lani is the Director of the James Byrd Jr. Racism Oral History Project.



Craig Ricker
THE DIGITAL DIVIDE

Craig Ricker is a prolific writer and among the world's best photographers. He went to Russia to develop an understanding of its world from the inside and to accurately portray their life predicament within his books.



Oluwaseun Solijo
WHEN ANGELS CRY

Oluwaseun, a Theatre Artist and Conflict Management Consultant, holds a degree in Theatre Arts and a Masters in Peace and Conflict Studies.



Gary Sweeney
THE POET'S CORNER

Gary Sweeney worked as a journalist and as an independent writer for years before

launching The Midnight Palace. midnightpalace.com He is originally from Philadelphia, Pennsylvania and has recently moved to the Los Angeles area, where he continues to write everything from poetry and short stories to reviews and articles.



Heide Van Doren Betz
THE RICH & THE FAMOUS

Heide Van Doren Betz, an Art Consultant specializing in Ancient Art and Icons, has taught Art History and created world famous collections of Antiquities and Icons. Her accomplished photography was shown in a solo exhibition at the Winckelmann Museum in Germany.



David Wesonga.
THE POWER OF
MOMENTUM

David Wesonga is a 24-year-old Kenyan poet/writer and the recipient of the 2008 prestigious ADESTE GOLD MEDAL. As an online Journalist for Nation Media Group, East Africa's largest media enterprise, David's definitive, thought provoking articles have earned him acclaim worldwide. He sits on the board of Eastlandah Media Company and the Citijournal.

JL



The Financial Crisis An Explanation Based On Fantasy

BY H. GAIL REGAN
TORONTO – CANADA

One tiny root of today's contractually-based, globalized economy dates from the first recorded agreement for a shipment of sheep hides from Britain to France in 1245. Imagine two shepherds sitting on the White Cliffs of Dover watching a small barque carry the hides across the English Channel. They pet two of their sheep dogs who diligently watch the flock. The men share some moldy rye bread, which makes them hallucinate and share visions.

Henry: I see this modest barque as the beginning of a great Empire. All continents will have countries whose mother tongue is English and it will be the world's most popular second language. There will be great technological progress and immense loss due to wars, revolts and financial crisis. I wonder why there will be such difficulty. Why is finance going to go wrong?

Ben: They won't have shepherds or sheep dogs. There will be no agents to pace

the stock, to move a large mass safely without panic or dawdling. Nobody will guard resources from robbers and wolves, let alone natural cliffs.

Henry: Do you mean they won't respect shepherds like us?

Ben: On the contrary. We are but fantasy now. When we actually serve in the twenty-first century we will have important positions. People will depend on us. We will work very hard and many will admire us. They will put our pictures on the cover of magazines. And there will be more tools than sheep dogs to guard the stock.

Henry: I thought you said there will not be shepherds or sheep dogs. Now you say they are going to exist.

Ben: There will be us, Henry, but being a shepherd won't be the same. In this fantasy, we love our sheep dogs and with their vigilance we supervise the

stock well. In the actual future, we will be expected to serve as scapegoats and gladiators while we guard the flocks. Worst of all, because we carry the group's sins {the scapegoat part} and express its aggression {the gladiator part} we will not be allowed to pet our dogs. We will have to say they are troublesome and inhibit growth.

Henry: I see great worry and great drama ahead.

Ben: I'm enjoying this. Let's eat more bread and dream on.

Just a few centuries ago there hardly was any trade and the food was terrible. Now we expect huge volumes of trade and excellent products. It is a complex world and it takes complexity to govern it. When, instead of motivating further development, the dark side overloads key regulatory functions, system failure occurs.

JL



Today

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

When I was studying Engineering at the University of Washington my purpose was to learn how to bring to society the infrastructure which would enable its needs to be met.

For example, dams for water, oil wells for energy, freeways for transportation.

Our generation created the greatest standard of living in the history of the world. A great civilization that brings an enjoyable quality of life to all those whose leaders care to allow it – far more desirable than at any previous period of history. And this has been done with less impact on the environment than that of previous civilizations. So what does that leave for the current generation – to correct the errors of our materialistic thinking.

Gradually environmental groups have strangled the

development process in the name of protecting animals and open space – and now to prevent global warming. My daughter says, “We could do OK with less by being careful in water use, energy use, driving less and building less.”

I think this approach started with the flower children who found it easier to reject adult society than to continue to improve the material state of the world. Of course not all youth followed this track – many went into computer science and established new scientific frontiers or simply went into service jobs. But a number of “intellectuals” sought the greater good for society by becoming “environmentalists” which is OK for them, but there is really no need to pass laws making the rest of us conserve instead of create. I like to create; to provide in abundance and enjoy life to the fullest. It costs some

effort but we do have the means if we work at it instead of giving up and glorifying a “deprived” lifestyle.

Take saving water as an example. You really cannot waste or save water – it preserves itself and covers most of the earth. We can have a shortage because we do not develop the infrastructure to bring it to us, or floods because we have not built dams to contain it. Why can we not continue to deal with these problems – do we need to save and go without in order for some sportsman to catch a fish in a creek?

How about energy? Do we need to avoid developing nuclear energy while several countries are now using it for a majority of their energy? Are we so limited in our imaginations that we cannot design power plants or refineries that are good neighbors? No we are not,

even coal fired power plants can be made completely clean if we will pay for it. We can have our cake and eat it too if we approve development {which has not been done for decades}.

Then there is reducing greenhouse gases {primarily CO₂} in the hope of stopping global warming. Reducing our use of carbon based fuels by 80 percent as proposed by many candidates for public office is not only not a solution but would require us to reduce our economy to that of 200 years ago. We need to recognize that science needs to complete its study of global warming before we initiate a program of deprivation.

Don't you miss the joy of new developments rising around you, when it is done in a way that preserves the natural beauty of the earth? I think it can be done; what do you think?

JL



Jo Lee Talks To Tomorrow's Tenor Superstar Fernando Varela

BY JOSEPHINA LEA MASCIOLI-MANSELL

It was a frenetic afternoon. Three deadlines to be met, the ceiling sprinkler system exploding into a maze of water now covering a section of the green marble floor – seemingly blending into the symphonic sounds of the on-going ringing of phones – perhaps more like the heaviness of Beethoven's 5th.

As it happened, one of the calls was from my brother Paul in Orlando. "I've just sent you a link to a new voice that's wanting me to manage him." "But," I said, "have you not handed management over to others because of overloads in producing?" "Click on the link and..." I hadn't even heard the rest of his sentence. "Sign him," I said. "What did you say?" "SIGN HIM! My God, this voice is one of the most phenomenal voices I've heard in a life time!!"

Tomorrow's Tenor Superstar, Fernando Varela, was signed and reborn. And I? Why I brag about this wonderful guy and carry the brilliance of his latest CD wherever I go.

Many years ago when Fernando and his parents, Julio and Margarita, relocated to Central Florida, Fernando's vision was one dream only. But with no training and limited funds, he realized that this dream could become a roulette table with very few chances to succeed: he wanted to become one of the greats. He wanted to be a classical singer.

Many years ensued under the direction of his very talented father, who critiqued his every move. Each performance became better than the previous, until one day in 2005. While

Fernando was feature performing in The Puerto Rican Day Parade in New York City {produced by Walt Disney World Entertainment and televised internationally on Telemundo} he was invited to study with the Metropolitan Opera's assistant director, Joan Dornemann and her prestigious staff of coaches in San Juan, Puerto Rico: his dream accomplishing a major win on the roulette table.

In 2006, Paul had learned of Fernando and had booked him for part of an event he was producing in Orlando. Fernando was so impressed with Paul that he challenged himself. He vowed to work even harder and become "among the best" tenors in two years! Then, he would convince Paul to manage him. And he did!

In August of 2008, Fernando signed for personal management with Paul Mascioli, president of the highly sought after Mascioli Entertainment Corporation in Orlando. In the past seven months Fernando has recorded a new CD and has performed statewide and internationally including a private performance for some 50,000 guests of Spiritual Master Shri Satpal Ji Maharaj in Haridwar, India.

Today, Fernando Varela's future is in the stars! He's a phenomenal talent with a heart that surrounds each song he performs; his charisma enfolding his audiences; his music uplifting the soul; with an evening of his music becoming a memorable experience.



Guru Maharaji has just presented Fernando with Indian silk, which is traditionally bestowed upon honored guests who have traveled great distances. He felt very honored to be his guest on this incredible occasion.

JO LEE: You do realize, Fernando, that you are one of the greats! I just can't believe how the Universe guided you right into Paul's offices!

FERNANDO VARELA: I don't know about being one of the greats – I'll leave that up to you and the critics. I just try to be the best performer that I possibly can be and inject as much emotion into each phrase, each song, and each performance. I believe that in life you create your own luck – the Universe rewards those who actively seek out what they need.

JL: Listening to the operatic phenomenon of your voice – it's hard to imagine your earliest influence was the hugely popular Michael Jackson. Is this true? Would you please tell us about this?

FV: I guess it is hard to believe that my strong tenor voice was weaned on the music of Michael Jackson; but, ever since I was a little boy of three growing up in San Juan, Puerto Rico, I entertained my family and friends with endless versions of Jackson's songs. Little did I know, huh ~

JL: Fernando, when you moved to Florida with your family, you were only eight with a dream. Can you paint that incredible scene for me?

FV: It was a difficult transition moving from Puerto Rico to Florida for a number of reasons, Jo Lee. So in order to fit in, I did very little singing and started playing competitive sports; mainly basketball, baseball and golf. I would still sing and listen to all sorts of music at home. My first introduction



Behind the scenes view of Susan and Fernando singing in India to an endless sea of 50,000 people as guests of Guru Maharaji.

to opera was hearing a CD of Plácido Domingo that my parents purchased. It was a collection of popular love songs being sung by one of the romantic voices of all time. As a young boy it was clear to me that I wanted to be like Plácido Domingo, however, it wasn't until my senior year in high school that I began singing in public once again.

JL: You've talked adamantly about your "musical journey" and how you encountered more than a few bends in the road.

FV: Jo Lee, my arrival to this point had been anything but direct. My musical journey started 11 years ago with not only my being denied entrance into the music program at the University of Central Florida but also being laughed at, humiliated and told at my audition that I simply "don't have what it takes" to be a singer. True story.

JL: How discouraging! Don't you love these predictions from those who should never predict! What a story you must tell. How did you deal with this?

FV: After getting over the initial feelings of humiliation, anger and embarrassment, I decided that I would turn the moment into an endless source of motivation toward my goal of becoming the absolute best performer I could possibly become. Each hurdle along the way turned into one more experience to draw from – my father called them character building moments; being the son of a motivational speaker had its benefits and he seized every opportunity to remind me of those moments.



JL: But, in your senior year at Bishop Moore High School in Orlando, you were accepted into the Central Florida Lyric Opera. Unbelievably – it's taken you only five short years to dramatically flip from an aspiring young singer into an exciting, dynamic performer. Can you mirror the scene and tell us the story?

FV: During my stint with the CFLO, Jo Lee, I performed in over 16 fully staged operas and in hundreds of concerts from coast to coast. Of all the roles I played, my favorite is still Lt. Pinkerton in a production of *Madame Butterfly*, directed by Metropolitan Opera legend Licia Albanese. I studied privately with Madame Albanese in Orlando, as well as at her home in New York. I guess I must have impressed her for she invited me to compete in the prestigious Licia Albanese/Puccini Foundation International Vocal Competition. Even though I was one of the youngest competitors, I received Study Grants from the Foundation both in 2001 and 2002.

You know, Jo Lee, my Abuelo {Grandfather} Juan and I always shared a special bond. He was a singer/songwriter who never got the chance to pursue music as a career because he had a family to take care of. Juan Varela was an incredible man, building a business empire with only a sixth grade education. He had a million stories about how people always underestimated him and how through hard work and persistence, he would always come out on top. I, too, had some people underestimating me during the early stages of my singing career and as I mentioned a few moments ago, can you believe I was actually laughed at and told by the voice faculty at this University

that I “did not have what it takes to be a singer.” This moment lit the fire in me and I drew from the stories that my Abuelo Juan had told me about himself to make sure that I would prove them wrong.

Months before Abuelo Juan passed away, I was able to visit him in Puerto Rico. When we arrived at the house, he was in a very sad state of depression. He never got over his wife of 69 years passing away just a few years before. My father and I went to him and we started singing songs. Immediately, the smile that my Abuelo Juan was so famous for had returned. For a couple of hours we laughed, we cried and we sang. We sang my Abuela's {Grandmother's} favorite love songs and we exchanged our favorite memories. That was the last time that I saw my Abuelo Juan alive and it is a shared memory that I will never forget. We had always bonded through music. He was so proud that I was pursuing a career in music; something that he was never able to do.

There are times when I sing that I know it is not just my voice – my Abuelo Juan is singing with me, watching over me, and enjoying a successful career in music.

JL: Wow! Isn't it amazing how the love of a loved-one can forge us into disciplines that create dreams that could easily have been placed into a closed book of desires!

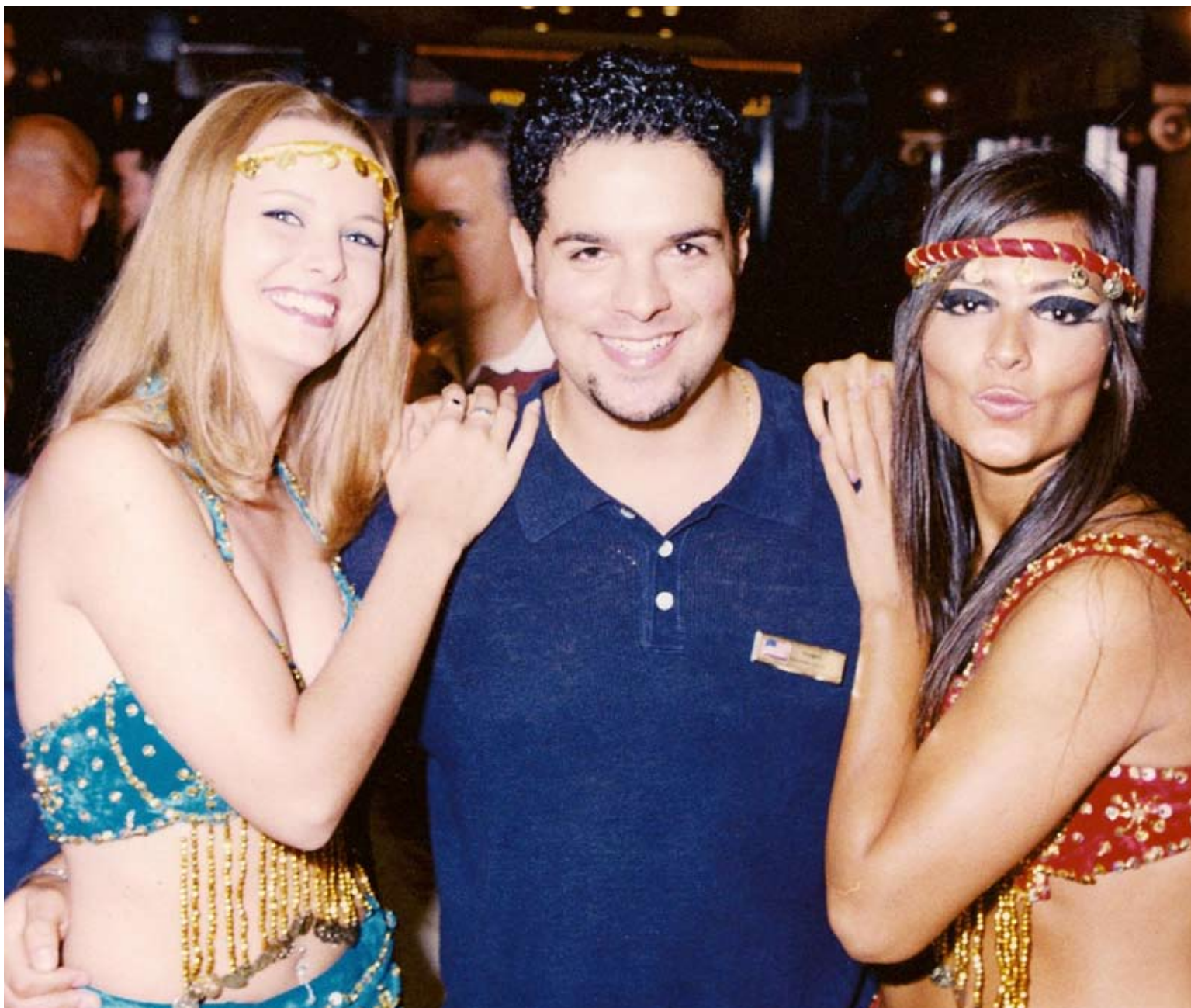
Madame Albanese has said of you: “At 20 years old, he is better than Pavarotti {at that age}.” In fact, *El Nuevo Dia*, a leading Puerto Rican newspaper dubbed you “a Puerto Rican Pavarotti”. Did you ever meet Pavarotti?

FV: I was fortunate enough to see Pavarotti live in concert during his farewell tour but I never had the honor of meeting him in person. However, I was invited to coach with Maestro Giancarlo Chiaramello, who was Pavarotti's conductor and musical arranger. I was completely shocked when coaching with the Maestro in Monte Carlo, he said to me: “I have heard very few voices like yours.”

JL: And the Maestro knew what he was talking about! You know, Fernando, I had the pleasure of sitting next to Pavarotti at a head table, during one of his San Francisco appearances. This man was electrifying and we talked into the early hours with only a few left in that entire dining room.

But getting back to your former challenge of becoming one of the greats: in 2004 you joined the Resident Artist Program with the Palm Beach Opera and covered the role of Rodolfo in *La Bohème*. Did something quite significant happen there?

FV: Oh yes! It was in Palm Beach that I met two people who drastically changed my career. The first was world-renowned voice instructor César Ulloa, with whom I was able to fine-tune my technique. The second was one of the greatest tenors of all time and my operatic idol, Maestro Plácido Domingo. I had the honor of spending lots of time with Domingo during Palm Beach Opera's 2005 Gala and I was able to witness how much of a class act he was, not only to the singers but also to each and every human he encountered.



Being the lead singer has its perks...



Music taking the musician to another gorgeous place. What a view from the Ponte di Rialto in Venice, Italy.

Newton's Own

Reilly - 10 Year Version





JL: Fernando – you’ve recently returned from India, a country I, myself, have so loved being a Humanitarian Ambassador too. But you, Fernando, performed as a guest of Spiritual Master Shri Satpal Ji Maharaj in Haridwar, India. What an honor, what an impact this must have had on you!

FV: Yes, a humbling honor, Jo Lee. Our trip to India was an incredible experience. We were guests of guru Maharaj and performed live in front of 50,000 people. The performance was also broadcast internationally to over one billion people. Beyond the performance we were witness to such amazing expressions of love. The two days of festivities were a phenomenal sight being that the 50,000 people were from all walks of life; Muslims, Christians, Buddhists and Jews celebrating together and focusing on their similarities rather than their differences. During the five days we stayed in the ashram, there were no wars, no hate, only love.

I have never experienced anything like it in my life. All 50,000 who came to this function were fed three complementary meals a day and there was not once a request for the donating of monies. It was faith in its highest form: truly believing that God will provide. We are constantly reminded in the West about how we must do things in a certain way or, not be accepted. In India, in our ashram, it was about inclusiveness. It was about embracing everyone from all religions and backgrounds. It was truly beautiful and although there was a major language barrier, we were all celebrating together as brothers and sisters of the same global family.

JL: And only 50,000 were so blessed. Now, getting back to life outside the walls of the ashram – tell me about the new recording Paul has worked with you on! *DARE TO LIVE* with 11 cuts

and with that number 11 meaning a lot more to you than just the number that comes after 10. What is the significance of 11 to you?

1. Caruso
2. Il mare calmo della sera
3. Dare To Live
Featuring Melissa Va'squez
4. Por ti volare'
5. The Prayer
Featuring Susan Williams {Married Fernando}
6. Dicitencello vuje
Featuring Nino Cuomo
7. Por ti sere {You Raise Me Up}
8. To Where You Are
9. Bésame mucho
10. Vivo por ella
Featuring Marilyn Sanchez {Current Miss Cuba}
11. Nessun dorma

FV: Jo Lee, *DARE TO LIVE* is a collection of 11 poignant, passionate and inspirational songs. Each song conveys an emotion, describes a situation or expresses the essence of transcendent love. All of these themes are very close to me. You will notice a reoccurring theme with the number 11. Eleven signifies a master builder, the start of something significant. My father is one and so was my grandfather. As a tribute to them and in the hopes of becoming one myself, I launched this recording – my first international release. A lot of people have put their hearts and souls into this production and the end result is evident. Without Paul and all the members of my team and the help of numerous supporters, *DARE TO LIVE* would never have come to fruition.

JL: And then, there was yet another memorable joy that came to fruition last November. Your wedding to the beautiful, talented Susan Williams, a marvelous singer in her own right who, too, has accompanied you on your album. Paul tells me at your wedding you sang, she sang, others sang – all incredible voices joining in to celebrate your day.

FV: It was truly a magical day! Susan and I are so blessed to have so many wonderful friends and family members in our lives. Being that we are both singers, we had a lot of live music in the ceremony and reception. We were blessed by the incredible talents of our friends who are all phenomenally talented performers and so willingly contributed to our storybook wedding. My older brother and best man, Julio, joked during his toast that this wasn't a wedding, that in fact, it was Mamma Mia 2 because every few moments a performer would burst into song, perfectly describing each moment with a Broadway worthy performance. It was truly a spectacular wedding!

JL: What now, Fernando. What does Paul have for you on the horizon ~

FV: Lots of exciting opportunities await. We have several concerts that will be taking place all over the world as we begin promoting *DARE TO LIVE* internationally. We will be starting with concerts in Puerto Rico and then fanning out from there. And Jo Lee, if any of your multi-million readers would like to be a part of my journey, I'm right there at www.fernandovarela.com. Sign up under Friends of Fernando. This will ensure that everyone will be there, every step of the way, as we continue forward. It, indeed, feels like the start of something significant...

JL: Tomorrow's Tenor Superstar!! See! I travel with several of your CDs - right here in my briefcase. You inspire me and, I adore you ~

FV: And I adore you too! After reading your last issue, I told Paul that you are like the Canadian Oprah! I am honored that you have included me in your beautiful magazine... JL

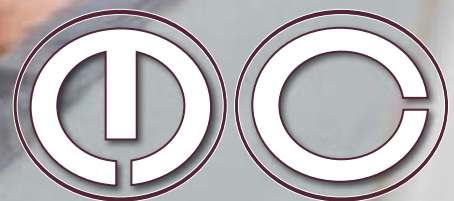
Susan and Fernando at the same photo shoot with
Sonny Sensor prior to their engagement.







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The little white banners, with gold stars, that hung in front windows of homes across America during World War II, told of the men in those homes who had gone into service. There were four stars on ours, three for my brothers in the army and one for the brother in the navy. Although proud of their sons, my parents were also worried about them. So when V-mail came, they were relieved to know that their sons were safe. My sister and I kept mostly out of the way. The house was quiet now, and mainly because my brother Charlie was gone.

A Regular Guy

BY GENE ARCERI – JO LEE FEATURE COLUMNIST
SAN FRANCISCO – CALIFORNIA

A regular guy, a football hero, Charlie or “Chick” as he was nicknamed, was popular with the many friends he brought home. I remember a lot of things about him growing up, especially that one rainy night when he got hit by a car. My mother and I had just left church one evening, when he appeared with an umbrella to get us out of the sudden downpour. While he was crossing the street, a car skidded and hit him; he bounced off the hood like a rubber ball. My mother screamed, I froze. He reacted like his usual self, picked himself up and came over to Mom to try to calm her down, obviously uninjured. Then there was the time when he first started to work in the new television industry. He brought home our first black and white TV set. We were the first on the block to have one and all the neighbors came to watch this new phenomenon.

In his navy uniform, with his black curls tucked under a white sailor’s hat and his crooked grin, he attracted lots of girls. But he had eyes for only one, Ann, who lived in our neighborhood. When the war was over Charlie came back,

married Ann, moved to a home in New Hyde Park, Long Island, and helped raised five children.

His youngest son Mark recalled a trip with his father in 2004: “We traveled to Normandy and visited Utah Beach where Dad had spent three months in a foxhole on that beach 60 years earlier. {Utah Beach was the code-name of one of the five Allied landing beaches during the D-Day invasion of Normandy, as part of “Operation Overlord”.} I asked my father what he thought of all the pomp and circumstance; he just said, ‘Everyone did what we were asked to do.’ The country will never see such an effort and coming together again. What a privilege it was to be there at the Remembrance Testimonial in Lyon, France.” Another son, Chuck, added, “The French thought of those men as heroes. This day they were honoring my father. The day my Dad and his buddies reunited at “Le Roosevelt” Hotel restaurant in Lyon was unforgettable.” Charlie had gone to war like thousands of other regular guys. Many of these men have not spoken about what they saw and did over there.

Today, that regular guy is 85 years old, living with his wife Ann...and with chronic lymphoma leukemia {CLL}. Their children visit often and are heartbroken over his debilitating illness. Mark describes it this way: “Doctors, pills...he can’t walk up a flight of stairs without feeling fatigued and breathless. We are all hopeful the doctors he’s been seeing can get him back on his feet so he can do what he loves most: to fish. God willing he’ll get another chance to catch the big ones before the seasons slip away.”

Mark felt a need to do something meaningful in honor of his father and now raises money for the Leukemia Society. Not just for his father, but for everyone afflicted with this cancer. Charlie is still just a regular guy: he climbs those stairs bravely, uncomplaining, holding on with dignity, fighting his own private war for his family who can only stand by and wait. But who knows? He still may get his wish to go fishing again and catch a big one.

JL



Bad Behavior Or Not?

BY MARCELLE DUFOUR
PARIS – FRANCE

Educators and psychologists have long feared that children entering school with behavior problems were doomed to fall behind in the upper grades. But two new studies suggest that those fears are exaggerated.

One concluded that kindergartners who are identified as troubled do as well academically as their peers in elementary school. The other found that children with attention deficit disorders suffer primarily from a delay in brain development, not from a deficit or flaw. Experts say the findings of the two studies could change the way scientists, teachers and parents understand and manage children who are disruptive or emotionally withdrawn in the early years of school. The studies might even prompt a reassessment of the possible causes of disruptive behavior in some children.

In one study, an international team of researchers analyzed measures of social and intellectual development from over 16,000 children and found that disruptive or antisocial behaviors in kindergarten did not correlate with academic results at the end of elementary school.

Kindergartners who interrupted the teacher, defied instructions and even picked fights were performing as well in reading and math as well-behaved children of the same abilities when they both reached fifth grade.

Other researchers cautioned that the findings did not imply that emotional problems were trivial or could not derail academic success in the years before or after elementary school.

In the other study, researchers from the National Institute of Mental Health and McGill University, using imaging techniques, found that the brains of children with attention deficit hyperactivity disorder, developed normally but more slowly in some areas than the brains of children without the disorder.

The disorder, also known as ADHD, is by far the most common psychiatric diagnosis given to disruptive young children; three percent to five percent of school-age children are thought to be affected. Researchers have long debated whether it was due to a brain deficit or to a delay in development.

Doctors said that the report, being published in *The Proceedings of the National Academy of Sciences*, helps to explain why so many children grow out of the diagnosis in middle school or later, often after taking stimulant medications to improve concentration in earlier grades.

The findings in the first study grew out of a collaboration among a dozen leading researchers to reassess data from six large child-development studies performed since 1970. Each of these six studies tracked hundreds of children from an early age through elementary school on a number of measures, including reading and math skills, emotional stability and concentration, or attention. Most of the studies used teacher reports to gauge students' emotional and social progress and their ability to pay attention when asked.

While there was little correlation between behavior problems in kindergarten and

later academic success, the researchers did find that scores on math tests at ages 5 or 6 were highly correlated with academic success in fifth grade. Kindergarten reading skills and scores on attention measures – where youngsters with ADHD falter – also predicted later academic success, but less strongly than math scores did. The pattern was about the same in girls as in boys, and for children from affluent families as well as those from lower-income groups.

In the second study, government psychiatric researchers compared brain scans from two groups of children: one with attention deficit disorder, the other without. The scientists had tracked the children – 223 in each group – from ages 6 to 16, taking multiple scans on each child.

In a normally developing brain, the cerebral cortex – the outer wrapping, where circuits involved in conscious thought are concentrated – thickens during early childhood. It then reverses course and thins out, losing neurons as the brain matures through adolescence. The study found that, on average, the brains of children with ADHD began this “pruning” process at age 10 ½, about three years later than their peers.

“The basic sequence of development in the brains of these kids with ADHD, was intact, absolutely normal,” Dr. Philip Shaw, a psychiatrist at the National Institute of Mental Health, said. “I think this is pretty strong evidence we’re talking about a delay, and not an abnormal brain. About three in four children do grow out of the problem by early adulthood.”

JL



Nia's Journey

BY GARY SWEENEY
PENNSYLVANIA – USA

Dawn cascaded over the neighborhood early on Tuesday morning. In the distance, an orchestra of automobile engines serenaded the houses. Businesses let their display windows out of prison, unlocking the rusted metal blankets and rolling them out of view. 5:30 am. Nia Peromon opened her eyes and breathed.

She hated her name. Her Great-Great-Grandfather had come over from Spain as a poor teenager with hopes to find steady work. When his inability to speak English killed all possibilities, he was forced to live on fate's decision. Five weeks passed until a wealthy couple found him and adopted him. Richard and Anna Peromon. He took their last name in place of his own.

Nia began her morning stretches. Below her bed, assorted shoes stood in line. Her mother once commented that it looked like a display in Amsterdam's "Red Light District". Various colors and styles stood straight, hoping to be chosen for their allure.

Nia brought herself to the edge of the bed. She made a humorous face when her yawns hit their peak and made their way back down. They were also noticeably loud. There were better traits to be known for, a great sense of humor perhaps. "Beautiful work Nia ... you're the MGM lion. And why exactly are you single again?" she thought.

5:42 am. She would have just enough time to get dressed and run to catch the train. She didn't like to rush; it felt like an unnatural jolting of the body.

It brought her anxieties to the surface. In moments of emotional overload, sentiment had a way of forcing itself on her. The most familiar sentiments. If only her brother Michael were still alive.

Her brother Michael, blind in both eyes, was killed by a passing car. Nia was helping him cross the street when she became distracted. An earlier storm had coated the asphalt and prevented a driver from slowing down in time. The car smashed into Michael's right side. He was thrown to a nearby patch of grass and died instantly. Nia had never forgiven herself.

Throwing on her blouse and dress slacks, Nia grabbed her keys, tucked her work ID away and hurried outside. The train station was six blocks away from her apartment. She'd gotten to know a lot of the neighbors along the way. They would never say much to each other, just a quick hello and goodbye. Nia sometimes compared them to ex-boyfriends. There were certainly enough of them to justify it.

6:27 am. She began to walk faster. If she missed the first train, the second train wouldn't come for another 20 minutes. The clouds above her began to move close to each other and a light drizzle fell. Rain. Michael.

Nia's chest tightened as she replayed the horrible afternoon in her mind. "He was only 17," she whimpered under her breath. Pushing her legs faster she broke into a light jog. The drizzle graduated to streams of water and her jog became a

run. The tapping of her shoes on cement sounded like Morse code, an SOS for forgiveness. The image of her brother's lifeless body flashed in her mind.

"God please forgive me! I loved my brother and it's my fault he's gone," she cried. Nia ran hard. Passersby watched as she screamed and pleaded. Rain pounded the earth. Umbrellas went up and windshield wipers activated. Nia's makeup slid down her face like tire marks. She continued proclaiming her guilt over her brother's death when suddenly a light appeared. Two lights. Headlights.

A 2001 Toyota screeched desperately, hydroplaning on water and throwing itself into Nia's drenched body. The impact shattered the windshield and the driver was unconscious. People rushed to the street in horror. An eerie orange glow cast itself over the scene: "Train Station". When the ambulance arrived, Nia was declared dead on impact. Several belongings were scattered on the wet surface. Nia's work ID, now partially transparent from the water was recovered by a medical technician. "Nia Peromon", it read.

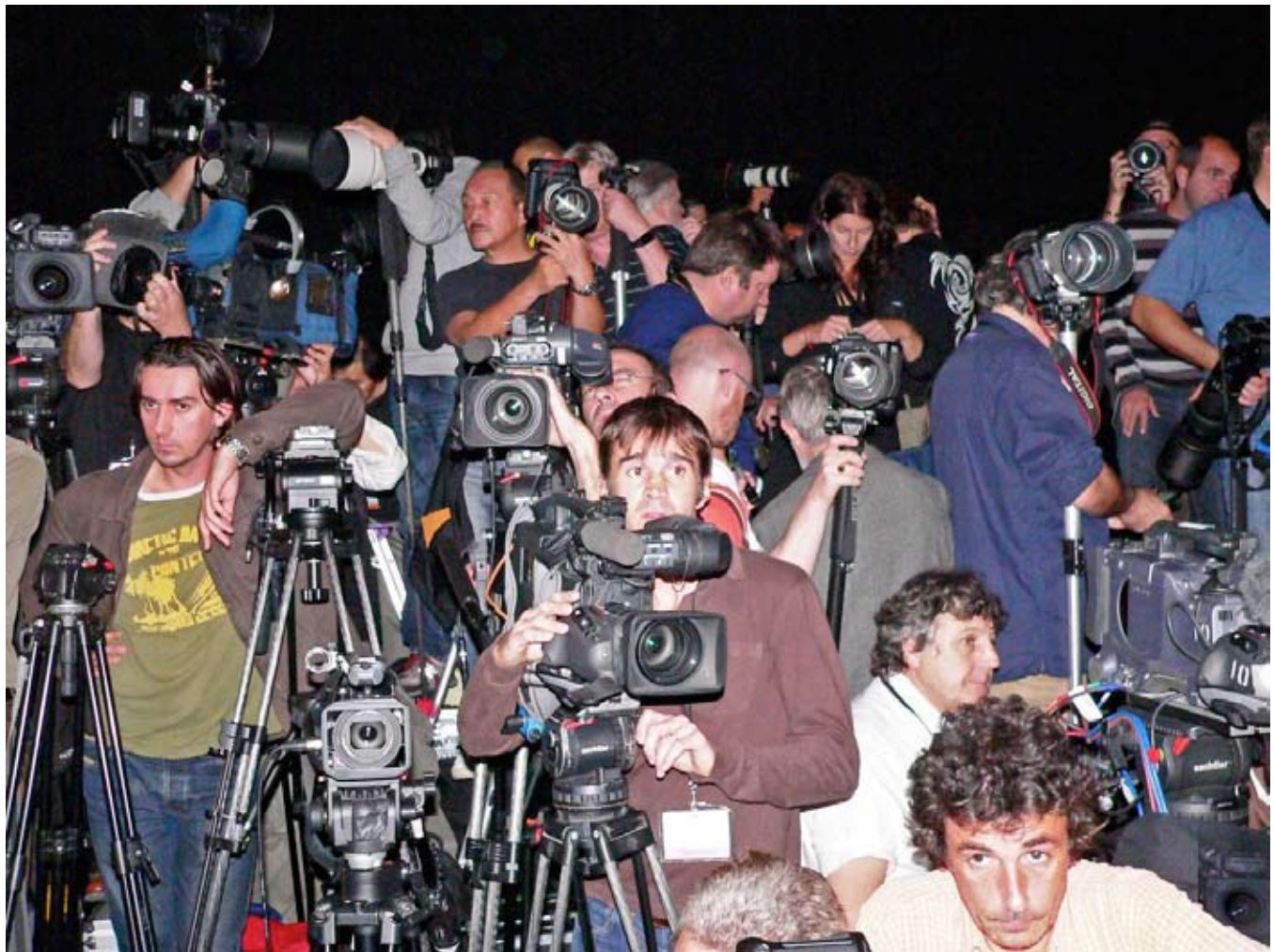
Turning it over in search of more information, the tech studied the opposite side of the ID. A blank expression decorated his face. Tracing the letters of Nia's name in reverse, a revelation presented itself.

"nomorep ain."

JL

*International Photographers Eagerly Await The
Presentation Of
The Emanuel Ungaro Spring Collection
At Carrousel du Louvre In Paris.*

PHOTO BY HEIDE VAN DOREN BETZ



The Poet's Corner

I'M STILL MAKING CHILI LIKE I DID IN '65

I'm still making chili like I did in '65
I'm still full of life; heck, I'm glad to be alive!

Card games intrigue me
Tennis games fatigue me
Book clubs enhance
I love theatre and dance.

I'm still baking pies
I'm still making buys
My green thumb's delightful
My girlfriends insightful.

I'm still walking tall like I did in '65
I'm still full of life; heck, I'm glad to be alive!

©sallyanne

WHISPER TO ME

At the window I watched the afternoon
ordinary I suppose
and yet filled with people
who each represent a past love
that may have drifted with time.

They rush down streets
weaving throughout relative space
there's nothing of interest
but somehow a million stories
waiting behind their constant minutiae.

I can't imagine the number of blank pages
poetry is trapped in the warp of our own oblivion
and we dare not rest on memory
where we benefit in personal recollection
the world suffers in ignorance.

Yet from my angle I see only in vision
I'm deaf, not by choice, but merely left out
our distance has come between us
your chapters need voices; the city's asleep
...whisper to me.

©garysweeney

GARDEN OF LOVE

My cherished love snatched, slowly, slowly
By a ravenous cancer, I watch helplessly.
My eyes rest upon the simple pine coffin
weeping, weeping till a butterfly circles overhead.

My ears hear the beating wings whisper, faith everlasting
Soaring, soaring against the storm.
My love was tender, tender like the new shoots of spring.
My soul like my garden
without water and hugs withering, withering.

My life no longer flowers with his smiles.
Blooms of memory fading, fading
My tears filling the empty spaces of pain
Embracing, embracing bonds of love.

My life has come alive once again.
I look into the faces of our sons and see
your twinkling eyes reflecting, reflecting—love.
My spirit changing, evolving, growing, waiting my turn in the
procession of life.
My life awakening, awakening in a scented garden of love.

©veraresnik JL

THIN'K'ERS CORNER

POPULATION OVERLOAD

WHAT IN THE WORLD IS GOING ON?

BY THE YEAR 2050 THE WORLD'S POPULATION WILL REACH 9.3 BILLION AT A GROWTH RATE OF
77 MILLION PEOPLE PER YEAR.

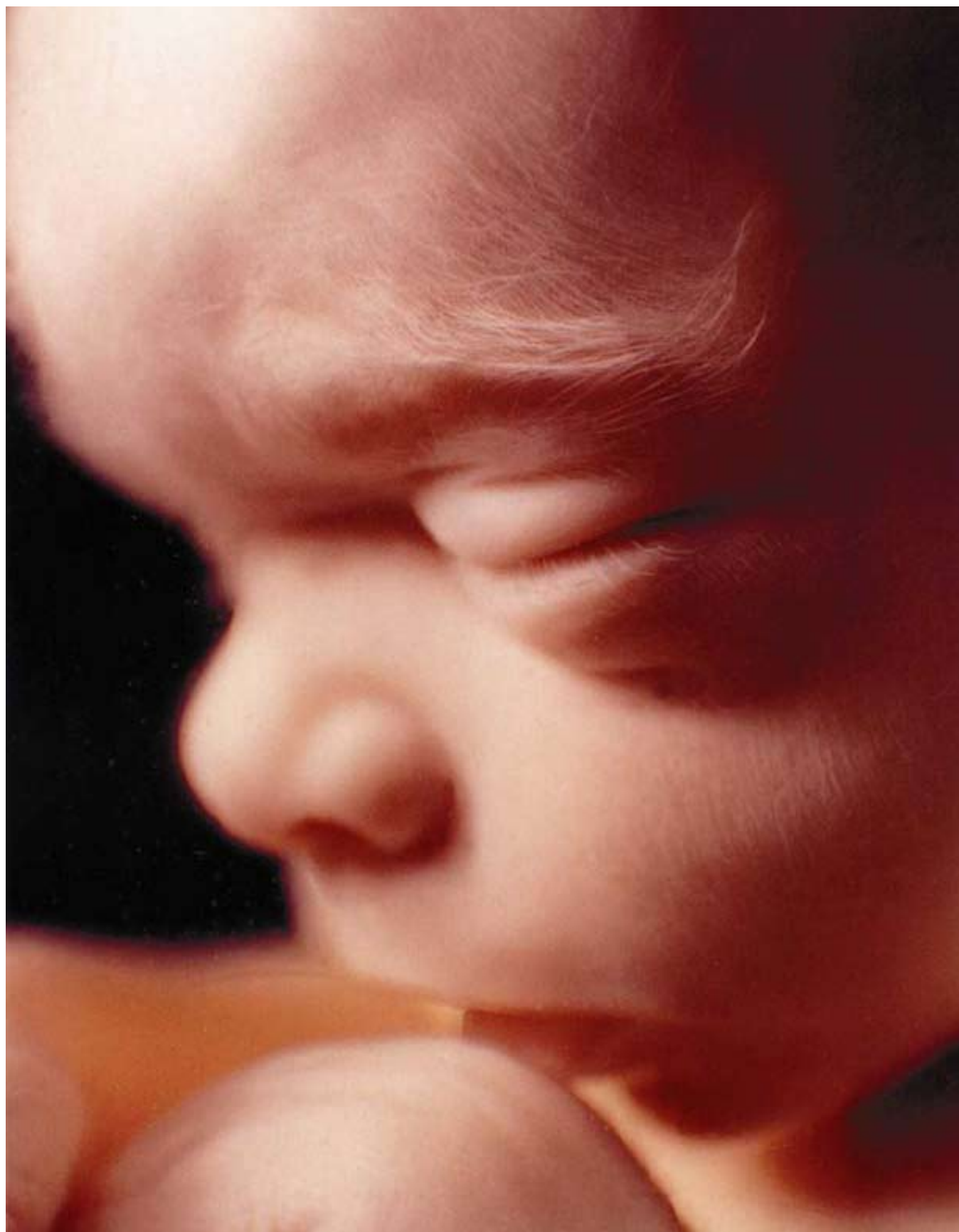
DID YOU KNOW?

IN JUST 5 YEARS THERE WERE 300 MILLION UNPLANNED PREGNANCIES WORLDWIDE
(NOT INCLUDING THE 3RD WORLD) WITH 700,000 WOMEN DYING AS A RESULT.

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.

THE POWER OF COMPASSION





YES, VIRGINIA! COME - EXPLORE WITH ME

As you 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.

Killarney, Ireland

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Situated in the heart of beautiful south-west Ireland, the breathtaking beauty of the landscape, the majestic mountains and mystical lakes combine to make Killarney the ultimate jewel in quality destinations. The National Park, Muckross House Gardens and Traditional Farms offer wonderful experiences not to be forgotten.

The Muckross Estate, which included Muckross House, was presented to the state by Senator Arthur Vincent and his parents-in-law in memory of his late wife Maud.

WILDLIFE

There are otters, stoats, hedgehogs, pygmy shrews, Irish hares, rabbits, rats, wood mice, badgers, foxes, red squirrels and minks. The park also supports a wide variety of bird species. The Lakes, which in their present form are the result of glacial excavation during the last Ice Age, contain fourteen species of fish.

ARCHAEOLOGICAL & HISTORICAL TREASURES

Within the park are Bronze Age copper mines, the monastic site of Innisfallen, the fifteenth century tower house known as Ross Castle, the Franciscan friary of Irrelagh {Muckross Abbey} of roughly the same period, estate mansions, cottages, and stone-built bridges.

KILLARNEY RACECOURSE

Is one of the most scenically situated horse tracks in the world. On the shores of Lough Leane at the foot of Tomies Mountain, it hosts seven days of magnificent racing each year. Many equestrian options are available to those who wish to ride.

SALMON & TROUT FISHING – GOLF

The first two are available for fishing enthusiasts. Golf is also a choice for the sports minded.

SHOPPING IS A MUST

Killarney is a wonderful place to stay and to do day trips to other beautiful areas of Ireland. Our driver was wonderful and took us well off the beaten track to all corners. We even found the burial place of my husband's great-grandparents, in Golden, County Tipperary. It caused us a great deal of excitement and joy. We shopped in Waterford and bought crystal and Wedgewood amongst other beautiful items.

Our trip, with private car and driver took us from Dublin to Shannon. We took twelve days to do it and loved every moment. From Shannon we flew to Scotland and toured another week, took the train to London, spent six days and nights in London, sailed home on the Queen Mary 2 and spent four days and nights in New York City before flying home. It was a grand trip, two of my granddaughters were with me and it was a wonderful adventure.

Let Ireland be your next destination. JL

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Since 1999, Viking River Cruises has custom-built ten new ships, designed with amenities which maximize the river cruising experience—enjoy deluxe outside cabins, elegant Scandinavian design and large picture windows with scenic views. In this setting, you can relax and make new friends as you enjoy the intimacy of being on a ship with about 150 other passengers. So much more than simply a cruise, a Viking River Cruises voyage truly is the very best way to experience the vacation-of-a-lifetime.

PASSENGERS REALLY EXPERIENCE THEIR DESTINATIONS

While river cruising makes travel effortless, it's really the enjoyment that passengers get from seeing both bustling cities and idyllic riverside towns that keeps them coming back. On a Viking River Cruises vacation, you'll view artistic masterpieces, explore the opulent gardens of a royal palace, or enjoy the sights and sounds of a vivacious outdoor market. And there are no hidden costs—it's all included in the price of the cruise.



✦ *Your guides share "insider" stories*





✦ *Our ships often dock in the heart of a city*

MAKE LASTING MEMORIES IN EUROPE, RUSSIA OR CHINA

On China cruisetours, an English-speaking escort accompanies you throughout your entire vacation—on land and aboard ship. Viking River Cruises in-country staff has searched out the best places, hotels and activities in China, so you'll enjoy a memorable collage of history, architectural wonders, dazzling landscapes and truly unforgettable faces.

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Hugh Coppen is an expert in leadership development and change management through consulting, individual coaching and custom workshops. He can be reached at hugh@winningleadership.com

Adversity And Crisis The Crucible Of Great Leadership

BY HUGH COPPEN
PRESIDENT, WINNING LEADERSHIP, INC.
SAN FRANCISCO – CALIFORNIA



Severe recessions are trials by fire from which outstanding leaders emerge. These leaders show the strength, the courage and the composure to make necessary tough decisions and yet, at the same time, they consistently earn the trust and confidence of the people they lead. They keep a parallel focus on two critical, and equally important, areas:

Survival of the business; and Engagement of their employees.

This is what they do:

Ensure the survival of the business Demand productivity

Every input - cash, raw materials, energy utilized, people's time and brainpower, the application of effort, the deployment of tools, training, equipment and information, errors and rework, process efficiency, re-handling, work-in-process, and more – is stringently tested for value-added effectiveness in a rigorous focus on productivity, i.e. maximizing output from every unit of input.

Zero-base every budget item

Every expenditure, every task, every function is taken “off the table” – removed from the budget - and only those that are essential for survival and make a measurable contribution are put back. This is a tough discipline – but these are tough times.

Measure everything

Never is the old mantra “You cannot manage what you do not measure” more important than it is in difficult times. Every process step, transaction and activity that involves expenditure of cash, time or effort must be subjected to scrupulous measurement. Every function throughout the organization takes responsibility for measuring its own productivity, for identifying ways of

improving it and for implementing those improvements.

Reassess every component in the customer supply chain

Now is the time to reconfirm every customer requirement to ensure that what is being delivered is exactly what is wanted, no more and no less. At the same time, supplier relationships are closely reviewed and the bar is raised as to exactly what it is that is expected from them.

Nurture external relationships

Relationships with shareholders, boards of directors, banks, institutions and creditors become more important than ever in times of adversity. Survival leaders know that it is crucial to maintain their confidence and committed support by keeping them transparently informed at all times.

Be focused, be realistic, be committed

The intensity of the leader's focus determines how well the organization stays focused on survival. The leader's role is to be clear on goals, be realistic about strategies and be totally committed to implementing plans. Adversity demands hard-nosed risk assessments that are fully aligned with the current business realities.

Genuinely care for the people who work in the business

Earn, and keep, people's trust

Trust is earned by leaders in only one way: by demonstrating core values of integrity, honesty and authenticity – and by consistently walking this talk. The need for communication in difficult times is greater than ever. Understanding people's perceived fears is just as important as recognizing, rewarding and

celebrating their accomplishments.

Be calm, collected and composed
People look to the leader to be the one who creates an atmosphere of hope, confidence and security. What is needed most from leaders in turbulent times is unflappable composure. The leader who ‘loses it’, loses them.

Be courageous

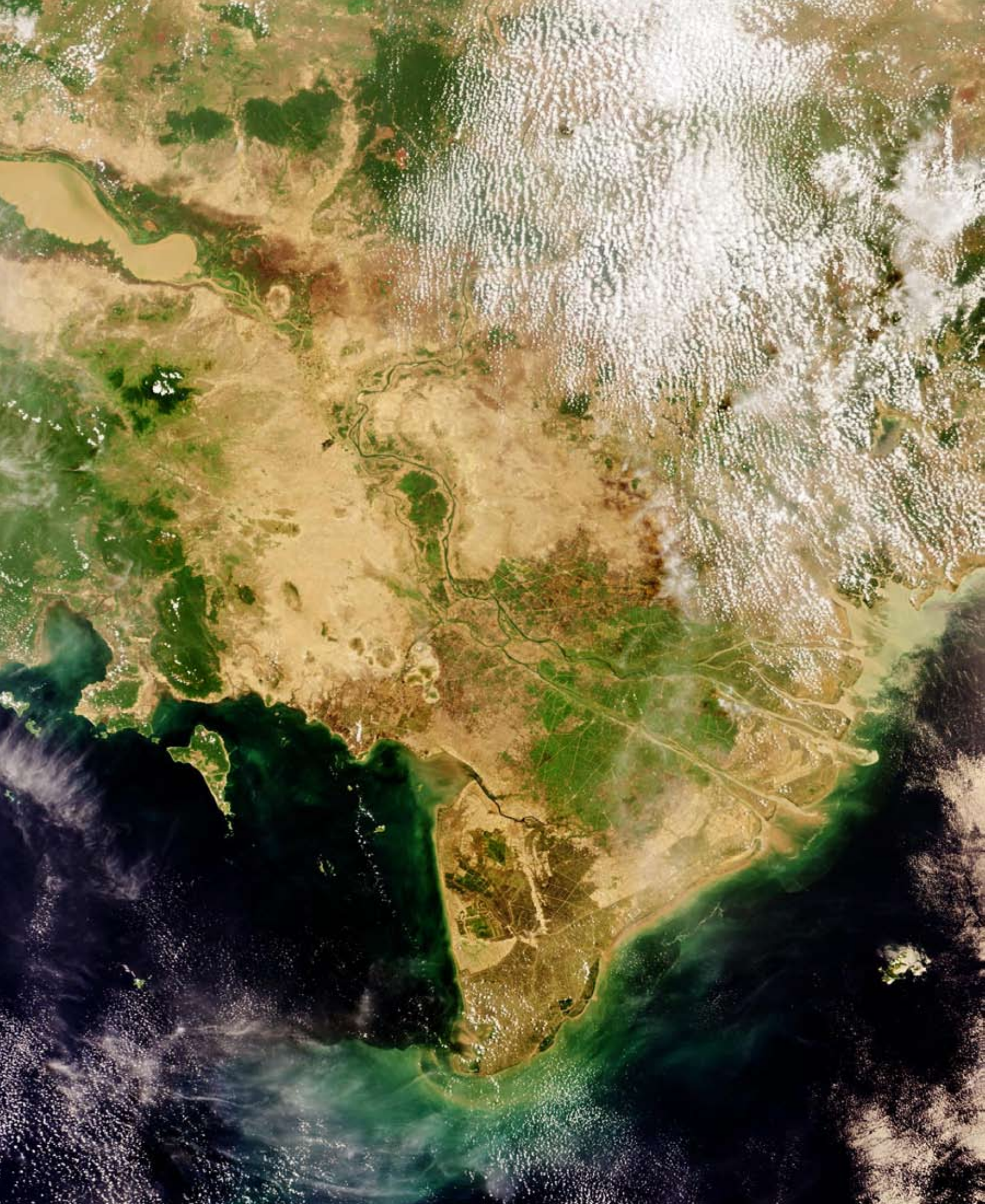
The expectation of others is that the leader will make – and act upon – difficult decisions essential for the survival of the business. When people see a leader who procrastinates and hesitates to deal with ‘the tough stuff’, they lose respect and, when that happens, the leader loses the capacity to effectively lead.

Never lose sight of the vision

While the first priority in difficult times is survival, leaders keep putting the shared vision out there for others to see, so that survival is seen as a stepping stone, not the endgame. They constantly emphasize the direct connection between an intense focus on improving productivity immediately, and the changes that are required to make the business smarter, leaner, faster, and better for the future. While the urge to ‘batten down the hatches’ through the storm is powerful, the leaders of tomorrow continually advance smart innovations and initiatives that shore up survival now – and position the business to achieve the vision when the dark clouds blow away.

If you look back in business history over the last few decades, it is apparent that many of the best business leaders are those who were tempered and tested in this crucible of adversity. They are leaders who leveraged the challenges of adversity into the opportunity to adapt, change and innovate their businesses so that they would be ready to successfully compete when the crisis is over.

JL



Is Global Inflation Intractable?

BY JIBB TAGEN
AMSTERDAM – NETHERLANDS

The free ride for American consumers is ending. For two generations, Americans have imported goods produced ever more cheaply from a succession of low-wage countries – first Japan and Korea, then China, and now increasingly places like Vietnam and India.

Mounting inflation in the developing world, especially in Asia is threatening and not just in China, where rising energy and labor costs have already made exports to the United States more expensive, but in the lower-cost alternatives to China, too.

It is also a threat to Western consumers because Asian exporters, even in very poor countries, are passing their rising costs on to customers.

Developing countries have had bouts of inflation before. Indeed, some are famous for them, like Brazil, which experienced triple-digit inflation in the late 1980s and early 1990s. But two things make this time different, and together promise to send prices higher just as the possibility of recession looms.

Developing countries now produce nearly half of all American imports. Inflation in these countries is coming at the same time that many of their currencies are rising against the dollar.

That puts American consumers in a double bind, paying at least some of producers' higher costs for making their

goods, and higher prices on top of that because the dollar buys less in those countries.

That contributes to rising inflation in the United States; in the 12 months through February 2008, the prices of goods for sale in the United States increased by four percent, according to the government's Consumer Price Index.

But Asian exporters have passed along only a portion of their costs. In China, for instance, prices are now rising almost nine percent a year, triple the pace of a year ago with workers in the developing world becoming increasingly vocal in demanding higher wages because of facing higher prices.

Many banks had started betting on dollar depreciation and refusing to accept large sums in dollars, to the point that multinationals and exporters had trouble wiring money into the country to pay their employees' salaries.

Additionally, the dollar's weakness is itself a cause of inflation in developing countries, particularly those that have barely let their currencies rise against the dollar in an effort to hold on to export markets.

In addition to the weak dollar, economists say that countries like Vietnam, Egypt, China and Brazil are inherently more vulnerable to inflation when, as now, rising prices are led by

increasingly expensive commodities.

Soaring food and energy costs have a far greater effect on developing countries like Vietnam, because of their large agricultural and energy-hungry manufacturing sectors, than on industrialized countries, which tend to have larger service sectors than manufacturing sectors.

But many developing countries, led by China and India, have blunted the full impact of inflation so far through a combination of price controls and subsidies, and more countries are joining them. For instance, Vietnam has imposed price controls on transportation and gasoline.

As businesses figure out ways around price controls, like charging the same while shrinking the quantities in each package, and as the cost of subsidies may become unsustainably high, inflation may worsen.

Two opposing trends have made it hard to gauge the true extent of inflation in the developing world.

Very heavy investment in new factories, especially in China but increasingly in emerging countries like India and Vietnam as well, has created a lot of extra industrial capacity. That could drag down prices somewhat if the American economic slowdown causes a global slump in demand.

JL



Beverly Hills is a city in the western part of Los Angeles County, California, United States and the neighboring city of West Hollywood.

The area's 'Platinum Triangle' of wealthy neighborhoods is formed by Bel-Air, the Santa Monica Mountains and Holmby Hills.

Beverly Hills contains some of the largest homes in Los Angeles County and the nation. These homes range from the extravagant and luxurious in size, to the more elegant and modern homes, and then to the many small duplex rental units and detached homes with less than 3,000 sq. ft. {280 sq. meters}.

Beverly Hills A Wealth Of History & Celebrities

BY TABETHA JONES-SCULLY
NEW YORK – NEW YORK

A Rolls-Royce makes a stop on Rodeo Drive, Beverly Hills' palm-tree-lined catwalk of couture, where designers such as Prada, Gucci, Chanel, Dior and Versace have set up shop.

People put Beverly Hills on a pedestal. It has an allure, and *Beverly Hills, 90210* has made it more tangible.

The 5.7-square-mile city northwest of downtown Los Angeles has played countless roles in our fantasies, as well as on the big and small screens. Last fall, The CW Television Network debuted its successor drama, *90210*, almost two decades after Brandon and Brenda Walsh first aired their angst over dating, drinking and Dylan's affections.

The old show, which ran from 1990 to 2000, was called *Beverly Hills, 90210*; the new incarnation drops the proper name, because, well, that would be redundant. Yet, in China, they know it. In India, they know it. You say *90210*, they know it.

Every story you've heard about Beverly Hills is true. The Ferraris and Rolls-Royces, the \$10 million spreads and the celebrity sightings are as real as the palm

trees lining the wide boulevards.

Last year, Coldwell Banker listed Beverly Hills as the most expensive housing market in the U.S., with the median price tag of a home hovering above \$2.2 million. And although such mainstream stores as Ann Taylor and Pottery Barn make appearances, Rodeo Drive is indeed the catwalk of couture.

People come to Beverly Hills to live their dreams. It is the ultimate playground and escape from everyday life.

Beverly Hills comprises three ZIP codes: but rather than wander off to 90211 or 90212, we'll stick it out in 90210.

The postal code's boundaries start up by Britney Spears' house and extend to the edge of Wilshire Boulevard. From the east, they begin at the west tip of Sunset Boulevard and stretch to the Beverly Hilton, where the Golden Globe Awards occur.

Unlike Hollywood, with its Walk of Fame, and downtown Los Angeles, home to various performing arts facilities, Beverly Hills is not door-to-door attractions. Its main cultural institution

is the Paley Center for Media, a vision of white and glass designed by the modernist Richard Meier. The center's museum of TV and radio offers a lifetime of viewing, thanks to its library of 140,000 programs.

The epicenter of Beverly Hills sits at the intersection of Rodeo Drive and Two Rodeo, a cobblestone street adorned with balconies, lacy ironwork and other flourishes evocative of the Old World. As long as you stay in this area, you are guaranteed to be modish.

Celebrity-sighting can't be forced or orchestrated. It just happens. And if you set out to find the manse of Aaron Spelling, the late producer of *Beverly Hills, 90210* and such hairstyle-defining shows as *Charlie's Angels*, you'll find a 123-room house, said to be the largest residence in Los Angeles County.

Nearby towns & cities...

Burbank 9.1 miles, Culver City 3.6 miles, Glendale 9.6 miles, Inglewood 8.2 miles, Los Angeles 9.1 miles, Marina del Rey 7.1 miles, Pasadena 15.5 miles, Santa Monica 6.4 miles, West Hollywood 2.5 miles.

JL



Mystical experiences tend to be experiences felt or experienced beyond the realms of ordinary consciousness. Occasionally they are referred to as states of altered consciousness. There seems to be various explanations or reasons given for mystical experiences. The intensity of the experience seems to be measured by the way in which the individual's life is affected. No matter whether the experience is great or small, the life seems to be altered or reshaped in some way by it and, perhaps this itself is the mystical quality.

Mystical Experiences

BY SR. ANNA MIA GARIBALDI
BRAZIL – SOUTH AMERICA

Such experiences are universal and share common characteristics, despite the culture in which they occur. They are invariably spiritual, yet they may not be religious; that is, they are not limited to monks or priests. However, all personal religious experiences are rooted in mystical states of consciousness, and all mystical experiences are part of religions.

Although mystical experiences are common in occurrence, they occur unbidden to a person perhaps once or twice in a lifetime, if at all. Those who have more experiences are older, better educated.

Identified are four general characteristics of mystical experiences:

1. Ineffability. Mystical states are more like states of feeling than intellect, subtle, shaded with fine nuances that are difficult to convey in their import and grandeur to another.

2. Noetic quality. Mystical experiences are states of knowledge, insight, awareness, revelation and illumination beyond the grasp of the intellect. There is awareness of unity with the Absolute, of immortality of the soul, of great truths. Time and space are transcended.

3. Transiency. Mystical experiences are fleeting in linear time, though they seem to be eternal. Most last a few seconds, some perhaps up to ten minutes. It is rare to sustain a mystical state for more

than a half-hour, or perhaps one to two hours at best.

4. Passivity. The individual feels swept up and held by a superior power. This may be accompanied by a sensation of separation from bodily consciousness, similar to an out-of-body experience [OBE], trance, or such phenomena as automatisms, mediumistic trance, healing powers, visions and voices. Such phenomena are regarded as states of pseudo-enlightenment, part way up to the real thing, but not quite there.

Mystical experiences vary in intensity. In their simplest form they appear to the individual as a sudden burst of intelligence or insight; similar to the way the significance of a maximum or formula becomes clear to a person, which causes him to express an *aha!* It too has been classified as *'déjà vu'* – an unexpected sensation of familiarity.

St. Teresa of Avila wrote in *The Interior Castle* that in the orison of union, the soul "is utterly dead to the things of the world, and lives solely in God". The kernel of Teresa's mystical thought throughout all her writings is the ascent of the soul in four stages. {Autobiography, Chs. 10-22}*

Teresa de Cepeda y Ahumada was born in 1515 in Avila, Spain and became a prominent Spanish mystic, Carmelite nun and writer of the Counter Reformation. She is considered to be,

along with Saint John of the Cross, a founder of the Discalced Carmelites. She became the first woman to be named a Doctor of the Church in 1970 and is one of only three women to be awarded that honor, along with St. Catherine of Siena, made so in 1970 and St. Thérèse of Lisieux, made so in 1997.

The basis for determining the legitimacy or value of a mystical experience seems to be the after effect. Frequently this is seen by a change in the lifestyle of the person who had the mystical experience. After the experience the individual is filled with a sense of well-being, joy, and optimism. Such ecstasy can reach such heights that it becomes almost unbearable.

In conclusion and to those of any doubt, Mystical Experiences have thus been acknowledged and documented as legitimate and highly valued experiences.

* St. Teresa's paternal grandfather, Juan de Toledo, was a Jewish convert to Christianity and was condemned by the Spanish Inquisition for allegedly returning to the Jewish faith. Her father, Alonso Sánchez de Cepeda, bought a knighthood and successfully assimilated into Christian society. Teresa's mother Beatriz was especially keen to raise her daughter as a pious Christian. Teresa was fascinated by accounts of the lives of the saints, and ran away from home at age seven with her brother Rodrigo to find martyrdom among the Moors. Her uncle spoiled their plan as he was returning to the city and spotted the two outside the city walls.

JL



Elana is a rabbi, chaplain and writer who lives in Seattle, Washington with her husband, Seth, and their son, Gabriel. She travels throughout the United States and Canada speaking on ethical wills and conducting ethical will writing workshops. Publications in literary journals include: “Writing Ethical Wills” in *Rayonot*, *A Journal of Ideas*; “Gabriel” in *American Letters and Commentary*; and “Psalm for Rafi” in *Postroad*.

The Ethical Will

BY ELANA ZAIMAN
SEATTLE – WASHINGTON

“To my children,

I expect you to take care of your mother – wherever she be ... whatever she chooses to do. You honor me by honoring her. More important – you honor yourselves, for she gave you life. Respect one another, even if love is not always possible. Take care of each other ... always. Your loyalty to each other was one of the chief joys of my life.”

So begins my father’s ethical will to us, his four children.

What is an ethical will?

An ethical will is a letter passing on religious, ethical, and moral values.

Writing an ethical will is a Jewish tradition dating back to medieval times when it was the custom for fathers, nearing the end of their lives, to write letters to their sons offering advice on living an ethical life.

Nowadays, men and women of all faiths write ethical wills to those they love. And they do not necessarily wait until they are near the end of their lives.

My father did not wait until he was near the end of his life. My father wrote his ethical will when he was thirty-seven, healthy and in the prime of his career.

He wrote his ethical will when we, his children, were between the ages of nine and fourteen.

I’m glad my father did not wait. At the age of fourteen, when I read my father’s ethical will, I learned about the values that guided his life and about the values he hoped would guide our lives. I learned how he viewed his faith. I learned his expectations for us, his children. I learned how much he loved us. And I felt his love in a deep and powerful way.

Did I learn anything about my father I did not know? No. I don’t believe I did. My father lived the values he espoused. But having a tangible document to which I could turn when I wanted to hear his voice, helped me understand him better and appreciate him more.

To this day, I continue to read my father’s ethical will when I want to feel close to him. And to this day, it gives me strength.

If you have received an ethical will, you know why you must write one. If you have never received one, imagine what it would feel like and if you can imagine this – you will be motivated to write one.

A woman I met did just that. Amidst tears, she said: “My dad died when he

was sixty-one. He didn’t leave an ethical will. I loved my father, but I didn’t know his heart and his soul. I will write an ethical will for my children.”

We never know how many more years we will be granted on this earth. So we must write our ethical wills now. We must not wait. Waiting is just an excuse to put off facing ourselves, our relationships and our mortality.

So find a few hours when you can be alone. Sit down in a coffee shop. At your kitchen table. In your study. And write.

If you need help getting started, ask yourself these questions:

What do I most want to tell the person I am writing, about me?
What do I most want to tell this person about them?
What values do I most want to pass on?
How do I best communicate my love?

Know, that as you write, you will gain insight into yourself, into the person to whom you are writing, and into the relationship you share. Know, too, that when you pass on your ethical will you will be giving one of the most meaningful gifts you can give.

JL

Friday Idogiye Amain, Programme Coordinator of the Akassa Development Foundation Management Team, was born in Minibeleu, a small village in the Akassa District of Nigeria's Bayelsa State in the Niger Delta. After acquiring a secondary school education in his home state, Friday went on to achieve higher education and scholarships in universities both at home and abroad. He is a member of the Institute of Strategic Management, Nigeria and is the author of Aka`ha Be`be a Niger Delta Local Language Programme.

Conservation And Conflict In The Niger Delta

BY FRIDAY IDOGIYE AMAIN
AKASSA – NIGERIA



At the mouth of the River Niger, where the Nun estuary empties into the Atlantic Ocean, a tropical paradise is blighted by poverty and conflict. Anywhere else in the world, this idyllic sand barrier island would be a magnet to the leisure industry – golden beaches,

pristine mangrove swamps and tropical rainforests combine to create the perfect eco-tourist destination.

Sadly, the people of the Akassa Clan do not reap the benefits of the tourist dollar but suffer the poverty and conflict so

often associated with the petro-dollar. Akassa's 19 communities and 120 temporary fishing ports house 180,000 people, the majority of whom are fishermen living under siege conditions.

This is not a new experience for the Akassa people – they have always considered themselves to be exploited and victims of oppression. It began with the slave traders who built a slave fort in Akassa to house their quarry; this was replaced by the colonialists who exploited their natural resources and has now been replaced by the oil industry that preaches the bible of energy security, and their militant opponents who are fighting for a share of the profits.

Many of these remote communities have not felt the impact of the windfall revenues since the discovery of oil more than 40 years ago. Africa's largest oil producer, and the world's number seven exporter of oil, has so far failed to provide the basic infrastructure and services expected of such a wealthy country.

But the Akassa people are used to looking after themselves. They were there before the oil was discovered and will remain long after the last drop has been shipped off to feed western consumerism.

Today, Akassa leads the way in sustainable development in the troubled Niger Delta. The Akassa Development Foundation {ADF} remains one of the few successful participatory community development projects in the area.

One of the main priorities of the ADF has been to support the local health care system. In Nigeria, about one in five children die before they reach the age of five; in Akassa, this figure is believed to be much higher. With only two small health centres and sometimes only one doctor for 180,000 people, the foundation has established its own voluntary health posts, trained local midwives and established a drug revolving scheme to ensure quality drugs

reach local people at reasonable prices. The Foundation has also completed and equipped an abandoned health centre to help improve services.

This message of “helping ourselves” is central to everything we do in ADF. We, the people, identify our own problems and propose our own solutions. We make plans, agree to them and then implement them using voluntary contributions to supplement the support of donors. We find this approach not only helps us to develop local skills but also enables us to build confidence and trust – we know that every project is a learning curve that shall enable us to adopt and adapt it to suit a different situation.

This is evident in our education projects. The women were worried that the local schools lacked teachers and resources. They want their children to grow up to be the leaders of this great country; to be able to run the oil industry; control our own resources; and to escape the poverty that suffocates us. To some, establishing a school from nothing would be an impossible task – but the Akassa women started small, learned the basics and then gradually spread their network of schools across the Clan. From a few children in a borrowed shack, the women now run four schools providing quality education to about 700 children.

The ADF also gives small loans through a micro credit scheme, provides opportunities for vocational skills training and supports local infrastructure projects that benefit the whole community. We have built schools, health centres, market stalls, bridges, roads and jetties – each project is a tool for learning skills, strengthening local institutions and reinforcing the local economy. We do not ask anyone to come and do things for us – we do not

want to promote dependence on others but maintain our independence and self-respect.

In recent years, our job has become increasingly difficult. Akassa has always been geographically remote – being 80 km from the nearest road with no power supplies, potable water or other services does create difficulties but we were able to overcome these obstacles. However, today movement has become increasingly dangerous. Militant groups fighting the Federal Government and the oil companies for resource control has brought conflict, destruction and fear to our people. Pirates take advantage of the chaos – they stop our boats at gunpoint, rob the passengers and often steal the boat leaving us stranded in the swamps – sometimes people are killed.

The number and sophistication of weapons has also increased the level of communal conflict. In the last few years Akassa villages have been attacked and destroyed whilst Akassa has opened her borders to refugees from other clans in search of sanctuary.

Despite all our difficulties, we continue to work for our future. Of course we pray for peace but we have to live in today's world. We, in our small way, hope to provide a light for others to follow in these dark times in the Niger Delta.

One day, Akassa will welcome eco-tourists who shall enjoy our beautiful land. In the meantime, we shall act as guardians protecting it for posterity.

Tomorrow is a new day.

The ADF is facilitated by Pro-Natura International {Nigeria} and supported by Statoilhydro {Nigeria} Ltd.



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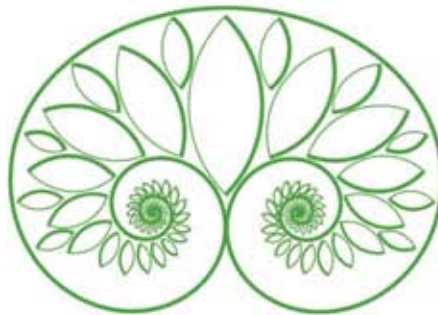


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LANI SILVER ~ POLITICALLY RED

Our sweet beauty who was a miracle from above, has quietly slipped away ~ She was a lady of grace and strength! Her generosity of spirit was an inspiration to all those who's lives she touched.

Lani Silver was a noted Holocaust Oral Historian – and for 16 years, directed San Francisco's landmark Holocaust Oral History Project coordinating 1,700 interviews with Holocaust survivors and witnesses, worldwide.

Lani became Steven Spielberg's first consultant and trainer for the USC Shoah Foundation Institute and she co-discovered the story of Chiune Sugihara, who rescued thousands of Jews in the Holocaust. He was called: "The Japanese Schindler." 53,000 testimonies.

She too – was an artist, freelance writer and lecturer with the American Program Bureau. (Gorbachev's bureau – Desmond Tutu, Jane Fonda, Oscar Arias). Her latest endeavor was as Director of the James Byrd Jr. Racism Oral History Project.

If we are to reap history, and let history open its doors to us, then Lani Silver ought to be the custodian.

Wesonga David

A Tribute To Politically Red An Elegy Intoned In Momentum

BY DAVID C. WESONGA
NAIROBI – KENYA

The message header was short and terse. 'Our Lani is gone – Politically Red.' And the body of the message equally teary; Lani Silver, a noted Holocaust historian had passed on peacefully in her sleep, surrounded by love!

To a young man, thousands of miles away in Africa, one might wonder why Lani Silver, a lady somewhere in San Francisco, California, should mean anything. But the young man is wanting to ask why President Barack Obama should mean that much either, considering he is president of a nation thousands of miles away also struggling to come to terms with its history. But a cynic will rush to add, "His father was born somewhere In Kenya!"

"Ok," the young man will retort, presumably struggling to grasp the attachment. But the only attachment he might construe is the fact that, in the year The United States of America embarked on a new journey, to erase the sad memories of the south and the raw memories of Rosa Park, in the year the dream, dream't on the front porch of Lincoln memorial on 23rd of 68 came

to fruition, and America got the first black president, in that same year history was made, a lady who spent her lifetime reminding us of history, and gathering history passed away, and to some, the world stood still, albeit for a second, if not minutes.

I chanced upon the demise of Lani Silver first via a message from Jo Lee of *JO LEE*. I had read Nazi History, gone through Jewish moments and the bitter racism facts and fiction, but the depth of Lani Silver opened new frontiers in my understanding of the red and black subjects – of blood and ancestry. Indubitably the most authoritative source on matters of Holocaust, Lani was a symbol typified, of a person who struggled to make us learn from our past, to embrace our future by understanding our present, and just giving everyone a chance they so much deserve. She was a self wheeled momentum power boat. And to note I never met her personally!

Introduced to her as a fellow columnist for *JO LEE* and then again when she was soldiering on bravely in hospital through a message for her on her webpage, I

kept track of her progress. Nicknamed Politically Red by Jo Lee, due to her activism, Lani embraced the world and the world hugged her in return. Lani's story is an embodiment of cultural fusion, the type eloquently brought forth by the U.S. President Barrack Obama. An American who typified the struggle for acceptance and equity in forsaken territories and peoples, the story of the Jews – painful memories that needed to be told, the credo would never be more apt, 'and let the truth be told!'

For a page so short, inked with a bleeding pen, and a momentous spark, Lani Silver speaks volumes in death, as was in life. And to imagine I never met her!

A flower bloometh in grace,
Endeared to charm in days,
A beauteous thing scented in joy –
forever,
A memory lasting till end of times,
And to imagine I never met her!

Wesonga David

JL



The King Of Pop Meets The King Of Opulence Jeff Koons At The Palace Of Versailles

BY HEIDE VAN DOREN BETZ
SAN FRANCISCO – CALIFORNIA

The Chateau of Versailles gained prominence as the center of French political and social power in the early 17th century. King Louis XIII originally built a hunting lodge in 1624. It was expanded by Louis XIV as a secret retreat and its fame culminated with the opulence of Louis XVI and Marie Antoinette, late 18th century. Versailles was the seat of power in Europe and the symbol of style, elegance, sophistication and ultimate culture. During the French Revolution {1789 –1799} the king and queen were executed {in 1793}, the monarchy was abolished and the furnishings and artworks of Versailles were destroyed or ordered sold at auction. Napoleon later renovated the chateau and reinstalled original furnishings and paintings.

The Palace eventually became a museum and today, after its recent restoration, is one of France's premier tourist attractions. Concerts, government

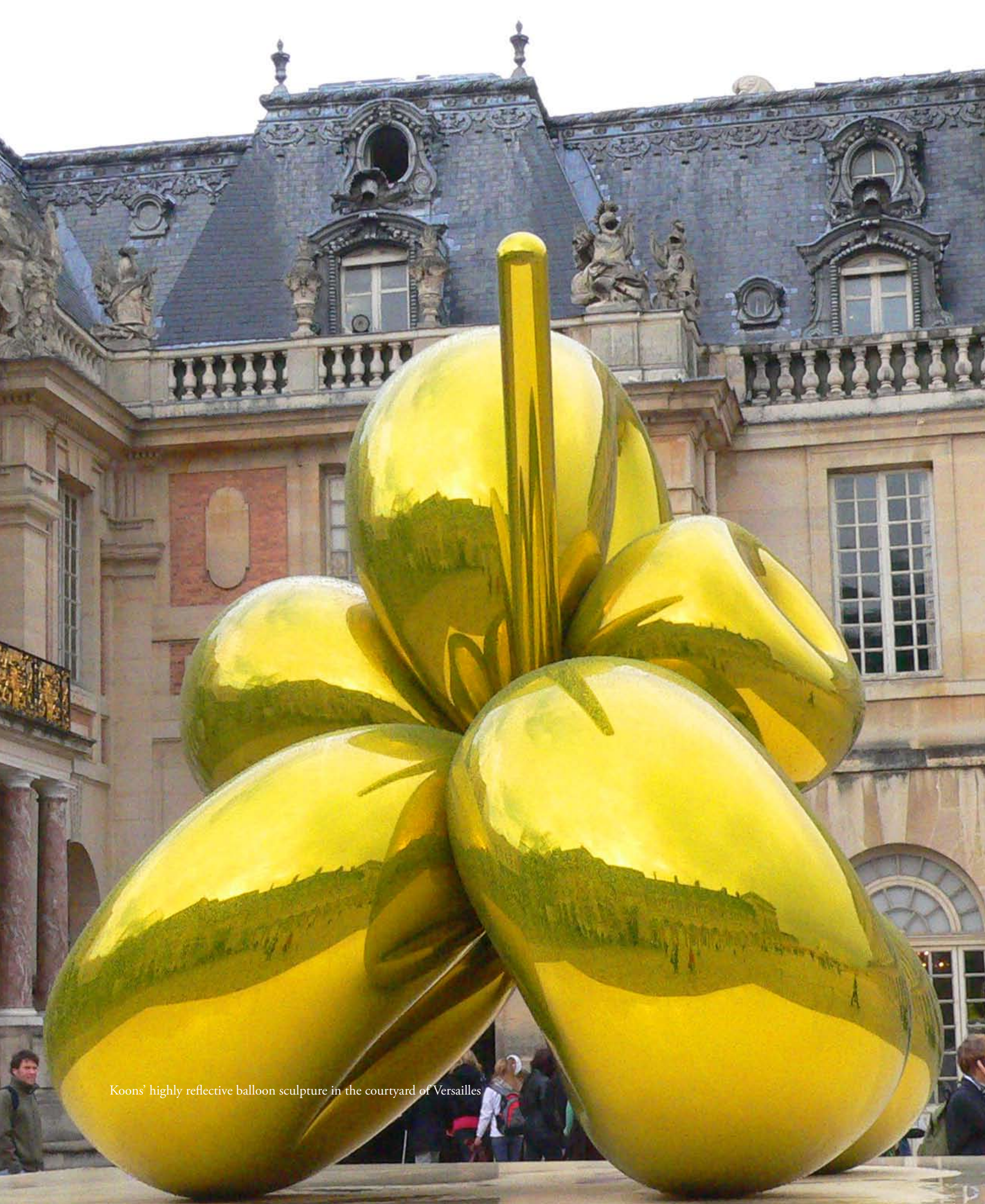
functions and exhibitions are held on the spectacular grounds.

Jeff Koons, the 21st century King of Pop and Kitsch, and “bad boy” of the contemporary art scene, is exhibiting 17 of his famous works in the Royal Apartments of Versailles. These rooms are the most prestigious and important areas of the chateau with the highly decorative 18th century art and furnishings from the era of Louis XV and XVI. The juxtaposition could not be more startling, ironic – and humorous. A giant “Balloon Dog”, looking like one of those tied balloon toys, but weighing over a ton, sits playfully in the Salon of Hercules with a ceiling fresco of the trials of Hercules staring down and reflecting in the polished chromium steel of the dog's glistening body. A silvery steel “Rabbit” is installed in the ornately baroque King's Salon of Abundance. A red, “Hanging Heart” with ribbon, something that looks like it could be on

an outdoor Christmas tree, hangs in the marbled staircase alcove; a version of this same heart sold at auction last year for \$24.5 million. The most exciting object is the reflective “Moon”, a chromium steel, silver balloon, at the end of the Hall of Mirrors. Keeping in mind that this exquisite and ornate space was used as a council room by Louis XIV, and was the meeting place for all of European political, royal and cultural events, the irony of a single balloon reflecting the entire space is breathtaking! A bright red “Lobster”, looking like an inflatable beach toy, hangs in the Mars Salon next to the original crystal chandelier, magnificent Baroque frescos and elaborate portraits of the Kings and Queens.

Surely the Kings of Versailles would have been amused by the Koons' playful yet provocative commentary on art and society.

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Koons' highly reflective balloon sculpture in the courtyard of Versailles



Statue of Louis XVI looks down on Koons' "Michael Jackson and Bubbles" in the Salon of Venus



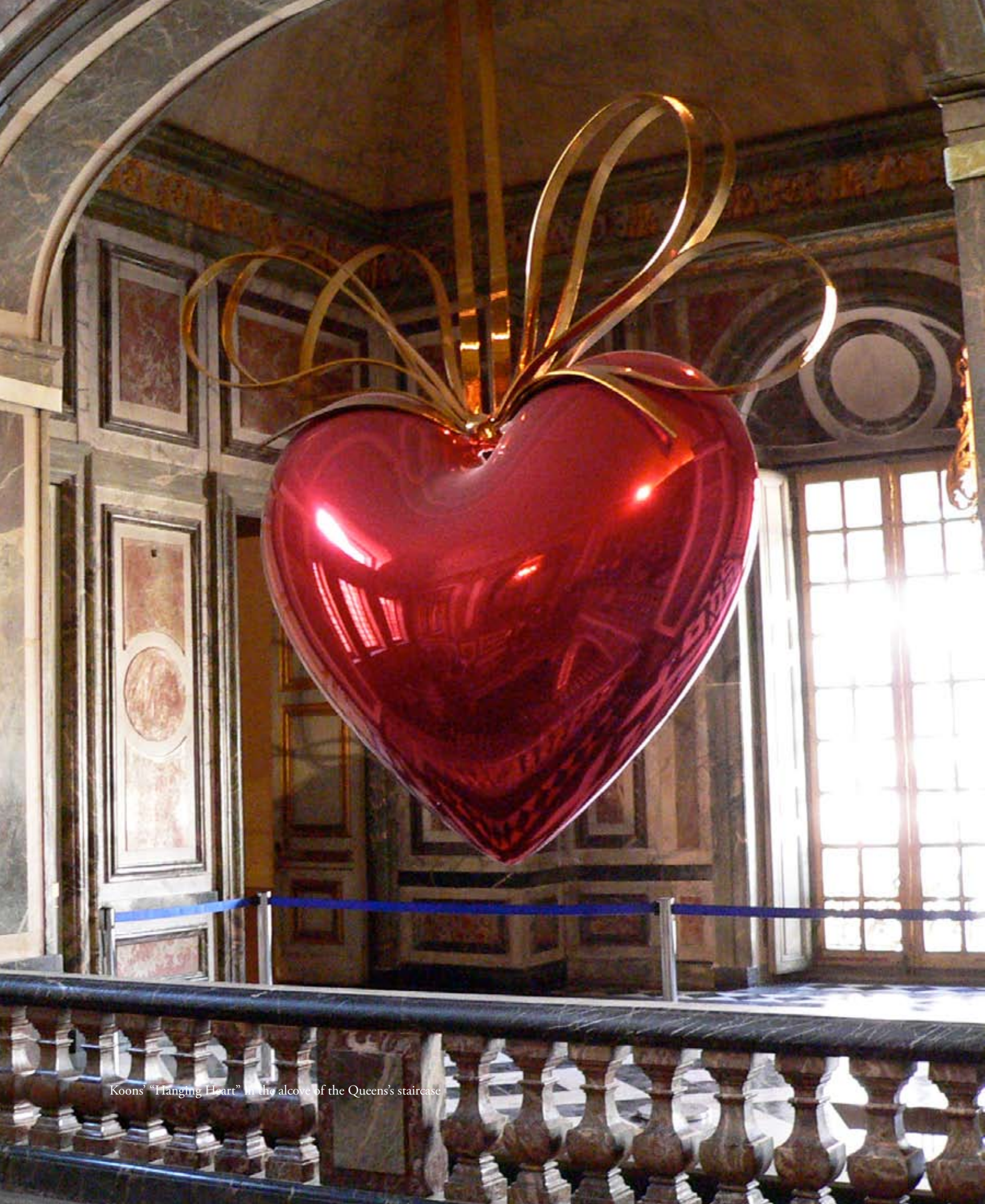
Koons' "Balloon Dog (Magenta)" in the Salon of Hercules



Koons' "Rabbit" in the Salon of Abundance



Koons' "Self Portrait" emerging from marble crystals in the Salon of Apollo



Koons' "Hanging Heart" in the alcove of the Queen's staircase



The Controversial Speaker's List

BY LANI SILVER
SAN FRANCISCO – CALIFORNIA

Anti-Semitism at a prestigious university?

I'm privileged to be invited to speak, a few times each year, on the "Holocaust and Social Injustice Today".

So I was wandering around this beautiful campus and saw only a few posters advertising my talk. As casually as possible, I mentioned this lack of publicity to my host, a distinguished professor emeritus. He shyly said: "Well, I was meaning to talk to you about that. A few weeks ago you were very briefly considered for the Universities' 'Controversial Speaker's List'. WHAT? "What is this list?" I ask. My host quiets my anxiety and says, "Well, you are off the list now, but we had to go to the highest level of the administration for a reversal. But if you were still on it, you would have to have a bodyguard." Me, and other members of the list which include the Klan and the American Nazi Party, Hamas and Hezbollah!!

I was kind of excited. At last I had gotten under someone's skin. I've been an activist for no fewer than 39 years,

and I've never been on any list as exciting as this.

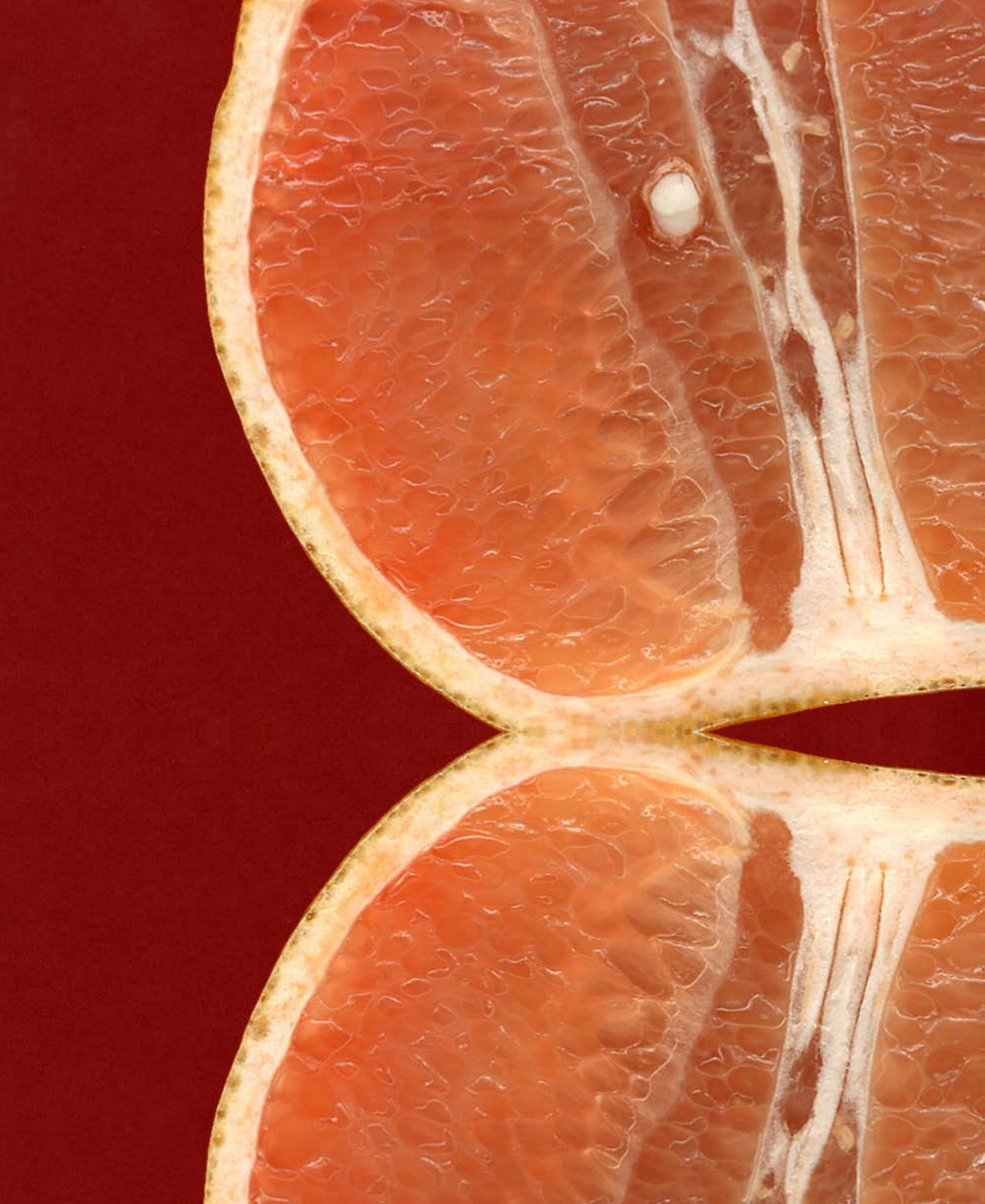
As a smile escapes my face, my host looks concerned. I said, "That's kind of wild. I always hope that someone will take my progressive thoughts seriously." The professor laughs sheepishly. "Oh no," he says, "it isn't what you think. You were not on the list for your thoughts. You were there because you talk about: The Holocaust."

I look at him in disbelief. "Can you please say that again? I don't understand what you are saying." My host replied, "Well, this one particular administrator does not like Israel, and has some revisionist thoughts about the Holocaust as well."

My host was successful in getting me off the list, but the administrator in question whispered that I would still be kept under the radar.

Sure enough. The campus is 20,000 students strong and 40 people sat in a room that seats 300. Nevertheless ... we had a great time!

JL



And I’ll Bet The Sweeps On That!

BY DR. ANDREA BUCKETT
TORONTO – CANADA

Q: Is soy beneficial to my health or not? I am constantly reading conflicting information about its safety.
Mercedes – Montego Bay, Jamaica

AB: In some cases the benefits of consuming soy are clear; such is the case when talking about preventing osteoporosis. In other instances, Mercedes, such as its role in breast cancer and reducing cholesterol – the results are mixed. The mighty soybean, depending on its form and quantity, can be beneficial or harmful. Soy’s phytoestrogens activity seems to be both estrogenic and antiestrogenic. This activity is determined by an individual’s own level of estrogen and the number of receptors one has. Those suffering from breast cancer or other cancers associated with the reproductive organs are cautioned to limit their soy intake. For others wanting a protein alternative I recommend eating fermented soy products such as tempeh, miso or protein powder, that are easy to digest and nutritious.

Q: We often hear about the salt shaker that sits on our table but what about pepper? Does it possess harmful or beneficial nutrients?
Anton – Helsinki, Finland

AB: Great question, Anton! Pepper does actually have beneficial properties. Pepper’s main constituent is piperine and is known for anti-inflammatory qualities, promotes digestion and reduces flatulence. It also promotes sweating, the breakdown of fat cells and improved assimilation of nutrients. Black peppercorns {which are actually berries} are the best source of piperine. However, stay away from “powdered” pepper; use only organic whole peppercorns and grind them yourself for maximum benefit.

Q: I know that I am supposed to drink eight glasses of water a day, but I can’t get past the bland taste. Is there anything else I can do to make it go down easier?
Logan – Malibu, California

AB: Yes, water is critical for keeping you hydrated, cleansing your system and keeping you alert. If you need help getting it down here are some tips, Logan. Use non-caffeinated herbal tea blends {lemon or raspberry} and make a pitcher of herbal tea that can be kept in the fridge or transported in a stainless steel thermos. Also, use fresh lemon or lime juice or a small amount of pure fruit juice to improve the flavor of the water. If you need to sweeten it, use Stevia or agave syrup so you’re not consuming immune depressing sugary calories.

Q: Many countries are banning the sale of plastic water bottles, including baby bottles. Is there an alternative?
Dailon – Calgary, Canada

AB: Yes, Dailon, there are alternatives. While the alternatives are more expensive, they are definitely better for everyone’s health – especially babies. These alternatives also allow us to send less plastic to the landfills and get back to buying quality items that can be used over and over. Check out your local health food or travel store and purchase stainless steel or glass bottles. These are both inert substances that will not leach into your beverages and harm your well-being. JL



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Fastest Pleasure Boat On Lake Tahoe, California.

BY RAY SCOTTY MORRIS
SAN FRANCISCO – CALIFORNIA

GONE AGAIN is a former race boat ... 37 feet of power and beauty, painted in bright red, white and blue, with an American flag on its bow. This former racer and holder of the world record for its class at 138.040 mph, is now like a champion racehorse put out to pasture. *GONE AGAIN* spends its time on Lake Tahoe, California as a pleasure boat. Its owner Rick Bowling, a real estate investor from Alamo, California, has his summer home on this world famous lake. Rick, a world champion racer for twenty years, has won many offshore races.

In the year 2000, while taking the lead at the APBA Offshore World Championships in Florida, this boat hit a four foot wave and barrel-rolled traveling at 120 mph. The deck and right side of the boat were sheared off. Rick and his co-racer son, Ryan survived with only minor injuries due to the safety features that Rick had installed. They included a reinforced enclosed cockpit, two 5-point harnesses and full-time oxygen for both racers for underwater breathing. After this incident, his wife Kathleen asked that Rick retire from boat racing. Rick agreed because he knew he and his son were both very lucky to be alive.

Rick had the boat rebuilt into a pleasure craft featuring an all-new deck design and a new four seated enclosed cockpit with gull wing doors. Two custom built 1500 hp turbo charged, fuel injected motors were built by Carson Brummett and installed by Terry Laughlin. *GONE AGAIN* can now reach the speed of 162 mph. Like a retired racehorse, it is still an object of great beauty and joy to behold.

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CF 0748 KX

GONEAG



Rick and guests play with an exact radio controlled model of the boat.



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VOLTS
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12 14 16 18
10 GPS 18
8
6
5
GAFFRIG
MPH x10

FIRE
PORT
IGN START
FUEL PRIMER
BLOWER BILGE
COM HATCH
ENG INT MON



HIREBOY
MARINE AUTOMATIC
OIL EXTRACTION SYSTEM
Remove Pin
Pull Handle
REMOVE PIN
PULL HANDLE

The Control Panel.





Rick and his mechanic, Terry Laughlin, examine the engine.





GONE AGAIN on trailer at home in Alamo, California.



THE NEXT 100 YEARS: ONE CHILD'S JOURNEY HOW SHE/HE WILL LIVE, LOVE AND NEVER REALLY DIE

This Side Of Africa Female Genital Mutilation.

BY OLUWASEUN SOTIYO AND KELECHI ELEANYA
THE NIGER DELTA – NIGERIA

Africa – a continent of promise, of rich cultural diversities and with numerous aspects to be cherished and desired, can really improve for the better. With inputs from different angles, little by little she will become her dream, a great and developed continent. To achieve this, Africa needs to shed some weight ... some burdensome and humanly undesirable old time practices that set the continent behind. She needs to change her clothing! A glaring aspect is Female Genital Mutilation {FGM}.

The mutilation of the female genitals, known as female circumcision, takes place today primarily in Africa. Female genital mutilation {or female genital cutting} comprises all surgical procedures involving partial or total removal of the external genitalia or other injuries to the female genital organs for cultural or non-therapeutic reasons.

An estimated 70 million girls and women living today have been subjected to

FGM/C in Africa and Yemen. FGM/C is mainly performed on children and adolescents between 4 and 14 years of age. In some countries such as Ethiopia however, more than half of FGM/C is performed on infants under one year old. Practitioners of FGM/C are generally traditional birth attendants or trained midwives. FGM/C is a highly-valued service with high financial rewards, and a practitioner's status in the community and income can be directly linked with performance of the operation.

The World Health Organization {WHO} estimates that about 40 percent of African women are subjected to such operations in more than 36 states. The negative short-and long-term consequences of these operations are many. One report estimates that a third of young Sudanese girls do not survive the operation.

FGM/C does irreparable harm. It can result in death through severe

bleeding leading to hemorrhagic shock, neurogenic shock as a result of pain and trauma and severe, overwhelming infection and septicaemia, failure to heal; abscess formation; cysts; excessive growth of scar tissue; urinary tract infection; painful sexual intercourse; increased susceptibility to HIV/AIDS, hepatitis and other blood-borne diseases; reproductive tract infection; pelvic inflammatory diseases; infertility; painful menstruation; chronic urinary tract obstruction/bladder stones; urinary incontinence; obstructed labor; increased risk of bleeding and infection during childbirth.

For whatever reason it is performed whether sexual, sociological, hygiene and aesthetic, health or religious: mandatory prohibition of female genital mutilation is a priority!!

Let's continue the fight to give the child the best of life! ELIMINATE FGM from Africa and the world.

JL



The Curse Of Cassandra

BY CRAIG RICKER
MOSCOW – RUSSIA

The image of the political prophet holding court with a respectful audience soaking up his wisdom is just that, an image. In reality, predicting events, large or small which contradict the mainstream propaganda will be received with anything but respect. Even when the predictions come blazingly true the expected pat on the back does not arrive, only suspicion and bitterness.

Arthur Schopenhauer said it best, “All truth passes through three stages. First, it is ridiculed; second, it is violently opposed; and third, it is accepted as self evident.”

In September of 2007 I came to Moscow from my hideaway in the Russian countryside to meet with my western friends, many of whom are high level bankers. Everybody was abuzz with the rumblings in the world financial system. Having made a thorough study of the situation I chose to make my predictions public.

I predicted that within a year to 18 months there would be a global financial meltdown that would change the

financial landscape forever. My banker friends, foaming at the mouth, screamed that at worst this episode would result in a 1980s style recession and not more. The main idea being that the infallible laws of the market would self correct. I held my ground.

After being savagely ridiculed, I argued that these economic crises cannot be understood if examined through the lens of economic principles. It can only be grasped if examined through the lens of criminality. “Criminality,” screamed the anointed ones of high finance. “Yes,” I said, “good old fashioned international super criminals.”

“Blasphemy,” they cried. I explained that in order to master the subject of world communism one must fully grasp the mindset of the international super criminal because communism is a purely criminal movement and high finance is an integral part of the world revolution. Nobody believed me.

Now more than a year has passed and all my predictions came true and the criminality of the financial crises is

laid bare for all to see. Did I get the proverbial pat on the back? Far from it. My once god-like banker friends now have the same look on their faces that middle aged soviet bureaucrats had in the early '90s when the system they believed in showed itself to be a criminal fraud.

What are my predictions for the future now? I have narrowed it down to two, both of them criminal. The first and most benevolent is that this is just another basic crime game like the Dot-Com Bubble. In this case, when the world economic system is in ruins the criminals will swoop down and buy everything cheap and all will be forgotten.

The second and most dangerous is that this operation falls under the category of revolutionary criminality. The defining feature of revolutionary criminality is that after all has been stolen the criminals then destroy the victims' ability to punish them as in the Russian and Chinese revolutions. Time will tell.

JL



Rocking Horse:

A Personal Biography of Betty Hutton

by Gene Arceri

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Rocking Horse

BY GENE ARCERI
NEW YORK – SAN FRANCISCO – LONDON

The Queen, at Buckingham Palace, was not amused; Lady {an anonymous friend}, of Dorset, England, fainted onto her nearest chaise lounge; the ultimate Computer Consultant {think Sherlock Holmes} Andrew T., of Scotland, was even perplexed and readers wrote in protest.

The story began on September 22, 2008 in London's *Daily Mail* newspaper which on its Entertainment page headlined Lady on the line. It showed a publicity shot of a damsel in distress from a re-make of *The Perils of Pauline* {1947} whose caption read Pauline Hutton as the damsel. The question put to readers was: What was the origin of the melodramatic scenario of a villain in a top hat and cloak tying a beautiful damsel to the rail lines?

Among the flood of mail, the most succinct answer came from Giles Foster, Chipping Norton, Oxon, England. The actress tied to the rails in the picture shown wasn't Pauline Hutton but Betty Hutton he explained. Pearl White, the

fearless actress who brought *The Perils of Pauline* to motion-picture audiences became the Queen of Silent Serials. *The Perils of Pauline* made her world famous. Pearl ended her career appearing in music hall revues in England. She died at age 49 {1938}.

Betty Hutton, whose life was like a serial itself, with its Rocking Horse metaphor, displayed as much daring in practically all of her films, especially *The Greatest Show on Earth*, as a trapeze performer. Like Pearl White, Betty did most of her own stunts. I was quite pleased over all the brou-ha-ha as I had recently finished writing a book, *Rocking Horse*, {Bear Manor Publishers} based on a personal relationship with the actress when she was in San Francisco.

Betty was here to begin rehearsals for Noel Coward's *Fallen Angels*, which unfortunately didn't happen, through no fault of hers. However, all the words, from our recordings, in the book are hers. Rather than elucidate the meteoric rise and descent and ride-out of the star's

victorious end get a copy of *Rocking Horse* and read her own confession.

BBC Radio 2's Desmond Carrington called producer Richard Tay a hero for preserving our heritage with CD recordings of such rare and valuable treasures; Bing Crosby, Beatrice Lillie, Deanna Durbin and Betty Hutton, among others. I called the enterprising Mr. Tay in London for a statement for *JO LEE Magazine*; "Sepia Records was founded in 2002 primarily to preserve and make available on CD, recordings from the golden age of popular song {circa 1930 to 1960} material that has been neglected or forgotten by the major labels. Sepia recordings give the artists, songs and composers another chance to be re-discovered."

Check out www.sepiarecords.com – it is worth looking into. And to our readers – anyone sending an e-mail or letter of 'particular interest' regarding Betty Hutton: will receive a complimentary signed copy of *Rocking Horse*. Good luck!

JL



I Love Cars

BY JOHN PAUL JARVIS
TORONTO – CANADA

By the time I turned 40 I had owned 42 vehicles. I have enjoyed Austin Healy, MG, Triumph, Jaguar, Mercedes, Audi, BMW, Lexus ... you get the picture.

As a teenager, often my pocket book was stretched by the acquisitions and frequently the maintenance, an essential aspect of British sports cars, was wanting.

Impetuously, Jim Worsley and I decided to go to California and were stranded in Detroit in December 1965, desperately looking for a fuel pump for a Jag XK 150 “don’t get much call for those around here”. We limped back to Toronto to regroup and with a coin toss headed to Florida. We pledged to only stop for gas and washrooms but with the still limping fuel pump we applied the logic that if we didn’t turn the car off, the pump would continue to function. I was 18, what can I say?

We headed south into rural New York

State and were arrested for speeding, escorted to the Judge in the back kitchen of his house, convicted of the offense with the Trooper acting as arresting officer, bailiff, court clerk, witness and cashier. Justice.

Entering Corning, NY, I spotted a roadhouse and the need for a six pack overcame good judgment. “I will be back in moments, keep the car running.”

Entering the bar I realized two things, it was Saturday night and the place was full of young women with an attractive bartender. She smiled and asked, “What can I get you?” and I replied over my shoulder, “two drafts” as I raced to the car. “Turn off the Jag, we’re staying.”

Jim is a very handsome guy so the patrons took a long look as we went to the bar. In minutes Jim discovered that the bartender was the owner’s much younger wife and with slight persuasion

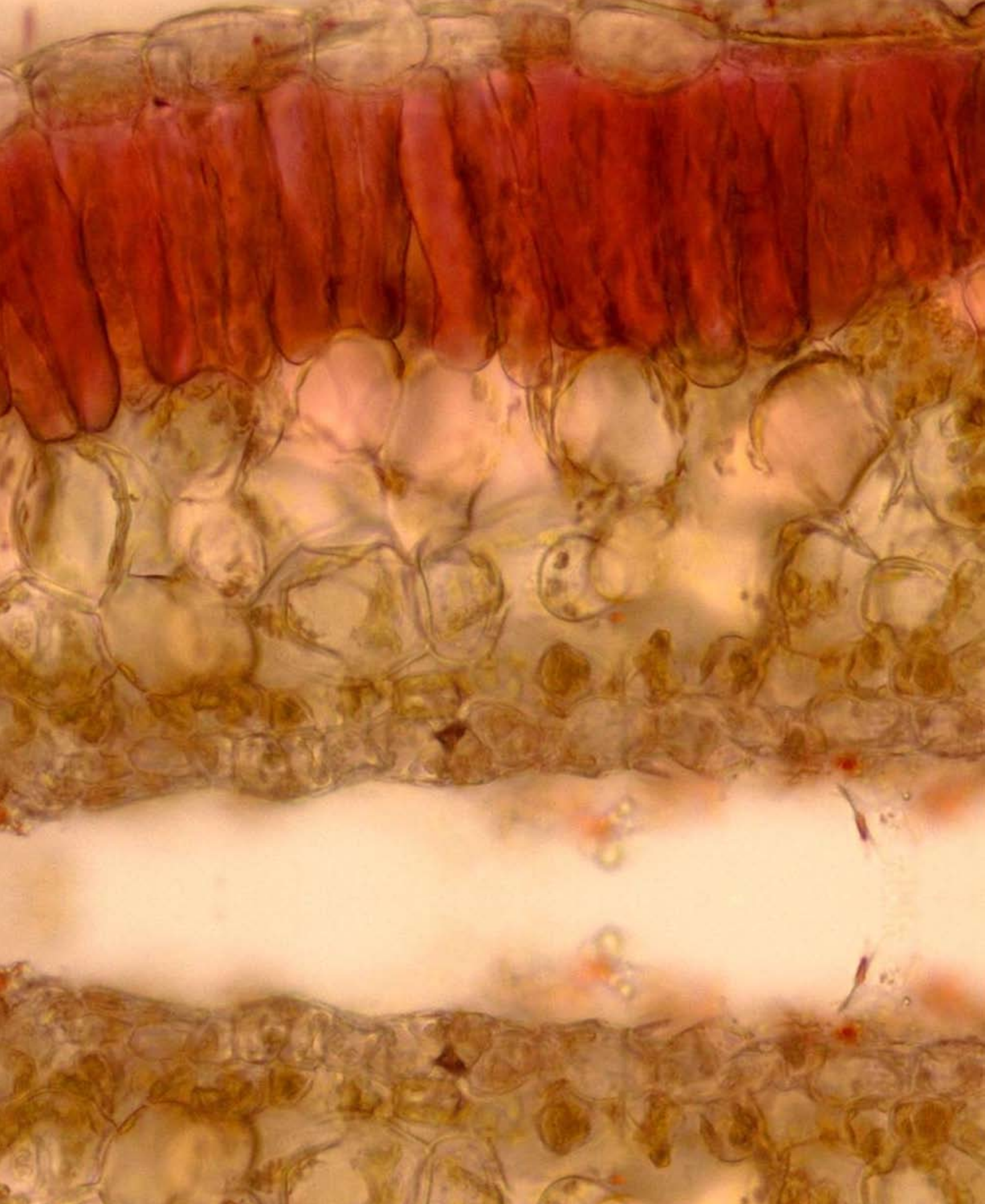
willing to come to Florida with us. I have seen this movie before.

We left the roadhouse and the future Mrs. Worsley much later after some minor ugliness and on to Pennsylvania.

The Town of Williamsport was closed when we got there at 3:30 a.m. Sunday morning. We were both too tired to drive any further so decided to get a couple of hours sleep in the car in a residential neighborhood, park in front of a house and then push out early – “we’ll be gone before the owner knows we were here”.

I peered bleary-eyed over the sill on this crisp winter morning and stifled a laugh, waking Jim. I said, “take a look.” He stuck his head above the window to return the astonished stares of the church parishioners as they filed in for morning worship.

JL



Organic Musts *The Most Important Organic Foods To Eat*

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

Wouldn't it be great if the food we ate was safe, healthy, free from pesticides and affordable? We all deserve to be able to purchase safe and healthy food. But how?

Go organic or grow your own.

1. Baby Food. Use organic baby food brands or better yet, make your own baby food by cooking and pureeing organic produce.

2. Strawberries. Enjoy them while they are in season from local organic farms or buy frozen organic strawberries from your local whole market.

3. Rice. Buy organic rice where you can find it! Store it in an airtight container. It stores very well.

4. Green and Red Bell Peppers. Super sources of Vitamin C, but wrought with pesticides if grown "conventionally". Buy organic or, better yet, grow your own.

5. Got Milk? Hope not, at least, not from conventionally raised cows. Today's

commercial brands are loaded with antibiotics and growth hormones. Make sure your milk and other dairy is from organically-fed cows.

6. Corn. Eat local organic corn in season and freeze some for later or, leave some kernels to dry and plant them in the spring.

7. Bananas. Have a short window of ripeness and a very long distance to market. All of which adds up to a lot of heavy chemical dousing along the way.

8. Green Beans. Over 60 different pesticides are used on green beans!!

9. Peaches. Nothing beats a peach. Until you realize that they often have the highest rates of illegally-applied pesticides. Isn't that just peachy . . .

10. Apples. Put only organic apples in your pie.

11. Cherries. Cherries, so expensive, so rich, so fabulous . . . so heavily doused in poison.

12. Celery. Stay organic, the taste of organic celery will amaze you and make you a celery-nibbler once again.

13. Apricots and Grapes. Keep conventionally grown fruit and their pesticide residuals out of your system or minimize them with a vegetable rinse.

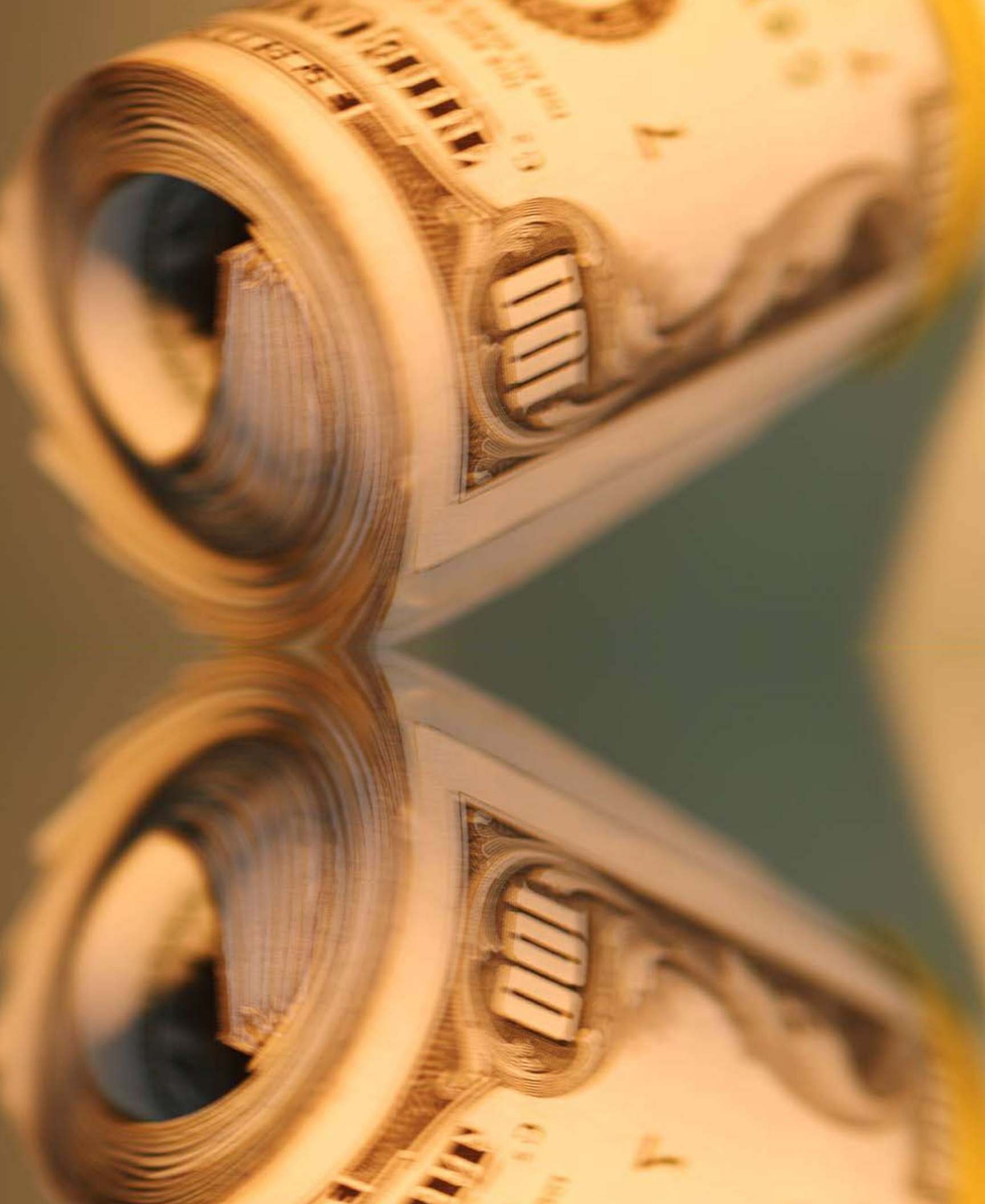
14. Soybeans. Everything you buy, from bread to cookies to crackers to margarine to dry mixes, has some sort of soy product in it. Unfortunately, most soybean in North America is genetically-modified.

15. Potatoes. Mash a clean, real, organic potato and forgo the new-fangled monstrosity.

16. Raisins. Concentrated little grapes, concentrated levels of pesticides.

17. Cucumbers. Ever wonder why this delicious crisp vegetable was losing its appeal on your palate? Yep! The answer is, once again, pesticides.

JL



How Smart Is Your Right Foot?

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

Here's a funny exercise that will boggle your mind.

You're sure to keep trying to see if you can outsmart your right foot.

But you can't.

LET'S GET STARTED

1. While sitting at your desk, lift your right foot off the floor and make clockwise circles with it.

2. While doing this, draw the number six in the air with your right hand.

Your foot will change direction.

Estate Planning 101

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

When Dan found he was going to inherit a fortune when his father died, he decided he needed a woman to enjoy it with.

So, one evening he went to a singles bar and spotted the most beautiful woman ever seen.

"I may look like just an ordinary man," he said to her, "but in just one week, my father will die, and I'll inherit 20 million dollars."

Impressed, the woman went home with him and, three days later, became his stepmother.

Moral to this story: You decide ...

JL

Love is a language
that every heart speaks.



Friends have
all things in common.

Family is the link to our past
and a bridge to our future.





Life.

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