

jo lee

180° FROM ORDINARY

SUMMER 2004

Jo Lee

*Explores the Magnificence
of Viking River Cruises*

*Robin William's
Perfect Plan*

*Tips for the Politically
Inclined Songwriter*

*Peter Jennings'
Secret Desire*

*You are what you Ate
~ You'll become what you Eat*

*Quotes from the
Quotables*

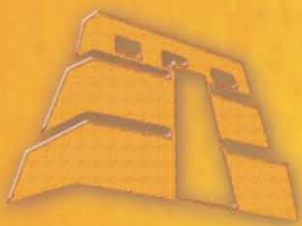
40 ! Did you want Kids?

*By Cynthia Wright,
London - Lausanne*

Endings and New Beginnings

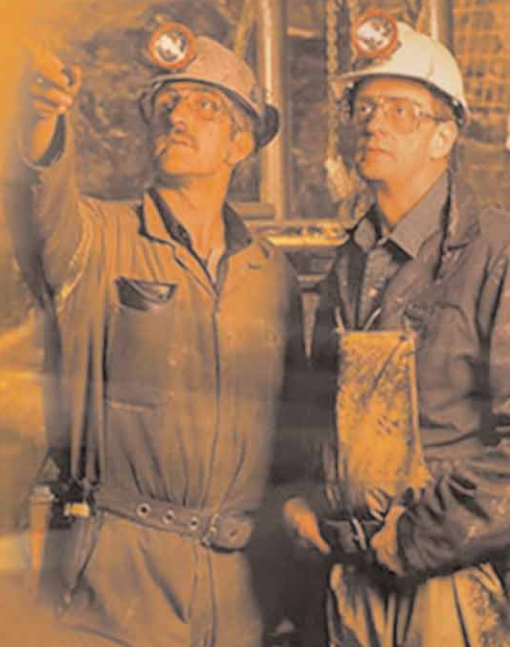
By The Marvelous Maverick





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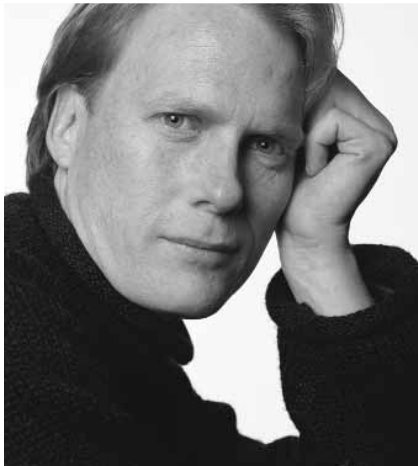


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The Adeste Prize



We Invite
corporations/individuals
to contribute to those
who have achieved.

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

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

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

Nominations are urged by readers around the world. Please! Submit the name of someone you believe is deserving of such an award.

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

The Award
Successful awardees will
receive the exquisitely
designed Adeste Crystal
Medallion.

Whenever the committee recognizes an achievement above and beyond expectation – an additional cash prize that embraces the 'on-going endeavors' of an Awardee, will be given. Awards will be announced in November of each year.

Criteria

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

ADESTE takes as its Credo – the lessons behind Nobel.
For Submissions » [CLICK HERE](#) «



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Hugh Coppin *The Marvelous Maverick* **Carla Dragnea** *Editor at Large*
Dr. Saul Levine, MD *Alter Ego*
Audrey Lisette Hess-Eberle *Yes, Virginia! Come – Explore with Me*
Mohammed Malik, Jr. *Weird and Wacky Facts*
Nahidah Malik *Crazy About R&D World Issues*
James Mansell *Half TIME* **Josephina Lea Mascioli-Mansell** *Thru the Eyes of Jo Lee*
Lani Silver *Politically Red* **Carolyn Young** *Thin'k'ers Corner*

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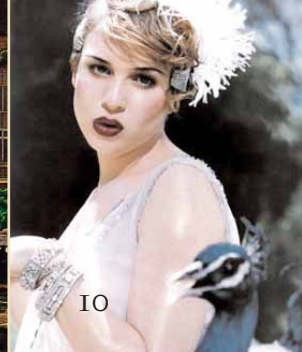


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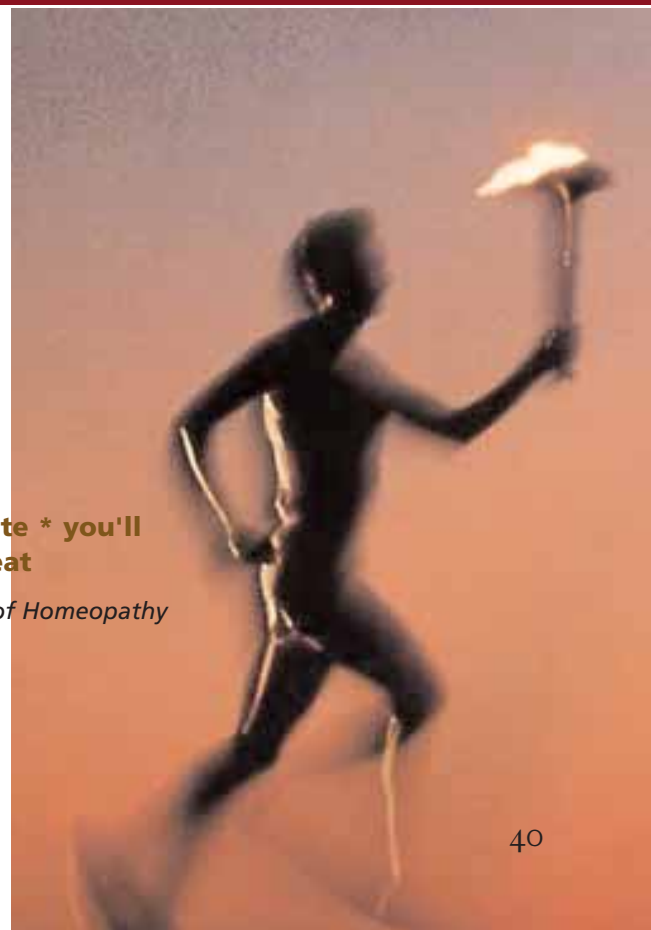
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THE MARVELOUS MAVERICK »

By Hugh Coppen

Summer time, again!

Know what you want.



Beaches, BBQ's, camping, vacations, doing all things we planned to do all winter long. Get out. Enjoy!

For many JO LEE readers, it's also a time of endings and new beginnings; that exciting time in all our lives called graduation. Congratulations and good luck to everyone including those that are graduating - from one job to another!

Judging from the Mav's bulging mailbag - many have been thinking about new beginnings...

Q: Jon W. asks: "I'm graduating this summer and going to all the

job fairs I can find. But how will I know what the best job for me really is?"

A: Great question, Jon. And the truth is that, to a large extent, you won't until you actually begin working. But here's one simple rule of thumb.

Know what you want your ideal job to be, both the nature of the work AND the kind of people you want to work with.

When you get an offer, don't compromise on either of these ideals. Because if you don't like the work or you don't like the people you're working with, you won't be happy and you won't succeed.

The toughest part isn't knowing

whether or not the job fits your ideals. Your challenge - is turning job offers down, when you know it's not a good fit. Believe me, it's really important you be true to yourself. Because this first step in your career is the launching pad for your resume.

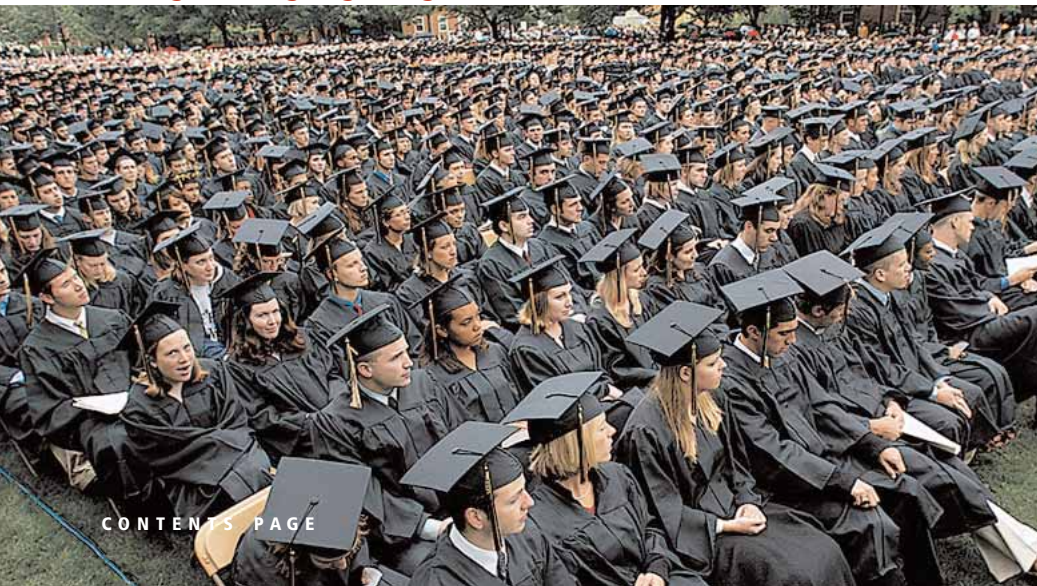
Good luck, Jon!

Q: Felicia B. asks: "Mav, since I took this job, my first after graduation, I've learned the importance of accumulating different experiences, to succeed in marketing. I'm doing well here. So, do I stay or do I move on for the experience?"

A: This question I love! And I really applaud you, Felicia, for looking at your career. Not just the job.

It is also déjà vu for me because I was fortunate to be given advice in my first job that helped me answer this exact question. At the time I was working in a major ad agency - and loving it. A mentor there told me that, if I wanted to succeed in marketing, I needed to get experience in advertising, sales AND brand management.

From one job to another:
Endings/exciting beginnings





Does it feel right?



Get out/enjoy!

A short while later, I quit the agency and mapped out my next TWO career moves as building blocks. These blocks got me the experience that allowed me to enjoy a great career in marketing - and then senior management.

This advice doesn't just apply to marketing, Felicia. For whatever your career direction, figure out the building blocks you need to succeed and then go out and get them.

Q: *Paul P. asks:* "If you had a great job offer but something about it didn't feel right, would you take it?"

A: In a word, Paul: NO! Nada! Never!

Why? Because if anything about a job feels bad, trust yourself to believe that it IS bad. Choosing the right job isn't just about the job title or the money or how they describe it to you. It's about the feeling in your gut. It's about the intangibles, the

things we sense, the feelings we have about it.

Too often I talk to people who ignored these feelings because of the excitement of 'how' the job sounded - and every single one of them suffered as a result.

Don't take that job, Paul!

Until next time...

The Mav - »

Write the Maverick
CLICK HERE «

Hugh Coppen, The Marvelous Maverick, is a man who understands that the only way a company succeeds is when the employees from bottom to top are motivated by shared goals and when they develop their skills, knowing that what they do really matters. People have always been the focus of Hugh's highly successful career! Write Hugh now with your questions about your career and let him help you.

* Hugh Coppen resides in California.

www.winningleadership.com

THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI »

By Gene Arceri New York - San Francisco

MUSINGS: A TO Z:

ARCERI TO ZELLWEGER



What is there about RENÉE ZELLWEGER?

She's wonderful looking, has talent to spare. She is at the zenith of her profession. Yet, there is an elusive quality that is mesmerizing.

She is a chameleon actress not unlike Bette Davis - who changed appearance to fit the character she was portraying no matter how unbecoming. Zellweger messes up or dresses up accordingly. Illusion

suits her. She picks up awards like a magnet, deservedly. She is the best contemporary actress we have: hard working, driving, competent and versatile.

I discount most of the ramblings in the columns about her romantic life which appears to be non existent. True love isn't something you can acquire. Perceptively, she's not had a relationship in over three years. Could a European man be waiting?

Hollywood is not the best of all

marriageable worlds. Most Hollywood men are objects of their own obsessions, living in illusions. Philosophers/scientists have tried to give us knowledge 'of what brings two people together.' Each soul must find the secret of its own fate. Perhaps the universe watches over - sparing untoward mistakes. Lives can be changed by little things ... nothing happens by chance. Every heartbeat is counted.

Reading that Perrier-Jouet turned down a chance for its Fleur de

What is there about RENÉE ZELLWEGER?





She is a chameleon actress not unlike Bette Davis.



Renée, as Bette Davis - can change appearance to fit any character.

Champagne to be featured in "Chicago" because it was to have been drunk by Renee, who at that time was second fiddle-ridiculous-to Catherine Zeta-Jones in the movie, however - made my birthday list. We toasted Renée Zellweger and the fools who missed an opportunity at the winery.

A FEW COMMENTS WORTH REPEATING

The 25th of April is a Taurus/seven - and Renée Zellweger's birth date. I spoke with an astrologer about this.

Renée has incredible sensitivity and intuition which keeps her on the

defensive. Meditation is powerful to her energy and a spiritual mission would not be unusual. She's to learn to let go - hopefully, not again trying to save someone undeserving who is only depleting this energy. The danger here - is her lack of protection. Living in her dreams/hoping for an illuminating tomorrow ... she must be careful of being taken advantage of. Imagination is the dynamic which rules her creative world.

On February 29th, Leap Year 2004, Renée climbed the Hollywood Mountain - cold as it may be at the top. Her white dress, bridal in its concept, wed her at age

'34 to 76' year old Oscar, forever. Along with her family, friends and fans: CONGRATULATIONS and less we forget ... her dog and cat, for that special love. Hugs and kisses.

To Write Gene: [Click Here »](#)

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* Among Arceri's best selling books are 'Elizabeth Taylor', Susan Hayward's: 'RED' and San Francisco's most famous cat: 'Charlie of Nob Hill'. Gene can be seen on E! Entertainment.



EXCLUSIVE INTERVIEW »

Jo Lee Explores the Magnificence of

THE MAESTRO of THE INNER SEAS

VIKING RIVER CRUISES



1

1.- Amsterdam is filled with scenic canals.

A winner - several years before its inception by one of Harvard's great entrepreneurs - who, steeped within the formidable heritage of his Viking ancestors - pushed beyond boundaries, defied all odds and, today, challenges 'the greats' to dare eclipse 'the best' of the River Cruises - hugging the open seas. VIKING RIVER CRUISES.

I suppose the question is: Do you sail upon the American-owned Cunard's 2,620 passenger QM2? Or will you step aboard and set sail for your own course into history on: the most wonderful 200 passenger Maestro of the Inner Seas!

Honored with CONDÉ NAST TRAVELER'S 2004 ultimate accolade - THE GOLD LIST - the state

of luxury travel for being among 'the top' best in the world as 'the leader' in European river cruising, exceeding passenger expectations - VRC is hailed!

As a strategist/implementer in giving people luxury for the price they wish to pay, it's easily understood how VRC again, frames Business 2.0's psychology of: the hunch/the gut that leads business into tremendous success. Business 2.0 has also said that the minds of Harvard could never teach THE HUNCH. It's an inner gift/an instinct that the masses do not have. And so, VRC dreamed. Today, they engulf the best of the waters.

VRC magical journeys of discovery and history - tell the story of the Rivers that have always served as

links between different peoples and cultures, transporting goods, ideas and even armies. Stretching their way across Continents - by means of canals, locks and dams, the Rivers provide vital access to the seas.

Holding steadfast to the title of 'leader in European river cruising' is indeed no small feat with some of the biggest challenges lying within the changes happening in the shipping business in 2004. Like the airline and high speed passenger rail industry ... cruising is becoming more global, more exciting for those in the business, more competitive for those at the helm - constantly invaded by new products; bigger, more modern, more advanced shipping technology with Corporate Governance sitting



2.- See the opulent Winter Palace St. Petersburg.

3.- French Country Scene.



amongst the calm of waters. One can't flip on the radio, television, glance at a magazine, newspaper without Cruise Lines of varied credibility - promoting 'the ultimate deal'. All, quite unlike the shipping consortiums when cruising first began.

VIKING RIVER CRUISES' fleet of 23 deluxe ships with capacity of 150 passengers - offers affordable-luxury, Swiss managed cruising with a level of service and excellence equivalent to five-star hotels. Designed specifically for English-speaking or European travelers, the ships elegantly accommodate over 4,000 berths.

Yes, passengers really are this selective. The exhilaration of appreciating fellow passengers who speak the language of their tongue, affords the multi-ethnic backgrounds of those who cruise - to embrace their heritage through marvelous peoples they can communicate with, on board. Yet another A+ for VRC and their camaraderie for maintaining their position in this highly competitive market.

VIKING RIVER CRUISES itineraries follow the paths along the rivers of Europe { the Rhine, Main, Danube, Seine, Rhône, and Elbe}

together with Russia's Waterways of the Czars, the Ukraine's Dnieper River and as of 2004 - the breathtaking waters of China's Yangtze.

As I so well know - one experiences first-hand: the 5 star cuisine, the customs, architecture and peoples of these fascinating lands through the eyes of VRC's highly intelligent guides - a most critical chapter to all shore excursions. And as I too, so love: is the magnificence of VIKING RIVER CRUISES' exclusive Old World Highlights® enrichment program of lectures, demonstrations and folkloric entertainment, enhancing one's in-depth understanding of the places they visit from quaint villages, otherwise not easily accessible, to some of the world's most cosmopolitan cities.

To find staff and crew with la crème de la crème qualifications is an award unto its own!

As a Philanthropist myself, I'm touched and very excited to hear of VIKING RIVER CRUISES building a new elementary school in Jingzhou, located in the Hubei province. Dedication to regions we personally touch has indeed become an extension of what exemplifies 'honor to being' and I become most emotional when stepping outside

the blueprint of this success and appreciating from my plateau, the massive undertaking my friends at VRC have achieved!

A ship is a ship. But a ship that espouses to the ultimate in gourmet meals, whose architects and interior design experts have charmed the non-smoking décor of frequented areas as the lounge and the bar and who too, have given both old and new world charm to the library, sun deck, air-conditioned cabins with telephones, private bathrooms and all ... within the spacious river-view outside cabins ... all equivalent to ocean cruise ship accommodations. It deserves many an encore.

As for the passion / the vision for the future of VIKING RIVER CRUISES? Why not visit: www.vikingrivercruises.com and experience for yourself 'the Maestro of the Inner Seas' - that has turned each mile into sheer fascination and ultimate delight ~



4.- Tour the grandiose abbey at Melk.



5.- A remarkable army of Xian's terra cotta soldiers.

* Continuing through December, passengers can choose from more than 150 departure dates with each of the company's China river cruises hosted on the 186-passenger deluxe *Century Star*.

This brand-new ship featuring all-outside cabins with balconies and a variety of public areas including an observation lounge, gym and massage room.

Viking River Cruises and 2004 applaud five, new, journeys through China's exotic Yangtze River.

Misty Mountains of the Yangtze -

including one night each in Beijing and Shanghai; prices start low.

Imperial Treasures of China -

with three nights in Beijing, and one night each in Xian and Shanghai; prices again low.

In the Footsteps of Marco Polo -

three nights each in Beijing and Shanghai; two nights in Suzhou and one night in Xian; prices low.

The Ancient Kingdom of Siam -

including three nights each in Beijing and Bangkok {Thailand}, two nights in Kunming and one night in Xian; prices start low.

The Roof of the World -

with three nights each in Beijing and Lhasa {Tibet} and one night each in Shanghai, Xian and Chengdu; prices per person, low.



BOASTING REMARKABLE FORTITUDE AND GROWTH - VIKING RIVER CRUISES

- * Owns the most river cruise ships of all river cruise lines
- * Has the most experience and knowledge of river cruising
- * Owns docks in many European cities, ensuring prime docking locations for easy passenger access and the ability to walk directly into town in many ports
- * Has custom-built nine new vessels within the last four years offering luxury features not typical for river cruise ships such as large, opening cabin windows, hotel-style beds and promenade decks.

www.vikingrivercruises.com

THE FLEET

Ships cruising in Europe

Viking Britannia
 Viking Burgundy
 Viking Danube
 Viking Deutschland
 Viking Europe
 Viking Fontane
 Viking Helvetia
 Viking Neptune
 Viking Normandie
 Viking Pride
 Viking Primadonna
 Viking Rhône
 Viking Schumann
 Viking Sky
 Viking Spirit
 Viking Star

Ships cruising in Russia and Ukraine

General Lavrinenkov
 Viking Kirov
 Viking Lomonosov
 Viking Pakhomov
 Viking Peterhof
 Viking Surkov

Ships cruising in China

Century Star

Nominate someone.

The Adeste Prize

www.yesintl.com



ALTER EGO »

By Dr. Saul Levine

ARE YOU DEPRESSED?

There is scarcely a person reading this column who has not gone through a period of a few hours, or even a few days, of feeling 'down,' 'blue,' 'out of sorts'. In short, feeling unhappy or sad. Sometimes these mood-states take the form of irritability {anger, 'in a foul mood,' 'pissed off'} or tension {anxiety, 'on edge'} and they also can affect our sleep {insomnia}, appetite {overeating, or lack of eating}, energy level {apathy, dragging}, sex drive {reduced}, sociability {reduced}.

Usually, these feelings are short-lived or temporary, and can readily be attributed to some incident or issue currently looming in the individual's life {e.g. fight with boyfriend/girlfriend, or with parents; doing poorly in school; physical illness; loss of a friend, or even a pet, etc.}. When the circumstances change for the better, or are resolved, the cloud hanging over the person seems to lift; and the "sun" resumes its shining, healing rays.

Well, how in the world is one to know if they are merely blue because of fleeting or transient issues in one's life, or if they are really clinically depressed, and in dire need of a psychiatric evaluation and possible treatment? Watching TV or reading magazines nowadays, one is often

left with the impression that we are in the midst of an epidemic of Depression. For all the media attention, however, few people {even some doctors} are clear about the exact meaning of this term, either clinically or in everyday discourse. It turns out that Depression refers to a discrete psychiatric disorder, which is often not adequately diagnosed and treated.

The good news is that a clinical Depression can now be readily and effectively treated, as opposed to a few decades ago. And, there are very helpful new techniques of psychotherapy, which can also be used to get you {or your friend} to a point where life feels very worth living again.

Having said all this, I have to add that I am concerned that we in Medicine are sometimes too eager to apply a diagnosis, and utilize medications when none are necessary. I don't think that we human beings are "hardwired" or genetically programmed to be up, "high," or happy all of the time! There are plenty of reasons to experience unhappiness over the course of our lifetimes, and "popping" an antidepressant medication at the first sign of sadness is actually doing ourselves a disservice. It is only the severity, predominance, pervasiveness, and longevity of the morose feelings, which should determine whether the utilization of a serious diagnostic label is appropriate.

1.- HAPPY: But we're not programmed to be 'high' all the time!



1

Sometimes a down mood is 'just' a down mood! One has only to read Shakespeare to realize that "bittersweet," or "sweet sorrow," are part of the human condition. In a way, the temporary experiencing of emotional pain makes opposite feelings, i.e. pleasure and joy, that much more appreciated and savored. There are so many examples of major leaders, artists, scientists, writers, athletes, musicians, businessmen, journalists, inventors, actors, etc., who have "utilized" their depressive feelings to the enhancement of their own creativity and careers, as well as to the benefit of the rest of us.

My parting message to you then, is for you to accept your occasional melancholy moods as a natural part of living, but if they are particularly intense or long lasting and are adversely affecting your general well-being and ability to function, you should certainly see your physician, who will refer you, if needed, to a mental health professional.

For the Doctor - [Click Here »](#)

* Dr. Levine is a Professor of Psychiatry at the University of California, San Diego, and Chairman of the Department of Psychiatry at Children's Hospital, San Diego.



2

2.- Merely blue? How in the world is one to know if psychiatric evaluation is needed!

3.- ANGRY: mood-states can swing to 'a foul mood'.

4.- Effectively treated: Anorexia/Clinical Depression can be readily managed.



3



4



Yes, VIRGINIA! COME - EXPLORE With Me »

By Audrey Lisette Hess-Eberle - Chicago, Illinois, USA

QM2* A GOLDEN ERA POLISHED TO PERFECTION



1.- QM2 - leaves
Southampton, UK for Fort
Lauderdale, USA.

Independently, my parents fulfilled their own destiny and trans-Atlantic voyages in the '30's - to bid farewell to beloved country, family, friends and the familiar, in hopes of finding a better life of opportunity in a new land. There are multitudes of such stories throughout history. From every continent, ships traversed the many waters to fulfill those personal sagas.

From the promise of immigration, to the passion of voyage for the mere pleasure, that golden era that evolved had all but slipped away with the coming of the jet age. Now - for

the first time in 40 years - a trans-Atlantic ocean-liner was introduced on January 12, 2004, and the world stood up to take notice of a ship befitting the majesty whose name she bears as the greatest ocean liner of our time.

The long-awaited, French-built, American-owned, Cunard's 'Queen Mary 2' {QM2}, is the largest {345 meters long - the length of 4 football fields}, tallest {equivalent to a 23-story building with 14 passenger decks}, widest, and most expensive passenger ship {at the cost of \$780 million} ever built in history. During a six-day

crossing, she can accommodate 2,620 passengers comfortably and while weighing in at 150,000 tons, she sails at a steady clip of 30 knots {34.5 mph}. Three quarters of her staterooms have balconies, ranging from standard to Penthouse and Junior Suites, to Grand Duplex Apartments with their own private mini-gym, 2 bathrooms and private butlers to serve you - private restaurant meals. Along with interactive TV, every stateroom has Internet access.

This luxurious ship is far beyond a mere summer trans-Atlantic ocean-liner {winter itineraries include



2.- Pool - Deck 6.

3.- Casino - Deck 2.

4.- QM2 - Show Lounge.

5.- Britannia Restaurant- Decks 2/3.



Caribbean, South American, and other ports} but rather a city on the sea. The highly acclaimed 'Canyon Ranch Health Resort' company features a 20,000 foot 'SpaClub' with wellness experts, from a thalassotherapy pool, to workshops and Finnish saunas. 'Illuminations' - a full-scale planetarium - offers a virtual ride through celestial navigation. From gourmet restaurants and bistros, you will experience award winning culinary delights from the world's top chefs and later catch up on e-mails at the Internet Café. Make your dreamed-of grand descent down a spiral staircase into the stunning 3-story Britannia Restaurant, and later dance the night away in the massive ballroom, or the G32 nightclub where a DJ keeps you and the music swinging as one.

The 'ConneXionsSM' is a cultural enrichment program of classrooms and a 500-seat auditorium where lectures from Oxford professors discuss archaeology to current events, and classes range from fashion to foreign languages, watercolor techniques, to filmmaking. Parents can drop their kids off for a full day of fun at 'The Play Zone'.

The inspiration for the 'QM2' is founded upon the glory of a golden past era - as a dance upon the history of human journeys, yet is geared toward the younger crowd that savors modern amenities and a future of its own - in marking its own time in history. We are all living at the beginning of this new era. Will you step aboard and set sail for your own course into history?

Write Audrey: [Click Here »](#)

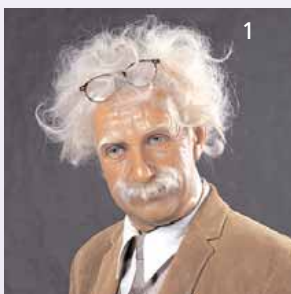
* As we venture out into our world, your travel can consist of a visit to the next town for the day, or a journey that would place your feet clear on the other side of the world. It is all about discovery and your relationship to the world which is everywhere you walk.

So, sensitize yourself, flex your muscles of awareness, open your mind for all possibilities and... COME - EXPLORE WITH ME.

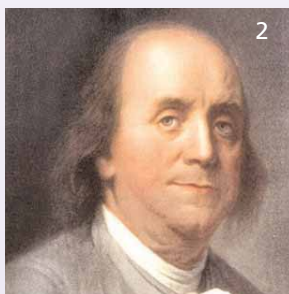
By Charles Buckshyre
Freelance Journalist
U.K. - Wales

QUOTES FROM THE QUOTABLES

Charles W.T. Buckshyre is a contemporary, freelance journalist, hailed within the U.K. and Wales for his outspoken belief of the authentic word. Mr. Buckshyre resides and writes from his new 100 Ft./70 Knot Luxury Yacht.



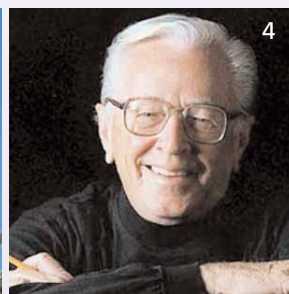
1.- Albert Einstein.



2.- Benjamin Franklin.



3.- American Indian.



4.- Charles M Schulz.

If the facts don't fit the theory, change the facts.

Albert Einstein

Don't judge any man
until you have walked
two moons in his moccasins.

American Indian

Well done is better than well said.

Benjamin Franklin

I take the view and always have,
that if you cannot say
what you are going to say - in twenty minutes
you ought to go away
and write a book about it.

Lord Brabazon

Nothing takes the taste out of peanut butter
quite like unrequited love.

Charles M. Schulz

Choose a job you love and you will never
have to work a day in your life.

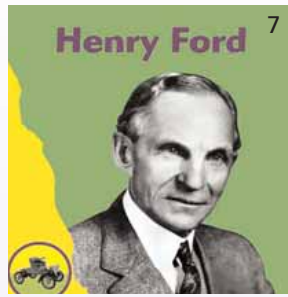
Confucius



5.- Confucius.



6.- George S Patton.



7.- Henry Ford.



8.- JFK.



9.- Mark Twain.

Danger and delight
grow on one stalk.

English

Success is how high you bounce
when you hit bottom.

George S. Patton

If money is your hope for independence
you will never have it.

The only real security that a man has
is a reserve of knowledge, experience, and ability.

Henry Ford

A child miseducated is a child lost.

JFK

I have just received the following telegram from
my generous Daddy. It says, "Dear Jack: Don't buy
a single vote more than is necessary. I'll be damned
if I'm going to pay for a landslide."

JFK

Friendship is always a sweet responsibility,
never an opportunity.

Kahlil Gibran

Three words of praise
will soften anyone's heart.

T.C. Lai

There will come a time
when you believe
everything is finished.
That will be the beginning.

Louis L'Amour

It takes a thousand bolts
to hold a car together.
And one nut
to scatter it all over the road.

M.A.F.

Habit is habit
and not to be flung out the window
by any man ... but coaxed
downstairs, a step at a time.

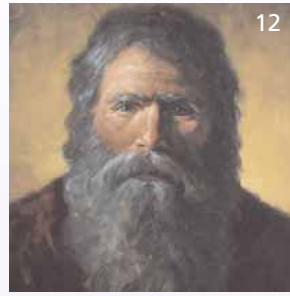
Mark Twain



10.- Nikita Khrushchev.



11.- Oscar Wilde.



12.- Socrates.



13.- J.W. Somerset Maugham.



14.- Sir Winston Churchill.

Politicians are the same all over.
They promise to build a bridge
even where there is no river.

Nikita Khrushchev

To love oneself is the beginning
of a lifelong romance.

Oscar Wilde

Insist on yourself.
Never imitate.

Ralph Waldo Emerson

Education is the ability
to listen to almost anything
without losing your temper.

Robert Frost

Sooner or later
everyone sits down to a banquet
of consequences.

Robert Louis Stevenson

By all means marry.
If you get a good wife,
you'll be happy.
If you get a bad one,
you'll become a philosopher.

Socrates

There are three rules for writing the novel.
Unfortunately; no one knows what they are.

W. Somerset Maugham

The reserve of modern assertions
is sometimes pushed to extremes, in which
the fear of being contradicted
leads the writer to strip himself
of almost all sense and meaning.

Sir Winston Churchill

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Bean
Hot
Chocolate

NEW!
Vanilla
Bean
Rooibos
Tea

**Vanilla
Bean Latte**

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secondcup.com

By Cynthia Wright
Novelist
London - Lausanne, Switzerland



40 ! DID YOU WANT KIDS

1.- The world says: Madonna had a child when over 40.

Did you know that ~ half of the Western World at age 40 ~ has chosen NOT to have kids.

The most distressing reality is that professional women reaching this age - kid themselves into thinking they can change their minds, have children and continue to advance in their careers. Not so.

* It depends on your biological clock

* Over 90% of women find they can't do both

Ladies. Do not take this lightly! We 'cannot' have it all.

Children become a life rewarding experience. But can that yearning for a child/a family fill the intellectual stimulus you spent 25 - 35 years building 'so as to achieve that thing' that keeps you energized in business?

Something glorious happened in the lives of women - in the last 30 years. We've become professional ladies at large. But we haven't solved the career/family balance because what no one can do anything about

is that ... the biologic reality is: females are different from men. You CAN'T clone the opposite gender.

This doesn't mean there shouldn't be equal pay. But ... IF having children is part of your life plan - the realities of 'what' that's like for a man and 'what' that's like for a woman - are 'very' different!

If the average age of menopause is 51 {plus or minus 8 years} - you enter the **peri-menopause** at 41 - and are at your **peak** fertility at 31.

WHAT'S RIGHT FOR YOU

The world says: Madonna had a child when over 40. Magazines cite different celebrities who've chosen to have families when over 40. Let's also remember that these stars have the financial ability to have a lot of assistance around them.

THE GAGE

Check with your mother/your grandmother. What were their biological clocks. Genetics

can play a significant role. Use the following as a gage:

45 - If menopause begins at 45

35 - You begin to go through your peri-menopause at 35

25 - You are at peak fertility at 25

THE CHALLENGE

Science doesn't know what the prospects are for any given individual.

Whatever the choice - do think about this carefully. And think about the reality of 'nobody' being able to have it all.

* Cynthia Wright is an award-winning writer residing in London and Lausanne, Switzerland.

With excerpts from "Children will be kids" ~



2.- Did you know that ~ half of the Western World at age 40
~ have chosen NOT to have kids.



3.- A reality for women.

SCHOOL

A little girl had just finished her first week of school.

"I'm just wasting my time," she said to her mother.

"I can't read, I can't write and they won't let me talk!"

BIBLE

A little boy opened the big family bible.

He was fascinated as he fingered through the old pages.

Suddenly, something fell out of the Bible.

He picked up the object and looked at it.

What he saw was an old leaf that had been pressed in between the pages.

"Mom , look what I found", the boy said.

"What is it dear?"

With astonishment in the young boy's voice, he answered,

"I think it's Adam's underwear!"

ELDERLY

While working for an organization that delivers lunches

to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds.

She was unfailingly intrigued by the various appliances of old age,

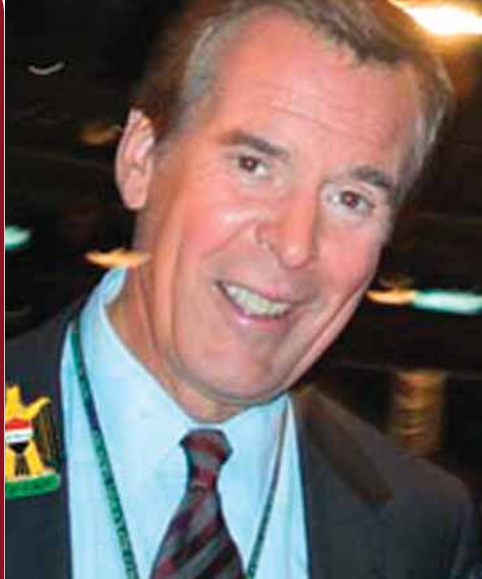
particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass.

As I braced myself for the inevitable barrage of questions,

she merely turned and whispered,

"The tooth fairy will never believe this!"



By JO LEE Magazine

New York / San Francisco / Hong Kong / London / Tokyo /
Rome / Toronto

With Proust Questionnaire

PETER JENNINGS

Peter Jennings became the chief anchor of ABC-TV's World News Tonight in 1983 and has continued in that role into the 21st century. For many of those years he has gone head-to-head with two other longstanding network anchors: NBC's Tom Brokaw and CBS's Dan Rather. A Toronto, Canadian by birth, Mr. Jennings is generally known for his dry, understated delivery. He became the youngest network anchor in TV history when anchoring the ABC evening news from 1965-67, at age 27. Today, he is among the most respected TV newsmen in America. His secret desire? To be a country singer.

1.- Perfect Happiness: Being almost anywhere in my cedar-trip canoe.

2.- Greatest extravagance? A \$12 bottle of wine.

3.- Re-entering life as: an Explorer.

My idea of perfect happiness?

Being almost anywhere in my cedar-trip canoe.

The historical figure I most identify with?

Alexis de Tocqueville. He was a good reporter and he got so much about America right.

My greatest extravagance?

A \$12 bottle of wine.

My favorite journey?

Taking my wife and children on a tour of the Middle East where I lived and worked so happily.

On what occasion do I lie?

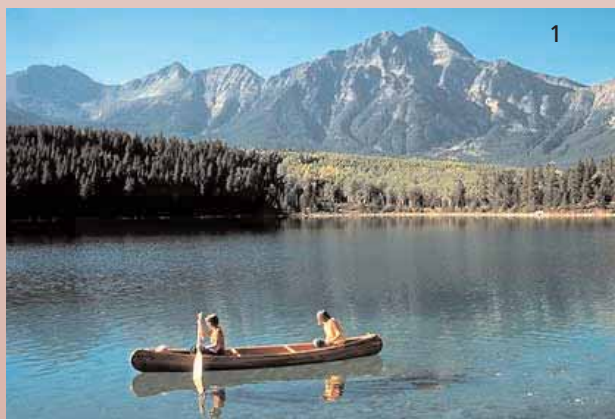
When I say that I have read Proust.

What I dislike most about my appearance?

That I have to pay attention to it, on television.

If I could change one thing about myself, what would it be?

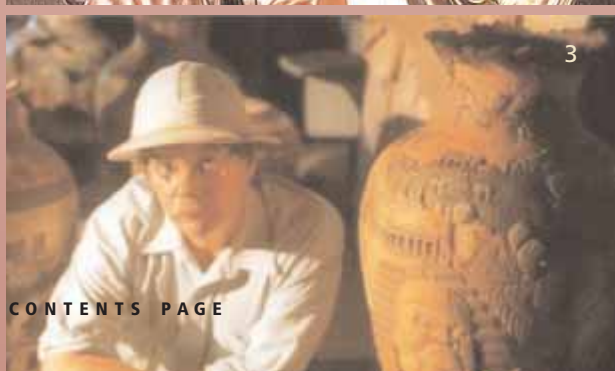
I might be less demanding of others. I might.



1



2



3

If I could change one thing about my family, what would it be?

My father would not have died at 65. He was too young.

If I were to die and come back as a person or thing, what do I think it would be?

As an explorer. Hopefully with the courage needed to be one.

If I could choose what to come back as, what would it be?

A country-music singer. No, a good country-music singer.

What is my favorite occupation?

So far, the one I have ...

What do I most value in my friends?

Loyalty, with candor, which is not always easy.

Who are my favorite writers?

The great travel writers. And of course, my In Search Of America writing partner, Todd Brewster.

Who are my heroes in real life?

There are heroes, but I grew up in an anti-hero environment. The word is often used too lightly. It should be reserved for the highest order of valor, as we saw on 9/11.

What is it that I most dislike?

Cruelty ... of any form in anyone.

How would I like to die?

I don't intend to think about it for a while.

My motto?

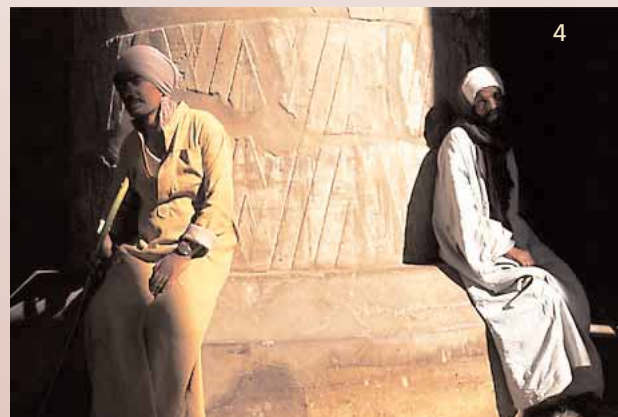
To live by what Jefferson said: "I have sworn on the altar of God eternal hostility against every form of tyranny over the mind of man."

4.- Favorite journey? Tour of Middle East.

5.- Coming back as: a good Country-Music singer.

6.- Favorite writers? Travel and my In Search Of America writing partner: Todd Brewster.

7.- My motto? Jefferson's quote.



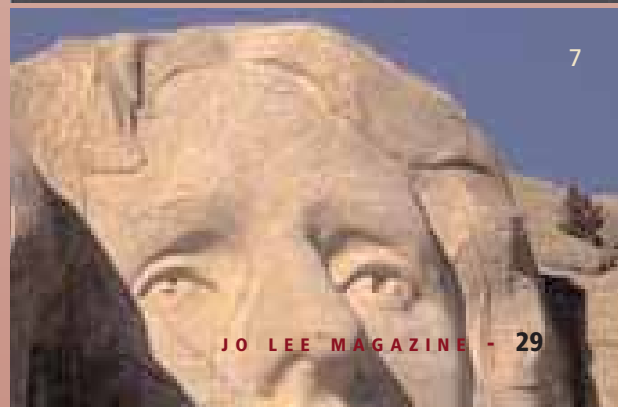
4



5



6



7



By Robin Williams
Actor/Entertainer
Hollywood, California

ROBIN WILLIAMS'

PERFECT PLAN

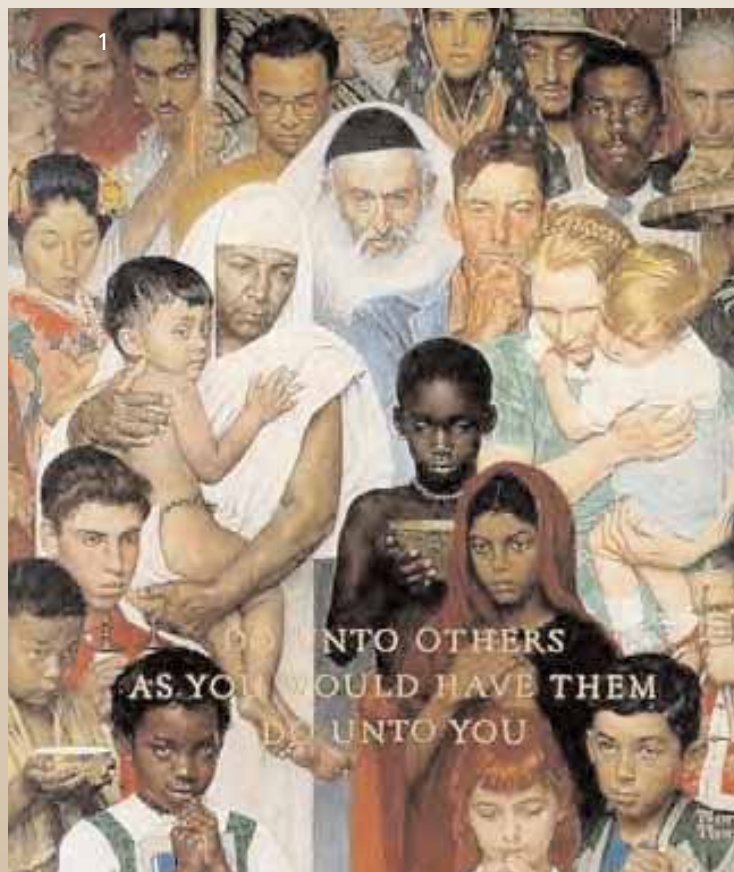
I see a lot of people yelling for peace but I have not heard of a plan for peace. So, here's my plan:

The US will apologize to the world for our 'interference' in their affairs, past & present. You know, Hitler, Mussolini, Tojo, Noriega, Milosovich and the rest of those 'good ole boys.' We will never 'interfere' again.

We will withdraw our troops from all over the world, starting with Germany, South Korea and the Philippines. They don't want us there. We will station troops at our borders. No one sneaking through holes in the fence.

All illegal aliens have 90 days to get their affairs together and leave. We'll give them a free trip home. After 90 days the remainder will be gathered up and deported immediately, regardless of who or where they are. France should welcome them.

All future visitors will be thoroughly checked and limited to 90 days unless given a special permit. No one from a terrorist nation would be allowed in. NO ONE! If you don't like it there, change it yourself and don't hide here. Asylum would never be available to anyone. We don't need any more cab drivers or 7-11 cashiers.



1.- 'The Perfect Plan'.

2.- Hitler/Mussolini: We will never 'interfere' again.



3.- Developing non-polluting sources of energy.

4.- France should welcome illegal aliens.

5.- The U.S. will withdraw where they don't want us.

No "students" over age 21. The older ones are the bombers. If they don't attend classes, they get a 'D' and it's back home baby.

The US will make a strong effort to become self-sufficient energy wise. This will include developing non-polluting sources of energy but will require a temporary drilling of oil in the Alaskan wilderness. The caribou will have to cope for a while. The Sierra Club, etc. will have to deal with it.

Offer Saudi Arabia and other oil producing countries \$10 a barrel for their oil. If they don't like it, we go some place else. They can go somewhere else to sell their production. {About a week of the wells filling up the storage sites would be enough}

If there is a famine or other natural catastrophe in the world, we will not 'interfere.' They can pray to whomever, for seeds, rain, cement or whatever they need. Besides, most of what we give them is stolen or given to the army. The people who need it most get very little, if anything.

We will ship the UN Headquarters to an isolated island some place. We don't need the spies and fair weather friends here. Besides, the building would make a good homeless shelter or lockup for illegal aliens.

All Americans must go to charm and beauty school. That way, no one can call us 'Ugly Americans' any longer. Now, is that not a winner of a plan?

The Statue of Liberty will no longer say: 'Give me your poor, your tired, our huddled masses longing to be free.' She's got a baseball bat and she's yelling, 'There aren't enough pieces to me!'



By Salvita Gomes Makhani
Goa, India - Toronto, Canada

REFINEMENT

Perhaps the best masterpiece I've ever created was my daughter Mitalie. She and Paris gave me the confidence to express freedom and to indulge in the most unusual composition of design and color and to believe that creativity lies in refinement/simplicity. Like a mosaic, I've worked within several mediums, reveling within the flow.

* Salvita Gomes Makhani is a Master of Fine Arts - having studied through a scholarship to École des Beaux Arts, in Paris. A rare accomplishment for a young lady from: the Eastern world. Salvita's works are expressed through woodcarving, sculpting, lithography, photography, engravings, graphic art, and digital design.

WORKS IN COLLECTION

NATIONAL GALLERY OF MODERN ART - New Delhi India

LALIT KALA ACADEMY - New Delhi, India

KALA ACADEMY - Goa, India

ART HERITAGE - New Delhi, India

ÉCOLE DES BEAUX ARTS - Paris, France

PRIVATE COLLECTIONS - Paris, India, USA

<http://members.rogers.com/designtree/salvitagomes/menu>

<http://members.rogers.com/designtree/photography.html>

A Collection of paintings made on Canvas.

Some figurative, with biblical themes
and metaphysical landscapes in earth tones.

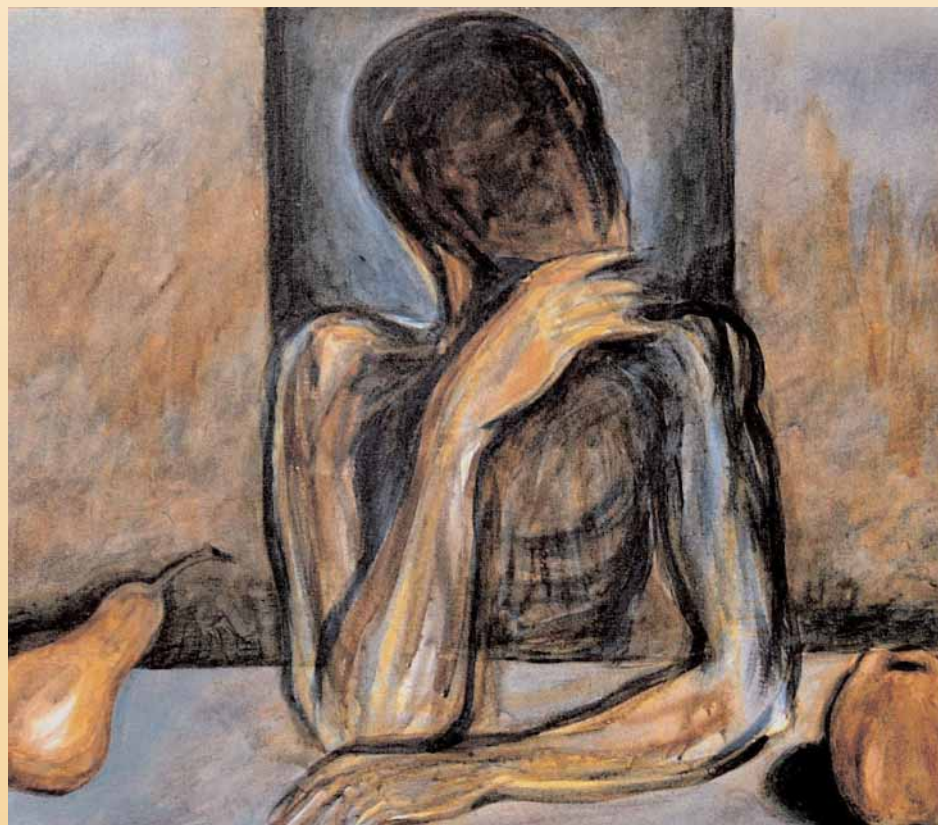
PERSPECTIVE: Acrylic on canvas. 30 x 28

PERSPECTIVE is one in a series of paintings defying gravity and perspective. Intense lighting was used to produce dramatic shadows, giving the viewer an illusion of mystery beyond the picture.



Daily TEMPTATION: Acrylic on canvas.
20 x 24

This canvas is a reflection of daily dilemmas and the choices we have to make: what we eat, what is best for our body, and the flow of daily finances.





RARE TEMPTATION: Acrylic on canvas.
20 x 24

RARE TEMPTATION - is a popular biblical theme. Here the viewer is put to test.

Is she tempted by the apple? Or is the man tempted by the women?

Or are they both consumed with greed!



THE COURTING ACT: Acrylic on canvas.
20 x 24

As old as time itself, the courting game goes on. I wanted to capture the mannerism of the act - through my brush strokes.

A collection of prints made from zinc plates, engraved with aquatint.

Prints made on hand made paper.

UNTITLED: Lithography on paper. 42x60
The National Gallery of Modern Art, New Delhi, India

The character of a person is often judged by their features -
though beauty is but skin deep.

Most of my works have dark hands and head to emphasise the
energy that flows through these forms.

Here, the viewer is left to their own imagination.



TAURUS: Brass Engraving on oxidized plates

Most of my work is symbolic.

TAURUS was based on its character from the zodiac sign.





STORMY NIGHT: Miniature Zinc Etching - print on paper. 6x7

The struggle within many relationships. 'A hungry man is an angry man'.



THE RUINS: Zinc etching, print on paper. 8x25
Private collection New Delhi

Historical buildings in ruins - an ongoing imagine of where I grew up.
There is always a legend of magic and mystery, surrounding these sacred grounds.

SCREAM: Etching, print on paper. 20x28
Private Collection USA

These are by far the most powerful brush strokes I have ever created!

The subject in this work - was a result of the expression.





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By Sue K. Wallingford
America's Great Hostess and Chef
Vermont - New York
USA

CLEANING OUT MY SISTER'S HOME

He lives there now. She's dead, only he lives there - she loved him, fought with him, but loved him. No longer her home, no more welcomes with arms flung wide open.

I want to touch her private things. This he wouldn't understand. He has put up barriers. Not that he wants them, he just doesn't want his life disturbed.

She once wrote me telling how much she loved me. I didn't have an answer - I just kept it. Now, I wish I could tell her how her laughter and gaiety made me feel. How smart, artistic and generous she was, an instinctive cook, who could bring a banquet from a tiny kitchen: I remember her arms above her head, hands fluttering, saying "what shall we have for dinner?" From the shelves would come wonderful combinations, ingredients vying to add to the flavors of the night. She was of the school that both drink and smoke were part of the equation.

New York isn't the same; I can't walk that block and not think of her. In the seventies we rented this West Side apartment - with two big rooms. One on the street, one in back, with a galley kitchen and a roof-top terrace. From there, we

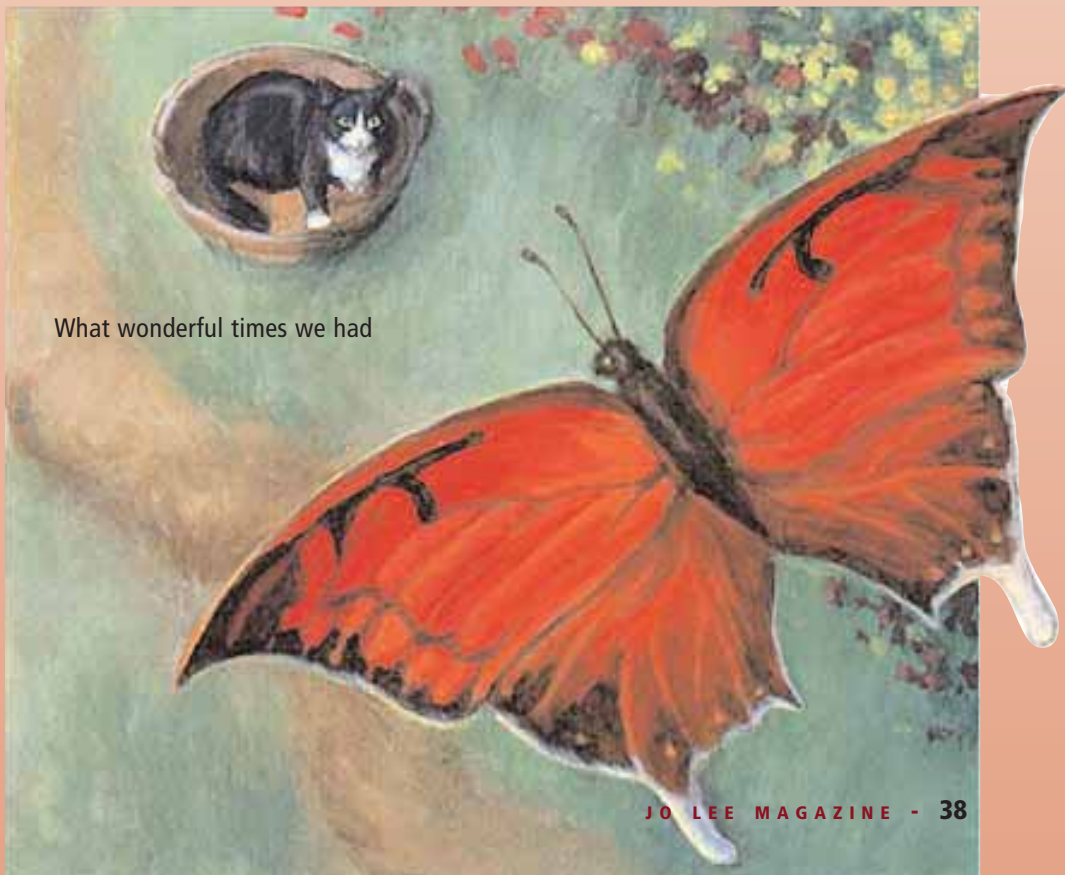
looked up at tall midtown buildings. It's a brownstone with a garlicky restaurant on the street floor, we on the fourth. We had flipped for who got the side with the terrace - she won. I think she had a coin with two heads - she always won. What wonderful times we had there. When I moved on to California, she became "mistress" of our nest.

Taking care of my sister's possessions is soothing. It's part of love. I may not dress as she did but am proud to wear her clothes - to say 'I

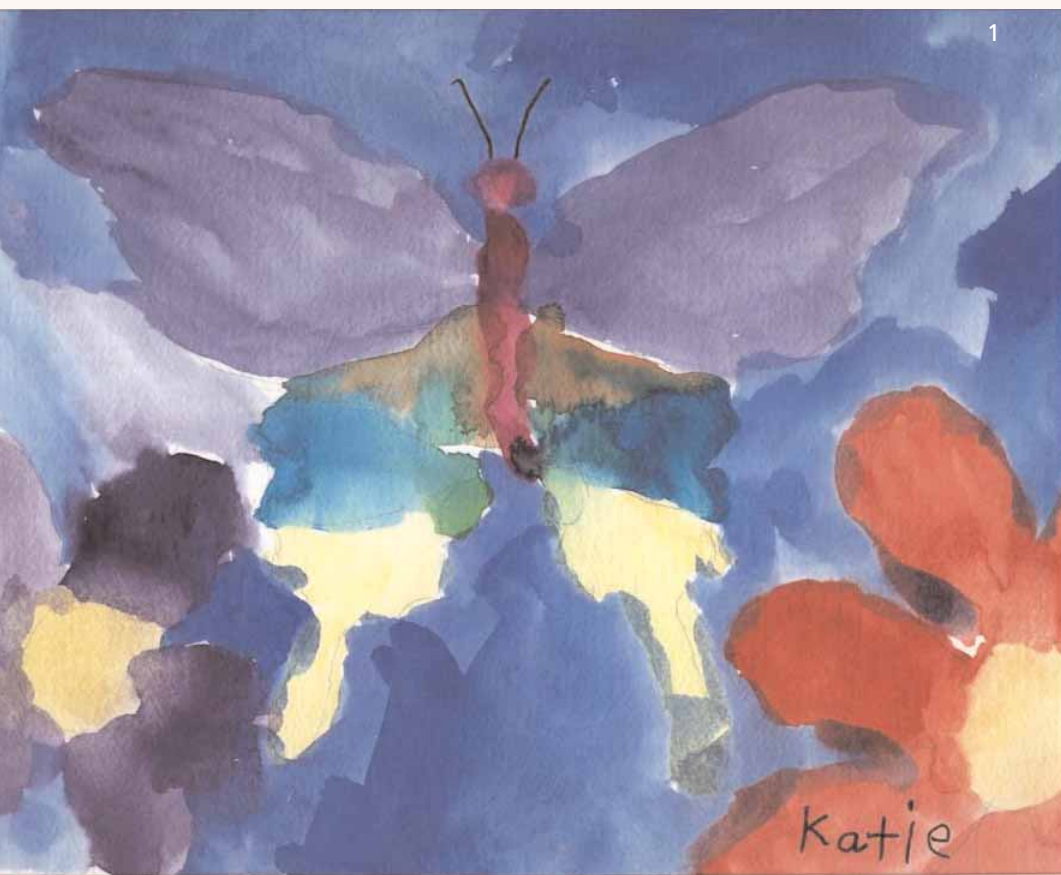
honor you'. We all own unfinished projects thinking we'll do something with tapestry, knitting, drawings; most we just wish would get finished by magic. She had many such things.

If I had cleaned out her closets before, could it have kept her alive? Would it have helped give her new energy and freedom to expand?

She died in December. It was April when he let us come. The elevator was broken, hence a four-flight walk up. Her daughter and I stepped



What wonderful times we had



into an apartment (she had left in October) and were shocked. No place to sit, only a path from one room to the other. The floors, tables and chairs were piled high with newspapers, letters, files and magazines. He has a problem. She used to take plastic bags full of papers and throw them out when he went for lunch. Now without help, he needs to 'have all that stuff around'.

We arrived with contractor bags marked 'trash', 'give away', or 'ours'. Starting in her dressing room, we laughed about how she looked in this or that. Things we had given her. Many sizes hanging in her closet.

We have a large family 'dress-up' closet in need of new infusion. Here was a treasure trove of hats, tops, pants, dresses - with great junk jewelry. She loved red and here was enough for a party where

everybody had something red to wear. I can't wait for the reunion when forty of us gather and put on a variety show. All perform - from ages two to eighty two. She'll be sorely missed and will for years to come. Always up for a party.

The task that day was sad and took a long time. The next afternoon - the moving truck and we were on our way to her home in the Berkshires. (Sister's daughter is a true dynamo.) The truck, half filled, arrived about nine pm and left full with furniture at two am. The caravan continued on to Vermont where all was put in her daughter's new home.

What a closure to the life of her possessions. Everyone was way worn from this marathon, but felt part of a transition. A family of inherited furniture, my sister's traveled pieces now belong in her daughter's new house - to be polished and treasured through the eyes of the young.

1.- She loved me.

2.- Remembering her private things.

3.- My sister was smart, artistic and generous.





HALF TIME »

By James Mansell
Montréal - Québec

Summer Sizzle

I predict the Summer of 2004 - will be your BEST EVER!

Hi Folks!

Enjoy a little time for yourself. And thanks, readers - No one has a better Fan Club.

This will be a tremendous season for the sports world. The Olympics return to their birthplace in Athens to celebrate the Summer Games this 2004. Wow - when I think back to the humble beginnings ~

Not only do the games celebrate positive aspects of sports but they reunite the world in one place - for all to watch. A glory of different cultures competing for gold. Millions of eyes watching every move unfold.

For once, I believe the IOC has caught up with the necessary means to control athletes who choose to use drugs to enhance their performances. It is of my opinion that these Olympics will be the cleanest Games to date. We will see in truth, what men and women can accomplish naturally. Though ... we might not see as many records broken.

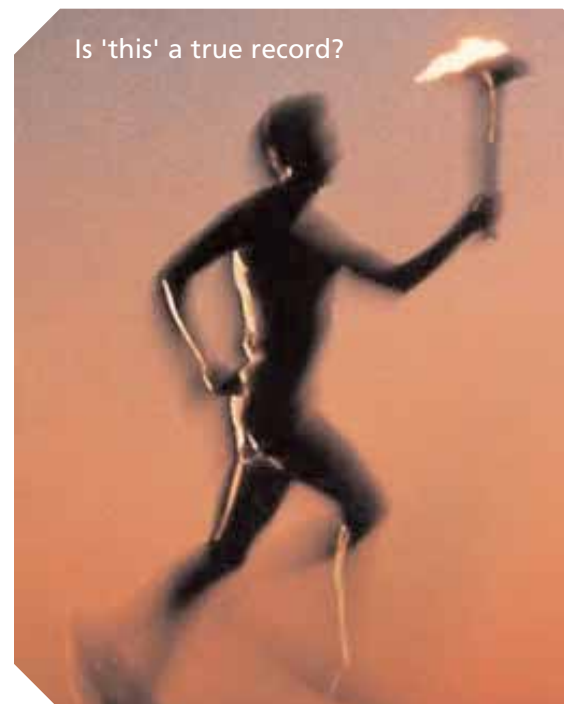
Which leads me to the significance of my point. How do we know what a true record is? How do we know

whose records are real and who's aren't? Can an athlete be a record holder if he or she has ever taken a banned substance? What if the records are unbreakable for a drug free athlete? But perhaps it doesn't matter. Or should there be an asterisk beside records? *Performance enhancing drugs era!* Not only will home runs be questioned but world records and gold medals.

And speaking of medals - why not nominate someone for The ADESTE Prize. It will be like giving a Gold Medal to someone - who 'otherwise' may not be recognized. www.yesintl.com

To Write James: [Click Here »](#)

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



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THRU THE EYES OF JO LEE CELEBRATING BEAUTY »

By Jo Lee

It's one of the most opulent cities in the world. It never stops. And one only expects the supreme in everything: people, minds, deals, clubs, entertaining. In how many instances in life – on just a given day – would you be invited for lunch at midnight!

From Hong Kong, hello dear friends ~ and with much warmth, welcome from amidst an elegant scene of history and tradition.

A SMALL IN-OFFICE LUNCH at Midnight

Mrs. Aileen Meme {Suzy Knickerbocker}

The single most important feature of the executive office dining is not the food and not the setting in itself but rather the assurance that both will be pleasant and that neither will intrude on the business at hand. Especially, at midnight.

Former Chairman of the Board of Doubleday, John Sargent, awaited three associates in his Manhattan office, in our photograph displayed. I Jo Lee, await three colleagues in my Hong Kong suite.

The handsome and straightforward place settings echo the room's collection of ornamental Chinese objects with the Chinoiserie motifs of 'Si Kiang' porcelain. 'King William' silver and 'St. Remy' glasses are both simple classics. The table centers on a Monteith bowl filled with green Anjou pears. There are small individual 'Sparta' crystal ashtrays for my cigarette-

smoking comrades and a larger ashtray {in this instance} for Mr. Sargent's habitual cigar.

From a table across the room, Jo Davidson's bust of Somerset Maugham, who was of course, a Doubleday author, watches over the coffee service.

Unlike many of our artistic dining masterpieces, my Midnight Dining will end as planned. Pleasantries will abound, tradition will be maintained while a memorable repast sets the right tone for a successful meeting.

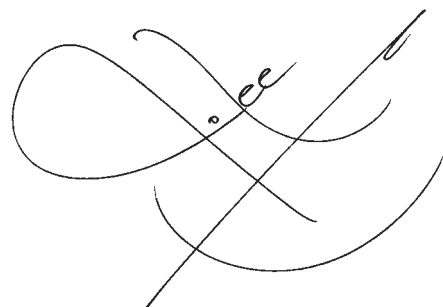
Oh, I know I've asked you in the past - how often have you thought about the extraordinary adventure you might experience if given the opportunity to transport yourself to one of the many exciting moments in history? Why not let your imagination take flight. Sit down, plan and 'do it'! Perhaps my next breakfast will be: at 4:17 a.m. where busi-

ness interludes will create yes, another meeting of the minds....

The game is yours!

The title of this evening is: Strategy! How it plays out - is dependent on the best chess player in the room.

Saluti dear friends - e Felice Estate {Happy Summer} ~





POLITICALLY RED »

By Lani Silver

San Francisco, California

Tips for the Politically Inclined Songwriter

I've written 120 songs: 119 are political and, of course, the one love song I wrote is the song that got a Nashville contract.

In my opinion, the world doesn't need another love song. But let me share with you, some of the songs I've written lately:

ANGEL IN A GLASS CAGE

An ode to Chinese dissident

Harry Wu

AS WOMEN WEEP

About Female Genital Mutilation

BRING BACK THE JUNGLE

A Hero Walks Among Us

We Love you Jane Goodall

EVERYBODY'S DEAD

Genocide in the 20th century

THERE'S NO SUSHI IN JAIL

A warning to my niece

WHY DO WE PAINT OUR

NAILS RED

I WISH I COULD MARRY

YOU BUT

I DON'T BELIEVE

IN A CONTRACT WITH

THE STATE

What are the burning issues that are on your mind? I've thought a lot about the sphere of political songwriting, and have a few tips.

1. Get angry. Get very angry. Understand that in the United States 99% of all songs are love songs. {World music is a different story}. We always hear the same old sub-categories of love; there's falling in love and breaking up and ... well ... I guess that's about it. But in the world of political songs, there are a million topics

2. Get a good teacher

3. Write a song a week

4. Accept the fact you'll get 1,000 rejections

5. Don't worry about Political songs making people uncomfortable. You'll make them think! About saving the rainforest or ending racism or about Aung San Su Ky of Burma and the people who disappeared in Argentina

6. Co-write songs with people who are better than you

7. Get ready for big applause at an open-microphone. Audiences are intrigued

8. Make your songs funny. Serious subjects with a warm tone

9. No rhetorical language. No matter what

10. Know the causes that artists care about. Steve Earle is very interested in ending the Death Penalty. Nancy Griffith supports the banning of landmines. Bonnie Raitt benefits victims of Hurricane Mitch. Cybil Shepherd is pro-choice. Research who is interested in what

The Politically inclined Songwriter



** Make a revolution. This is why political songs are written. We address injustice and racism for a reason. We want this madness to end! We want sweeter lives. Be proud about social justice and their songs.

** Lani Silver - historian, artist, free-lance writer, and Lecturer with the American Program Bureau. {Gorbachev's bureau - Desmond Tutu, Oscar Arias}. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1700 oral histories with Holocaust survivors and witnesses. Lani and her partner, historian Eric Saul, discovered the story of Chiune Sugihara, who is called "The Japanese Schindler." Lani became Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 53,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project.

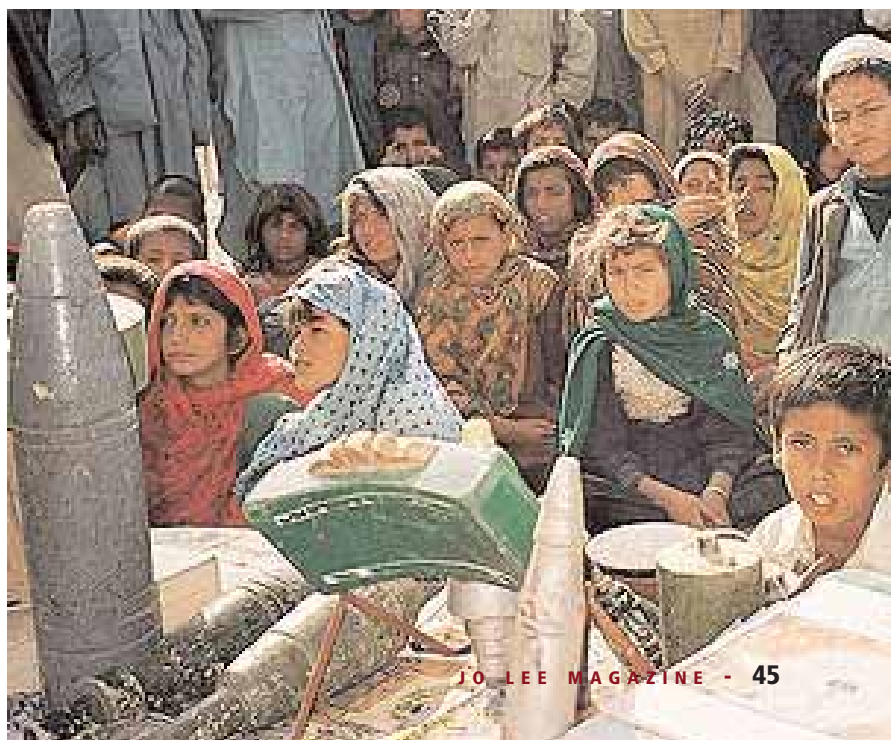


Saving the Rain forest

Make people think!



Know the causes Artists care about





THIN'K'ERS CORNER »

By Carolyn Young
Lead Thin'K'er

» Got a Problem?
Any Problem.

We're here to HELP!

SURPRISING NEWS ...

Our most active audience using the E-Help CampUS is to be found: In Europe!

Our most dedicated R&D Analysts providing global data are to be found: In North America!

The most feed-back on the site comes: From over 20 million people in all corners of the globe!

Things are humming: At the CampUS!



Agreed to joint custody

Q: Dear CampUS \ Jennifer - Upstate New York

My ex-husband and I are at odds over our two sons. When we separated a year ago, we agreed to joint custody. Since then - he's moved in with another woman and her two kids. He doesn't provide financial support in terms of clothes, swimming classes, etc. But he bought a big screen TV for his new home. Now my kids hate going to visit their father because their only activity when they visit him, is TV all weekend. I'd like sole custody, but can't get it without proof he's abusing them.

A: What a hugely stressful situation. Stay focused on your career to demonstrate strength to your sons. Maintain communication with your ex - keep it simple, non-argumentative, and use a lot of reverse psychology. As 'mother and father' you want to keep the boys happy and productive. Is TV viewing really abuse? This doesn't mean love and caring aren't there. You see, we all have idiosyncrasies. It doesn't make us bad. It makes us different. Perhaps, you view this as 'the boys' TV time' and eliminate television and implement other activities, when the boys are with you. Let's be certain it's not the other woman, that's upsetting you!

Q: Dear CamPUS \ Manfred - Vienna, Austria

I'm thirty-four years old, attractive, have a decent job ... so why am I still single? I've done the bar thing, tried online dating services, nothing. Where do people meet their significant others? Where are the great girls?

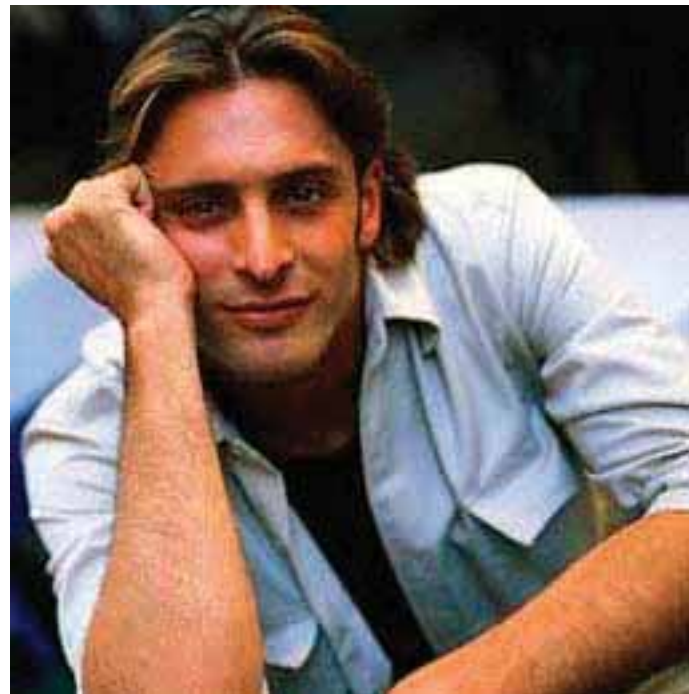
A: Hi, Manfred

I cannot tell you how many times I'm asked this question at YES! Manfred, the great girls are everywhere. In the elevators, hallways, passing you on the street. You have to tap into an array of social networks. While a close friend of mine met her fiancé through internet dating, there are also 'Communication Companies' who focus on 'dating'. They enhance your drive/your flirting skills so that when you're in a bar, a restaurant, on a train/bus and you see that special person - you now have 'the tools' to diplomatically introduce yourself and begin communicating. Remember, the girls also say: "where are the great guys?" Good luck Manfred. I have every confidence in you.

More help? Check out www.yesintl.com and the E-Help CamPUS.

CLICK : To write the Thin'K'ers

SEE YA!



Why am I single!

How do people meet...

Don't be at odds





CRAZZY ABOUT R&D » MANAGING EDITOR'S COLUMN

By Nahidah Malik
Nairobi, Kenya

A ... Z z z z z Y ~ Need HELP ?

Come to the CamPUS QUICK \ FREE!
www.yesintl.com

Write us: [Click Here](#) www.yesintl.com

Did you know?

In the USA alone, the FBI's National Crime Information Center receives 2,100 new missing children cases on any given day. This should be reason enough *for everyone* to protect/educate children against abduction, whether they're your own or not.

It doesn't take long for predators to get their prey!

Teach your children to scream: let me go! You are not my parent! HELP!




CHILD ABDUCTION

Who wants to stay indoors after the dark winter months? Summer beckons and the days are lazy and long. It's also the time when 'predators' lurk - waiting for their next prey. BEWARE! They're cunning: wearing a police badge; looking for lost pets; wanting to share candy. It doesn't take long for predators to get their prey!

Educate your children. IMPORTANT - have your child: **LEARN STRIKING TECHNIQUES!** Don't just scream! *Hit, kick as hard as you can.* Shout: "let me go! HELP! You are not my parent!" Run! Teach them 'code words': grasshopper/flower/paint/dishes. They go with NO ONE - who doesn't know the code.

Children should be taught about 'Safety Zones.' *To not play near cars or empty lots.* Did you know that 'most abductions' take place around a car? Urge your children to play near doors to homes where there's easy access to adults they know. Teach your kids to be vigilant - ALWAYS!



NEVER do this! Leave a child alone.

RELAXATION?

Telephones, faxes, computers, beepers. The technological world at its height. We move, work, communicate faster – priding ourselves in being the best and, in the process of – we frustrate over heart burn, sleepless nights, breakdowns, heart attacks and everything else that comes with today's pace of living.

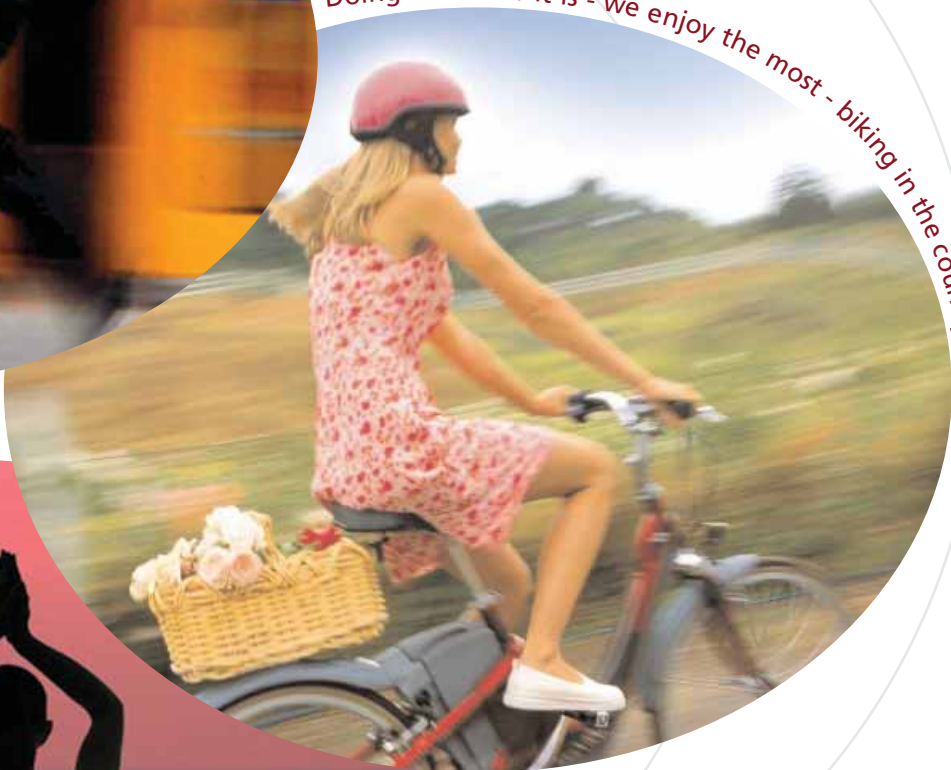
We've forgotten the art of relaxation!

The art of: kicking back for the moment – alone or with a friend. A stroll in the park, an early turn-in. Connecting to our inner self. Doing whatever it is – we enjoy the most.

Make time! Productivity will indeed be higher and you'll thank yourself – for feeling so good.



We move, work, communicate faster.



Doing whatever it is - we enjoy the most - biking in the countryside



Connecting to our inner self.

Jennifer Dale

The multi-awarding winning 2003 recipient of the Earl Grey Lifetime Achievement Award from the Academy of Canadian Cinema and Television portrays:

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ELEONORA DUSE ~ the Italian actress. Born at Vigevano, a small town in Lombardi; rival of Sarah Bernhardt's; Charlie Chaplin's "the finest thing I have seen on stage" - was the greatest tragedienne of Italy and Paris - Germany, Austria, Russia and Bulgaria, arousing an enthusiasm never equaled since the time of the great Ristori.

On the picturesque shores of the Adriatic she effaced the compelling boundary that separates nature from art! An encore to her ancestors Garibaldi Theatre at Padua.

Photography By:

Cylla von Tiedemann
Jennifer as: DUSE



BODY AND SELF »

By Andrea Buckett
Doctor of Homeopathy
Toronto, Canada

You Are What You Ate

« You'll Become What You Eat »

And I'll bet the sweeps, on that!

Big things come in small packages. A perfect description of the nutritional punch - that berries pack. Summer brings with it these irresistible delicious powerhouses. Strawberries, raspberries and blueberries. All a rich source of vitamins, minerals and enzymes. All varieties provide the valuable, water-soluble fiber pectin and cellulose, which keep the intestines working efficiently. An outstanding source of the antioxidants - Bioflavonoids. Bioflavonoids help protect the body from inflammation, high cholesterol, cancer, diabetes, bruising and viral infections. One specific bioflavonoid - elegiac acid, prevents toxins from mutating genes - blocking the development of cancer cells. Berries are also a great addition to a carbohydrate reduced diet - being both high in fiber and low on the glycemic index. A 1/4 cup of blueberries, raspberries or strawberries only contain 4.1, 1.5 and 1.8 grams of carbohydrates respectively.

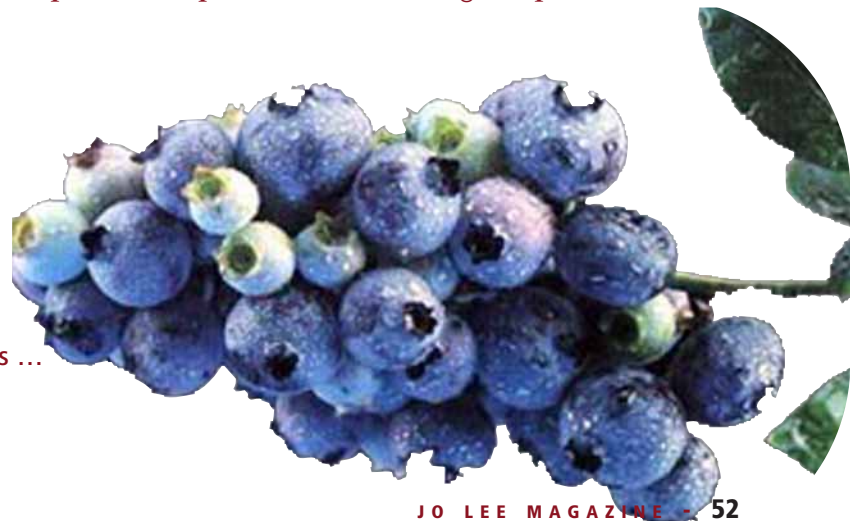
However *buyer beware!* These tasty morsels must be organic-bought. Berries are a highly sprayed crop. Strawberries are full of methyl bromide, a fungicide and known carcinogen. Washing berries effectively can be difficult without squashing the fruit. Frozen or fresh berries can be eaten as a snack or added to a breakfast smoothie. Regardless of how you eat them, this is one summer treat you must not go without!

To Write Andrea Buckett: [Click Here »](#)

*Andrea Buckett, Dr. of Homeopathy, lecturer, writer, health coach - graduated from The Homeopathic College of Canada and her private practice today, is a passion in pursuit of educating the public on alternative health and nutritional ways.

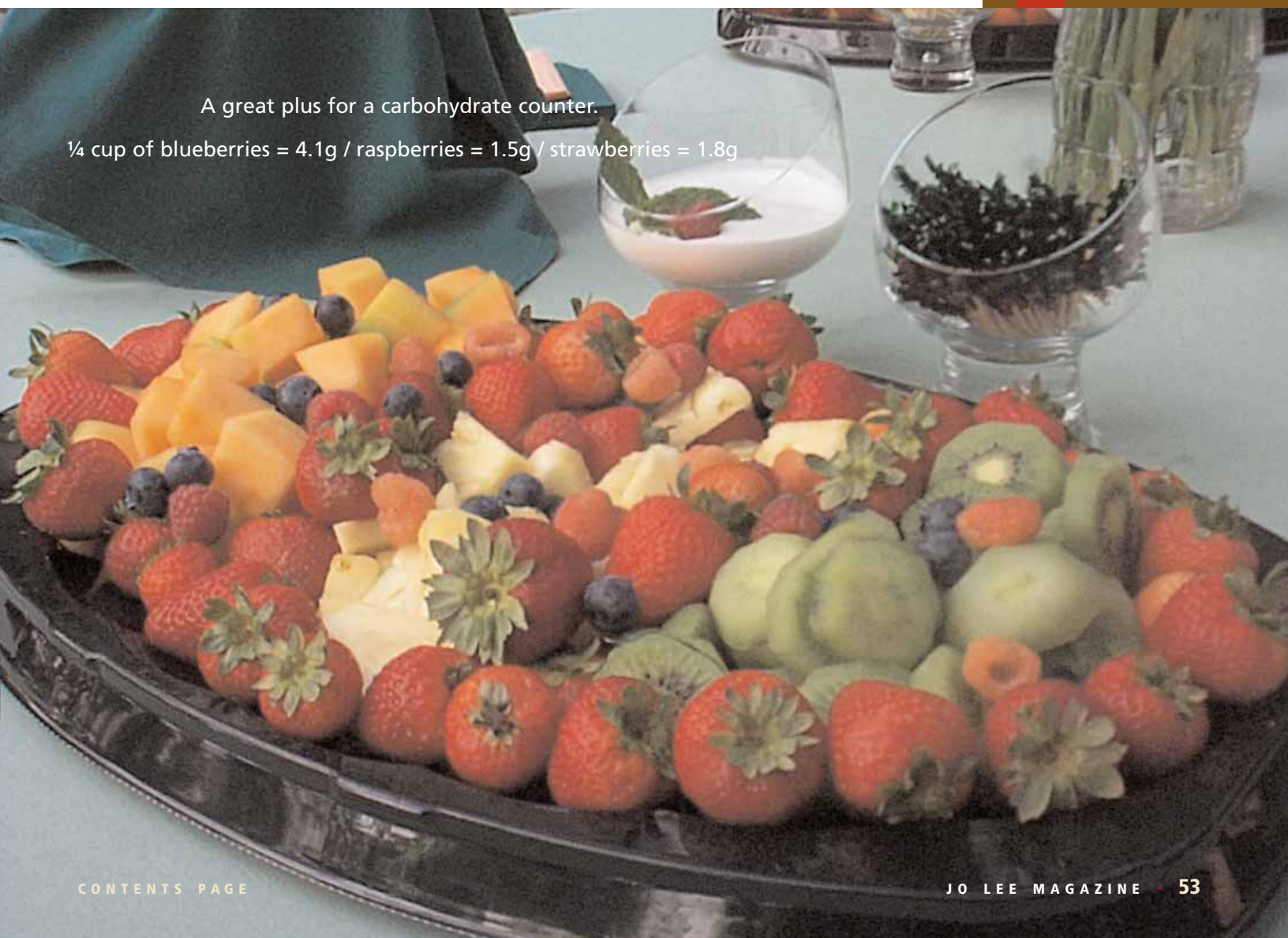
* R & D is searching for International Minds.
Could this be Y O U ? [Click Here](#)

Rich in vitamins, minerals and enzymes ...
big things come in small packages.





Have we forgotten the art of relaxation!



A great plus for a carbohydrate counter.

$\frac{1}{4}$ cup of blueberries = 4.1g / raspberries = 1.5g / strawberries = 1.8g



PROS & EX.CONS »

By Lynn Schnaiberg

Freelance Writer

Outside and US News & World Report

Chicago - Illinois

IMMIGRATION GOOD & BAD

“Immigration's Benefits Outweigh Costs, NRC Study Says Examining Timely Issues”

A comprehensive new report on the costs of immigration has refocused attention on the strains immigrants place on education budgets.

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

"In state and local budgets, education is the dominant factor driving the cost of immigrants," said James P. Smith, the chairman of the NRC panel.

Costs vs. Returns

The picture shifts when looked at over the course of a lifetime. The cycle works like this: State and local

governments foot the bill early in an immigrant's life. But after becoming productive workers, they repay most or all of the cost of those services in the form of taxes. But, not necessarily to the same government.

Education is a critical factor in how productive immigrants become. An immigrant with less than a high school education costs the economy about \$13,000 over his life span. But immigrants with more education produce a net gain of about \$198,000.

IMPACT AID ?

The report makes no policy recommendations but it may provide new ammunition for states' demands that the federal government provide "impact aid" to offset the costs of education and other services they provide illegal immigrants.

"The general consensus among educators is that children need to be

educated. The issue is how we're going to pay for that education and whether or not the federal government should provide some impact aid," said Carlos A. Vega.

Several states have sued the federal government, seeking to recoup the cost of education and other services.

ILLEGAL IMMIGRATION

Federation for American Immigration Reform says it costs states more than \$7.4 billion a year to educate illegal aliens, with budget-busted California spending more than any other.

"In some states, the amount of money spent to educate illegal alien children accounts for a substantial portion of the state budget shortfall; in New Jersey, for instance, it accounts for 28 percent of the total state budget deficit."



Immigrants must
integrate into society



CREDIT GIVEN TO : YANA BASSOVITCH
All immigrants should be taught English

GEORGE W. BUSH COMMENTS ON IMMIGRATION

Welcome Latinos; immigration is
not a problem to be solved

Latinos come to the US to seek the same dreams that have inspired millions of others: they want a better life for their children. Family values do not stop at the Rio Grande. Latinos enrich our country with faith in God, a strong ethic of work, community & responsibility. We can all learn from the strength, solidarity, & values of Latinos. Immigration is not a problem to be solved; it is the sign of a successful nation.

Respect other languages, but teach
all children English

The ability to speak English is the key to success. Insist on English proficiency but recognize the

invaluable richness that other languages and cultures bring to our nation. In Texas, the Spanish language enhances and helps define our state's history.

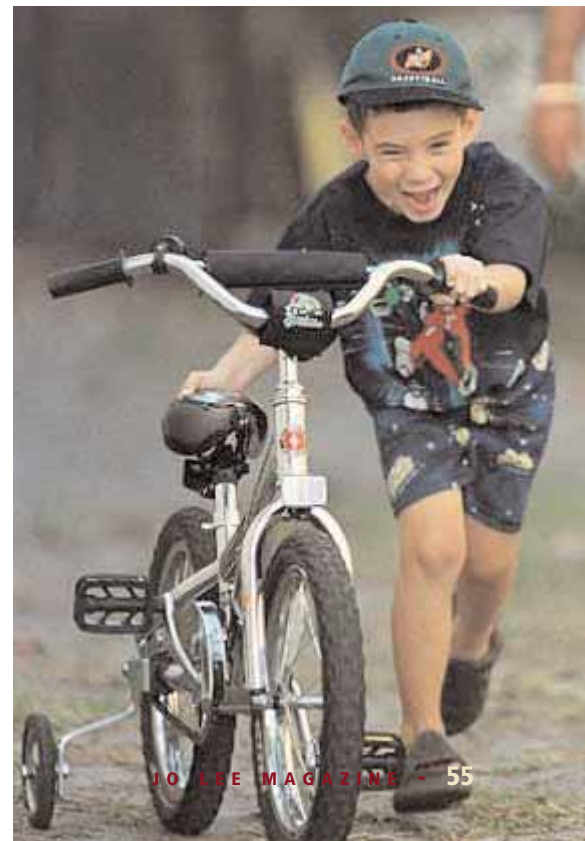
America could have given Elian
true freedom

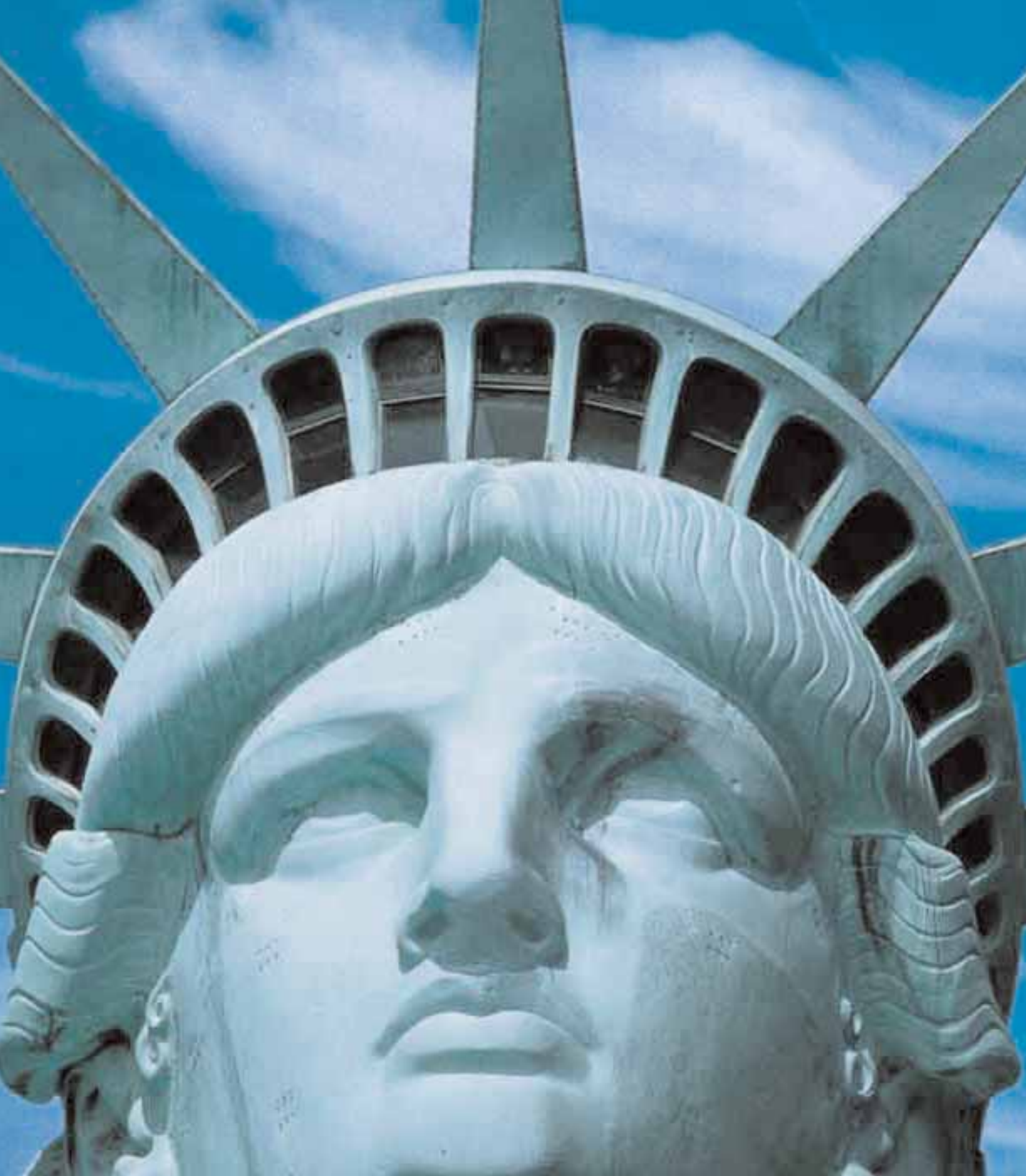
I am saddened when the land of the free sends a young boy back to communist Cuba without a fair hearing in family court. My thoughts and prayers are with the entire Gonzalez family, and I hope that one day Elian will live in a free Cuba.

CONCLUSION ?

Legal immigration is a benefit but immigrants must integrate into the society in order to benefit themselves and their society.

Elian. True freedom





Immigration is the sign of a successful nation

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WEIRD & WACKY FACTS »

By Mohammed Malik
13 years old ... Windsor - Canada

On ICE-CREAM!

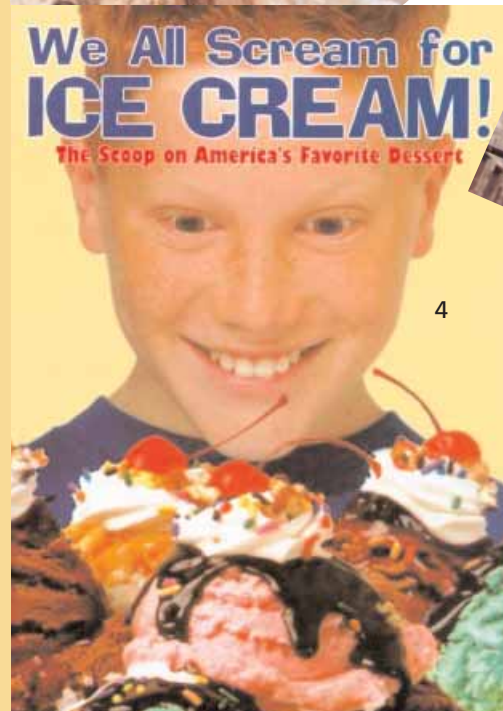
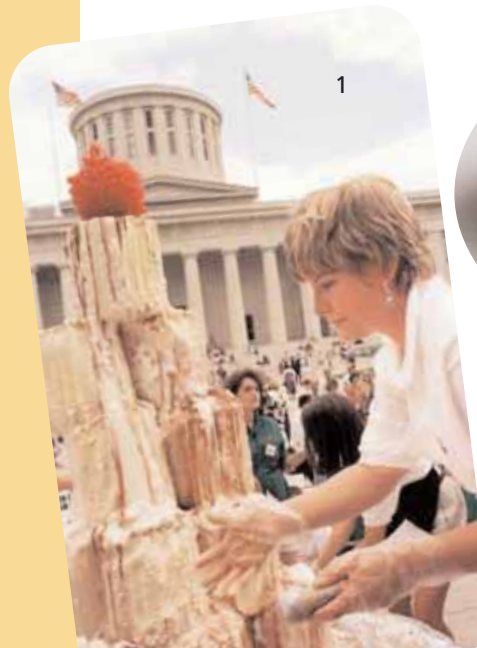
1. The biggest ice cream Sundae ever, was 12 feet high and made with 4,667 gallons of ice cream and 7,000 pounds of toppings in Anaheim, California, in 1985.

2. Novelties such as ice cream on sticks and ice cream bars were introduced in the 1920's in the USA.

3. Britain is Europe's third largest consumer of ice cream. Approximately 8 liters per person. Taking first and second place are Denmark and Sweden.

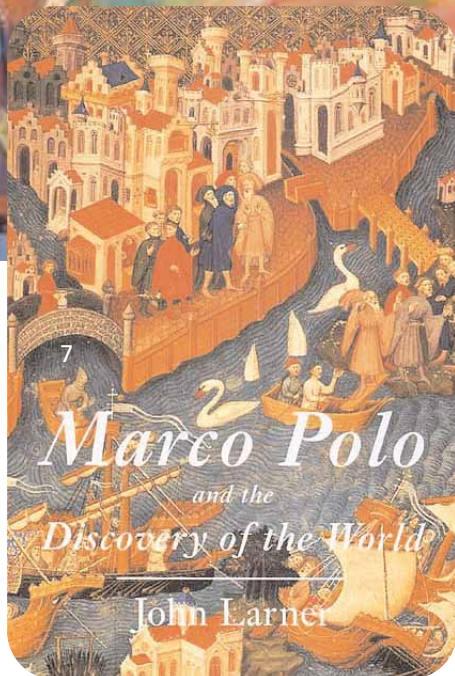
4. In the United States, the average amount of ice cream consumed is an amazing 21 liters per person, per year.

5. The ice cream cone is considered one of the most environmentally friendly forms of packaging.





6



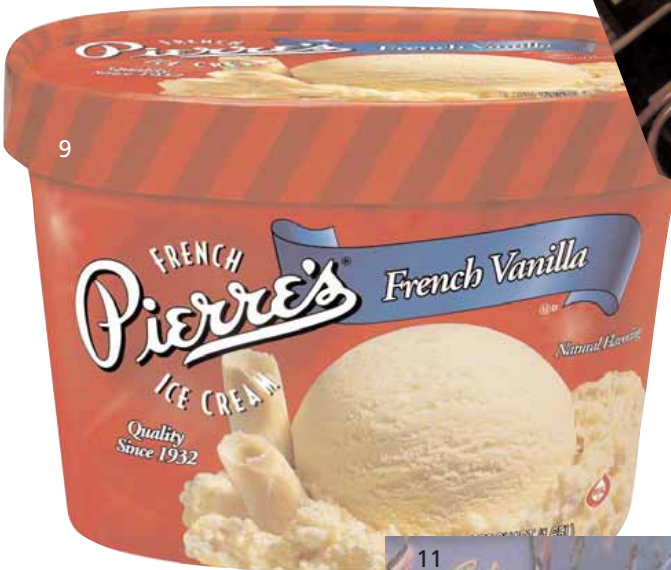
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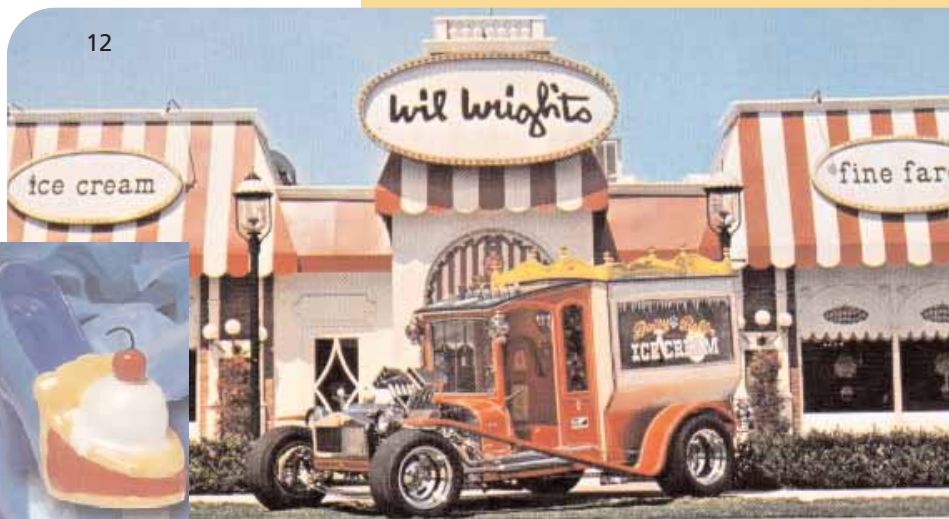
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11



12

6. The first ice cream parlor is said to have opened in New York City in 1776.

7. The earliest existence of ice cream appeared in China during the Tang dynasty {A.D. 618-907}. Marco Polo took ice-cream recipes back to Europe from his travels to China in the 14th century.

8. Vanilla is the most popular flavor in the USA, snagging anywhere from 20 to 29 percent of sales. Chocolate comes in a distant second, with about 9 - 10% of the market.

9. The French introduced ice cream to the United States in the 18th Century. It very quickly found its way to the White House menu. Presidents George Washington, James Madison and his wife Dolly could not resist this new cool dessert.

10. Adults consume nearly one half of all ice-cream novelties.

11. At one time, it was against the law to serve ice cream on cherry pie in Kansas.

12. The word 'ice-cream' is derived from the word 'iced-cream' and this, is what ice cream was first called.



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EDITOR AT LARGE »

By Carla Dragnea
Bucharest, Romania

Building OUR LIVES around AIDS

[Click Here: For Carla »](#)

With challenging posters and television images, the World AIDS Campaign continues to encourage both individuals and institutions to reflect on how they respond to those living with HIV and AIDS.

The campaign clearly shows how the most painful symptoms of HIV and AIDS are often the reactions of others. When someone feels safe within their own community, they are more likely to take responsibility for their HIV status. This is why it is so important for all of us to examine our own attitudes. We need to ask ourselves: are we helping to create an environment where people can

take responsibility for themselves and others? Or do our attitudes contribute to an environment of shame, fear and denial that prevents people from taking action?

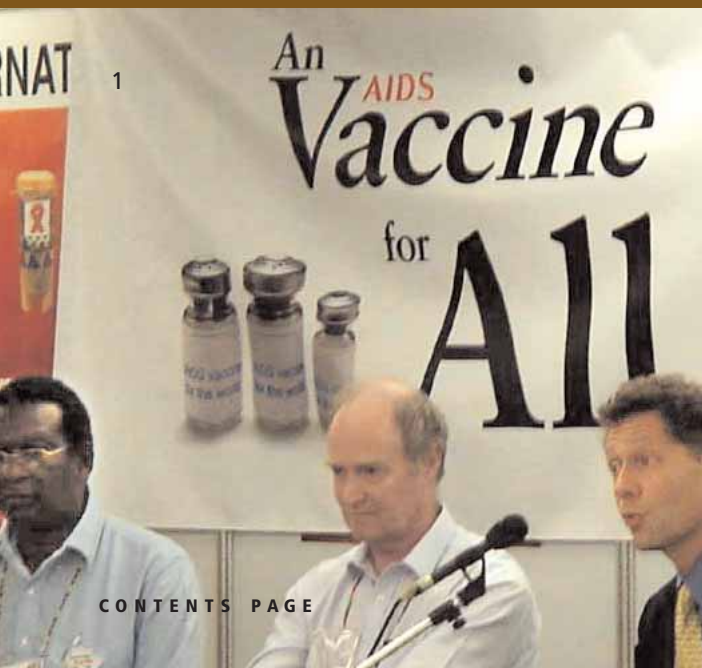
The United Nations Program on HIV/AIDS (UNAIDS) estimates there were 37 million adults and 2.5 million children living with HIV at the end of 2003 and during the year 5 million new people became infected with the virus. Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35. Approximately 95% of the total number of people with HIV - live in the developing world.

However, HIV still remains a threat to people of all ages and nationalities.

As the third decade of AIDS begins, physicians, patients and advocates find themselves looking ahead while still dealing with issues like prevention, raising awareness, education and fighting prejudice. Today, the financial, political and social issues that stem from AIDS are discussed as much as its symptoms, and those issues grow more complex each year.

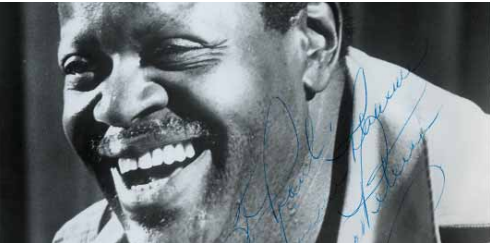
Only by confronting stigma and discrimination across the world will the fight against HIV/AIDS be won.

1.- Aids Vaccine 2.- Monkey with Aids 3.- HIV/AIDS VICTIM



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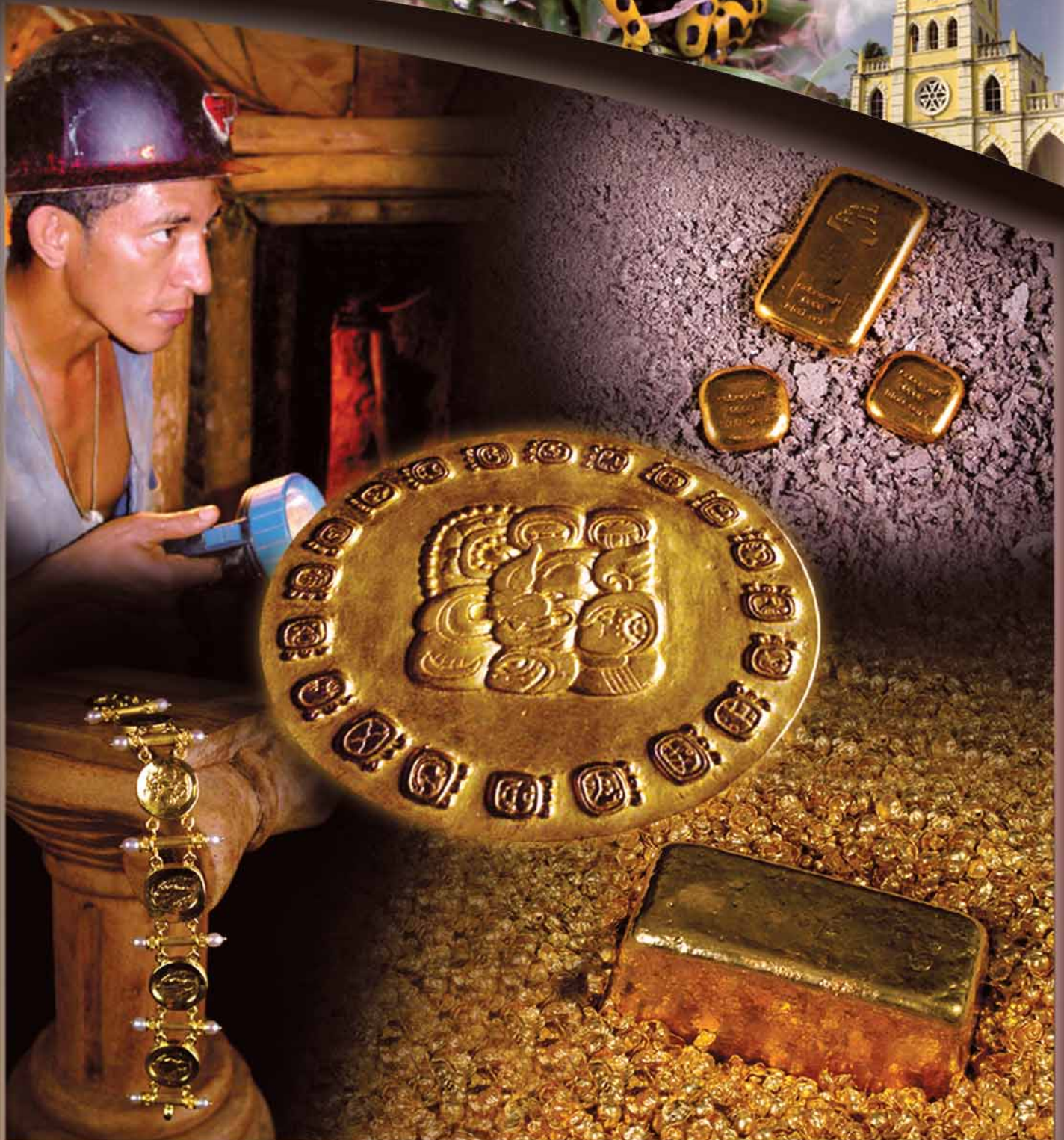
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