

SUMMER 2010

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HEIDE VAN DOREN BETZ
THE RICH & THE FAMOUS

DAVID WESONGA
THE POWER OF MOMENTUM

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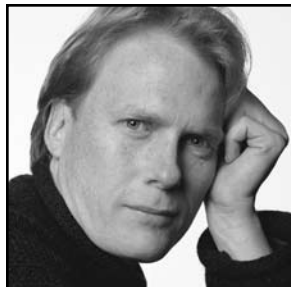
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corporations / individuals to nominate those who have achieved.

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 to assist them in 'seeing the future before it arrives'.

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

Readers around the world are urged to submit nominations.

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

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

THE AWARD

Successful laureates will receive the exquisitely designed ADESTE Gold Medal.

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CRITERIA

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

ADESTE takes as its Credo: The lessons behind Man to Universe.

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LETTERS TO THE EDITOR

JO LEE MAGAZINE – CELEBRATING 10 YEARS OF LUXURY – DECEMBER 2010

Fr. David F. Pace

Priest
Menlo Park – California

For the past months I have been so pleased to see the wonderful photo-essays done for your magazine by Heide Betz of, I believe, San Francisco.

The pictures are absolutely beautiful and the commentary excellent. I particularly enjoyed the photos of the Vatican and the Papal Audience in your Winter issue. Having had the experience several times of participating in Papal Audiences, I hope this will, for many, help make a dream come true.

Thank you so much for the contributions of such a talented photographer and writer.

Alessandra MacKensie

Lead Secretary
Providence – Rhode Island

“Living and fighting alongside men and fitting in”, seen in your Spring issue, 2010, reveals the reality of the situation of the majority of women in the armed forces as opposed to the usual extreme situation that appeals to the mass media. Thanks for a sensible insight.

L. Miranda Springfield

Historian
Aberdeen – Scotland

Dr. Margaret R. O’Keeffe Umanzio was a fascinating Spring interview, bringing out the talents of a great person. I was intrigued by the concept of making the thoughts of the participants visual. It sounds like a whole new approach to helping a group visualize what each person means by their comments. I can imagine the difficulty of actually accomplishing this but would like to give it a try. Achieving a consensus has long been a goal of mine and “Peggy” sounds like a master of this.

Mert Collins

Executive
Chicago – Illinois

An interesting analogy. I wonder if “The board game Scrabble explains economic reform” can be extended to include the credit cycle which undercut the real estate economy? The combination of extended credit for mortgages and for credit cards had to have a reverse trend to come out even.

Wesley Stone-Brooks

Wealth management
Toronto – Canada

You have convinced me that I should up Branson, Missouri on my list of places to visit. It sounds more fascinating than Broadway where the theme of the new theater seems to be “it is wonderful to be destitute”. The atmosphere in Branson appears more authentic. Thank you. Spring 2010.

Erlend Fredriksen

Consulting Engineer
Bergen – Norway

Mr. Gates’ plans for helping poor countries can be congratulated and will be successful, but the problems of poor countries don’t result from the failure of capitalism; rather from the governments of the poor countries.

For example, agriculture technology was available to India for decades before the political system changed to allow it to be used. The same is happening in China where the previous governments refused to allow capitalism to operate and the people stayed poor; now they are prospering. Capitalism is not a benefactor of the rich but rather of the citizens of countries with good governments. Spring publication 2010 – Bill Gates calls for kinder capitalism.

JL

CONTRIBUTORS



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} arcgen@sbcglobal.net



Andrea Buckett

DR. OF HOMEOPATHY 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.



Michael B. Callaghan

THE POET'S CORNER

Michael B. Callaghan, a word enthusiast, began his career in journalism and over the years moved into advertising and promotion, speech writing, television on-air reporting, directing and producing political performance and presentations. Today, Michael writes from Toronto, Canada.



Stanley J. Dorst

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.



Carla Dragnea

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 worldwide with their problems, each month. yesintl.com



Kelechi Eleanya

WHEN ANGELS CRY

Kelechi is an Economist and a committed development expert. He holds 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 all tempered by eclectic friends – 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 an intellectual interest in the problem of evil.



Vera Resnik

THE POET'S CORNER

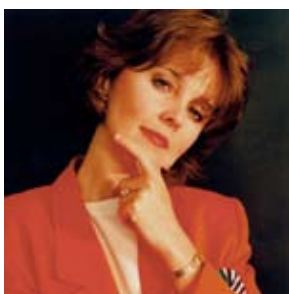
Born in Prague, Czechoslovakia, Vera Resnik lost most of her family in the Holocaust. Her volunteer work in the New Jersey court system – as a conflict resolution resource and advocate for children's rights – led to a court appointment to the child review committee. Today, Vera's writings are widely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



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.



Dr. Margaret R. O'Keeffe Umanzio

THE POET'S CORNER

Dr. Margaret R. O'Keeffe Umanzio, Peggy, has been an advisor to CEOs and corporate executive teams. She was a cofounder of the first fully-integrated alternative public school in the U.S., has lectured at Boston University as well as at Stanford, Berkeley and Tufts. She is currently writing a book titled Delivering on the Promise.



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.



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.



David C. Wesonga

THE POWER OF MOMENTUM

David C. Wesonga is Founder/CEO - Elite Media Partners/ Eastlandah, The Media Company; Founder, Kayrox - East Africa's first online lending bank; Founder - Afrizo, the Online TV; Executive Advisor to CEO - Plan Care Kenya; Board Director Citijournal; Silver Inductee - The International Library Of Poets and the recipient of the 2008 prestigious ADESTE GOLD MEDAL.

JL



Cinderella, The Financial Crisis And Global Issues

BY H. GAIL REGAN
TORONTO – CANADA

The ancient fairytale character Cinderella is a modern heroine -- she is hardworking, creative, pleasant, attractive and above all adaptive. The story of Cinderella is not only the story of a girl who lost her parents and made the best of hard times. It is a story of failure of institutional support. Through no fault of her own, Cinderella's life was derailed until she lucked out and resumed her destiny.

We are now living in a period of time that economic historians call the "Second Great Contraction." Macroeconomic tools are better understood and leadership more competent, so wealth and job loss have been fractional compared to the first great contraction, the Great Depression. But decline is still huge. We are hardworking, creative, intelligent citizens and the system supporting our financial success evaporated, making Cinderellas of us all.

I am curious about how the storybook Cinderella managed herself post-crisis for this is our future too. I see three scenarios -- retreat, redirection and projection of symbolic loss.

Cinderella may have been overwhelmed by her experience and

have developed into a shy queen, clinging to her castle. She would be seen as right wing laissez-faire, disengaged and uninterested in the affairs of the kingdom. Similarly, some of us are seriously set back by the contraction and will be economically timid for the rest of our lives. We may retreat to social disengagement and political alienation.

If Queen Cinderella were as spunky in adulthood as she was in her youth, she is likely to redirect the psychic energy her abandonment engendered to useful projects that have personal meaning and that will make life better for her subjects -- children's aid, perhaps, and scholarships for orphans who want to go to college. Similarly, as our economy recovers, I expect keen interest in repair of the support systems that failed -- bank reform perhaps and mortgage regulation.

Imagine an adult Queen Cinderella coping with what happened but vulnerable to a vague sense of loss, one that she symbolizes to herself. Her discomfort links not to the actual loss of her parents, but to the symbolic loss of ideal parental love, an experience universal to the human condition. Psychically, she needs to see a parental type of authority

actively improving a universal problem and so do her subjects, whose parents were likely a whole lot less ideal than Cinderella's so their yearning could be greater. The Queen's causes will be popular, left wing and global. They may not be especially practical.

My worry is for those of us more hurt by the symbolic loss of certainty than the actual losses the contraction imposed. Will we seek justice by committing to global causes that purport to reduce risk but in fact increase it? The politics of symbolic loss lead to a quagmire of unanticipated consequences and covert vested interest. They are best left alone, for time heals all wounds.

JL



Where Is God?

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

Every week in church we sing “The Spirit in me greets the Spirit in you, God in us and we are in God.”

Does anyone take seriously that God is in us?

Could believing this change the way we pray? Would we need to adopt a little Buddhism into our thinking, i.e. searching for understanding what the Spirit has to say on our concerns because the father is not in the sky to take care of things?

Do we need to examine the Spirit within and then puzzle out how we can carry out what the Spirit is saying - in a way that works out successfully?

For example in business, the Spirit may tell us to love our business partner and his lovely family but we don't seem to be making any money. What to do? Pray for understanding.

Understanding may require more information. Could an audit be done in the spirit of friendship? Perhaps so if it is done on the basis of improving the accounting system or reorganizing methods of financing. In other words, if there is a problem, the emphasis will be on new solutions not laying blame.

In marriage, the Spirit tells us to love and cherish our spouse but something is wrong. What to do? Pray for understanding. Understanding may require more information. We can seek this from our spouse or we may need to do some investigating in addition.

Our teenager is out of control and not obeying us. What to do? Pray for understanding. Understanding may require more information. Since 80% of a teenager's behavior is adopted from their friends we can investigate

who they are and how positive are their motivations? If the friends are undesirable, what can be done about it? What programs are there and how successful are they? And how can they be carried out in keeping with the Holy Spirit?

So where is the God who will bring us understanding of the path to follow and success?

Finding the path of God's will is not easy - it takes lots of prayer.

Where is God? What do you think? “God in us and we are in God”?

PS. There is some thinking on this in Dan Brown's new book “The Lost Symbols” and Bishop Spong's book “Why Christianity Must Change or Die.”

JL

EXCLUSIVE

JO LEE MAGAZINE –
CELEBRATING 10 YEARS OF LUXURY – DECEMBER 2010

Jo Lee Talks To: A Symbol Of Genius The Adeste Laureate 2010

BY JOSEPHINA LEA MASCIOLI-MANSELL

It was one of those nominated reads that instinctively said, 'THIS is rare'! And, equally fascinating? Was my gut telling me this candidate will become The ADESTE Laureate 2010!

Over the course of each year, we are reminded through the Nominees of The ADESTE Gold Medal just how many wonderful people are doing amazing things from corner to corner in this chaotic world. We, too, are reminded that the most important aspect, the heart of ADESTE is to discover Unsung Heroes who "outperform" in a globe of billions.

So many Nominees are submitted within our five categories of Humanities, Social Justice, Technology, Arts and Medicine and this year became a point of intensification for ADESTE – the reason being: the world is in chaos. Many, many variables came into play.

Yet, for the first time in ADESTE's history, the 21 World Voting Members of ADESTE unanimously chose the Nominee who, more than at any time in the past, was

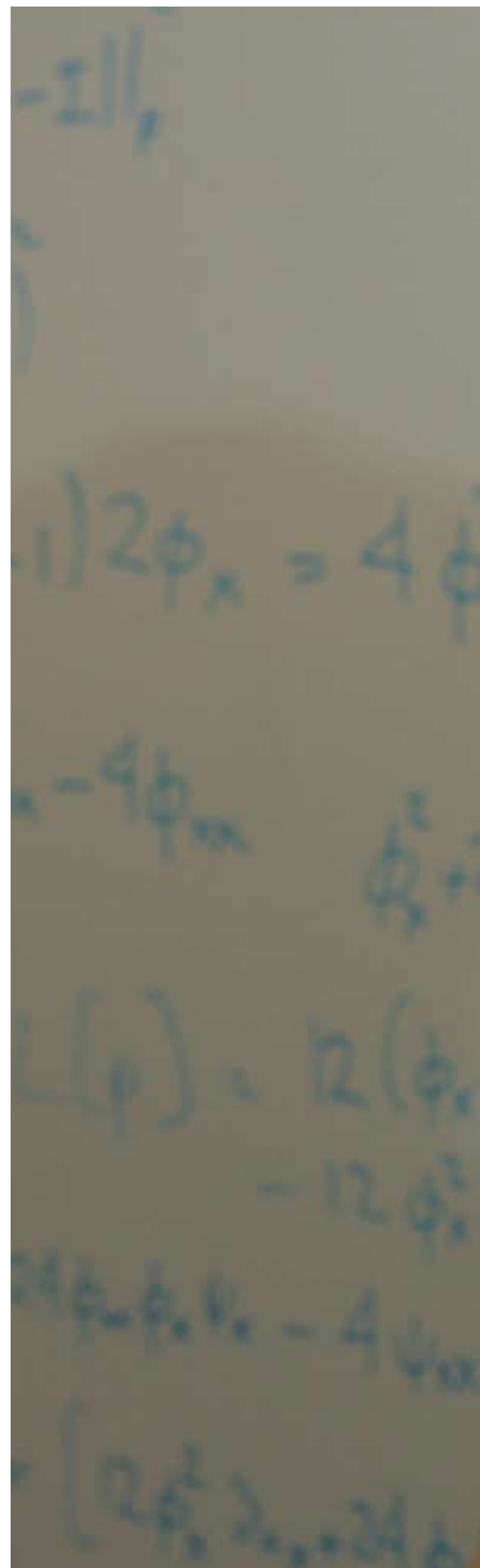
a candidate from a category that is particularly timely: the field of medicine. An inventive genius whose creative gift would push the surgical field of medicine into dreams of reality that youth, as little kids, would sit and dream of.

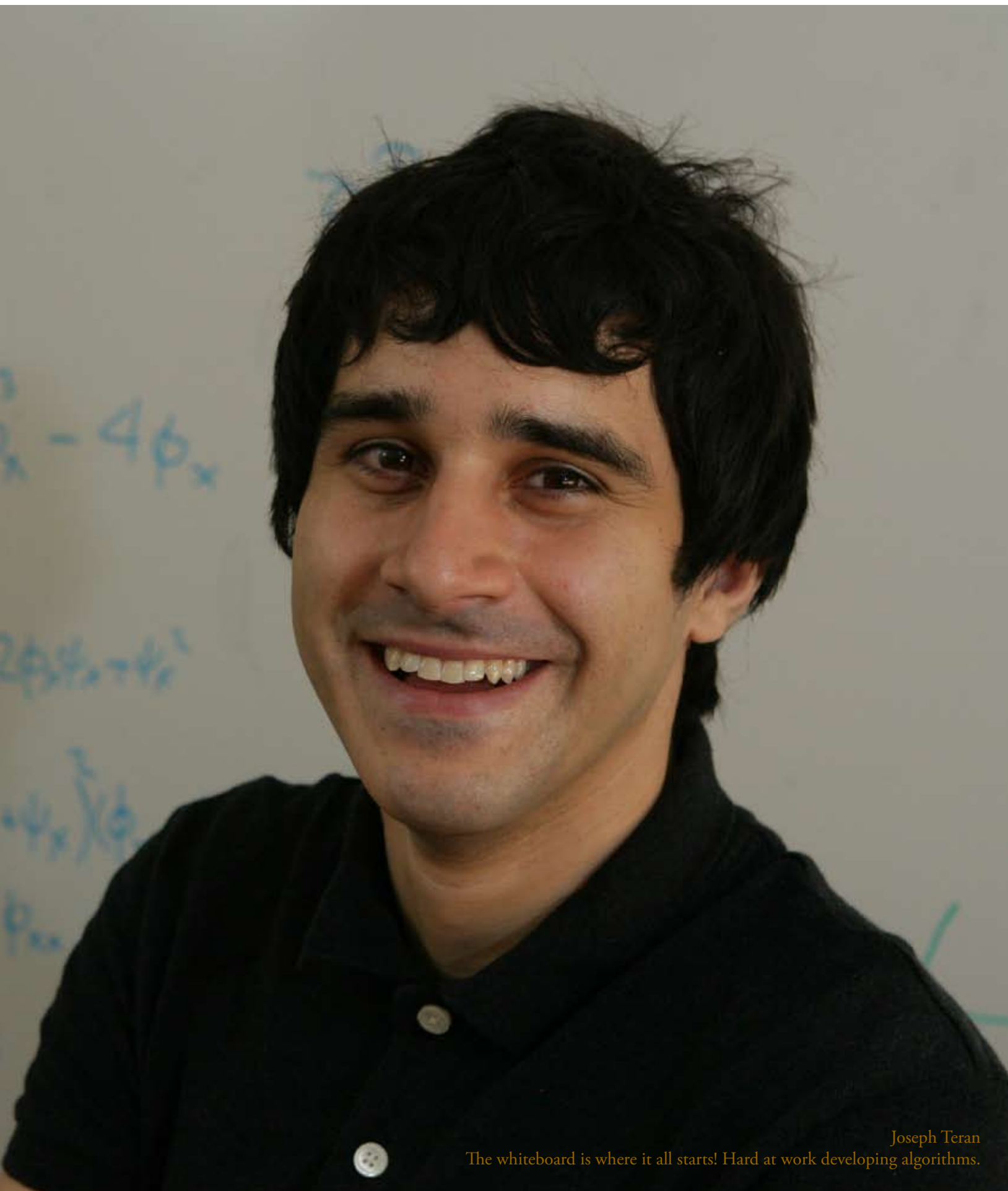
And the Laureate indeed, became Joseph Teran – that 33-year-old who rose above phenomenal plights, seeing the future before it arrived!

Joseph is a University of California at Los Angeles mathematician devoted to making virtual surgery a reality.

A surgeon accidentally kills a patient, undoes the error and starts over again. Can mathematics make such science fiction a reality? There's no question about it says Joseph, surgical simulation is coming. It's a cheaper alternative to cadavers and a safer alternative to patients: the global advantages? Saving lives!

Imagine! You are a surgeon practicing on your digital double – a virtual you – before performing the actual surgery on you!





Joseph Teran

The whiteboard is where it all starts! Hard at work developing algorithms.



opposite: I also work on simulating other aspects of virtual characters. Here we see an algorithm used for resolving collision between thin elastic representations of individual strands of hair.

JO LEE: Joseph, here we are, you having risen beyond the multitudes of nominations worldwide, a tough feat! And as strong as my convictions were that you would be the Gold Medal Laureate, one never takes for granted how our 21 World Voting Members of ADESTE will cast their vote. By gosh, as Business 2.0 would have said “it’s all in that gut-reaction”. My immediate vote? YOU. What a pleasure!

JOSEPH TERAN: Thank you very much, Jo Lee, and the Voting Members of ADESTE. I am honored to have been chosen.

JL: Your passion for mathematics is fascinatingly described. Can you explain “I appreciate mathematical elegance”? I never would have thought of math as being elegant. Would this have anything to do with the idea of visual orientation (design) vs. linear thought and the consequences of the predominance of one over the other?

JT: Mathematics is elegant in its efficiency in my opinion. The most

complex behaviors can arise from seemingly simplistic mathematical descriptions.

JL: So what do you mean when you say, “I enjoy the necessary analysis in determining the mathematically correct behavior”. Correct behavior? A finance mind would definitely find that $1+1=2$. In my business, it could $=7$. However, would careful analysis in your mind rise into another sphere?

JT: I suppose this would be true of any discipline lending itself naturally to mathematical description: although, obviously this is not always an easy or natural thing to do, Jo Lee.

JL: Joseph, can you then tell me how math will tell you how the world is?

JT: Physics can be used to accurately predict many everyday phenomena. The language of physics is mathematics. That is, many phenomena can be described in terms of mathematical governing equations; unfortunately these equations can be

very difficult to solve. Fortunately, computational approaches to solving such equations have proven incredibly effective at allowing us to harness the power of physics to describe complex phenomena. This ability can be used to create artificial scenarios on the computer that can be used in place of real world scenarios that would be too costly, too dangerous or otherwise impossible.

Jo Lee, I’m completely fascinated by what you get from a simulation, the kinds of complex behavior you can reproduce on a computer and the kinds of questions you can answer. It’s intellectually stimulating, it’s fun and it really pays off.

Think of this: you can fail spectacularly with no consequences when you use a simulator and then learn from your mistakes. If you make errors, you can undo them – just as if you’re typing in a Word document and you make a mistake, you undo it. Starting over is a big benefit of the simulation.



The method treats the hair as an incompressible fluid and as a means to prevent interpenetration in an efficient manner.

JL: Ah yes, the cadaver! Is this not how undergraduates learn the intricacies of the human body? How does a simulator, a so-called digital dummy, compare to the real thing?

JT: In the ideal situation, a three-dimensional, digital double would be generated from MRI or CT scan data; I mean a digital double – you on the computer, including your internal organs!

The surgeon would first perform the surgery on the virtual you. With a simulator, a surgeon can practice a procedure tens or hundreds of times. We have to create mathematical algorithms so that the surgeon's results on the computer mimic real life. You could have a patient scanned in a small town while a surgeon thousands of miles away practices the surgery. The patient then flies out for the surgery. There are so many more examples of the potential benefits of such technology. The need is clear. We must now perform the necessary mathematical and computational research needed to provide this level of functionality.

JL: And how close in time might reality be, Joseph?

JT: It is already happening, albeit on a limited scale. Currently,

the primary limiting factor is the complexity of the geometry involved for a given region of the anatomy. My research is primarily geared towards improving this ability. Progress in this regard is already very rapid. Many problems that would have taken days have been reduced to sub-second computation times with the benefit of modern hardware and algorithm design. Our job as applied mathematicians is to make these technologies increasingly viable so that we may one day perform all surgeries with full confidence that the computationally determined results accurately reflect the real patient.

JL: Most of us now think of such computer-manipulated movies as Avatar when we think virtual reality. Would we be wrong to put virtual surgery in this category?

JT: Wrong, yes! A virtual surgery cannot be a cartoon. It has to be biologically accurate and must be interactive. Jo Lee, a virtual double needs to be an accurate predictor of the real you. A three-dimensional double can be made now, but only with great time and expense. In the future, these times must be reduced to the order of minutes. This can be achieved only with significant research and development.

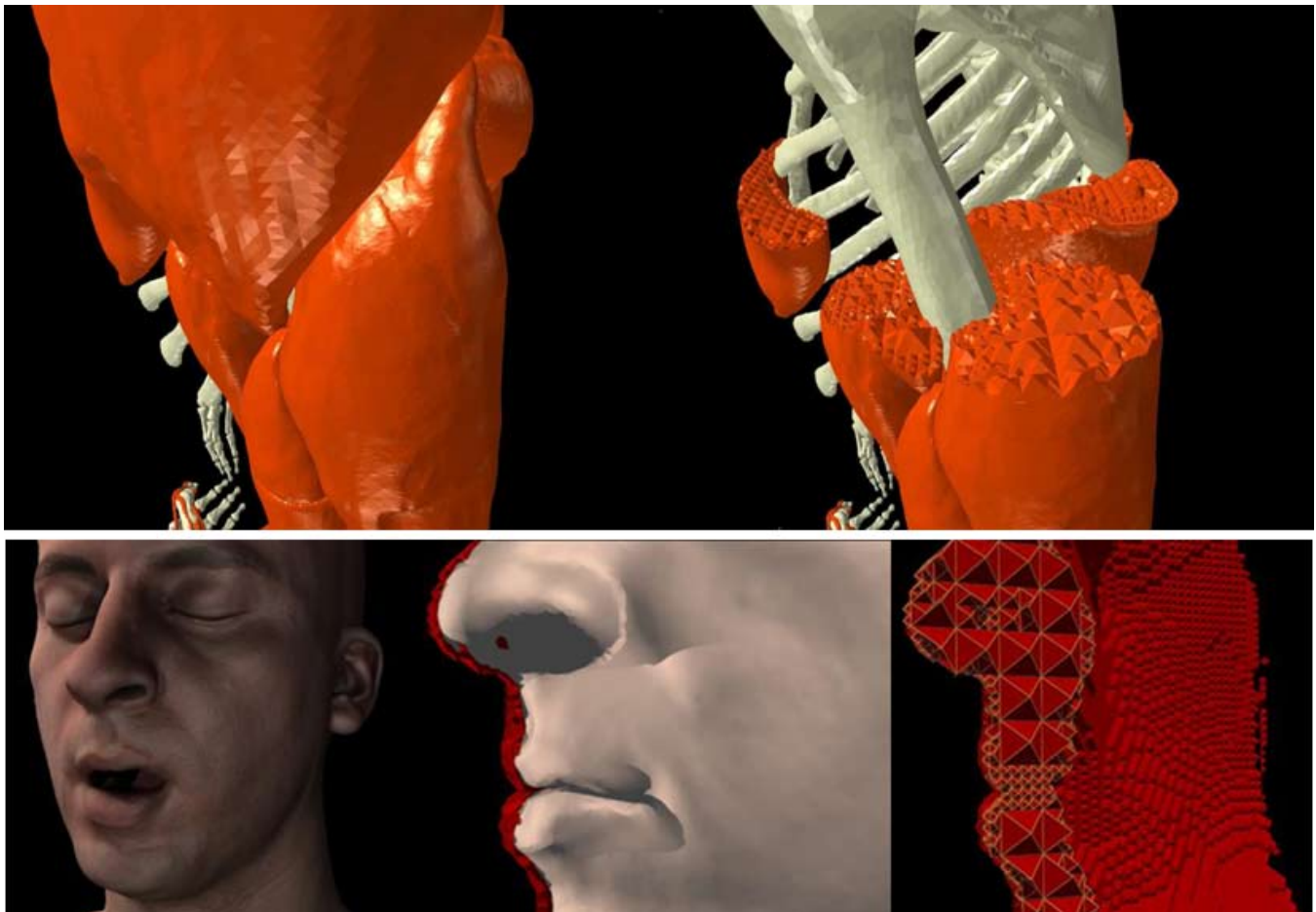
Making virtual surgery a reality will require solving mathematical equations, as well as making progress in computational geometry and computer science. As an applied mathematician I work in these fields, and I work with the surgeons as well. I develop the algorithms to solve equations. Along with other scientists in computational geometry, partial differential equations and large-scale computing, we are accelerating the concept of virtual surgery and it's exciting, Jo Lee!

JL: What is a mathematical algorithm?

JT: An algorithm is just a series of instructions for someone or something to carry out. For example, on the computer it is just a series of instructions given to the computer. With a given sequence of primitive steps, we can solve a larger problem with the aid of the massive computational ability of modern computers.



The dynamics of the musculo-skeletal system are determined by the complex interactions of articulated rigid bodies in the skeleton and elastic muscles. Here, a computer simulation is done to predict the dynamics of the many contacts and collisions coupled with elastic tissues in the upper limb during a simple motion of the arm.



The digital anatomy must be represented by discrete, lego-like, geometric primitives on the computer. The primitive of choice below is a tetrahedron. These simple building blocks must be assembled to represent each individual anatomic structure. Here we see various muscles in the upper-limb and head.

JL: Still, we who are mathematically challenged, to say nothing of barely computer literate, can hardly grasp the concept. How can a mathematically created computer model of a living person equate the real thing?

JT: Well, Jo Lee, I have studied the biomechanical simulation of soft tissues. How human tissue responds to a surgeon is based on partial differential equations. My job is to solve, on a computer, the mathematical equations that govern physical phenomena relevant to everyday life. Tissue, muscle and skin are elastic and behave like a spring. Their behavior can be accounted for by a classical mathematical theory. Most of the behavior of everyday life can be described with mathematical equations. It's very difficult to reproduce natural phenomena without math.

JL: How is medical science keeping up with these advances?

JT: Good question: I believe medical schools will increasingly train physicians by using computer surgical simulation. However, first we must prove to them that these technologies are viable. This is the primary focus of my research.

JL: And are there any other applications for such genius?

JT: Applied mathematics can also be used to design more durable bridges, freeways, cars and aircraft. Jo Lee, I would like people who design anything to be able to use

a virtual model – I'm interested in making that a reality and in creating numerical algorithmic tools that let people who design such devices have more computational machinery at their fingertips.

JL: As an undergraduate, you realized that one could use math problems to solve real problems and help people in ways that seem totally unrelated to math.

Did you ever think when you chose mathematics as a major that it would lead to such heady futuristic endeavors?

JT: Honestly, I had no idea what was possible when I first started out. I just enjoyed my mathematics classes more than the other subjects in my first few years of undergraduate work.

JL: Joseph, how old would you have been when your family suddenly realized that: your intelligence was far beyond the norm?

JT: I don't know. I wasn't incredibly dedicated to science or research until I was about 22.

JL: You earned your doctorate at Stanford, where you took graduate classes in partial differential equations and worked on new ways of solving the governing equations of elastic biological tissues. And you were a postdoctoral scholar at New York University before joining UCLA's faculty.

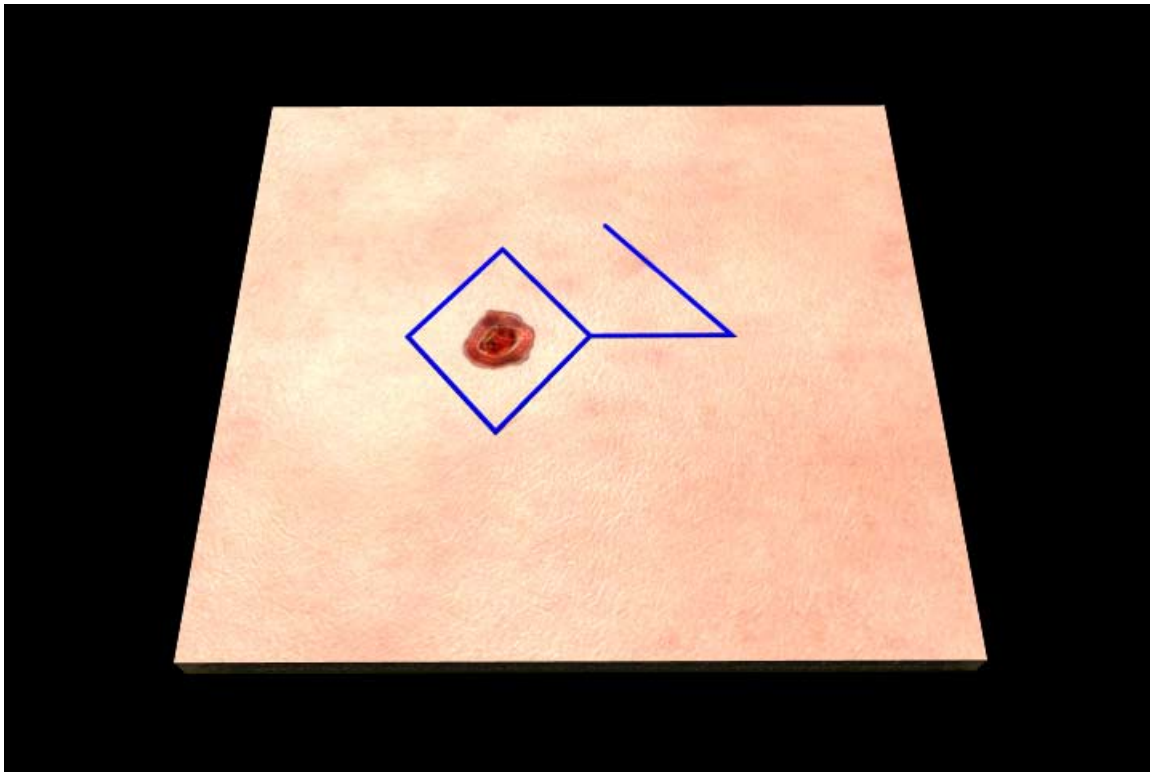
Joseph, today along with your research, you are teaching a course

on scientific computing for the visual effects industry. Is that one of the reasons that brought you to UCLA?

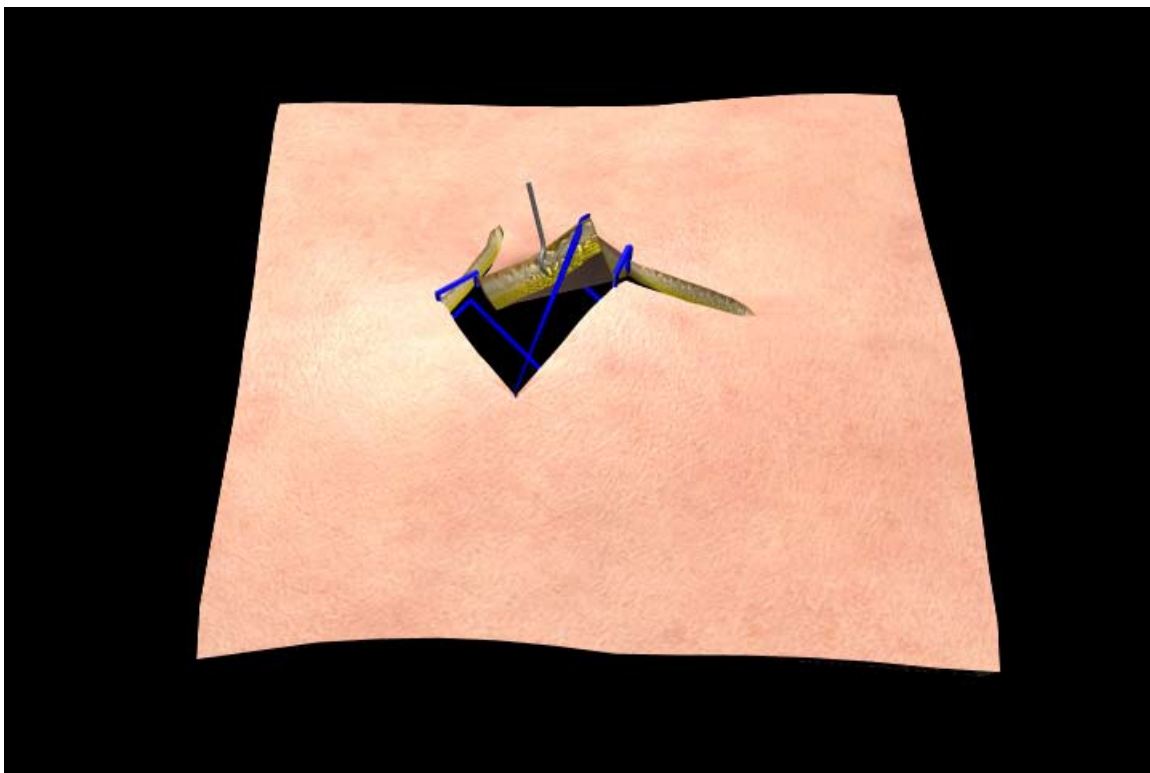
JT: Jo Lee, UCLA is California's largest university, with an enrollment of nearly 37,000 undergraduate and graduate students. I came to UCLA because it is one of the country's best universities for applied mathematics (currently ranked second overall), because its medical school is among the country's best and because it is near Hollywood, where I help to make movie special effects.

JL: Hollywood and special effects! It sounds like the play side of virtual reality! I read that, demonstrating virtual surgery applications, you spoke a few years ago at a prestigious event about the rise of the 3-D Internet. How on earth did you make the connection?

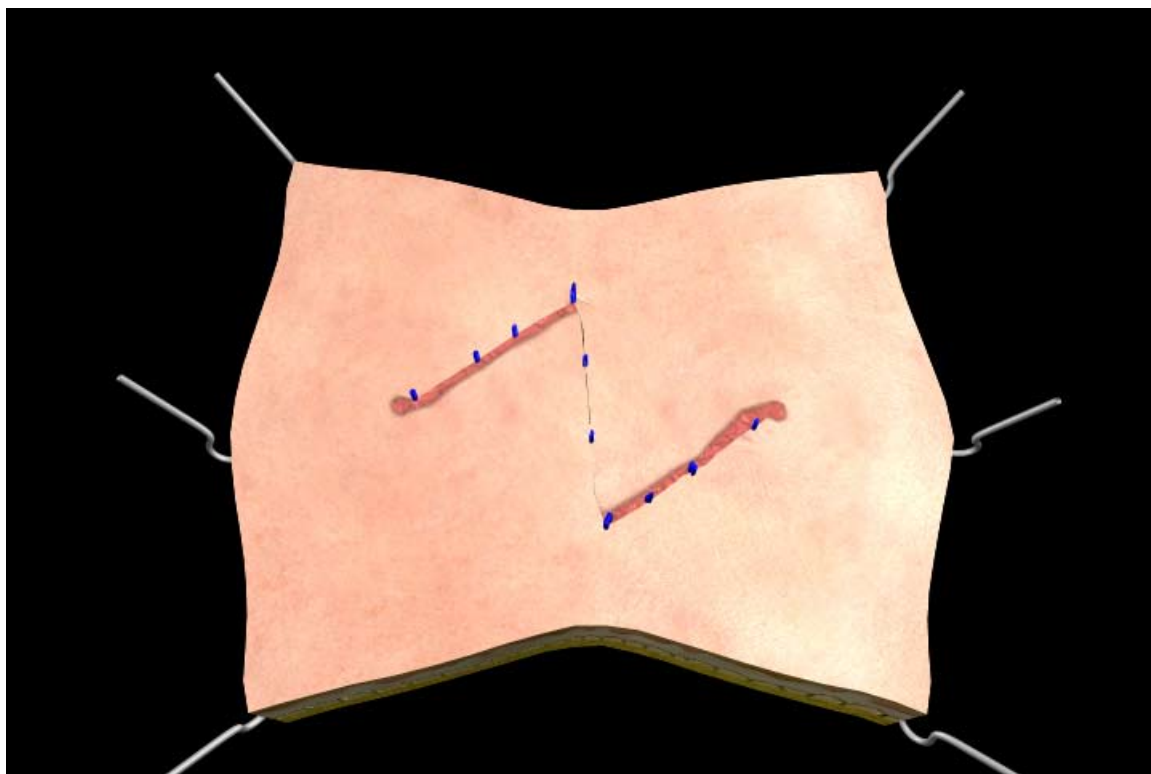
JT: In the fall of 2007, I spoke as part of Intel chief technology officer Justin Rattner's keynote address at the Intel Developer Forum. I was illustrating the idea that the future 3-D Internet will include an "avatar" – a virtual representation of you – that could look just like you, or better than you. I noted that the graphics would be astonishingly realistic and three-dimensional but for surgical simulation they would need to be much more accurate, a goal I am working to achieve. As virtual worlds get more realistic, modern applied mathematics and scientific computing are required.



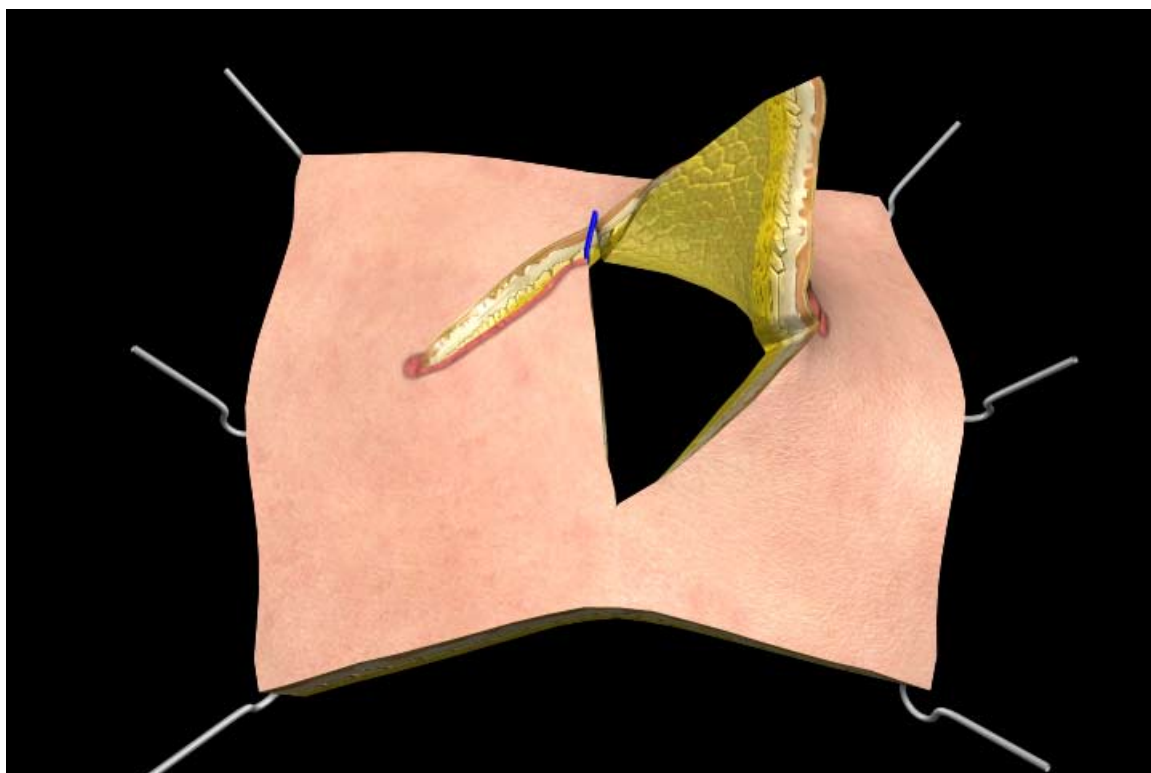
A close-up image of a malignant melanoma before the virtual procedure.



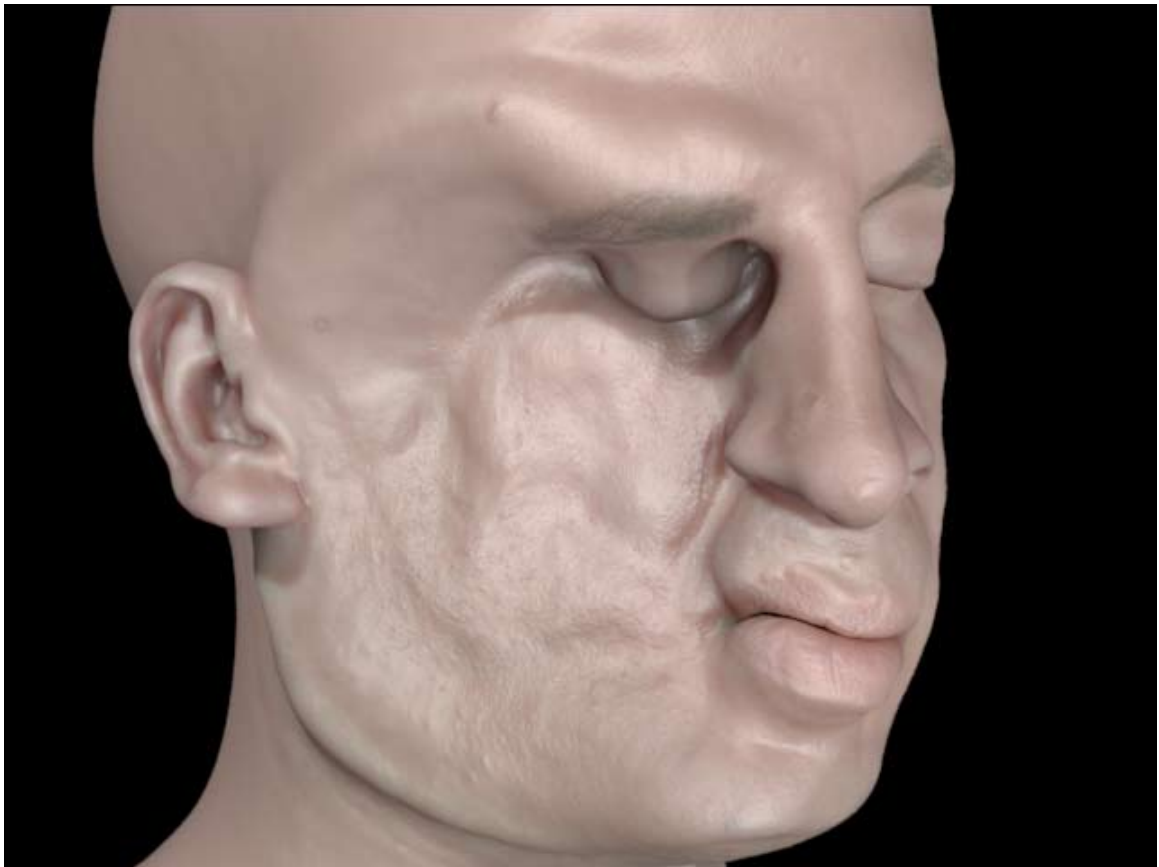
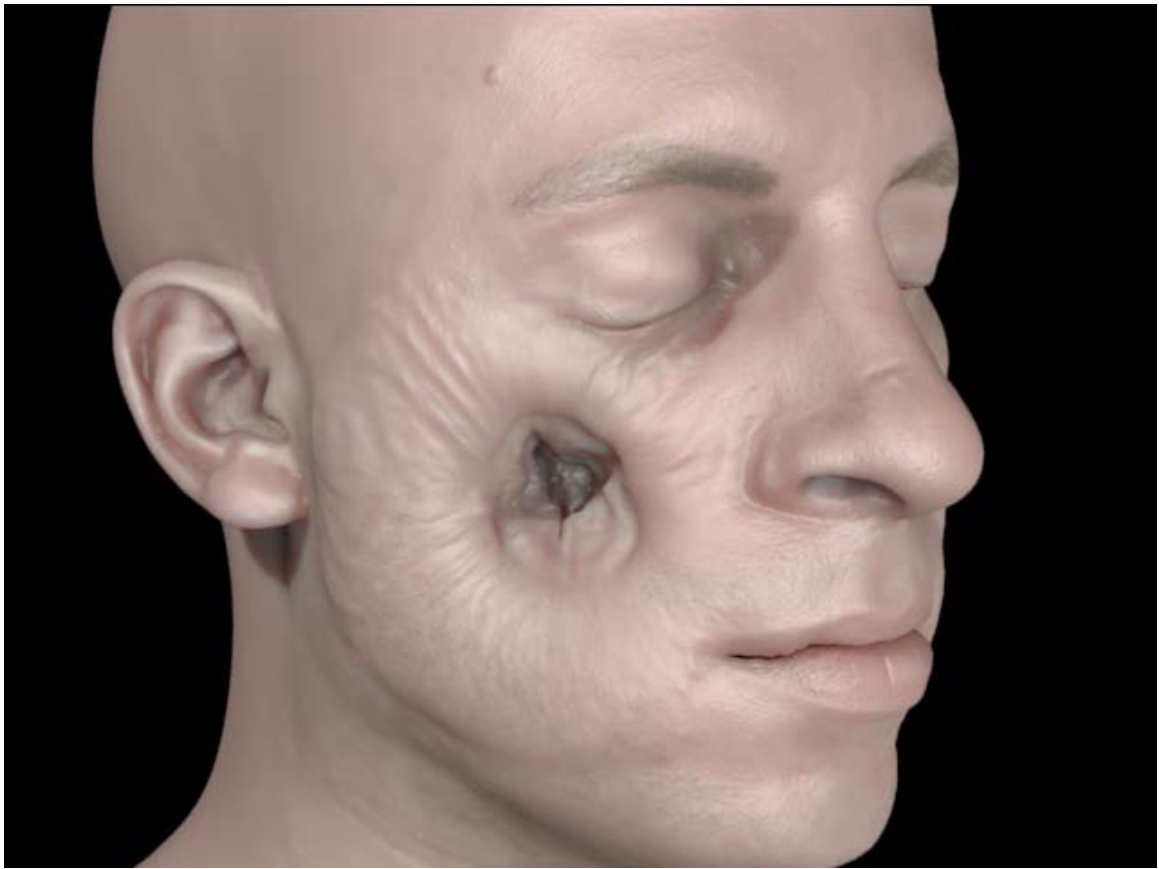
Here, the excision of the melanoma leaves a rhomboidal defect. A simple transposition of a tissue flap is used to repair the tissue.



The Z-plasty procedure leaves a scar, but elongates a tissue artificially contracted by scarring.



The virtual surgeon makes a Z-shaped incision (with 60 degree angles) creating two triangular peninsular flaps of tissue. These flaps are transposed to elongate the tissue in the direction of the scar.



opposite top: Modern algorithms allow for incredibly detailed simulations. Here, a recent technique is used to simulate the result of a high-speed projectile impact on a digital double of the head and neck.

opposite bottom: The digital double can be used to predict injuries that would result from traumatic scenarios. This technology will help in the development of surgical approaches for treating such injuries.

JL: Joseph, I bet you're a fun guy! What do you do in your personal time?

We know you are an assistant professor at UCLA, Department of Mathematics, with endless degrees from such prestigious hallowed halls as the Courant Institute of Mathematical Sciences (2005 – 2007), Stanford University (Ph.D., 2005) University of California (B.S., 2000) and a visiting member of Courant Institute of Mathematical Sciences (as a National Science Foundation Mathematical Sciences Postdoctoral Research Fellow).

We know that embracing your stellar career, you've been awarded among many: Discover Magazine – Top 20 Scientists Under 40 (December, 2009) and National Science Foundation Mathematical Sciences Postdoctoral Research Fellowship (2005 – 2007).

What we'd love to know is what excitement do you get into in your fun time?

JT: My only hobby these days is guitar. When I was younger, I

enjoyed playing soccer very regularly. These days, I don't have enough time but I would like to get out and play a little more often than I do now.

JL: And inventing! This, too, has got to be tremendous fun! Perhaps it incorporates the highs of soccer into the solitude of music?

JT: I suppose so, yes.

JL: Joseph, earlier on you mentioned that "most of the behaviors of everyday life can be described with mathematical equations." This intrigues me! Can you give me an example of an everyday behavior? Let's say, laughter. What would the equation be?

JT: Laughter is experienced when sound waves created in your throat travel to someone's ears. This process of sound-wave generation is well understood and can be mathematically described in terms of wave transport. The interaction of these waves with the cochlea in your ear enables your experience of hearing laughter. All of these

phenomena are naturally described with classical physics and mechanics.

JL: Joseph, what is your most important message for the world to hear?

JT: I guess I would like to encourage people to study math and computer science because it never gets old. You will never be bored because there are always new problems to solve and new things to learn.

JL: You are quite the symbol of genius, Joseph! And how honored ADESTE and JO LEE Magazine are to have you as our Laureate 2010.

JT: Thank you again Jo Lee, I am honored to have been featured!

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Nick Szabo, ECPP's CEO has spent the last 15 years researching, perfecting and modifying top line agricultural equipment, perfecting it for climatic and soil variations required to excel in even the most difficult situations. He is also responsible for developing the Ferthaul manure hauling system and for building its current operation from the ground up. He has left nothing to chance in this operation and has carefully tested and researched each aspect of the system.

Thomas D. Smyth, ECPP's Chief Advisor, was born on a homestead in Alberta and spent more than 72 years in agriculture. He is the chairman, President and CEO, retired, of Heinz Canada, a position he held for 15 years. Additionally, he served as the Chairman of the Agricultural Research Institute of Ontario, Chair of Food & Consumer Products of Canada and Chair of the Steering Committee of the National Institute of Nutrition. He has logged 13 years with the Agriculture Adaptation Council, was on the Executive Committee of the Food Institute of Canada and the Food Advisory Committee for Ontario's Ministry of Agriculture, Food and Rural Affairs.

INDULGENCES

Encore!



Gustavo Abello
IT Director
YES! International

I AM A COLLECTOR OF
URL Links on international
Politics

MY PASSION IS
Public speaking

BEST LIFE EXPERIENCE
The day my two sons were
born

BEST MEMORY
My very first scuba diving
session. I almost died that
day!

BEST BOOK
"The Odessa File" by
Frederick Forsyth

MY LUXURY DREAM IS
Living in a hotel like my
friend Jo Lee

MY FANTASY IS BEING
MORPHED INTO A
Palm tree

BECAUSE
I will always be sunny, happy
and surrounded by beautiful
girls.



Ruth Ayson
Photo Stylist
JO LEE Magazine

I AM A COLLECTOR OF
Friends

MY PASSION IS
Family

BEST LIFE EXPERIENCE
When I became a mom,
because I was an instrument
for another life to enjoy the
beauty of God's creation.

BEST MEMORY
When my eldest son called
me: Mama

BEST BOOK
My life - with my husband
and three kids.

BEST DINING
EXPERIENCE
With our families in the
Philippines with our own
traditional food.

MY LUXURY DREAM IS
A mansion and to travel to
Paris, Greece, and Rome.

MY FANTASY IS BEING
MORPHED INTO A
Sail boat on the sea.

BECAUSE
Through happiness and rough
times you sail through life
with your family.



Nicole Buckett
Special Assignment
JO LEE Magazine

I AM A COLLECTOR OF
Purses and shoes

MY PASSION IS
Working out

BEST LIFE EXPERIENCE
Going away to University and
making so many long time
friends

BEST MEMORY
When Tim McGraw signed
my hat

BEST BOOK
Judy Bloome – Summer
Sisters. Reminds me of the
times I spent with my good
friend at the cottage.

MY LUXURY DREAM IS
To be able to travel anywhere
in the world no matter how
expensive the cost

MY FANTASY IS BEING
MORPHED INTO A
Sandpiper

BECAUSE
Of longing to spend my days
on the warm beaches



Sandra P. Fabria
Photo Stylist Manager
JO LEE Magazine

I AM A COLLECTOR OF
Family memorabilia

MY PASSION IS
Blogging

BEST LIFE EXPERIENCE
Teenage years

BEST MEMORY
The joys of early motherhood

BEST BOOK
Shakespeare

BEST DINING
EXPERIENCE
Breezy, shoreline dining at
Mactan in the Philippines

MY LUXURY DREAM IS
To live in a floating mansion

MY FANTASY IS BEING
MORPHED INTO A
Mermaid

BECAUSE
I want to explore the deep.



Jag Gundle
Cover Photographer
JO LEE Magazine

I AM A COLLECTOR OF
Art

MY PASSION IS
Photography

BEST LIFE EXPERIENCE
Witnessing the birth of a
human being

BEST MEMORY
Photography in India

BEST BOOK
Green Eggs and Ham-
Dr. Seuss

MY LUXURY DREAM IS
Starring and hanging out with
Ben in an episode of Lost

MY FANTASY IS BEING
MORPHED INTO AN
Astroid

BECAUSE
It flies in & out of space(s)



Manuel Navas
Creative Advisor
JO LEE Magazine

I AM A COLLECTOR OF
Artcraft. Clay, wood

MY PASSION IS
Music, dance and computers

BEST LIFE EXPERIENCE
Every single birth of my three
wonderful kids

BEST MEMORY
My teenage years

BEST BOOK
I enjoy them all

BEST DINING
EXPERIENCE
A couple of elegant
restaurants in Montreal.
Exquisite cuisine Française
although my wife's cooking is
the best of all!

MY LUXURY DREAM IS
Winning the LOTTO

MY FANTASY IS BEING
MORPHED INTO AN
Eagle

BECAUSE
Of the freedom to fly
wherever I want and not be as
powerless as a 'simple' bird.



*Maureen
O'mahoney*
Marketing Editor
JO LEE Magazine

I AM A COLLECTOR OF
Unfortunately, everything.

MY PASSION IS
My husband.

BEST LIFE EXPERIENCE
Having lived in six countries.

BEST MEMORY
Returning to Ireland with my
Mother.

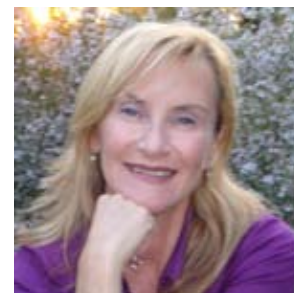
BEST BOOK
Lee Child's novels for pure
escapism.

BEST DINING
EXPERIENCE
I adore Indian food.

MY LUXURY DREAM IS
To watch dolphins and whales
while relaxing on the deck of
a magnificent yacht.

MY FANTASY IS BEING
MORPHED INTO
2058 to see how the world
has evolved.

BECAUSE
It would be wonderful to see
how humanity has saved itself
and the world.



Debra Wain
Director
Marketing Relations

I AM A COLLECTOR OF
Music

MY PASSION IS
Life

BEST LIFE EXPERIENCE
My ten day Vipassana
Meditation in silence

BEST MEMORY
My wedding day when my
daughter Vinnie unexpectedly
broke out in a song dedicated
to Nicholas and myself in front
of 120 guests. She still does
not cease to amaze me.

BEST BOOK
The Power of Now by Eckhart
Tolle

MY LUXURY DREAM IS
To travel the world in style
until I find my perfectly
matched oasis

MY FANTASY IS BEING
MORPHED INTO A
Jo Lee

BECAUSE
I'll then see life through her
eyes. She is my hero.

JL



WHAT IS A MAN'S WORST fear when his granddaughter is the richest girl in the world?

Probably that some older Lothario (married, with a child) will sweep her off her feet, whisk her off to the tropics and propose marriage once his divorce is final.

It might be just as well. Aristotle Onassis isn't around to know that granddaughter Athina Onassis Roussel has married her Brazilian love, Alvaro Alfonso de Miranda Neto from São Paulo. When the two met, 'Doda' was married to Brazilian model Sibele Dorsa, with whom he has a young child, Viviane. Athina inherited the Onassis fortune when she turned 18 and intends to inherit an extra \$2 billion when she fulfills the request in her grandfather's will that she learn his native Greek. Even if the happy couple has to make do with the fortune she already has, her prenup could way out-shadow Mr. Trump's.

The Beautiful Athina

BY THIAGO CARDOSO
SÃO PAULO - BRAZIL

Athina grew up very securely in the family of her father, Thierry Roussel. Her stepmother, Marianne "Gaby" Landhage Roussel, was the only mother Athina had after losing her biological mom, Christina Onassis, at age three.

Athina's father is a Roman Catholic, her late mother was Greek Orthodox and Gaby, Swedish Lutheran. She attended school in Lausanne, Switzerland, her family's home touching the outskirts of the city in the village of Lussy-sur-Morges and, insisted always, on riding the bus with the other kids despite concerns of security - rollerblading to the bus stop with bodyguards by her side.

Athina studied for the French Baccalaureate exam at a school in Brussels in order to train in show jumping under Nelson Pessoa whose equestrian school is outside Brussels. It was during that time when Athina met Alvaro Alfonso de Miranda Neto

(Doda), the man she married in December 2005.

Even-tempered and peace loving, Athina is not easily ruffled and is rarely given to emotional displays. She has a calming effect on more high-strung or volatile people and an emotional steadiness that others find soothing.

Though gentle and not easily provoked, Athina is tremendously stubborn and resists any change that requires an emotional adjustment such as changes in her home life or marriage. Her sympathetic nature instinctively reaches out to people in need of help, with her soft heart and sympathetic nature giving very selflessly and devotedly to those she loves - often allowing others to become overly dependent upon her. Understandably, she is drawn to sensitive, imaginative, gentle souls - poets, musicians - or to those she feels she can have a deep, spiritual

relationship with. Athina idealizes love and has a very beautiful, romantic vision of what love relationships can be. Being at home makes Athina happy and she invests a lot of energy into beautifying, decorating and creating beauty for her family.

There's been quite a bit of contention over her ownership of the Onassis Foundation and she was not automatically named president when she turned 21, as she had expected. The Foundation has indicated that, as she has shown no interest in Greece or Greek affairs, she would be a poor choice to lead an inherently Greek organization and refused to name her president, which, according to some interpretations, is directly against Onassis' instructions regarding the administration of the Foundation.

There'll be long court sessions ahead. Athina nevertheless - remains a very, very rich young lady.

JL



The Real Meaning Of Lunch

BY LYNE LAFONTAINE
NEW YORK – NEW YORK

Fred's is a smartly perched bistro on the 9th floor of Barneys, New York, recommended by CitySearch as "the best lunch spot to see and be seen".

Therefore we decided to pay Fred a visit this afternoon to see and be seen. During our 45 minute wait, I couldn't help but notice a concoction of high-heeled housewives (some more desperate than others) engaging in light banter while having "lunch". My quarrel is not so much with them as with the implicitly derogatory use of the word "lunch". The kind of repast that these women were indulging in was essentially a Chardonnay-fueled shopping break with a partially eaten mesclun salad on the side.

I feel that this is a travesty to the true meaning of lunch.

I am all in favor of healthy and light lunches, but whatever happened to a real lunch? From time to time, I

believe it's important not to focus on the Chardonnay and instead to focus on the true essence of "lunch" - food and friends.

By food, I mean - how about having a real meal occasionally? Perhaps a salmon carpaccio followed by a steak au poivre? Or how about a turkey club sandwich or certified Angus burger? Or perhaps some spinach ravioli or penne basilico for the vegetarians? Anything but a few mesclun greens and a glass of Chardonnay to wash them down... please.

By friends - I'm referring to real conversations about real issues. In the words of FT columnist Harry Eyres, "a good lunch can remind us how lucky we are still to be in a place where words, if we speak them thoughtfully and from the heart, can still have rich meaning and delight".

Lunch...

JL

INDULGENCES

JO LEE MAGAZINE – CELEBRATING 10 YEARS OF LUXURY – DECEMBER 2010

The Poet's Corner

AN AUDIENCE OF ONE

Written for her dear friend, Bobbi Von Liphart, just prior to her passing in January, 2010. Dr. Margaret R. {Peggy} O'Keeffe Umanzio.

You are the Golden Child
coming forth on May Day
to awaken the earth from its deep sleep of winter,
tap dancing lightly on the surface of the earth
bringing forth the glorious new life hidden underneath.

You are the Radiant Scholar
sharing your magnificent abilities with the world.

You are the Brilliant Child/Woman of the 60s
marching forth to change the world and make it a better
place.

You are the dedicated Peace Corps worker
driven by your Heart of Gold.

You are the Luminescent Lawyer
always adhering to the gold standard of integrity and
truth.

You are the Round Table storyteller/entertainer
spinning unsettling and unbelievable experiences into
pure Comic Gold.

You are our Golden Goddess
the gift from God in all of our lives.

©margaretumanzio

THREE DREAMS

Heavy wooden doors keep opening
as new rooms appear, one after the other;
each one larger than the one it had been;
each one more defined, more absolute.
Unfamiliar curtains hang from the windows.

I place a silver token in the whispering meter
and billowing dreams drift forth.
Swirls of clouds circle around me, within me,
as I fly above the trees, above the people;
floating, soaring, smiling.

I gently toss a ball into the sunlight.
It disappears, or so I thought, until
a small bird high above me catches it.
Suddenly, an eagle appears in its place
and drops the ball into my outstretched hands.

©sallyanne

DEATH

Thief extraordinaire.
How did you feel when my long time love became yours?
Did you smile, rejoice, sing, dance, feel remorse?
You changed my life.

What was no longer exists.
The pillow next to mine remains fluffed, solitary.
My hand reaches out, touches the void.
My voice heard by walls.
My song, wordless, tuneless.
Tears drop, flooding the numbness of my sorrow.
Will you caress the pain?

Is war, famine, disease your creation?
You can't erase memories.
I won't let you pulverize my spirit.
I shall gaze upon stars, see twinkling eyes, listen to the
wind,
hear whispered words, sit in the sun to feel my love's
warmth.
Moon beams will guide my way.

You hide among the shadows,
waiting patiently.
I can't avoid you.
Thrust your arrow when peaceful slumber overtakes my
soul.

BENEATH THE SHEETS

Tell me why
do members of the opposing forces lie
beneath the same green plastic sheets with their glazed
eyes
fixed on the Afghan skies?
Did a lion and a lamb lie down there man to man?

And did a paradise flash before their eyes
as they were dragged
in body bags?

The question of elective choice
seems only to have given voice to screams of pain
for a senseless gain - a "regime change."
And the excuse we give to meddle in their civil war
is our superior culture
while at home we peddle
films to feed a blood lust
for next of kin to watch while those within
those plastic body bags
stare at eternity with their heads caved in.

If life is not a rehearsal
and death the final reversal,
then what happened there was it, and each one did his bit
to make a land now only fit for a dead man, or a quick
who stands the moments in between of dread
waiting for a zippered bed
on the last flight into endless night

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

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THE H. J. HEINZ COMPANY
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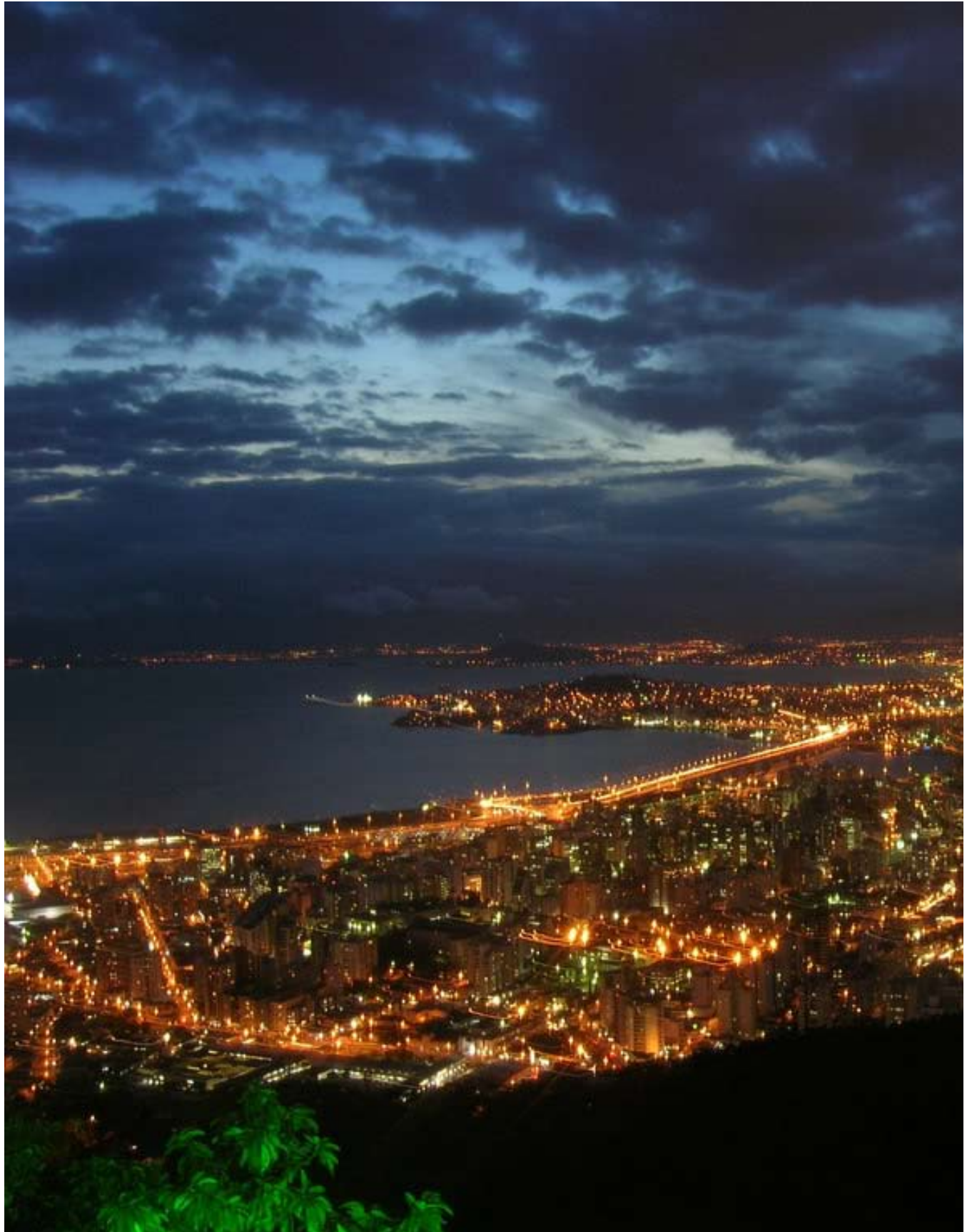
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QUICK / FREE

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CAN BE FOUND IN
NORTH AMERICA
& EUROPE

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COMES FROM 24+ MILLION
PEOPLE IN ALL 4 CORNERS
OF THE GLOBE

OUR MOST DEDICATED R&D
ANALYSTS PROVIDING
GLOBAL DATA
CAN BE FOUND IN
CANADA & THE USA

YES! International is a trade name of *Friday's Child International, a registered charity in
Canada and the USA assisting millions of young people annually.



YES, VIRGINIA! COME - EXPLORE WITH ME

JO LEE MAGAZINE – CELEBRATING 10 YEARS OF LUXURY – DECEMBER 2010

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.

Buenos Aires, Argentina

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Complex, energetic port city, it stretches south-to-north along the Rio de la Plata. Portenos, as the people of Buenos Aires are known, possess an elaborate and rich cultural identity. European heritage is highly valued, Italian and German names outnumber Spanish. The lifestyle and architecture are more European than any other in South America. Teatro Colon, a fine opera house is well used. Portenos are involved in the life and culture of their city.

The physical structure is a mosaic - diverse and varied. Buenos Aires is composed of many small places. Glass-sheathed skyscrapers cast shadows on 19th century Victorian houses; tango bars filled with cigar smoke face treasure-filled antique shops.

The neighborhoods are small and individualized; each has its own colors and forms. The San Telmo district with multinational heritage

is varied and cosmopolitan—Spanish Colonial with Italian detailing and French Classicism. La Boca's tin houses are painted a rainbow of colors and muralists have turned the side-streets into avenues of color.

The national dance, the tango, expresses the spirit of Argentina. People dance in dance halls, parks, open plazas and ballrooms. The tango is a dance of intimate separation and common rhythm; elegant and passionate.

Buenos Aires, once a prosperous European-style metropolis, buckled under the strain of government and economic collapses but is now back on its feet. A generation of designers, soccer players, musicians and restaurateurs has reinvigorated the city, transforming it into a wonderful travel destination.

Shopping is a great adventure with the local fashion design; the steak

dinners are divine, the dance halls filled with students and teachers where even a traveler can join in; soccer matches filled with passion for all to enjoy and the wine delicious and affordable.

Buenos Aires embodies the bittersweet charm of old-fashioned sensibility and contemporary revolution creating simultaneous thrills for visitors and tears for old timers. For every group of trendsetters enjoying cocktails, there is a cluster of old-timers gathered round a radio, listening to an old favorite song, tears flowing down their cheeks, remembering the days gone by.

I loved our visit and would gladly return. A beautiful, seductive city.

See you there soon.

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Carlos Slim Helú A \$60 Billion Worth

BY ABILENE PENA
MEXICO CITY - MEXICO

Whether he wants it or not, Carlos Slim Helú has recently been designated the world's richest man, with a net worth of close to \$60 billion USD.

Carlos was the youngest boy amongst six siblings born to Julian Slim and Dona Linda Helú, on January 28, 1940 in Mexico City, Mexico. Julian became a prominent businessman in Mexico and when Carlos was barely 13, his mother passed away and Carlos added her surname, Helú, to his official name.

Upon completing his studies in civil engineering from the National Autonomous University of Mexico, he began his career by erecting the foundations of Grupo Carso and becoming an eminent businessman in many industrial, real estate and commercial fields. When Mexico was undergoing a financial crisis in 1982, Carlos decided to invest greatly in the market. His planned investments brought huge results. By 1985, Grupo Carso obtained control over Artes Gráficas Unidas SA de CV, Fábricas de Papel Loreto

y Peña Pobre and became a major stakeholder in Sanborns and Denny's.

In 1986, he acquired Minera FRISCO and Empresas along with their affiliates. The Euzkadi tire company, a sensation in business at the time, also came under the control of Carlos. In 1990, Grupo Carso also got hold of Telmex in a joint venture with SBC and France Telecom, and started a new era of industrial development in the global sector.

Within 15 years, Telmex developed into a world-class technological company through its optimized processes. America Movil, started in 1996, became a pioneer and international innovator of cellular prepayment systems. Undoubtedly, he rules the telecom industry with 90% of telephone lines in Mexico coming under Telmex. He's been applauded several times for his contribution to technology.

Carlos Slim Helú became the first president of the Latin-American Committee of the New York Stock

Exchange Administration Council. He is a great lover of art and nature, an aficionado of baseball, having written numerous articles about the sport and he controls the Latin America Development Fund project embracing his love of philanthropic work.

The Mexican communications industry and other interests have been kind to Carlos Slim, to say the least. It's said that between 2005 and 2007, Slim's worth doubled. In that period, his fortune grew around \$27 million - daily. The reason is simple: he owns everything in Mexico. Over 200 companies are under his thumb, ranging from the aforementioned telecom to transportation, and from cigarettes to soft drinks.

He's dismissed the title of world's richest man with indifference, claiming that designation is not his kind of competition.

JL



Communism And Female Wealth

BY MAUREEN FAN
BEIJING - CHINA

A few years ago – Shi Xiaoyan sold 17 of her 20 cars. That left her with just the Porsche - a Boxster and the 911 Turbo - in the downstairs garage.

Shi, who also goes by Celia, is the founder and chief executive of Illinois, the Beijing-based home furniture chain and is high on a list of the richest women in China, with a reported total wealth, along with her husband, Ye Mingqin, of close to \$200 million.

That kind of conspicuous consumption might not be quite so conspicuous in Beverly Hills. But this is China, where, until fairly recently, being rich was not only rare but virtually criminal. After making money was sanctioned by the government, many of the people decided to xia hai, or jump into the commercial sea and start their own businesses.

Shi Xiaoyan was one of these people!

In just ten years, Shi Xiaoyan made a huge leap forward in her life. From a nurse in Beijing, to student studying abroad, to a billionaire also establishing China's first auto theme park located near Beijing's Capital International Airport. With an investment of over 50 million

yuan, it is the only one of its kind in northern China. Here, people can purchase automobiles, as well as participate in auto racing and other cultural activities. She also has plans to build shopping malls, hotels and golf courses in the surrounding area.

After marriage and not satisfied with being a wife at home, Shi was inspired through an experience abroad when she saw and realized that a person's values could be embodied in what he/she eats, wears and uses and "what I became interested in - was dealing with people" and it changed her attitude towards life.

She decided to do an interior design major at the University of Chicago. At the same time, Shi kept an eye both on the international fashion trends and China's development. Within one year from 1993 to 1994, she learned everything about high-quality materials, brands and design concepts and decided on the best time to come back and start her new career as a buyer.

Her education in America provided a solid foundation. "Almost all my lessons in the U.S. were taught in museums, instead of the classrooms with boring theories," Shi said.

"For example, I learned most of the knowledge about the wooden veneer from a veneer processing manufacturer. So I know about wooden skin products and ways they combine together." Even today, she spends a lot of time visiting museums and art exhibitions to find inspiration.

But Shi lost three million US dollars in her first deal. After a few initial setbacks, together with her husband, she established a small furniture factory and imitated the design and style of foreign brands as well as importing actual foreign products. Yet this strategy of copying western designs didn't last long and she began creating her own furniture design shop.

Upon researching the international furniture market, she developed Illinois Unique Style— new classic, postmodernism - inviting top designers from the world to design in her studio. This soon became a real hit, which not only attracted Chinese customers, but also buyers from abroad.

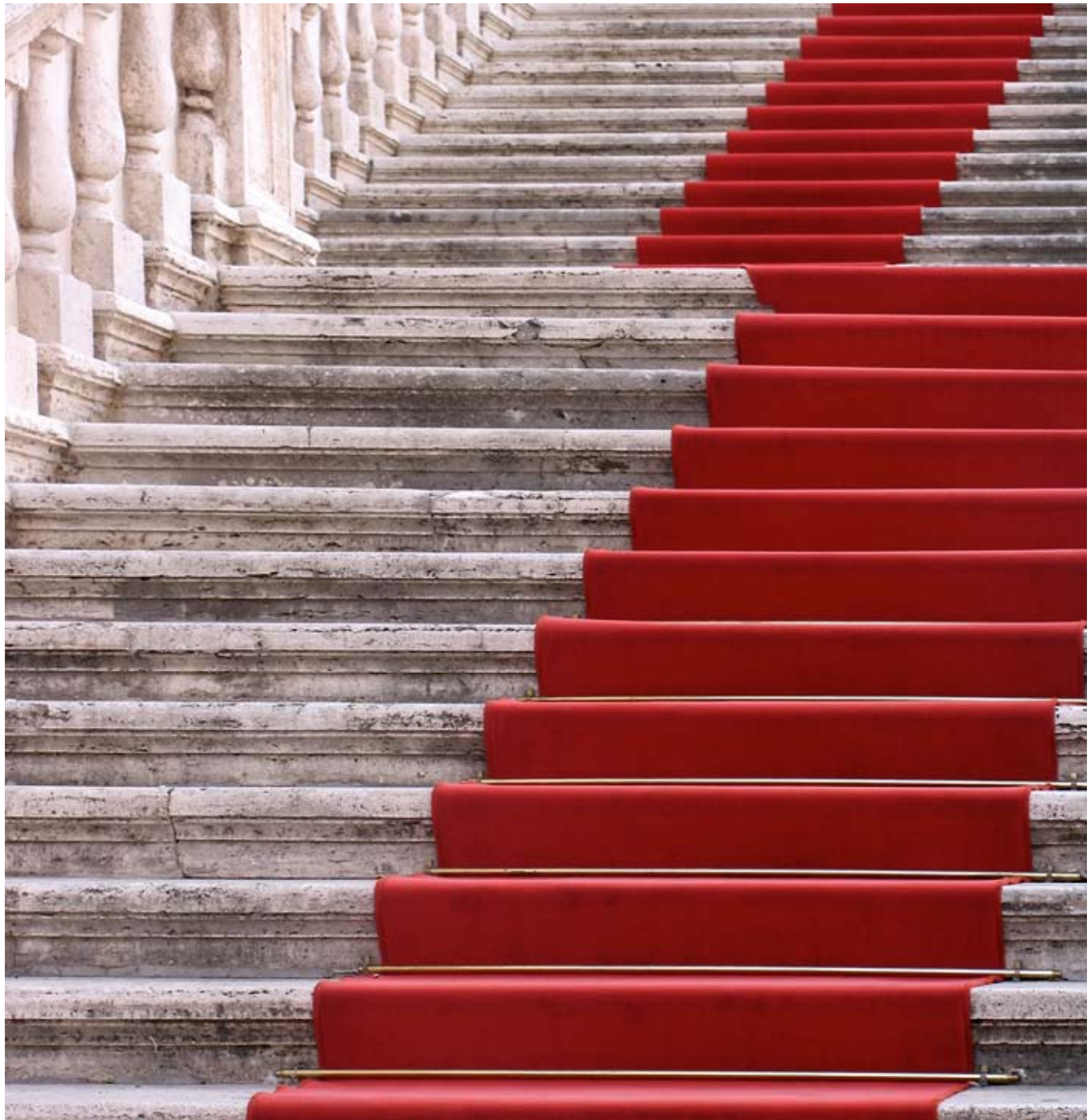
Whenever difficulties are encountered, Shi lives by her motto. "Style keeps changing and I never stop working."

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FEATURE

The Link Between Air Travel And Disease

BY NANCY M. GALLAGHER, KAREN J. MARIENAU, PETRA A. ILLIG, PHYLLIS E. KOZARSKY
CENTERS FOR DISEASE CONTROL AND PREVENTION
ATLANTA – GEORGIA



Travelers often have concerns about the health risks of flying in airplanes. Illness that occurs as a direct result of air travel is uncommon, but the main concerns are—

Exacerbations of chronic medical problems due to changes in air pressure humidity, and oxygen concentration.
Relative immobility during flights (risk of thromboembolic disease).
Close proximity to other passengers with certain communicable diseases.
Spraying of airplane cabins with insecticides (disinsection) prior to landing in certain destinations.

EXACERBATION OF CHRONIC DISEASE

During flight, the aircraft cabin pressure is usually maintained at the equivalent of 1,500–2,500 m (5,000–8,000 ft) above sea level. Most healthy travelers will not notice any effects. However, for travelers with cardiopulmonary diseases (especially those who normally require supplemental oxygen), cerebrovascular disease, anemia, and sickle cell disease, conditions in an aircraft can increase the risk of exacerbations of their underlying conditions. Aircraft cabin air is typically very dry, usually 10%–20% humidity, which can cause dryness of the mucous membranes of the eyes and airways.

BAROTRAUMA DURING FLIGHT

Air in the middle ear and sinuses, as well as intra-abdominal gas, expands during ascent. Air in the middle ear and sinuses can usually equalize during ascent. More problems occur

as the low-pressure air within these spaces needs to be equalized by air that flows in the eustachian tube or sinus passages.

VENTILATION AND AIR QUALITY

All commercial jet aircraft built after the late 1980s and a few modified older aircraft re-circulate 10%–50% of the air in the cabin mixed with outside air. The re-circulated air passes through a series of filters 20–30 times per hour. In most newer model airplanes, the recycled air passes through high-efficiency particulate air (HEPA) filters, which capture 99.9% of particles (bacteria, fungi and larger viruses) between 0.1 and 0.3 microns. Air flow occurs horizontally across the plane in limited bands, and air is not forced up and down the length of the plane.

IN-FLIGHT TRANSMISSION OF COMMUNICABLE DISEASES

Communicable diseases may be transmitted to other travelers during air travel, therefore—
Persons who are acutely ill, or still within the infectious period for a specific disease, should be discouraged from traveling.
Travelers should be reminded to wash their hands frequently and cover their noses and mouths when coughing or sneezing.

TUBERCULOSIS

Although the risk of transmission of *Mycobacterium tuberculosis* on board aircraft is low, international TB experts agree that contact investigations on flights of 8 hours

are warranted when the ill traveler meets WHO criteria for being infectious during flight. The concern is greatest when a person may have flown with a highly resistant strain of TB. People known to have infectious TB should not travel by commercial air (or any other commercial means) until criteria for no longer being infectious are met.

INFLUENZA

Transmission of the influenza virus aboard aircraft has been documented, but data are limited. Transmission is thought to be primarily due to large droplets; therefore, passengers seated closest to the source case are believed to be most at risk for exposure.

NEISSERIA MENINGITIDIS

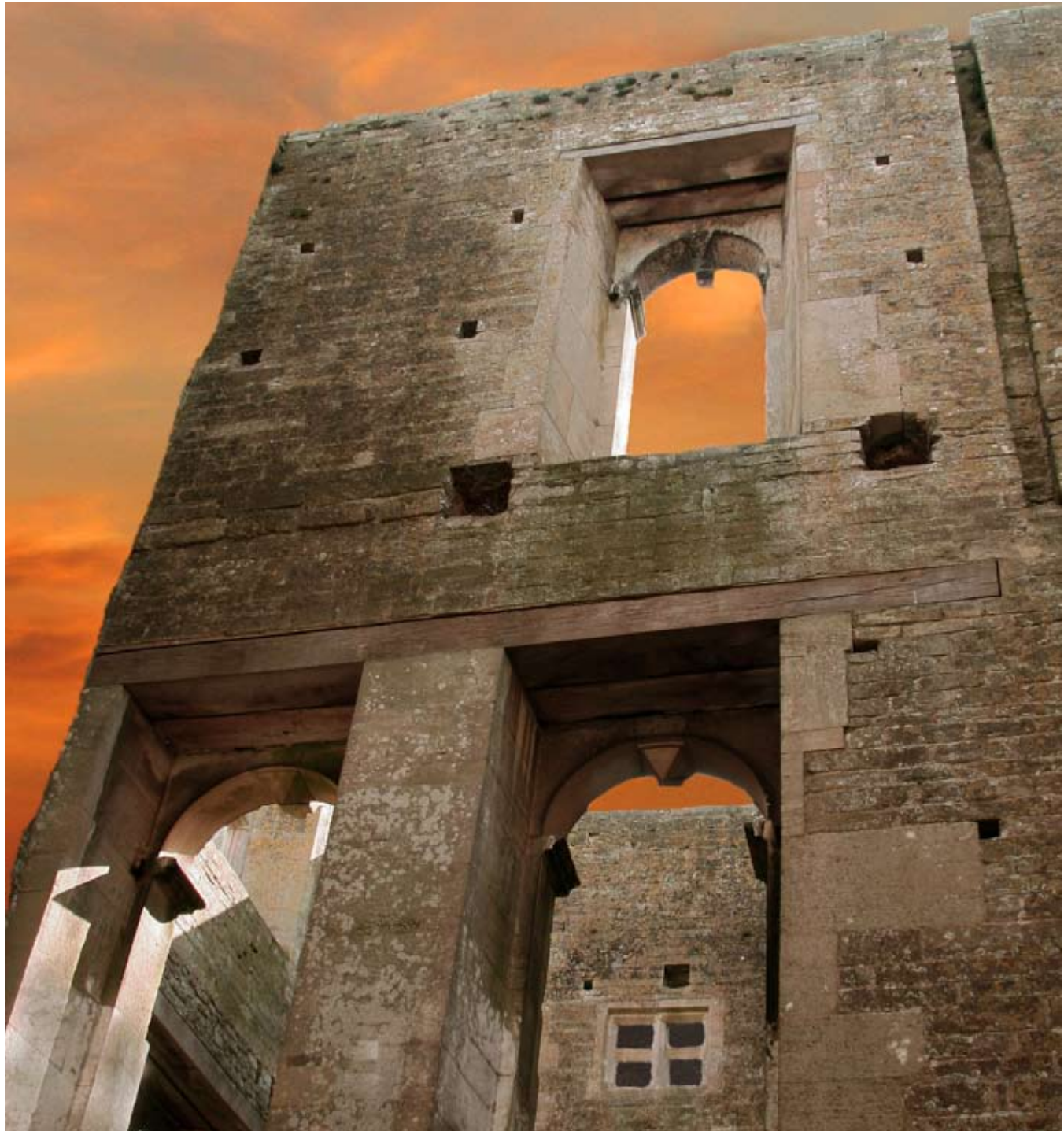
Meningococcal disease is potentially rapidly fatal, thus rapid identification of close contacts and provision of prophylactic antimicrobials are critical. Antimicrobial prophylaxis should be considered for—
household members traveling with a patient, travel companions with close contact, and passengers seated directly next to the ill traveler on flights of 8 hours.

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FEATURE

The Silent Generation Meets Generation Y

BY TOM CASEY
MANAGING PRINCIPAL - DISCUSSION PARTNER COLLABORATIVE LLC
BOSTON - MASSACHUSETTS



HOW TO MANAGE A FOUR GENERATION WORKFORCE WITH PANACHE

Managing a multi-generational workforce is a challenge that many organizations are facing today, as effective workforce planning strategies will require a shift in thinking from the topic of the “aging workforce” and instead - address issues related to the “multi-generational workforce”. Companies are stepping back and looking at more integrated ways of developing programs/deploying technology that will speak to four distinct generations in the workforce. Each age group requires a different approach when designing career and compensation strategies, performance motivators, and addressing learning styles. The biggest challenge, however, is how to effectively encourage collaboration among the four different generations of workers.

We can no longer think about human capital challenges purely in the context of the aging workforce. We can't just think about what we can do to make Generation Y (aka millennials) happy in the workforce. Instead, we need to answer the following question. “How do we best manage four active generations of workforce cohorts with differing expectations?”

Baby Boomers' views of Gen Ys in the workplace include some of the following generalizations:

Gen Ys don't have loyalty to the company

They have poor communication skills
They are impatient and they don't respect authority
They spend too much time online
I (Boomer) can't get them to accept my job.

Gen Ys certainly don't look like 'we' (Boomers) and their experience and backgrounds are vastly different than that of a typical Boomer. Our approach to work has been shaped by events and values that are very different than those that influenced Gen Y. No matter the role in your company, you will be managing Generation Y workers in the future and the task will be challenging.

There are an equal number of generalized perceptions about Boomers that are held by Gen Ys:

They are inefficient
They don't respect a Boomer
They assume that the Boomer is interested in the career path that 'they' have chosen for the Boomer
They are obsessed with face time and have too many meetings
They don't give the Boomer the latest technology and they don't use technology effectively.

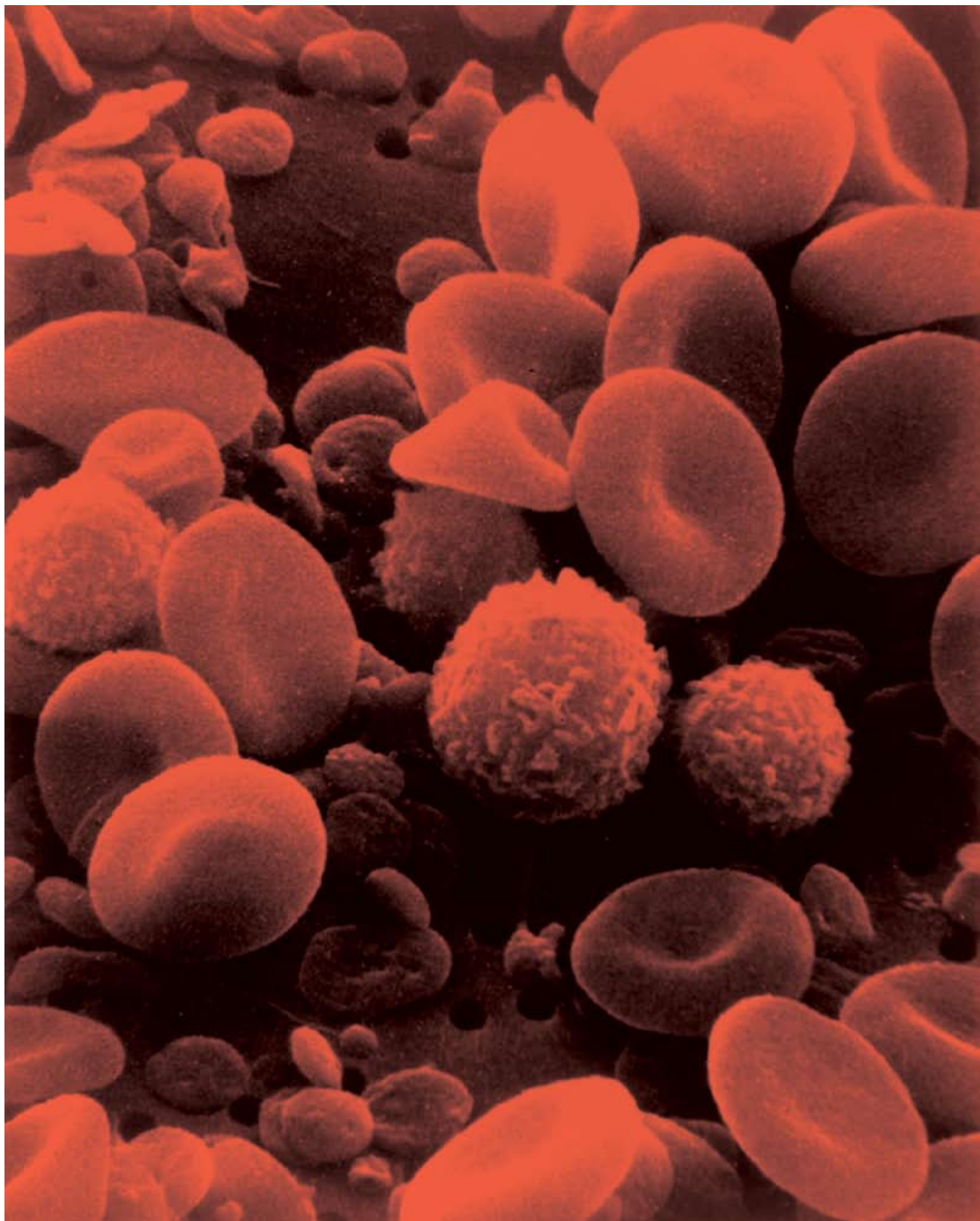
The real issue that underlies generational stereotypes is that there's incomplete communication between differing generational groups. Take, for instance, the analogy of the game 'telephone' in describing just how jumbled communication can get between differing generations.

One party speaks into the line and the other party either can't hear the

message or hears it incorrectly. The breakdown in communication happens in both directions and leaves both parties feeling frustrated. One “War Story” helps to put into context why Gen Y individuals are so different than Boomers.

An interesting tactic that some recruiters have used with success in hiring Generation Y workers is to involve their families in the hiring process as Gen Ys are very family-centric. This approach is not without its drawbacks, however. Some employers are finding that once they've involved the family in the recruiting or hiring process, they've hired the whole family. It is not uncommon to hear stories of parents calling employers to find out why their son or daughter got a poor performance review. Obviously, this is not an experience that many Boomers can relate to in fact, in a poll of Boomers, some 60% felt that they would have been better off without parents at all.

JL



Metabolic Syndrome

BY ENZO MANDOTTI M.D.
CHICAGO - USA

Treating the metabolic syndrome is the therapeutic challenge of the decade. By 2025, it is estimated that more than 380 million people could suffer from diabetes, according to the IDF {International Diabetes Federation}.

It's possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome takes a long-term effort and teamwork with your health care providers.

Also called Insulin resistance syndrome and Metabolic Syndrome X, Metabolic syndrome is a group of conditions that put you at risk for heart disease and diabetes.

What Is Metabolic Syndrome?

Metabolic syndrome is the name for a group of risk factors linked to being overweight and obesity that increase your chance for coronary heart disease and other health problems such as diabetes and stroke. The term "metabolic" refers to the biochemical processes involved in the body's normal functioning. Risk factors are behaviors or conditions that increase your chance of getting a disease.

The five conditions listed below are metabolic risk factors for heart

disease. A person can develop any one of these risk factors by itself, but they tend to occur together. Metabolic syndrome is diagnosed when a person has at least three of these heart disease risk factors:

A. A large waistline. This is also called abdominal obesity or "having an apple shape". Excess fat in the abdominal area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.

B. A higher than normal triglyceride level in the blood (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.

C. A lower than normal level of HDL cholesterol (high-density lipoprotein cholesterol) in the blood (or you're on medicine to treat low HDL). HDL is considered "good" cholesterol because it lowers your chances of heart disease. Low levels of HDL increase your chances of heart disease.

D. Higher than normal blood pressure (or you're on medicine to treat high blood pressure. Blood pressure is recorded as two numbers, usually written one on top of or before the other, such as 120/80. The top or first number, called the systolic blood pressure, measures the

pressure in the bloodstream when your heart beats. The bottom or second number, called the diastolic blood pressure, measures the pressure in your bloodstream between heartbeats when the heart is relaxed.

E. Higher than normal fasting blood sugar (glucose) (or you're on medicine to treat high blood sugar). Mildly high blood sugar can be an early warning sign of diabetes.

The more of these risk factors you have, the greater your chance of developing heart disease, diabetes, or a stroke. In general, a person with metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes as someone without metabolic syndrome.

About 47 million adults in the United States (almost 25 percent) have metabolic syndrome, and the numbers continue to grow. The increasing number of people with this condition is connected to the rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

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The New Spin On America's Dream

BY LENNOX DAEMAN
LONDON - ENGLAND

In 2001, Simon Fuller had a dream. Britain loved it. The American networks ranged from lukewarm to hostile. "Music doesn't work on TV in prime-time, we were told. After 30 seconds, the guy told me to get out."

In 2002, at the urging of Rupert Murdoch, whose News Corp. owns Fox network, American Idol was given a modest tryout.

In 2008, the show became a money machine!

A 30-second commercial on AI would cost approximately \$500,000, rising to more than \$600,000 for the finale.

By comparison, other top 10 shows, such as "Grey's Anatomy," get closer to \$240,000 per half-minute ad.

The difference reflects both the size of the American Idol audience and the fact that it delivers the viewers preferred by advertisers. Probably the last of its breed as the consumer pool is increasingly splintered by broadcast, cable, DVRs and the Internet.

So much for Hollywood acumen!

Simon Fuller, who started it all with Britain's 'Pop Idol' and carried the concept to the United States

and more than 35 TV markets worldwide, has said "pure, simple television is not that interesting for me; what's far more interesting is trying to create a cult effect."

It's been a lucrative exercise for the young, British gent and others. His 19 Entertainment, a division of CKX Inc., reported a 2009 operating profit of \$175.2 million - reportedly approaching the \$1 billion mark.

FremantleMedia, which teams with 19 Entertainment in producing the U.S. version, exporting the format and licensing, is another winner.

As a trendsetter, AI has served as blueprint for a generation of shows in which contestants are vetted by a triad that includes one wasp-tongued TV judge, preferably with a foreign accent.

"American Idol for the record industry is one of the few bright spots over the last seven, eight years. No one else has figured out the magic formula for selling records, and American Idol has one," said Steve Knopper, author of "Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age."

It's old-fashioned when you think of it. "TV helps you sell records," Knopper said, a lesson as old as

the 1960s U.S. introduction of the Beatles on The Ed Sullivan Show. American Idol is in tune with fans. Can that last?

"It's going to be harder and harder to sell records in the dramatically changing industry," Knopper said, "and that includes performers launched by American Idol."

"How long did 'American Bandstand' last - 30 years, 40 years?" Knopper said. "I think 'Idol' is built in that universal way. It's a talent show. It's not reinventing the wheel."

Today - it's 2010 and Simon Fuller moves on...

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Good Morning Dear Mom and Dad

BY KATIE HERON
SAN FRANCISCO - CALIFORNIA

I sit above the campground in the glittering sand and close my eyes in the sun. Camp 4 rustles and yawns. This is an ever-shifting city of colorful tents and earthy inhabitants. Like every city it has its early risers; the very first zips and grunts and clangs of morning activity begin as the last stars fade into the morning sky.

Yesterday it rained most of the day and my spirits were damp, along with my clothes, my tent, my sleeping bag, my backpack—everything I own.

I was waiting for a sunny day to wear my shorts, but yesterday I pulled them on with a decided vigor; I was going to be wet and cold and enjoy it. As soon as my shoes were tied I shot out of my tent and into the rain. My legs slapped against the meadow plants and I was soon drenched from head to toe in valley moisture. Everything around me was enormous—the wide, wavering

meadow, the walls of rock, the menacing clouds, the sheer depth of the valley. I could really feel its depth—the space between rock, the curve of winds rushing through the valley bends. I was small—a human being in a meadow in a valley on a planet in a universe whose forces can be felt and never really understood.

As I neared the river I removed my sodden shoes from my feet. I tied together their laces, and let them hang between my fingers. My stride was freed. I picked my way to the edge of the river and began to pad along its bank, toes sinking into moist sand. I looked down to watch the placement of my feet, aware of the sand compressing under my weight and holding the impression of each step in a lengthening trail. I was not the first to walk this path. Alongside my own were the defined tracks of another beast, wider, bulkier, with only four toes whose points dug into the sand. I looked up and there was the animal,

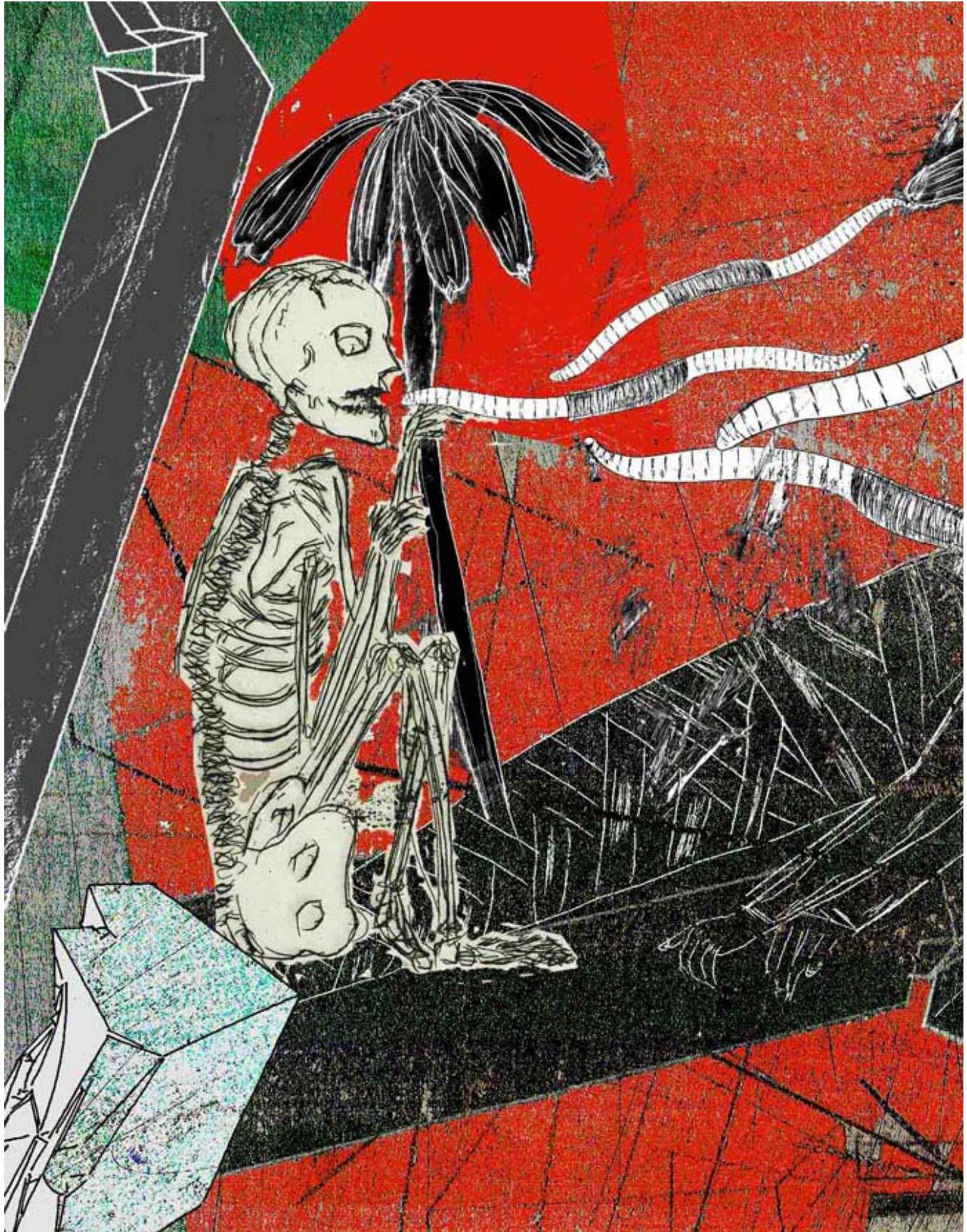
a black bear, submerged in the river and fighting the current in a labored traverse. It glanced at me once and disappeared into the forest.

I followed the bear's tracks. I waded in, gasping at the river's bite, and then submerged in winter melt up to my knees, I plunged.

I stayed in the river until I could no longer feel that it was cold. Then I crawled onto its sandy banks and for the first time that day, felt warmth in the air. The rain subsided into light mist and I sat naked with my feet dug into the sand, soaking up its meager heat. I sat for a long time, humming then singing then laughing at myself then laughing just because it felt good. Eventually I stood up and took off through the meadow, wet, bare, free, so alive.

Love you,
Katie

JL



On Africa's Little Failings

BY DAVID C. WESONGA
NAIROBI – KENYA

I have never been an advocate of self-help literature, and neither do I believe in external motivation figures. I do not even consider this article a self help / motivational article. But I'm a firm believer in the happiness factor.

We spend entire lifetimes searching for happiness, pursuing even that which is beyond our reach, in the hope and prayer that it will be found. In fact, from a closer angle, every act is in search of happiness, even if we try to conceal it. And such is the power of momentum; it keeps propelling us to newer heights in our search.

We go to movies, matches, parties, and the desire is happiness. We get into relationships, break-up, divorce and even get into same sex marriages - all for happiness. And the search keeps going on in the hope that next time, we will be more successful.

In search of happiness, the Greek mythology of the sirens has been retold the world over. Men wandered in search of the singing sirens, lured by the pure touch, the thrill to the ear of the voice of the maidens and,

unto their deaths, their happiness. It is said, at the height of happiness, one ceases to think. An inner silence engulfs one and peace takes over. Read death of the sirens.

Equate happiness to the recent story of the Sudanese businessman Mo Ibrahim. Mo Ibrahim is a media mogul, best known as the founder of Celtel, the leading pan-African mobile telecommunications company. He also founded a foundation to honor good leadership, governance and democratic practices in Africa. With a cash package larger than the Nobel Prize's, he wanted to reward the few examples of exemplary leadership around the continent. After two years, he ran out of former presidents to award! Could African leadership be happy with the state of affairs? Most likely!

African examples are littered all over with occasional inspirational stories and lots of firsts! And that is the problem with happiness. That there is no need to search for happiness or to create it; on the bizarre end, everything has to be let off, to go, for one to experience happiness. I will be stoned for such moronic

utterances, but the third world seems to be happy so far, and doing well, the developed countries? Not so sure.

The argument is, Africans are a happy lot. Else how do you explain the many firsts around the world? When a Kenyan gay couple found time off to wed in London, homophobes came out of the closet in large numbers. There was a time when "identity" referred to a "state of being" – color, sex, ethnicity, race, religion, language, marital status, national origin, political opinion, disability, and wealth or other social status, today "identity" is understood to include sexual orientation. What of the state of happiness?

While we were busy ostracizing two adults in a very straight frame of mind, for same-sex marriage, countries the world over were being brought down to their knees by macho men and heterosexual women who strike off a love for God and country! And we seemed happy about it, and went on, in pursuit of happiness.

JL



Hong Kong – A Life Of Luxury Comfort & Shopping For The Rich, Famous & Discerning Traveler

BY HEIDE VAN DOREN BETZ
SAN FRANCISCO – CALIFORNIA

Hong Kong, with a present population of over 7 million, has been synonymous with style, class, shopping and entrepreneurship for decades. Few cities worldwide have the allure and fascination of Hong Kong. Hotels, restaurants, department stores, designer boutiques, jewelry stores, tailors; jade, pearl and trinket markets and of course the incredible skyline of Kowloon, Hong Kong Island with Victoria Harbour, remains an unforgettable attraction.

The icon of the luxury hotels is the legendary Peninsula, which has been the home to the discerning traveler for over 80 years. With views of the city as well the harbor, every wish of the guest is seen to, including a car service comprised of 14 Rolls Royce Phantom limousines. The hotel provides its own helicopter for transfer from the airport for a ten minute flight to the heliport on top of its building. Taking a spin for a bird's eye view over the 206 outlying

Hong Kong islands is an experience worth a trip to Hong Kong all by itself. A Mini Cooper is available to take guests on shopping sprees through the tiny crowded streets to markets, for a paradise of shopping bargains.

The Star Ferry will ferry the visitor on one of the best scenic rides anywhere. For less than \$1 USD - one can cross the harbor from Kowloon to Central to explore the back streets for antiques and treasures in the area of Hollywood Road. Hundreds of shops and dealers display their objects here. Local markets with fruit and vegetables abound, as well as the street food stalls that prepare anything from fabulous fresh fruit to chicken legs to snake to deep fried bugs.

As one local friend said when I enquired about the culture of the city (there is an abundance of fine galleries and museums but..) "Heide, in Hong Kong, culture is shopping."

JL





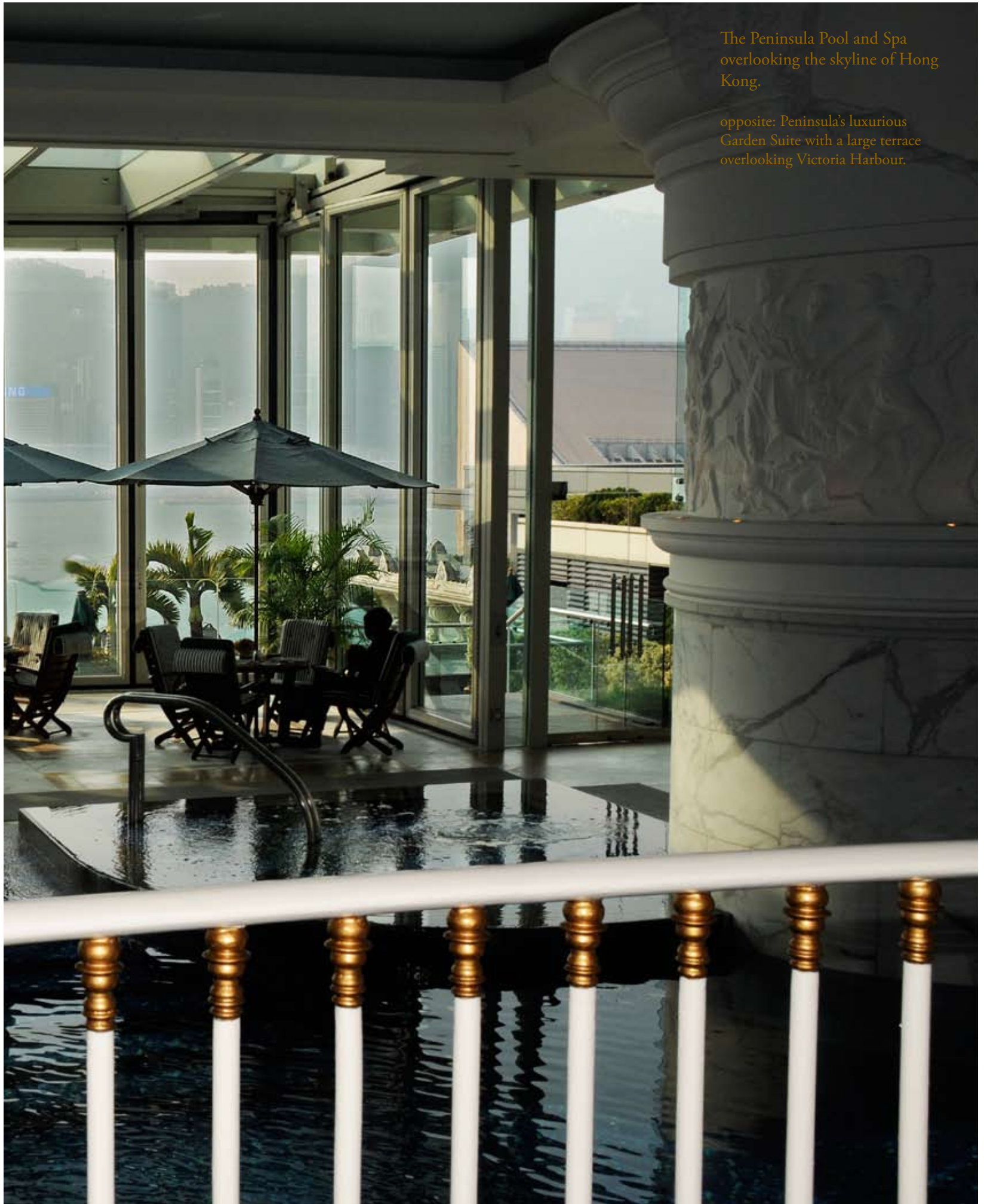
opposite: General Manager, Ms. Rainy Chan, superbly oversees an expert staff of 900 employees to assure all comforts are up to the international guests' standards.

The dream of a lifetime. A wedding at the Peninsula Hotel. A bride is being escorted to the signature green Rolls Royce Phantom limousine. In Chinese custom, a red umbrella is used to shield the bride from evil spirits and it symbolizes her bringing many descendants to the groom's family.



The Peninsula Pool and Spa
overlooking the skyline of Hong
Kong.

opposite: Peninsula's luxurious
Garden Suite with a large terrace
overlooking Victoria Harbour.





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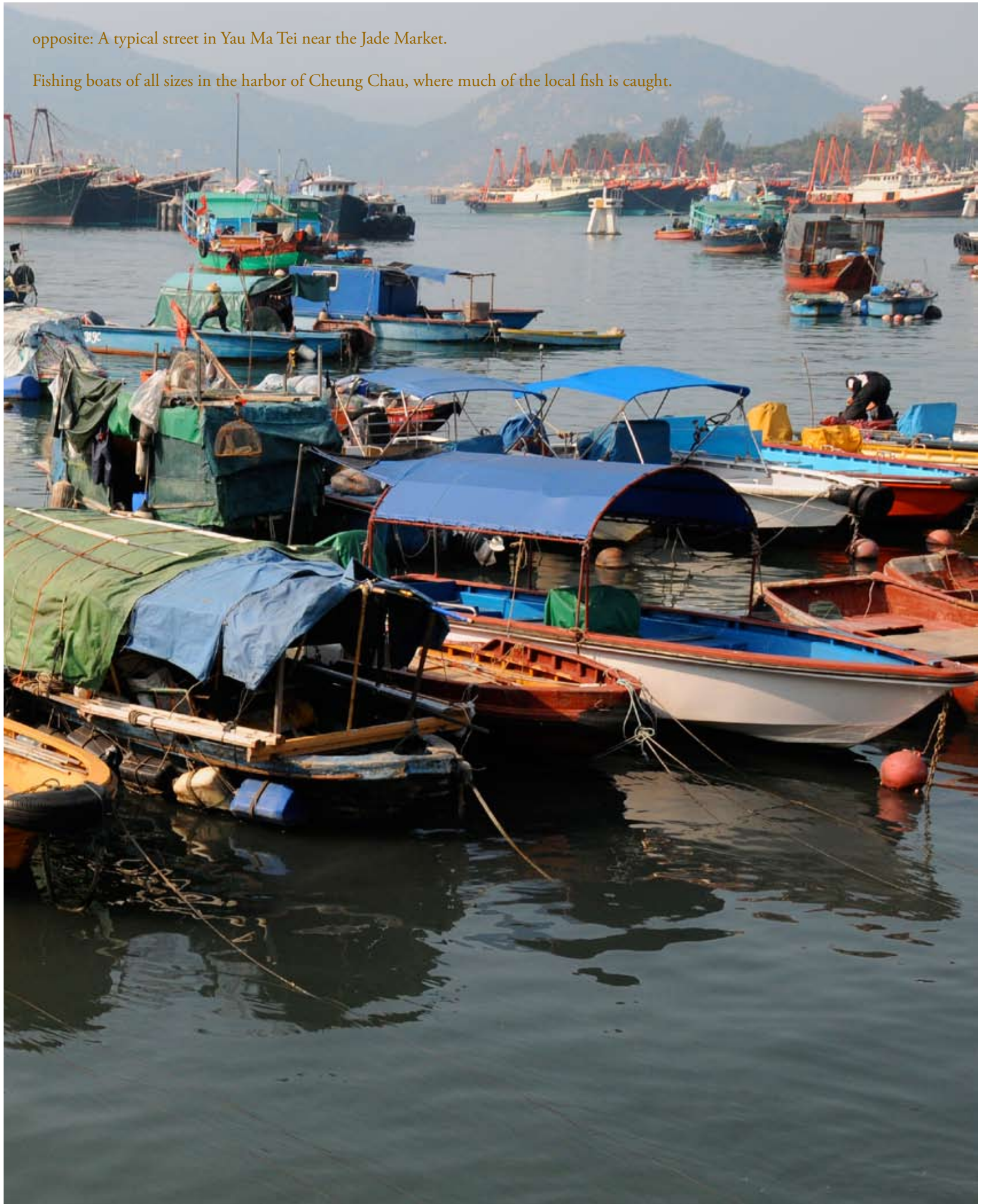
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opposite: A typical street in Yau Ma Tei near the Jade Market.

Fishing boats of all sizes in the harbor of Cheung Chau, where much of the local fish is caught.





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And I'll Bet The Sweeps On That!

BY DR. ANDREA BUCKETT
TORONTO – CANADA

Q: What is the deal with high-fructose corn syrup? Some say it's the worst type of sugar you can eat; others say it's perfectly safe and natural. Ohon – Nairobi, Kenya

AB: The use of high-fructose corn sweeteners has increased more than 1,000 percent between the 1970s and today. The reason, it's inexpensive and 20 times sweeter than plain old sugar. Ohon, you can find it in most fruit drinks, sport drinks and many processed foods such as canned fruit, jams, granola bars, etc... The issues with its use are extensive and go beyond the scope of this column. So here are three major arguments against eating it. The calories it contains are empty ones – it robs your body of precious nutrients simply by consuming it. It converts to fat more readily than any other sugar and significantly raises triglyceride levels. Finally, fructose can contribute to increased food intake and weight gain, due to the fact it does not stimulate insulin secretion (so your body thinks it needs more fuel – aka glucose) nor does it enhance leptin, one of the hormones involved in appetite regulation. Read your labels and steer clear of this one!

Q: What are the benefits of vitamin K and how can I get it into my diet? Stanislaw - Gdansk, Poland

AB: Stanislaw, the best sources of vitamin K are from your green leafy vegetables. Topping the list are collard greens, spinach, kale and broccoli. Other sources are lentils, olive oil and asparagus. Vitamin K is a fat soluble vitamin so these sources should be consumed with a good fat for maximum absorption (cold pressed olive oil, organic butter). Vitamin K's properties benefits are

extensive as most nutrients are. However, it does play a key role in building strong bones, preventing arterial plaque and heart disease as well as anticancer properties.

Q: My favorite snack foods have now removed all trans fats. Should I consider it a healthy option now? Morgane – Nuuk, Greenland

A.B: Well, Morgane, I wish I could say yes but unfortunately the jury is still out on that one. Companies have done their part in removing trans fats, true, but what is the trade off. It's called interestrification – a new form of “fake fat” that food developers have come up with to maintain the shelf life of products. The bottom line – stay away from pre-packaged, over processed food! Find a new way to snack: nuts, veggies, fruit – all nature's perfect snack foods.

Q: What is the difference between grain fed and grass fed cows? Is one more nutritious to consume than the other? Graham – Washington, DC

A.B: Grass fed cows are without a doubt a superior source of both protein and fat. Unfortunately, Graham, the majority of cows we raise and eat in North America are reared predominantly on a grain based diet. Cattle are meant to consume fiber rich foods like grass – not grain. Grain feeds are starchy and lower in fiber which spur rapid growth of the animal but also trigger digestive problems in cattle that can cause liver abnormalities and allow bacteria such as e. coli to proliferate rapidly. **JL**



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A Wee Dram

BY RAY SCOTTY MORRIS
SAN FRANCISCO – CALIFORNIA

A wee dram is the Scottish slang for a shot of whiskey or whisky. Both spellings are correct. How is this famous nectar made?

Tomatin Whisky Distillery is situated in Tomatin, a small village in the north of Scotland, a few miles from Inverness, the capital of the highlands. Running through the distillery is the Alt-na-Frithe burn (stream) which supplies the water for the whiskey, a very important ingredient. The distillery dates back to 1897 and has 43 employees, many of the jobs passed on from father to son. Most of the workers live in company houses onsite while producing approximately 5 million liters of whisky a year. Whiskey making is thought to have come to Scotland from Ireland centuries ago. Records exist showing whiskey being made in the monasteries of Scotland in 1494. An invoice dated 1506 shows that King James IV of Scotland purchased whiskey from the local barber in Dundee.

Whiskey derives from the Gaelic “Visge beathe” translated to “The Water of Life.” There are many

different brands of whiskey: malt whiskey and blended whiskey. They are more or less made the same way - using water, barley, malt and yeast, then four hours of mashing, then forty eight hours of fermentation, then six hours wash (first distillation) followed by eleven hours of second distillation, then into the oak barrels for maturity. To become whiskey: it must remain in the casks for at least three years, but it is not unusual to be left in the casks for up to twenty years and, in a few cases, up to forty. The longer in the casks - the more flavorful and smooth the whiskey becomes. Each cask can produce up to two hundred to two hundred and twenty bottles of Scotch, another name for whiskey. Scotland's distilleries' exports are worth approximately 2.3 billion pounds per year.

Robbie Burns, Scotland's greatest poet, wrote: “Whiskey and Freedom Gang Thegither” (Scotland and England became one country in 1707). After all these years there is still strong support to break away from England and whiskey could play a roll in the future of Scotland.

JL





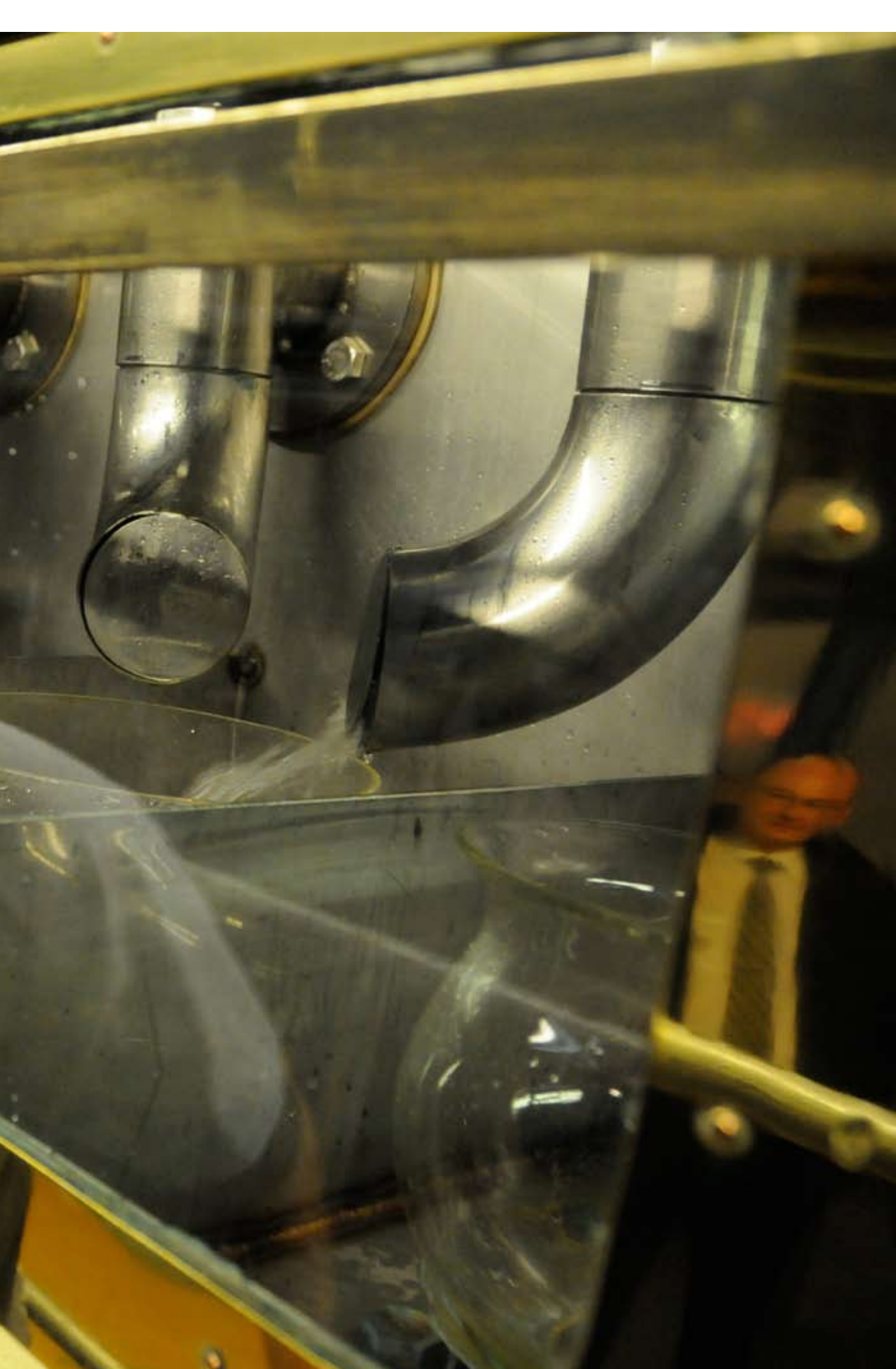
Evan MacRae with bags of yeast at the washbacks. This is the fermentation process.



Stephan MacLennan
tending the mash
tun during the
mashing stage of
processing whiskey.







Steven Rogers
checking the spirit
safe – new distilled
spirits.



Aging whiskey in the casks. It can stay in the cask for up to 40 years.



WHEN ANGELS CRY

JO LEE MAGAZINE – CELEBRATING 10 YEARS OF LUXURY – DECEMBER 2010

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

Improving Child Health

BY KELECHI ELEANYA
THE NIGER DELTA – NIGERIA



*H*ealth is wealth, so they say. It can also be known that health is life. At every instance, any opportunity to better one's health must be embraced because a healthier life is a better life.

Every child born into the world enters into a new environment, very different from its 9 month experience in the womb. Now, he/she becomes exposed to the many harsh environmental conditions and pollution that fills the day especially in our African cities. With this comes the need for adequate protection, hence immunization of the child against very deadly diseases.

Numerous efforts have been taken over the past decades to protect and care for millions of children who are in danger of dying or suffering from common diseases in the first few years of life. Thus, improved medical treatment, together with greater access to health care, have helped to reduce childhood deaths considerably in parts of the developing world.

However, gaps still remain where the number of child deaths has actually increased. According to the world health organization (WHO), many of these children were not seen at any of the health facilities.

In Tanzania, as many as 40% of children who died were never taken for treatment, while in Bolivia, the figure is about 74%. It is clear that advances in medical treatment alone are not enough to reach over 11 million children who die every year before their fifth birthday.

Hence, new thinking suggests that improving the way children

are treated and cared for in the community is now recognized as a vital weapon in the struggle to protect children who risk dying from common, largely preventable diseases.

KEY FAMILY PRACTICES WHICH IMPROVE CHILD HEALTH AND DEVELOPMENT ARE

BREASTFEED BABIES exclusively for six months (HIV positive mothers need special counseling on infant feeding to understand and practice the safest options).

FROM SIX MONTHS ON give children good quality complementary foods while continuing to breastfeed for two years or longer.

ENSURE children receive enough micro nutrients - such as vitamin A and iron in their diet or through supplements.

DISPOSE OF all faeces safely, wash hands after defecation, before preparing meals and before feeding children.

TAKE CHILDREN to complete a full course of immunization before their first birthday.

PROTECT CHILDREN in malaria-endemic areas by ensuring they sleep under insecticide treated bed-nets.

PROMOTE mental and social development by responding to a child's needs by

playing, talking and providing a stimulating environment.

CONTINUE to feed and to offer more fluids, including breast milk to children when they are sick.

GIVE sick children appropriate home treatments for infections.

RECOGNIZE when sick children need treatment outside the home and take them for care with appropriate providers.

ENSURE that every pregnant woman has adequate antenatal care, and seeks care at the time of delivery and afterwards.

Important - ensure that care is given at the right time and adequately. The health of a child is the health of the world and the wealth of the world! Let's invest in improving child health - at home and in our communities.

JL



The Plight Of The Russian Male

BY CRAIG RICKER
MOSCOW – RUSSIA

In the small Northern Russian city I dwell in there is a type of man known as a “Man of the Kostroma type”. Everywhere in Russia women outnumber men. My humble town is known to have one of the most lopsided male female ratios in Russia. For example, I taught in the local university. Of my seventy five students only one was male. To aggravate the situation, a sizable percentage of the male population departs from the romantic arena due to alcoholism or other hardships, leaving a small group of men confronted with a population of under courted women. Although this is an advantageous environment for a single man, the long term consequences can be difficult to bear.

There are a few heroic men who get married and remain monogamous but they are the exception. Typically, the “Man of the Kostroma type” marries quite young with the best of intentions. Every step our young family man takes in life is swamped with young, beautiful, single, vivacious girls whose hearts are screaming to be Loved. Eventually

he succumbs and before long he is living like a single man, yet married.

By age forty our hero typically has an ex family, one or two illegitimate families, a new family and a dozen or so lovers of varying degrees of intimacy. This situation may sound like fun to men from countries with normal demographics but the reality is more like soft flesh against asphalt.

A good friend of mine, a handsome actor, began adulthood with the ideal family. He was ferociously torn from his loving wife by an irresistible actress. This destroyed his moral compass, a few families later, an ocean of romances and he found himself hopelessly worn out, in a mental institution. He always complained that since he was a child there has been a constant circle of powerful girls around him who were ready to give up everything and all to be with him. The pressure was too much for him to bear. His is a common story.

Typically, our “Men of the Kostroma type” rarely see age fifty. Sometimes

they are saved by a woman of powerful character who snaps him out of his haze and brings him to mental and physical health. Typically, the end story is just a lot of kids who talk of a father who died young from a heart attack who was not able to play a very big role in their lives.

From what I have seen in my eighteen years in Russia, women tend to be superior survivors. There is great solidarity amongst women. Some go abroad to find “unspoiled” men. Many resign themselves to getting pregnant with no intention of a marriage, simply because there is no other option. I am always amazed by the positive attitude these young ladies maintain towards life and men even in this impossible situation. This could explain the totally hostile attitude of Russian women towards American feminism.

JL

I LEFT MY HEART IN SAN FRANCISCO

MUSIC BY

GEORGE CORY

WORDS BY

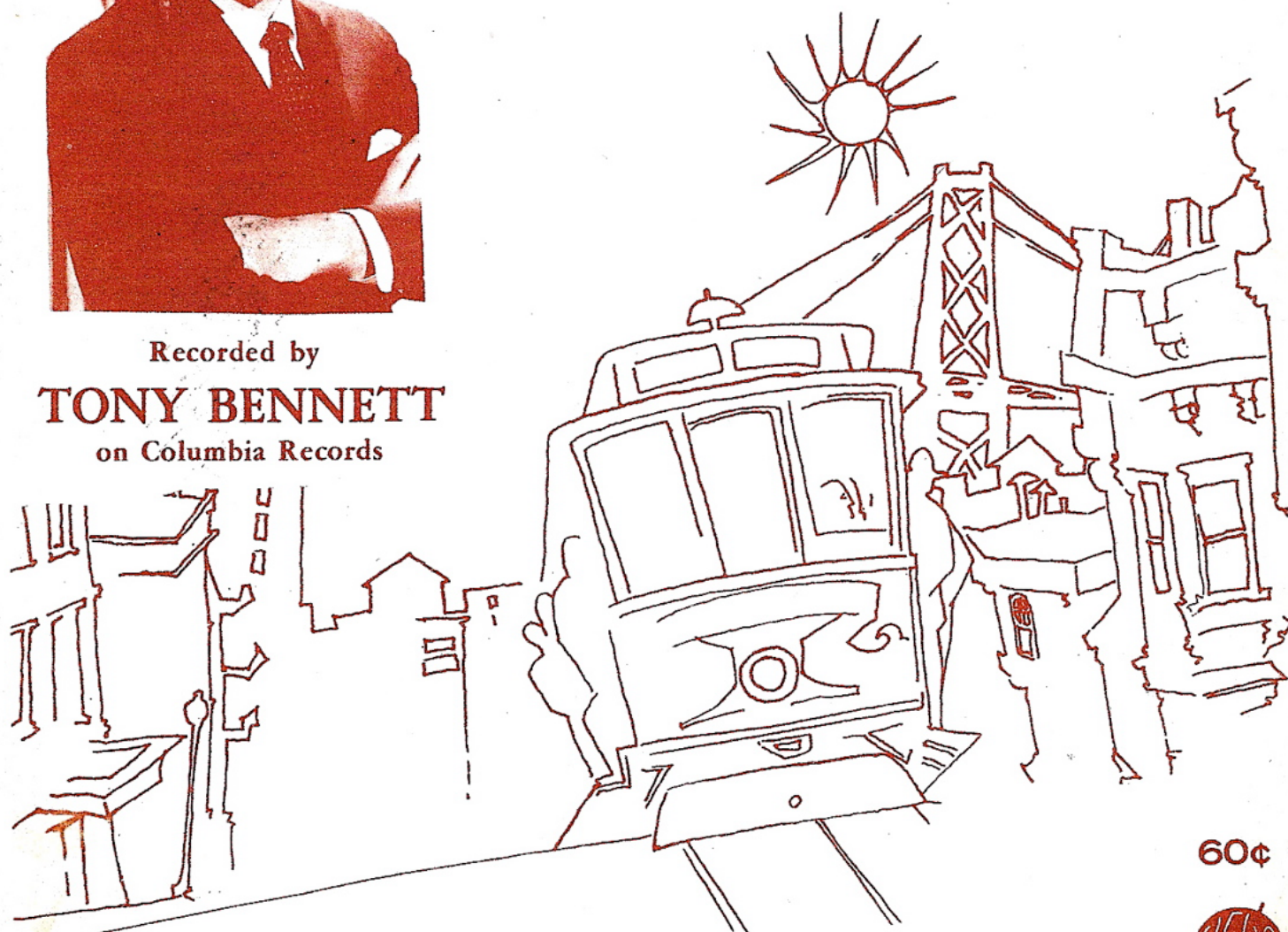
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Sing, San Francisco Part Two

BY GENE ARCERI

NEW YORK – SAN FRANCISCO – LONDON

In my last article I wrote about the famous Jeanette MacDonald song, “San Francisco”, from her movie of the same name. Now! Sing... “I Left My Heart in San Francisco”.

This simple, sentimental song became the second of that city’s two favorite themes. (The other “San Francisco”.) But, “I Left My Heart In San Francisco” became significant to servicemen, especially during the Vietnam War, who sailed away under the Golden Gate Bridge, looking back at the shining hills of San Francisco, possibly for the last time.

As a young songwriting team struggling in New York, in 1946, George Cory {who wrote the music} and Douglass Cross {the lyrics}, were seeking their fortunes in the Tin Pan Alley big time. Both had been born in the Bay Area, homesick for San Francisco in 1953 and poured their sentiments into one song. They had written over 200 songs but only thirty were ever published. {One, “Carry Me Back To Old Manhattan” sounds interesting.}

The San Francisco song went nowhere, but in 1961, singer Tony

Bennett (Sinatra turned it down) was looking for new material for his act in the Venetian Room at the Fairmont Hotel. The songwriters dug into their trunk, pulled out the 8-year-old song and shortly thereafter it became a huge and enduring international hit. It also became Tony Bennett’s signature song, and later became the city’s official anthem in 1969.

However, all did not bode well personally for the composers, who, rich and famous, had moved back to the San Francisco Bay Area. George Cory was found dead, at age 55, in his luxurious, San Francisco penthouse at 18 Pleasant Street on Nob Hill. Douglass Cross had died 3 years earlier in Petaluma, California. At that time, George wrote about his partner’s death: “I’m up in the country place taking care of urgent business contingent upon my partner’s death, his burial, his will, as well as a traumatic visit to the home we once shared and jointly owned there.” In 1975, I met George, who was actually a neighbor of mine when I lived on San Francisco’s Taylor Street. Later, when I was asked to replace a singer, who couldn’t make it

for a convention in the Gold Room of the Fairmont, I was hired to sing with Ernie Heckster’s orchestra. The two songs people wanted to hear most were San Francisco and I Left My Heart in San Francisco. While dancing - the out-of-towner crowd sang along. They could hardly know that one of the composers had once lived just a few blocks away.

San Francisco endured another quake in 1989 and San Francisco lifted its voice to sing again. Blessed with mostly good weather, a spectacular location and thrilling views - San Francisco remains a very unique place. As for myself, I left my heart in London.

JL

What seems to be the problem?

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LIONSGATE

Health Care

BY JOHN PAUL JARVIS
TORONTO – CANADA

I watched Michael Moore's 2007 documentary 'Sicko' that berates the US health system for leaving 47.5 million Americans uninsured. The film critically compares methods of health care delivery around the world to the US model.

In Sicko, our Canadian system was directly maligned by former President G.H.W. Bush in a video sound clip. After re-evaluating his 1988 "read my lips, no more taxes" deceit, I recognized his comments as blatant deflections of accountability. He had the opportunity to advance the dysfunctional US system, while Canada with its imperfections accepted, is envied worldwide.

During taping, Moore crosses the border to Windsor, Ontario, Canada accompanying a US citizen who desperately attempts to utilize Health Canada for her child. Through this illicit hardship, Michael encounters and interviews a number of Canadians in walk-in clinics and hospital Emergency rooms, clearly establishing that things are just fine here.

In Canada's system there are sometimes delays, characteristically involving elective surgery as the life

threatening situations are handled rapidly. We attach more significance to heart attacks than face lifts. Moore displays constant amazement that all medical costs in Canada are covered, nosebleeds to pneumonia.

Last summer I was in an ATV (all-terrain vehicle) accident high in the mountains in British Columbia, 3000 kilometers from home. I have ridden dirt bikes for decades and own ATVs and motorcycles, but all that know-how was negated instantly by hubris.

In Canadian hospitals the critical cases are first. I qualified. With undetermined internal injuries, I was moved to the "Front-Of-The-Line™" courtesy Health Canada and didn't require my American Express card.

Being barely ambulatory in the lobby of Kelowna General, a tracheotomy was performed immediately. I subsequently spent 4 weeks in the Intensive Care Unit.

My trauma was such that I was suspended in an induced coma for the first 2 weeks to immobilize compound fractures and to stay further injury ... then the processes of weaning from feeding tubes and

respirators and discovering how to breathe, eat and walk without technology.

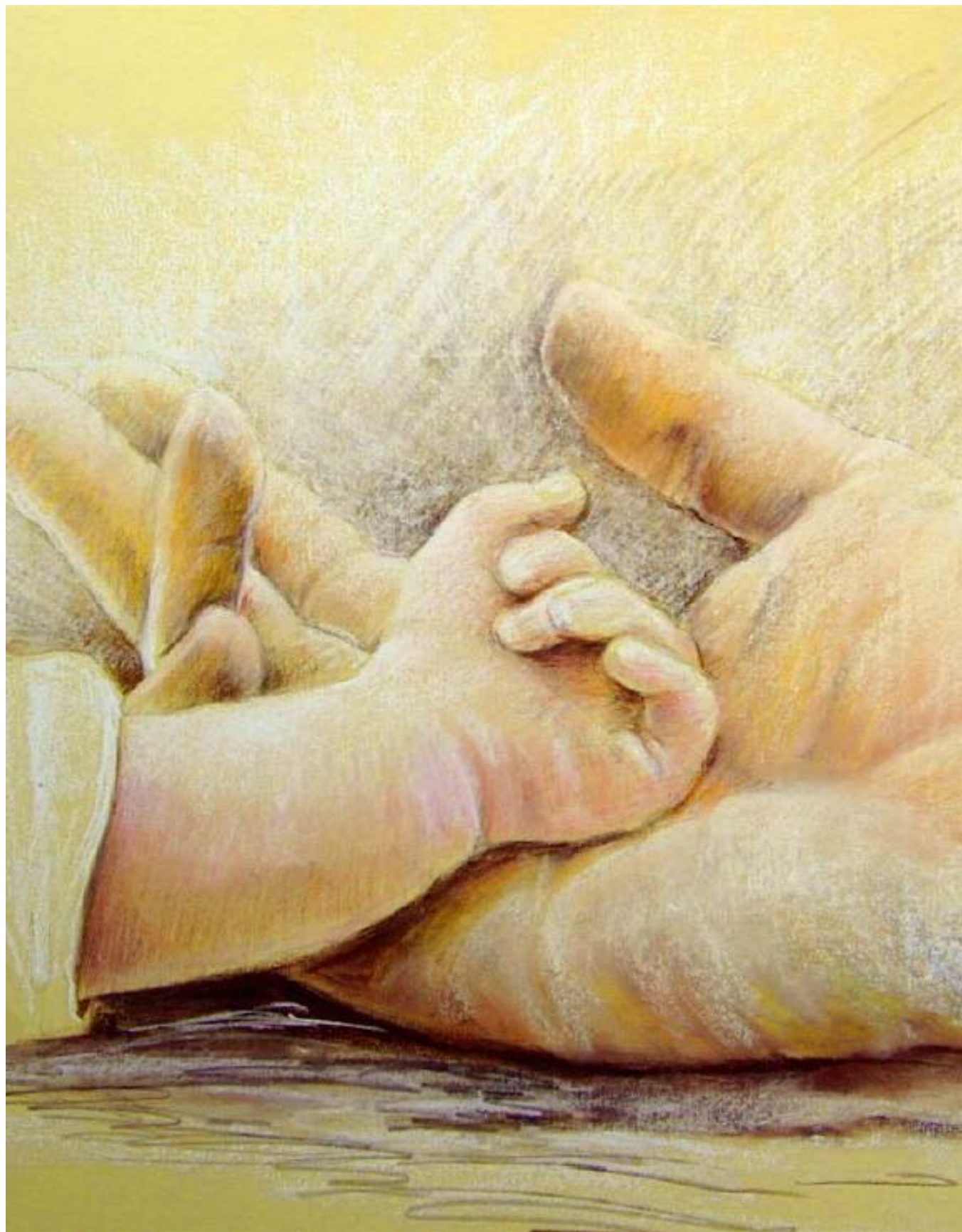
I had 5 different specialists in the ICU and an independent local MD to ensure that my best interests were served.

There was 24-hour dedicated nursing to monitor, inject, measure, scold, encourage and administer to all needs. Superior care only exceeded by my wife's dedication.

My induced coma produced twisted nightmares that J. K. Rowling could easily use for 'Son of Harry Potter'. If you are ever around comatose patients in a hospital, appreciate that in many instances they can hear and see while awake. The nurses could not have been more professional or dedicated but gratefully, always funny.

Canadians benefit significantly from our health care system ranking 6th in the world for population longevity and enjoying 10th place world standing. Take it from someone now experienced, we in Canada are well served.

JL



Grandparents Are Important

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

Ask many adults to recall a couple of fond memories from childhood and most often one of the memories will involve a grandparent. It's a very special relationship for people, one that can give them strength and comfort far into adulthood.

The special kind of love you get from a grandparent is a love you can't get anywhere else. It is – in fact, a very important kind of love: often freer, more unconditional and far less psychologically complex than a parent's love.

BENEFITS TO GRANDCHILDREN

Establishing a bond with grandparents can benefit kids in many ways. Grandparents can be great role models and influences, and they can provide a sense of cultural heritage and family history. They provide grandchildren with love, have their best interests at heart, and can make them feel safe.

Grandparents also encourage a child's healthy development — some may have lots of time to spend playing and reading to kids. Such dedicated

attention only improves a child's developmental and learning skills.

BENEFITS TO GRANDPARENTS

Many people see grandparenthood as a “second chance”. Maybe some parents weren't able to spend as much time with their own children as they would have liked, or made some mistakes they've now learned from. Grandchildren are a fresh beginning.

Along with this new role comes the feeling of “joyful freedom”. Grandparents don't feel the pressure they felt as parents. They get all the benefits and joys of parenting without many of the drawbacks which gives them higher degrees of life satisfaction. Active, involved grandparents tend to be happier with their present life and more hopeful for the future

BENEFITS TO PARENTS

Today's parents are often stressed and overwhelmed. A loving, supportive grandparent can give parents someone to talk with – someone

who's “been there” but now, with the benefit of retrospection, can help put issues into perspective. Grandparents can take some of the pressure off parents.

In today's world, families may be scattered across a country and/or continent(s), and full school and work schedules may interfere with regular time with grandparents. Despite physical distance or busy schedules, always encourage your kids to develop a closer bond with their grandparents. Unconditional love is the norm in the grandparent/grandchild relationship ~ and priceless!

A special thank you to my parents, Lili and George, for their unconditional love to their four grandchildren, the constant presence in their lives and the wonderful memories they're creating for them!

JL



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The Potty

BY JO LEE MAGAZINE

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

Little Billy is sitting on the potty reading a book.

About every 10 seconds, he grips the potty seat and hits himself on top of his head with his right hand.

His mother asks, “Why are you hitting yourself on the head, Billy?”

Billy gasps and says, “It works for ketchup and I haven’t gone doody yet!”

Top Idiotic Reasons Economy Is On The Rise

BY JO LEE MAGAZINE

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

1. CEOs are now playing miniature golf.
2. People in Beverly Hills fire nannies and learn their children’s names.
3. The most highly-paid job is jury duty.
4. People in Africa are donating money to Americans.
5. Mothers in Ethiopia are telling their kids, “Finish your plate; do you know how many kids are starving in America?”
7. If the bank returns your check marked “insufficient funds,” did they mean you or them.

JL

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that every heart speaks.



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and a bridge to our future.





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