

jolee

180° FROM ORDINARY

Summer 2003

Don't lose sight of
the **Young**

**Brooklyn's
Scarlett:**
Hollywood's Success Story

Atlantis:
A new paradise found

*Ceausescu's
Regime*

*Life is a
Poker
Game*

*JO LEE's
Exclusive Interview:
The Many Faces of
**Sandra
Coulson***



The Adeste Prize



We Invite

corporations/individuals
to contribute to those
who have achieved.

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

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

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

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

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

The Award

Successful awardees will
receive the exquisitely designed
Adeste Crystal Medallion.

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

Criteria

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

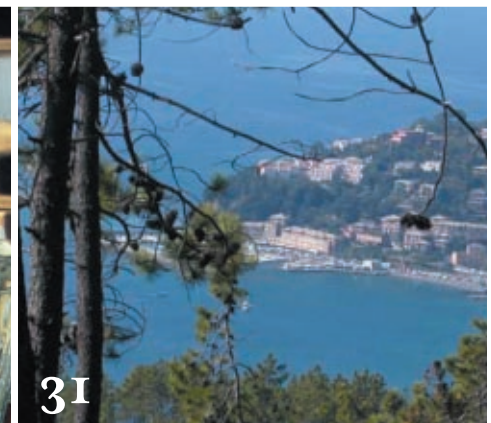
ADESTE takes as its Credo – the lessons behind Nobel.
For Submissions » [CLICK HERE](#) «



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Dr. Rose A. Dyson *CrazZy About R&D (Media Violence)*
Audrey Lisette Hess-Eberle *Yes, Virginia! Come – Explore with Me*
Mohammed Malik, Jr. *Weird and Wacky Facts*
Nahidah Malik *CrazZy About R&D (World Issues)*
James Mansell *Half Time* Josephina Lea Mascioli-Mansel *Thru the Eyes of Jo Lee*
Lani Silver *Politically Red* Carolyn Young *Thin'K'ers Corner*

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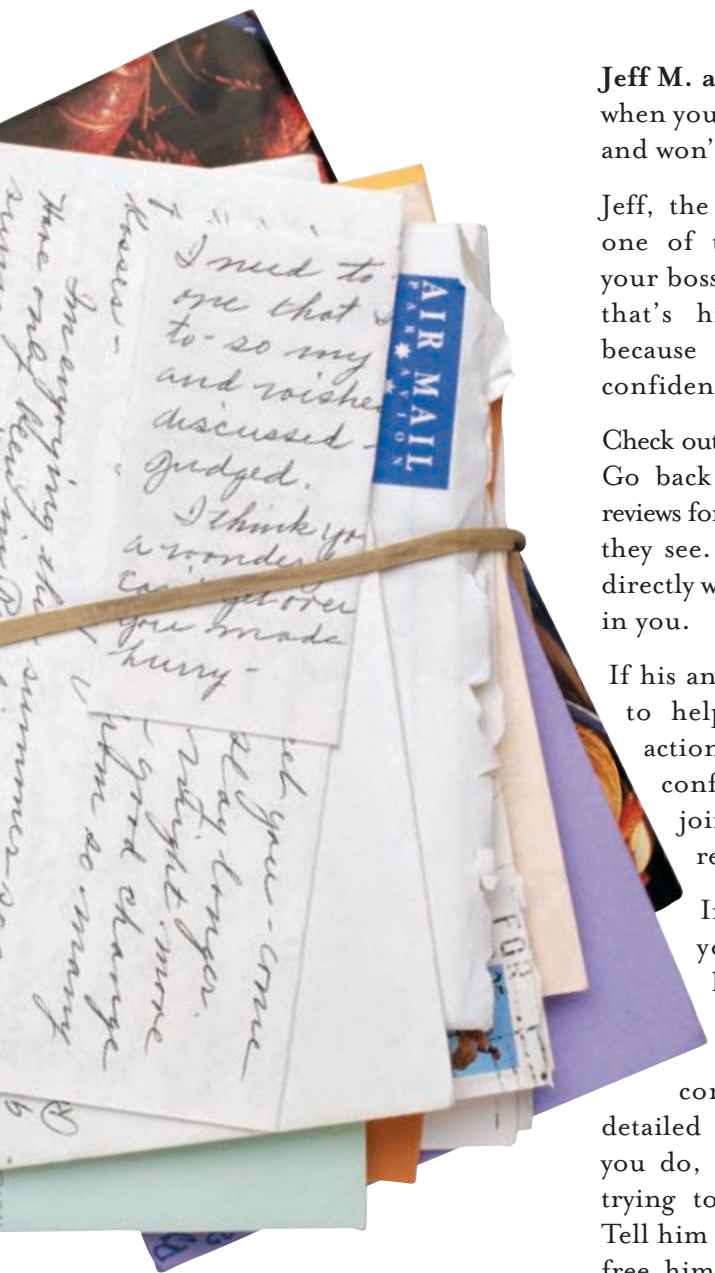




THE MARVELOUS MAVERICK »

By Hugh Coppen

» Welcome to summer! And to the second edition of the JO LEE SPECIAL! The Maverick's mailbag is full again — so let's get right to your questions.



Jeff M. asks: Mav, what do you do when your boss micromanages you and won't let go?

Jeff, the answer usually traces to one of two possibilities. Either your boss behaves this way because that's his instinctive style or because he simply doesn't have confidence in you.

Check out the second possibility first. Go back over your performance reviews for clues. Ask colleagues what they see. And then ask your boss directly whether he has confidence in you.

If his answer is no, then ask him to help you put together an action plan that will build his confidence in you, and to jointly review your progress regularly.

If his answer is yes, then you have to deal with his management style.

Tell him that you're pleased to know he has confidence in you, but his detailed attention to everything you do, makes it seem as if he's trying to do your job for you. Tell him you want to grow so as to free him up, to do his own job even better.

Ideally, he'll understand what you're saying and ask you to point out when he's micromanaging. At worst, you'll know to find another job!

Jennifer A. writes: Mav, I need help! I'm really attracted to a single guy at work, but I don't know what to do!

This is a loaded question, Jennifer. First, be quite sure what the company policy is on 'in-house' romances. Some companies frown on it; others quite open to; many are in between.

If your company discourages it, then before you do anything about getting involved, you must fully accept that one of you may have to leave — and that one could be you. And if this guy fears risking his own job by getting involved, you absolutely have to treat that as a final NO.

On the other hand, if you both feel strongly attracted, then you're going to follow your hearts, right?! There are only two rules: 1. Get it out in the open from the get-go. 2. You must both be ready to leave your jobs because your relationship is more important.

Get out of the 'war zone' — do something which is a complete change of pace for a weekend or a week.

Workplace romances are never easy, but they can work if you go in with your eyes wide open. Good luck!

Chad B. asks: Mav, I'm putting in really long hours at work and I just don't feel as sharp as I used to be.

That's usually a sign that you're risking burn-out, Chad. And that's something that our fast-changing, high-stress lives are generating among more younger people than ever before.

You know all the advice: eat balanced meals at the right times /drink lots of water/exercise regularly/take breaks and povernaps /learn how to truly unwind — without your cellphone!/get enough sleep/and get out of the 'war zone — i.e. do something which is a complete change of pace for a weekend or a week.

Burn off some stress, Chad. Go climbing, go whitewater rafting, go backpacking in the wilderness, commit to a survival weekend or sign up with a team of friends for one of those really fun "24Hrs of Adrenaline" mountain bike relay races that are popping up all over the country.

You'll get your sharpness back — just watch.

You know I always close strong, don't you. Here it is: Your life is what you make it! «

Until next time, The Mav

[To Write The Maverick » Click Here «](#)

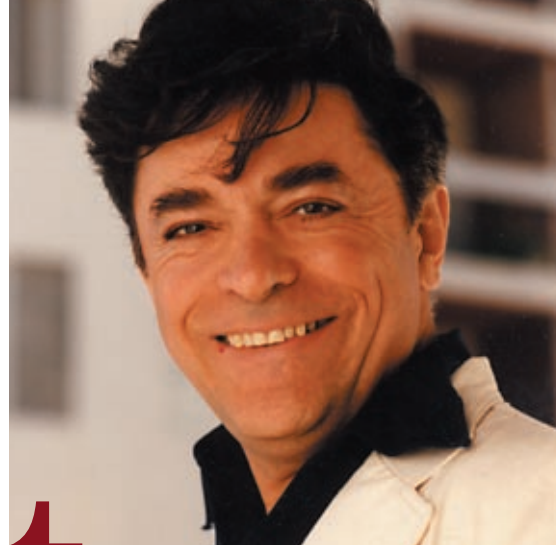
Hugh Coppen, *The Marvelous Maverick*, is a man who understands that the only way a company succeeds, is when the employees from top to bottom are motivated by shared goals and are given skills, opportunities and the conviction that what they contribute is really important. People, people, people have always been Hugh's focus!

Hugh Coppen resides in California
www.winningleadership.com



THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI »

By Gene Arceri New York — San Francisco



Brooklyn's Scarlett

» It is the classic Hollywood success story that millions of film fans love. A beautiful girl from a poor Brooklyn family shaped by poverty and sustained by dreams —



1

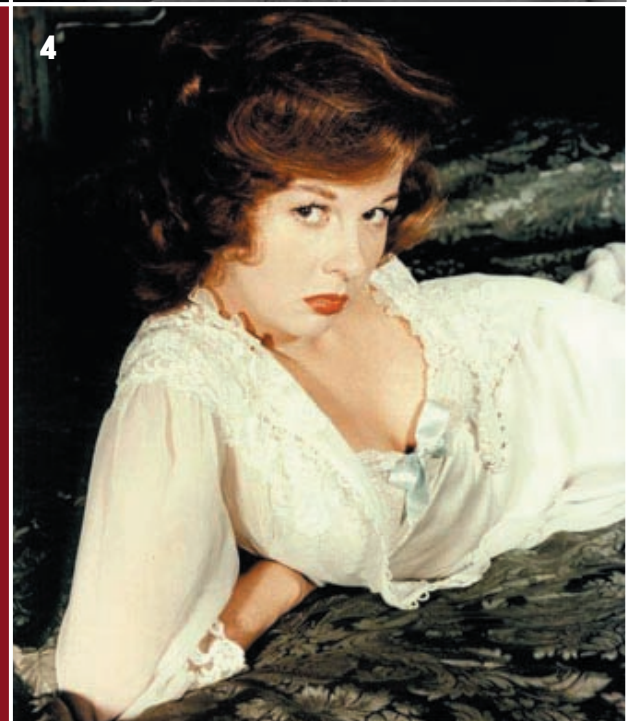
sets her sights on Hollywood. Edith Marrener had talent and someone to believe in her. An English high school teacher in Flatbush, Miss Eleanor O'Grady. The ravishing redhead, now a model, was seen on a magazine cover and given a screen test — the part of the century, Scarlett O'Hara in *Gone With The Wind*. Young and inexperienced, she fails to win the role. The plucky redhead battles on and gets a studio contract from \$50 a week to nothing a week — and then a name change — to Susan Hayward. It lifts her out of despair. Work, determination and persistence brought star status with an academy award nomination, for playing a dipsomaniac in 'Smash-Up'. At the time, she was supporting her unemployed actor-husband, father of her twin sons. Jess was from South Carolina with all that refined, southern charm. Also a relief from the Hollywood wolves. They had met at the Hollywood canteen which instantly ignited a stormy romance between two troubled hearts.

From the moment Hayward set foot in Hollywood, she behaved defensively and once threw a lamp at a director on the set. Her ego had been kicked around and her name hadn't acquired any luster.

While her husband's career nose-dived, hers took off and in a night of terror her world came crashing down. The enraged Jess chased her naked round their swimming pool. He had tried to murder her, she said. She won a divorce but despondent, attempted suicide.

Hayward seemed to see her life as a constant battle — and it was. Little wonder then that her three most acclaimed films: *With A Song In My Heart*, *I'll Cry Tomorrow*, and *I Want To Live ...* dealt with three women fighting against enormous odds. In *I Want To Live*, as Barbara Graham, who faced the gas chamber three times before she was executed at San Quentin, Hayward herself was given 'death sentences' by doctors three times before her death at age fifty-seven.

Two decades before, the summer of 1954, the winds blew through the Utah desert whipping up clouds



1. Susan Haywood, the "Plucky Redhead".
2. Haywood, at the 1974 Oscars, sheathed in Nolan Miller gown.
3. A beautiful girl from a poor Brooklyn family.
4. Haywood sets her sights on Hollywood.

5. A ravishing redhead.
6. Haywood with co-star, John Wayne.
7. In the eyes of the church, she was nothing but an adulteress.

of radioactive dust into the faces of John Wayne, Susan Hayward and others on location while filming Howard Hughes' *The Conqueror*. The U.S. Government had detonated an atomic bomb above ground in the nearby Nevada Desert.

In 1955, it appeared that Susan had found happiness after she married Georgia lawyer and devout catholic, Eaton Floyd Chalkley. At 39, she settled down to an idyllic, rustic life in the south, a changed woman. Together they drew up plans to build a Catholic Church and ranch style house in Carrollton, Georgia. Torn between his adopted Roman Catholicism and his love for Susan, he was never able to reconcile the two...having flouted the rules of the church by marrying the divorced woman – Susan Hayward.

From the pulpit, the parish priest warned not to welcome the homebound actress who had just won an Oscar...like a reigning queen, thus condoning her immorality. In the eyes of the church, she was nothing but an adulteress. The final blow was the death of Eaton's only son in an air crash. He saw it as a punishment – drank heavily and succumbed to a premature death. His burial was in

the graveyard of the church they had built across the country road from their home.

Susan moved to Fort Lauderdale, a lonely legend, until blinding headaches disclosed a tumor in her lung with more than 20 other growths lodged in her brain.

Amazingly, a year before she died in 1974, Susan presented the Best Actress Oscar Award. Designer Nolan Miller had sheathed her in an extravagant gown of Nile green. That night - she gave the world what it wanted. The image of a beautiful, vibrant 57 year old movie actress wrapped in glamour. Back stage she collapsed. It was a carefully manufactured illusion.

She was the second internment in the small cemetery of Our Lady Of Perpetual Help, the church she had built with the man she loved. She was buried beside Eaton wearing the glamorous Nile green gown with glistening sequins. «

To Write Gene Arceri » [Click Here](#) «

Susan Hayward can be seen regularly on AMC / TCM. Her definitive biography 'RED' published by Macmillan and authored by Gene Arceri - is available in bookstores.



EXCLUSIVE INTERVIEW »



J O L E E T A L K S T O

The Many Faces of

S A N D R A C O U L S O N

» Have you ever wondered why you look the way you do? Most of us have. Certainly genetics play a role by dictating our look to be somewhat like our ancestors. But the way facial muscles are developed and used — ultimately controls how we come to look. The many faces of Sandra Coulson have become miracles of life!

Obtaining phenomenal results is as simple as a mild exercise program three times a day for only three minutes!

Jo Lee: Sandra, in your thirty years as an Orofacial Myologist, you've changed the lives of hundreds of people in a very specialized field deserving tremendous recognition. Your specialty borrows from professions such as pediatrics, dentistry, orthodontics, chiropractic, orthopedics, neurology and psychology. And your background, Sandra, is just as eclectic, combining studies in education and speech therapy at a time when so little was known about this field.

Sandra Coulson: It is exciting! Jo Lee, let me begin by explaining how this all came about. I was born and raised in Colorado Springs, USA, and thanks to a PTA scholarship, I attended the University of Northern Colorado and upon graduation — spent the next five years working as a Speech Therapy Director at a school for children with multiple handicaps. What an experience! But then, I fell in love, and returned to Colorado to begin a family. Unlike so many women at that time, I didn't leave my profession. Rather, I opened a private practice treating people with facial muscle disorders.

JL: Sandra, what kind of facial disorders were they? I understand you've helped those from infancy — on up to an 80 year old, presently in your care.

SC: These are mostly disorders of facial muscles that compromise appearance and function like, for instance — the horrors of cosmetic surgical failures, orthodontic cases, Bells Palsy, Down Syndrome, Facial Muscle Paralysis, and so on.

JL: Sandra, Orofacial Myology. The term itself, is mysterious. Myology, as I understand it, is a study of the structure and function of muscles. And in orofacial, you work with the face and mouth muscles. As the French would say: an individual's true "coat of arms" is his or her face. What is it that you do to reshape people's faces — and their lives — without resorting to surgery?

SC: Jo Lee, my work is to help change the way certain muscles work so as to produce the best possible facial, lip and tooth patterns. Let me give you a few examples:

The length of your lingual frenum (the small attachment under your tongue) influences your direct speech. If it's short, your tongue remains down and forward, producing a resting position that changes tooth alignment. This produces what is referred to as a *tongue thrust* but, is really a tongue posture. It can result in a frontal

lisp. But with exercise, the frenum can often be stretched so the tongue assumes a more normal position into the roof of the mouth. This allows for a good 'resting' position and improves a person's swallowing and speech.

Also, a program of orofacial myology exercises can easily reduce a foreign accent because speech muscles are used differently, depending on the language you learn.

Often, people with allergies, nasal obstructions, a deviated septum (the partition between the nostrils)



With 'the Mini-Facelift', three minutes of exercise, three times a day, this woman greatly improves her facial pattern.

or just plain habit — tend to breathe through their mouths. The upper lip then shortens, leaving the teeth exposed. This is a concern to dentists, as mouth-breathing dries the gums and can lead to tooth decay and gum disease. Dry teeth are vulnerable to increased plaque build-up.

“My work is to help change the way certain muscles work so as to produce the best possible facial, lip and tooth patterns.”

— Sandra Coulson

Fortunately, through therapy, lip tissue is muscular and very flexible. So, the upper lip can be lengthen and the lower lip can be reduced in size to cover, moisten and protect the teeth.

JL: Gosh, and all without surgical intervention. You're saying - from the tiniest infant face to that of a mature adult —you can help them!

SC: Absolutely. People today, throughout the world, have become very aware of facial deformities and the aging process and what it

exercise program three times a day for only three minutes with results seen in *two weeks*! It's phenomenal. We can tone the muscles we use to speak, chew, swallow and make facial expressions.

We call it 'The Mini face-lift!' Why have minor plastic surgery when we can tighten facial muscles to achieve a much improved (when problems exist) or a much younger (when skin begins to age) appearance.

JL: Obviously, Sandra, there must be many changes that occur during one's growth into life which either produce a pleasant blending of the muscles and bones, or a puzzle for those of you who work as a team? So, you change the facial appearance, stop pain, and develop an intelligent pattern of movement.

SC: Yes, Jo Lee. Right from birth, things happen that influence our facial growth. For example: if you're born with a thumb or fingers in your mouth — this determines how your face grows, how your teeth fit and how you will speak for the rest of your life. The exercises dramatically change the open mouth posture, the forward resting tongue position and the facial expression.

During all these therapies, Jo Lee, photographs and facial measurements are taken for comparison. But the client **MUST** follow our exercise program for approximately eight sessions — a simple 16 weeks — at 1/100th the cost of many other therapies. Like everything good in life, you want maintenance exercises to continue two to three times per week, to keep your newly-trained muscles in shape.

JL: You're amazing. Amazing Sandra! I've also read where children with Down syndrome experience greater self-esteem by playing and identifying with dolls whose facial features include almond-shaped eyes, open mouths and with slightly different feet, typical of those with this genetic condition. I understand you too have an approach which helps these children immensely.

SC: Yes, this is true. It's heart warming to see what these children can achieve when treatment begins at an early age. Appearance can be dramatically changed. The results are astounding! Particularly, when parents take part in their therapy program.

JL: Foreign and regional accents, the aging process, lisps, children with Down syndrome, even tooth alignment; and then, there are the double chins and excess lines one develops with age — that we haven't



does to us both physically and mentally. Our self-esteem and quality of life are interrelated and can change as we age. Stress plays a huge role in how the facial muscles age and droop.

Do you wonder why I'm this enthusiastic? Believe me when I say that obtaining phenomenal results is as simple as a mild

Right from birth, things happen that influence our facial growth. If you're born with a thumb or fingers in your mouth — this determines how your face grows, how your teeth fit and how you will speak for the rest of your life.

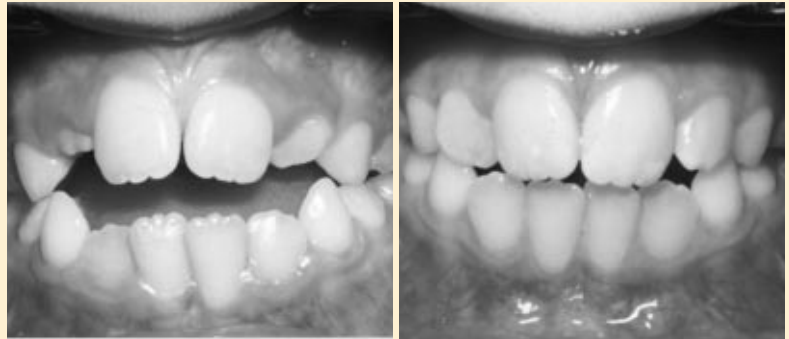
An Index of Terms

DOWN SYNDROME When muscles are used differently, especially early in life, the facial appearance and forward tongue resting posture in this syndrome can be changed, dramatically.

MINI FACE-LIFTS (Facial muscle toning) There are muscle exercises that can be done to improve the contours of the face and stall the aging process. Stress plays a huge role in how the muscles of our face age and droop. A mild exercise program, done three times a day for two to three minutes, can relax and tone the muscles we use in speaking, chewing, swallowing, and facial expressing.

THUMB SUCKING When a newborn begins life with a thumb or fingers in the mouth or has a compromised airway from allergies or other causes, things happen that affect the facial growth pattern determining how the face grows and how the teeth fit, for the rest of that person's life.

SHORT UPPER LIP Often, prolonged mouth breathing due to allergies, nasal obstruction, deviated septum, or just habit, will shorten the upper lip so that it does not cover the teeth. Because the tissue of the upper lip is muscular, and quite flexible, it is possible, through exercise, to lengthen it to cover and protect the teeth.



Teeth move together with individually designed exercises.

TONGUE THRUST An 'open bite' where the front teeth do not meet, is usually caused by the position of the tongue resting between the teeth which can drive the teeth apart. It is a 'perfect' orthodontic case, for relapse. This tongue position can too - often cause a lisp with the sounds / S /, / Z /, / SH /, / CH /, / J /, and / L.

TEMPOROMANDIBULAR JOINT DYSFUNCTION (TMJ) Neuromuscular exercises can make a significant difference in the long term stability of the TMJ joint. Many people who have suffered pain for years are helped by a daily regimen of facial exercises, which minimize the pain and strain of TMJ.

“If there is a war between a bone and a muscle, the muscle will always win!”

even touched on, Sandra! You've molded and shaped the lives of so many people. And now, nominated for the American Medal of Honor, by the American Biographical Institute; you're the President-elect of the International Association of Orofacial Myology, a contributor to Bill Sardi's well known: *How to Live 100 Years Without Growing Old*. You've developed a training department within your Institute; you've studied the oboe, are a wife and mother of two sons – all living in Denver, Colorado. And today – *the pièce de résistance*: being named spokesperson for Biocell Technologies in Newport Beach, California. Do you ever tire, Sandra? And what is Biocell Technologies?

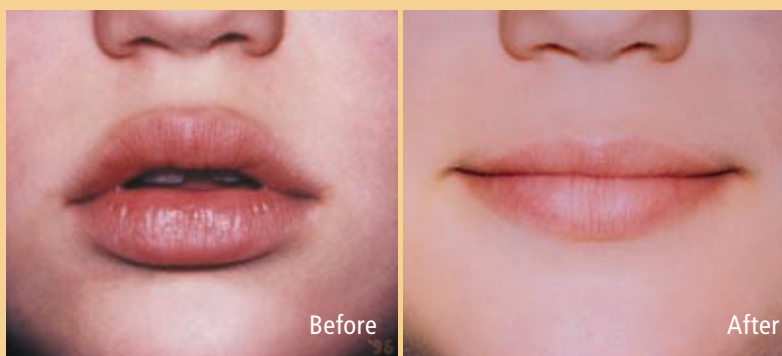
SC: No, like you Jo Lee, I never tire and let me say that I know you, my dear, will revel within the results of this formula. Biocell Technologies are the manufacturers of HA – a newly developed product which is considered Nature's Healing Agent. It's a Hyaluronic Acid, manufactured from a gelatinous root vegetable called tamaji. It's the best 'anti-aging' product on the market.

JL: If it's that exciting – I'll promote to the hills. You, my friend, are quite incredible. Thank you, Sandra.

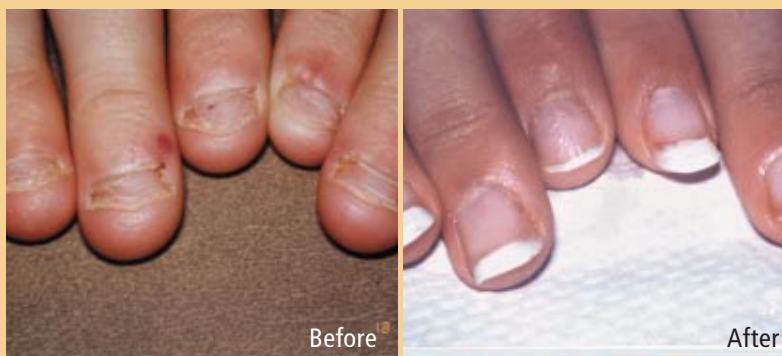
SC: Thank you, Jo Lee – I've loved being your guest.

JL: Well world, have you ever wondered why you look the way you do? I'd say know Sandra Coulson and the magic in her touch. «

THE COULSON INSTITUTE
www.srcoulson.com



Open mouth, rest posture, and breathing can increase gum disease and cavities. But with the right exercises, changes in lip strength and closure will prevent these problems and create a more pleasant facial pattern.



Nail biting is a phenomenon of open mouth breathing. When mouth breathing stops, the technique allows the patient's nails to grow.

STETHOSCOPE 911 »

*The ancient Greeks believed that the most important human value was optimum health and fitness. The commitment to this **VALUE** was called **PHYSIS**. Everyone was clear. The best of all physicians rested inside of you.*

Q: Hey Doc. Is it true that wine is good for your health?

DR. B: YOU BET! The skins of grapes have been found to contain antioxidants. The wine industry is pushing it for all it's worth.

Q: I am deeply perplexed by the recent events at Duke University Medical Center in Durham, North Carolina and the heart lung transplant mistake. The mistake is one thing. I am concerned that an illegal citizen of another country would be the recipient to a much sought after transplant. What are your thoughts?

DR. B: Your question raises a profound ethical issue. We only know what we have been told in the news and, given the enormity of the mistake, everyone will be quiet as lawyers begin their work. My suspicion, and it is that, would be that the benefactor had considerable positioning, leverage and that some financial (\$) agreement was reached. It is upsetting that the second transplant was done and leads to the question of why? And, we must ask ourselves how far we go with transplants and the enormous cost that they represent – not just money (huge) but pain and suffering and more.

Q: What could have caused David Letterman's Shingles, in his eyes? What would his symptoms have been? Why is this very painful?

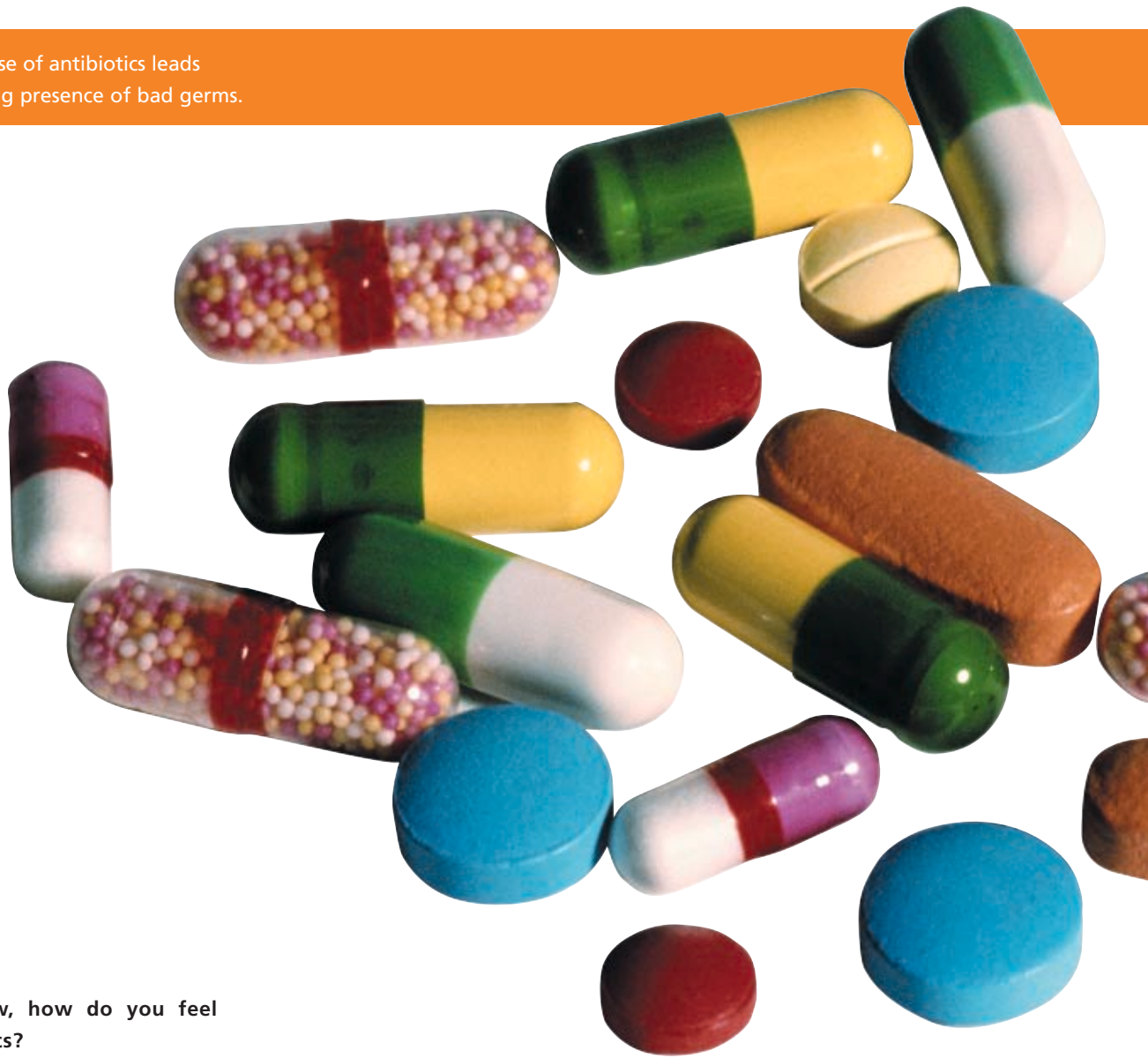
DR. B: Shingles is caused by a virus (same virus that causes chickenpox) that grows in nerves and may spread to the skin. If the nerve to the eye becomes involved, as in Mr. Letterman's case, the eye can become infected presenting symptoms as a flu like sensation, to a mere tingling, to a funny discomfort – resulting in redness and eyelid swelling. The eyes can also be extremely photo sensitive to light (TV studio) light. It can be very painful because the nerve itself is involved.

Q: Dr. Bagshaw, what can you tell me about this new study, CRP?

DR. B: CRP stands for C-reactive protein. It is a way to check for hidden, painless inflammation that is, more and more, believed to be the major cause of heart disease. Such infections are likely found in the gums, bladder or gut. No matter what, this is a strong argument for all to take daily, low dose aspirin (81 milligrams).

The skins of grapes have been found to contain antioxidants.

The improper use of antibiotics leads to the increasing presence of bad germs.



Q: Dr. Bagshaw, how do you feel about antibiotics?

DR. B: Avoid them when at all possible. Less than 10 per cent of all infections are bacterial. You are in a working relationship with trillions of microbes that live on or in your body. Antibiotics harm them. The improper use of antibiotics, (which is common), leads to the increasing presence of bad germs and to the antibiotics themselves being less effective.

Q: Do you know anything about Michael Jackson's face?

DR. B: Not really. My understanding is that he's struggling with the consequences of 27+ cosmetic surgeries and extreme efforts to whiten his skin. This may be why he so often wears a surgical mask.

Q: Do you think that all obesity is genetic?

DR. B: Heck no! I believe it is due to excessive carbohydrate intake and increasing inactivity that results in insulin not working well (resistance) and high insulin levels. Humans were programmed against starvation, not excess food, so the body is highly given to storing fat and, in the face of dieting (read as starvation), not wanting to release fat from the fat cells. So, if YOU want 'pounds off'... reduce carbs, get active and eat proteins and fats in moderation. «

Be well! From here on the Bay,
Dr. Bagshaw

For the Doctor » Click Here «

Dr. Jack Bagshaw practiced Cardiology, Critical Care and Internal Medicine in Marin County, California where he served for seven years as Director of the Coronary Care Unit (CCU). In 1979, he founded PHYSIS, a Preventive Medicine Company in San Francisco, with the mission to see preventive technology become part of the healthcare system. He has a large and unique experience with and in prevention and health care. He is presently working on two books: "Inactivity: Modern Man's Major Health Risk" and "Prevention and Aging".



YES, VIRGINIA! COME — EXPLORE WITH ME »

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

Atlantis

a new paradise found

» Lost in a shroud of mystery and myth, researchers have placed Plato's *Lost Continent of Atlantis*, home of Poseidon, God of the Sea and Shaker of the Earth to have been part of the Minoan civilization of Crete and Thera, Greece. Others have suggested sunken remnants of buildings found in the Azores off the coast of Portugal. Still others stretch the story so far as to suggest that waters off the Bimini Islands in the Bahamas hold ruins of Atlantean temples, streets and foundations.

Resplendent in buildings of dazzling design, in a myriad of colors artfully blended to please the eye and spirit, Atlantis is said to have epitomized the blend of its unique natural beauty with man-made creations — a city whose land

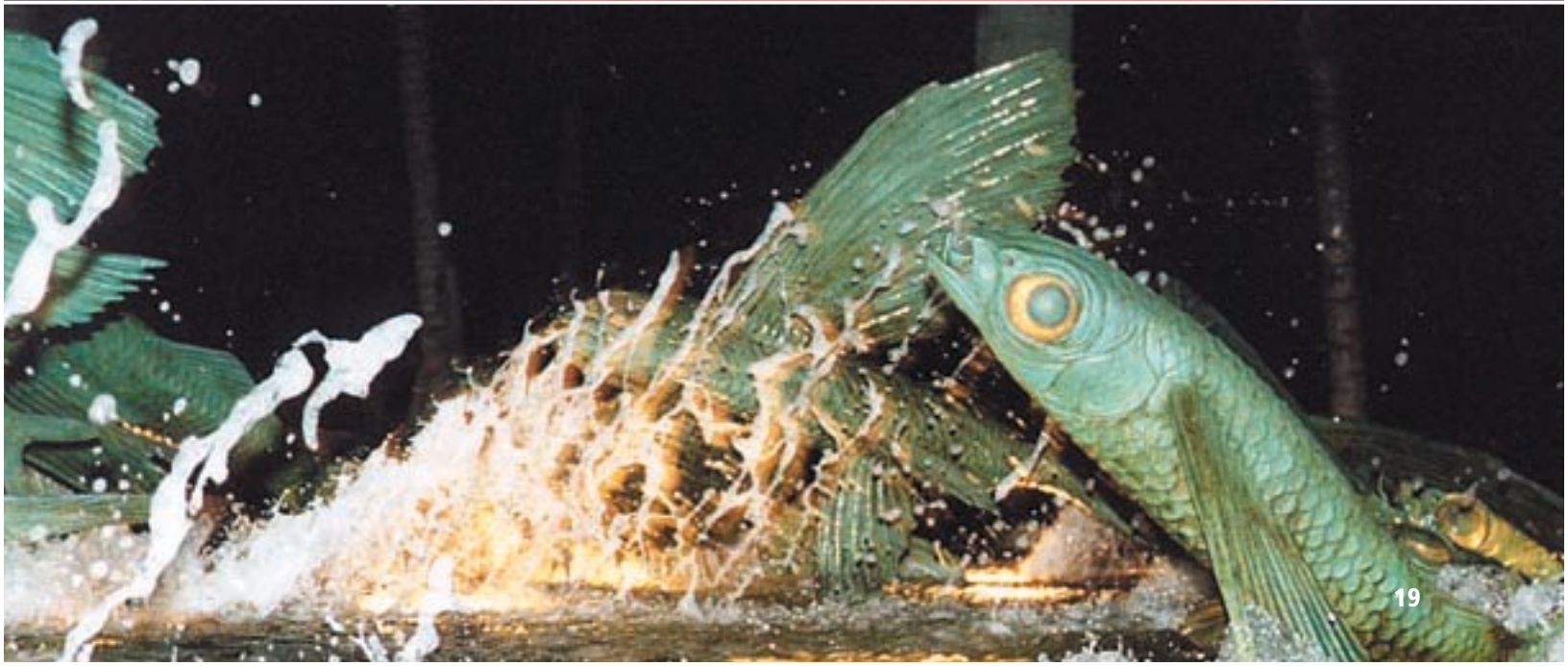
was linked by bridges across circles of water, brilliant gardens, flowering trees and sparkling fountains.

Welcome to *Atlantis* — a resort on Paradise Island in the Bahamas. This family-friendly resort is founded on the theme of Atlantis, where 50,000 sea creatures swirl through eleven exhibit lagoons, from sharks, barracudas, stingrays to tropical fish, becoming the largest marine habitat in the world, second only to Mother Nature.

Stretched across 34 acres of tropical gardens and lagoons along 3 miles of white pristine beach, this spectacular resort offers a new dimension. Within 14 waterscape acres, there are 11 swimming pools including

cascades of pools joined by waterslides, and more than 40 waterfalls. From a five-story Mayan Temple, choose from 5 waterslides including the 'Leap of Faith' — a 60-foot drop from the top of the temple — sending the rider through a clear tunnel submerged in a shark-filled lagoon.

'The Dig' is a full-sized archeological labyrinth of interconnected passageways and boulevards that have gigantic picture windows through which you can view deep-water environments ranging from piranhas to sharks and eels. Participate at the daily fish, predator or stingray feedings — if you are brave enough.





Choose from 20 restaurants ranging from seafood, exotic Asian, Mediterranean, New York Deli to sports bar fare. Their full-service spa, exercise programs, tennis courts, basketball, volleyball, water-sports, and 18-hole championship golf course will help keep you fit.

'Discovery Camp' for children ages 5 to 12, offers great educational entertainment. Five camps host activities ranging from 'arts and crafts' to the 'technology lab' where they can make their own films. 'Camp Rush' is the equivalent for teens.

Atlantis has the largest casino in the Caribbean with 800 slot machines, baccarat, blackjack, roulette, craps and stud poker. 'Joker's Wild' Comedy Club and other live entertainment fills your evening hours.

With 1147 rooms and suites in three towers, rates start from \$185 USD to \$2000 USD per night. Beach Tower is the lowest priced in a quieter location. Coral Tower is more central and close to the action, while Royal Tower is the newest, most luxurious in the most prestigious surroundings.

Atlantis – inspired by the legend of 9000 years.

While much intrigue would have us delve into those legends of fantasy or truth, our secret contemplation of an Atlantis with riches and intellectually advanced civilization ...would set us to wonder and search for those places in our world where that spirit still dwells. «

To write Audrey: » [Click Here](#) «

As we venture out into our world, your travel can consist of a visit to the next town for the day, or a journey that would place your feet clear on the other side of the world. It is all about discovery and your relationship to the world which is everywhere you walk. We all have different reasons as to why we are attracted to a particular place – and my suggestion is that you don't limit yourself.

Your travel life can stop by the mere thought of I can't, or it can start with the thought of I can, and will find my way. In the coming months, we will cover the many aspects of travel. We will consider everything from practicality to reclusive escapes. We will travel to some pretty fabulous, well known or off the beaten track places.

So, sensitize yourself, flex your muscles of awareness, open your mind for all possibilities and ... come, explore with me.



FEATURE » By Cristian Dragnea
Bucharest, Romania / Toronto, Canada

Follow Your Dreams

» In 1966, my parents arrived from Constanta, Romania, searching for a new life and greater opportunities in the nation's capital of Bucharest.

Two years later I was born the youngest of three or, as my fellow Romanians would say, *the spoiled one*. Bucharest is a city you learn to love only if you live in it and as a youngster – I wandered its streets for hours, usually staring at the sumptuous villas in the neighborhoods where communist oligarchy lived. Quite different from the apartment dwelling where my family resided. I wondered why there was this kind of division! Wasn't communism teaching us we were equal? As I grew into life, the difference between reality and communist propaganda became an image of repugnance.

I began to seriously think about freedom, about living in a free country where people could express both their political and economic choices. I joined libraries afforded by the US and French Embassies, read a lot about western countries and listened to *Radio Free Europe* and *Voice of America*.

One morning, I was listening to the account of a Romanian immigrant who'd just arrived in America, having encountered incredible border-crossing adventures in Yugoslavia, Austria and so on. He described his first day as a free man as: a crisp, spring morning with skyscrapers' reflecting the sun through their glass windows. The picture became an image in my mind as I stood, looking through the window of my high-rise apartment building and into the old neighborhood.

Yes, I thought, the Ceausescu regime became even more oppressive during the eighties and many Romanians saw no way out. It was at that moment I decided to live my life in a free country! And the only way to attain my dream would be a continued effort to be the best at school and pursue academic goals with determination: winning awards and recognition for my public involvement.

Becoming an engineer was a big part of these dreams, so I enrolled at the Polytechnic University of Bucharest where I studied Power Systems Engineering. Midway through, the world around us suddenly began to change. Communism was falling apart and all Eastern European countries



*I began to seriously think
about FREEDOM, about living
in a free country.*

Left: Unirii Plaza, Bucharest
Below: It was at this moment I decided to
live my life in a free country.





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1. Unirii Plaza
2. Triumphal Arch, Bucharest
3. A sumptuous villa where the communist oligarchy lived.

were going through incredible plights. Change wasn't easy. We had to fight for it. And like thousands of Bucharestians I was there on the streets, where bullets were flying around everywhere as the regime was going through its last moments. What an incredibly unique Christmas we had that year!

In the spring I went back to school as a senior student and helped create a student organization that would assist its members find jobs and volunteer work. I was also one of the founding members of the students' union – defining its role within the newly created academic environment. It became clear that regimes may sometimes be easily changed but the

mentality of people cannot be transformed overnight. The freedom to choose I always longed for – was still a dream. But not for long.

With my Master's Degree in hand, I became one of twenty young Romanians awarded a Fulbright scholarship in 1996. As a research scholar at Carnegie Mellon University in Pittsburgh, PA I met many Canadians, some, became my friends and I discovered Canada. A place where my beautiful wife and I knew – our dreams could be fulfilled.

I met Jo Lee and became associated with her unbelievable YES! International almost three years ago and since then, it's been an incredible journey. My

affiliation became Chief R&D Strategist – overseeing the development of the E-HELP CampUS where our goal is to build bridges and reach out and help the 30 something and under audiences of the world. And let me tell you, we've got the best infrastructure ever, for helping our peers.

Two thousand and three will be the fourth year we call Canada our home, a home where people are accepted and respected for what they are. It is a country where possibilities are bound only by your imagination. It is the place our son calls: 'his home and native land'.

I say to YOU – never let your dreams fade or die. «



FEATURE »

By James A. Kandrak
Cleveland, Ohio

LIFE IS A POKER GAME

» It's called: Theatre in the Round! May I suggest – whatever path you choose: 'you can't get where you're going if you don't know where you want to go.' A young man or woman's goals can certainly change over time. Unexpected turns can create completely different and unanticipated outcomes ... and life, as a poker game, continues to roll.

The Compelling Theatre A basic plan. Work it. Be flexible enough to change it. Nothing too detailed or exotic. Remember, Southwest Airlines, started on the back of a cocktail napkin and of the U.S. majors, is the only profitable airline.

The Beginning At the age of 12 – I began molding my plan. I wanted to work for IBM. Back in the mid 1970's, IBM was a growing company in the technology field. That's all I knew. I wanted a good job, wanted to sell and make money! After completing undergraduate studies at Cleveland State University in 1983, I entered graduate school and successfully started my dream with an internship at IBM. I quickly became disenchanted. IBM may be challenging and rewarding for some. I found it to be extremely political and

not an environment I would prosper in and enjoy, long term. Politics was part of the game, I didn't want to play. I was born to be an entrepreneur and control my destiny, but didn't know where to go.

After a 6-month search, the President of an entrepreneurial 18M computer leasing firm brought me on board as his assistant. Within 12 months, I was promoted to Sales and helped grow the firm to 125M in three years. We went public and soon thereafter, the environment changed from entrepreneurial to political. Added layers of management were installed, territories and commissions were reduced. The company needed to appeal to Wall Street and shareholders and unfortunately for me, the firm became a 'mini-IBM.'

In June 1987 I went home to my wife of 2 years and a 6 month old daughter and in December 1987, at age 26, founded United Computer Group, Inc. with \$30,000 in savings. United Computer Group, Inc. I gave myself 6 months to make it. It has been over 16 years and not because I am overly intelligent, but because the UCG Team has focused and worked harder than our competitors. People are your most important asset.

Require them to work hard, be honest, take pride in what they do and have fun at it. A marriage of any kind isn't easy. Go after your dreams and do not give up.

My most important asset, valued over everything else, has been my marriage of 17 years. My wife, our children and her family. Excitement, challenges, successes and even failures.

But I controlled : my destiny.

Remember: Life is a poker game. You can't get where you're going if you don't know where you want to go. «

James A. Kandrak is Founder and President of United Computer Group, Inc. {UCG}

www.ucgrp.com and has served over 550 end user clients. UCG is an IBM Advanced Business Partner & specializes in providing technology & solutions to mid-market distribution and manufacturing companies. Jim resides with his wife Pamela and two teenage daughters. jim@ucgrp.com

Most Interesting Persons: Ted Turner and Herb Kelleher



Focus on the positive.



Grades are not necessarily indicative of a person's ability



The harder you work, the luckier you get.

LESSONS LEARNED – 1983 to 2003

- \$ Grades are important but not necessarily indicative of a person's ability.
- \$ 'A' students usually end up teaching and 'B' students end up working for 'C' students.
- \$ Always maintain a positive attitude.
- \$ What goes around, comes around.
- \$ The harder you work, the luckier you get.
- \$ If you work for a firm, realize why you are there.
- \$ The 'other side' isn't always greener.
- \$ Bigger isn't always better.
- \$ There is no replacement for face-to-face marketing.
- \$ Life is a poker game. Play your 5 cards the best you can.
- \$ Nothing is forever.
- \$ Differentiate yourself and be unique.
- \$ The customer is always right – even if they are wrong.
- \$ Focus on the positive.

FEATURE »

By Andrea Buckett
Doctor of Homeopathy
Toronto, Canada



Food everywhere and not a bite to eat!



» I walk through the local monstrosity we call a grocery store. My stomach churns. I glance in the carts - filled to the brim with what vaguely resembles food. Cardboard boxes, frozen replacement meals, cellophane containers, plastic tubs and cartons and perfectly fresh fruit and vegetables. You see ... I have made it my business to know about food - ALL about food. Things, some of us, would rather not know.

Friends and family roll their eyes. Well, we are what we eat! And as my obsession spews out yet another unsolicited food fact - so too is cooking it, knowing what nutrients it contains, using it to treat an illness and all about how it is manufactured. The days of farm fresh wholesome food - is a dream and that dream takes us all the way to nowhere, in its commercially manufactured form. Processed, preserved, artificially flavored, transported,



1. We pile our cart full of disease-fighting, vitamin laden foodstuffs; but we're missing a large piece of the puzzle!
2. Non-organic fruits are sprayed with fungicides and pesticides.
3. The salmon downside: processed preserved, artificially flavored. Fats are saturated with toxic chemicals from their nature habitat.

sprayed with fungicides and pesticides, irradiated and injected with hormones and antibiotics – Mmmmm. Yummy!

Let's begin in the produce aisle. Remember – looks can be deceiving! An abundance of fresh, colorful

The Pesticide Action Network, an environmental group in San Francisco, reported that the average diet provides 60-70 daily doses of pollutants including DDT, dieldrin and dioxin. Many pesticides that have been banned in the US and Canada get shipped to countries where they are not banned. Consequently, many foods imported back into these two countries are contaminated with these deadly pesticides.

Further, your produce has been grown in nutrient deficient soil. This leads to the heavy use of nitrogen fertilizers, which in turn leads to a distortion of the crops already lacking nutrient profile. While these fertilizers may not have a direct impact on your health, foods that are devoid of essential nutrients, certainly do.

In addition, some of the most widely grown crops have been genetically modified. Soybeans, corn, potatoes, tomatoes, papaya and all of their derivatives. This practice generates a multi-

fruit and vegetables – pretty safe right? We pile our cart full of these disease fighting, vitamin laden foodstuffs, but we are missing a large piece of the puzzle.

The problems stem from all those other ingredients you didn't know you were paying for. Perhaps a little genetic modification (pesticides, fungicides with salt and pepper) appeals to your appetite? The 'very' dose of what could cause the diseases you're trying to prevent!

The average diet provides 60-70 doses of pollutants, including DDT, dieldrin and dioxin.

1. Seafood – at its best – is safe. At its worst, a most dangerous source of cancer-causing chemicals.
2. Some of the most widely grown crops have been genetically modified.



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Your produce has been grown in nutrient deficient soil. This leads to the heavy use of nitrogen fertilizers, which in turn leads to a distortion of the crops already lacking nutrient profile.

hundred billion dollar business, and yet has never been tested for its long term health effects or environmental impact.

Let's take a look at the seafood counter. At its very best, seafood can be as safe as any organic fruit or vegetable. At its worst, it is the most dangerous source of cancer-causing chemicals in our diet. After all, fruit, vegetables and salmon are all touted by so-called diet dictocrats as being healthy food choices that prevent disease – correct? The problem is that they make no distinction between the good and the bad.

Let's look at salmon. After all,

salmon is known for its high levels of omega 3 fatty acids. These fats are the good ones, proven to increase cardiovascular health, brain function and healthy cell division. But alas, salmon has a downside. Much of the salmon sold comes from fish farms. Fish farms do not provide the proper food or environment needed by the salmon to produce quality essential fatty acids. Wild salmon however, has an abundance of quality fats. The problem? These fats are saturated with toxic chemicals from their natural habitat.

Oh, the fun we could have! And

we haven't even touched on the meat counter, dairy case, frozen food, snacks, pop, packaging of food... are you understanding the seriousness of my concern? Technology has offered quantity over quality.

So I ask? Do you want these 'black, crawly, pesticides' dancing around in your system?

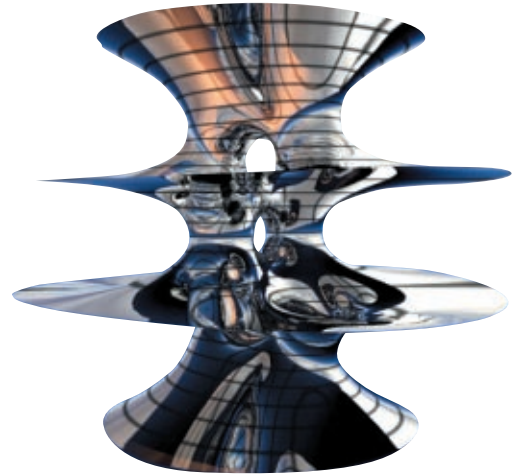
The choice is yours! Now – go out and influence your health. «

Andrea Buckett graduated from the Homeopathic College of Canada and her private practice is a passion in pursuit of educating the public on alternative health ways.



FEATURE » By Colleen Walker Brooks
San Francisco, California

SCI-FI CONUNDRUM



C L O N E O N T H E P H O N E

CLONE: Hi.

DONOR: Impossible! It can't be! How did you find me HERE?

C: I'll always find you. Listen. This is important. I need the rug.

D: Good Lord! I've told you a thousand times, but you're so nutsy obsessive. Buy a rug of your own. Or get a hair transplant.

C: Transplants hurt. Besides, your rug fits me perfectly.

D: Well, of course.

C: Anyway, you owe me.

D: You still haven't that straight. I'm not your father. I'm not your Mother. You're an autonomous entity.

C: Oh yeah? Did I ask to go spinning around on this crazy planet? Working

endless hours in a research lab? You're the bald headed microbiologist who wanted to get cloned.

D: At that time, I had just a slight recession at the temples. Still, I long ago realized I'd made a foolish decision, like a drunken sailor deciding to get tattooed.

C: Yeah? Well, your tattoo wants your rug.

D: Being fair, I DO congratulate you on the Nobel nomination.

C: History. I won it. And I'm not going to go pick it up without hair. Even I admit it's an honor. Not that I ever really wanted it. I wanted –

D: Oh shut up. I know what you wanted. You wanted to be a symphony conductor. Will you never face facts? We're tone deaf. We couldn't tell BACH'S B MINOR MASS from PAPA HAYDN'S DEAD AND GONE.

C: Right! Oh boy, is that right! And you claim I don't deserve restitution!

D: Exactly, where are you?

C: Right where you are. Right here in the theme park.

D: Machu Picchu is NOT a theme park. It was built by the Incas in A.D. 1500. It's the remains of temple ceremonial sites, of a legendary lost civilization.

C: Some civilization! Decking out a lot of unsuspecting teenagers in pounds of jewelry so they think they're going to the prom, then, throwing them down a sacrificial well.

D: Reducing it all to that is monumentally ignorant. How much education did you actually soak up, anyway?



C: Oh, let's not be funny. M.I.T., M.I.T.! All I ever heard from you was "Wait 'til you get to M.I.T. You'll be happier when you're at M.I.T." You were on my back with it like a stack of acrobats.

D: Still, you got there.

C: And still guileless enough to believe the goal of scientists was to help mankind. The great goal of scientists is to beat their rivals in announcing their research in top scientific magazines, then, getting the gold from a family that gives peace prizes with money they made from blowing people to pieces, to say nothing of their exploitation of oil fields.

D: Another distortion. Just how do you stand yourself.

C: Right now I'm standing just fine, at the foot of this big boulder your hut is on.

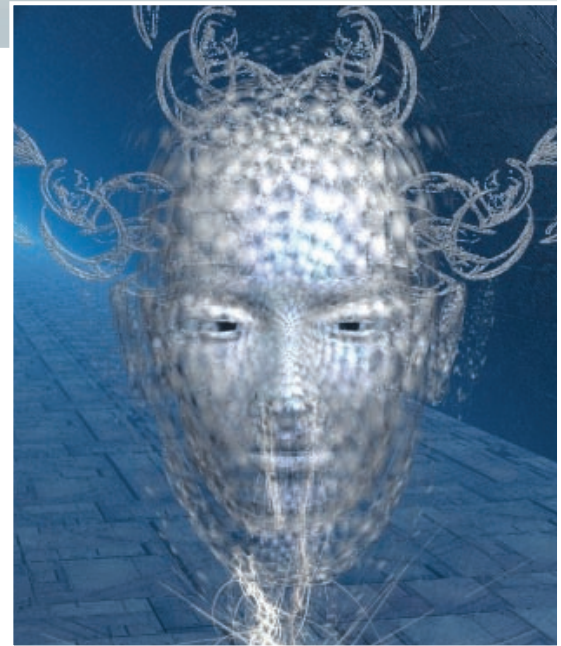
D: It's called a borio.

C: Hey, I've got to catch my plane back to Lima. By the way you're smoking cocoa leaves aren't you? I can smell them from here.

D: I wasn't. Until you started your righteous yakking. Okay, you win. I'll throw down the rug. IF you go NOW.

C: Oh, no way. Forget that. I'm climbing straight up there to get it. I want a hug.

COLLEEN WALKER BROOKS is a long time writer of comedy lines for TV and radio and has been published in numerous periodicals including **SAN FRANCISCO MAGAZINE** and **THE NEW YORKER**. «





FEATURE » By Carol Marchi,
San Francisco, California

*Under the crumbling grape arbor,
my husband holds court with his
cugini, the Italian cousins he
hasn't seen in 25 years.*

THE ITALIAN-AMERICAN GOES HOME



» “I might as well just leave him here,” I think to myself.

Under the crumbling grape arbor, my husband holds court with his cugini, the Italian cousins he hasn’t seen in 25 years. They clink glasses of Campari and toast each other, delighted with our visit. They all talk at once, trying to fill him in on the missing years of births and deaths. My Italian is worse than inadequate, but I smile and laugh on cue. Occasionally, they remember I am there and wink at Joe in approval. “Simpatica,” they say, acknowledging, even though I am an Irish-American, I fit in.

It’s after eight at night, still hot, and we fan ourselves with paper napkins to get cool. In the three days since arriving in Italy, the temperature hasn’t dipped below 90 degrees. The town is beautiful Arenzano, near Genoa.

I glance around the yard, remembering how my kids ran through the patches of zucchini and swiss chard 25 years ago and lamenting how five-storey condos now tower on three sides. Battered rabbit and chicken hutches huddle against the shabby fence, and the chickens emit their last futile squawks of the night. There are just enough of them to provide

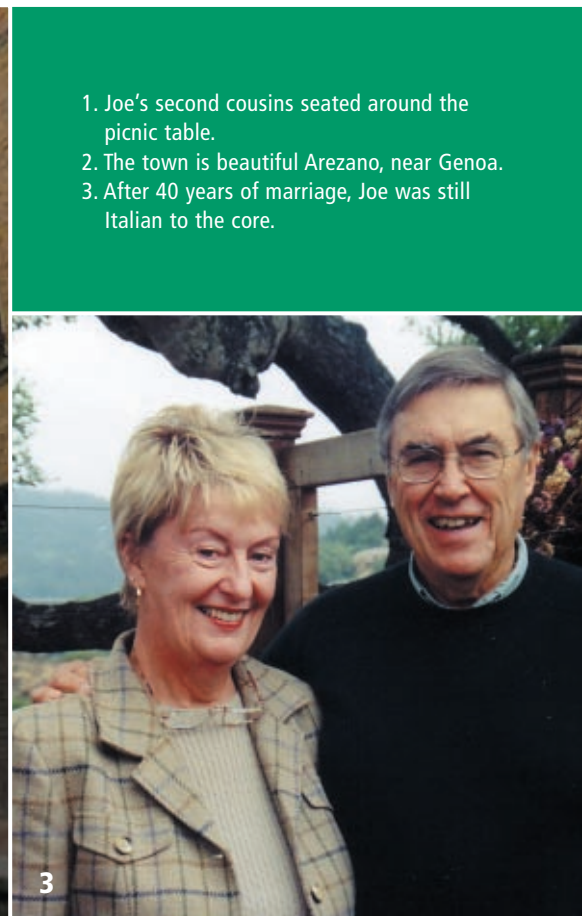
eggs for the occasional cake or artichoke frittata and for breading meat and fish to fry in the cast iron pan. I pray rabbits will not appear on our dinner plates.

Except for Luigina, who cooks every meal, all of Joe’s second cousins are seated around the green wooden picnic table, several slats missing from decades of use. Many of the women have never married, partly because Italy lost so many men in the war.

The Isetta women are formidable—physically and emotionally strong daughters in the family who’ve been butchers, for over 70

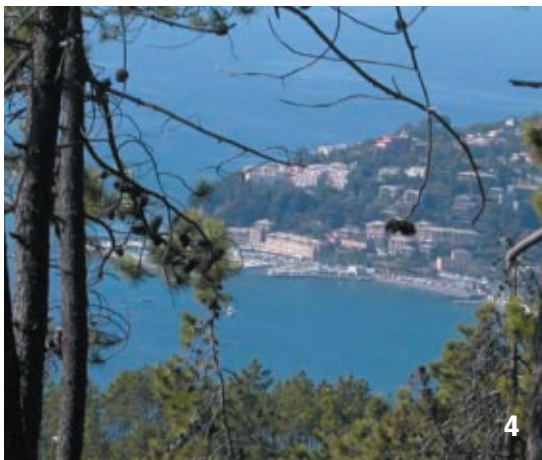


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1. Joe’s second cousins seated around the picnic table.
2. The town is beautiful Arenzano, near Genoa.
3. After 40 years of marriage, Joe was still Italian to the core.



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Joe said:

"When I was young, I always felt sorry for people who weren't Italian. My Nonno bragged that Italians have the best food, wine and the prettiest women — and no one could beat great Italian composers."

years. For 40 of those years, the women joined their father in slaughtering their own cows, cutting meat, and selling steaks, chops, and tripe on spotless gray marble counters in the family-owned butcher shop. Today, they sit in sleeveless floral print dresses — instead of their white butcher jackets.

Andreina yells for everyone to be quiet and retells her favorite story of Joe's first visit at 25. She recalls his cheerful acceptance to witness the weekly slaughter and stands up, pretending to pull out a pistol and says, "Bang, bang," pointing her finger at an imaginary cow. As the laughter mounts, Andreina runs from the garden with her hands on her throat to mimic his

gagging, a perfect finale for the melodrama. Everyone wipes tears from their eyes, repeating their taunts from 40 years ago: "Americano! Troppo gentile" (too gentle).

Luigina calls for dinner and with a sweep of her arm, invites Joe to be capo della tavola (head of the table) — the place reserved for the most honored guest. Holding a huge platter of steaming gnocchi with pesto, my husband's favorite dish, she places it before us. Of course, conversation continues with how much oregano should be used in a good red sauce and what kinds of mushrooms import the best flavor. "Tartuffi (truffles)" Luigina exclaims. "Il migliore (the best), recalling the time she

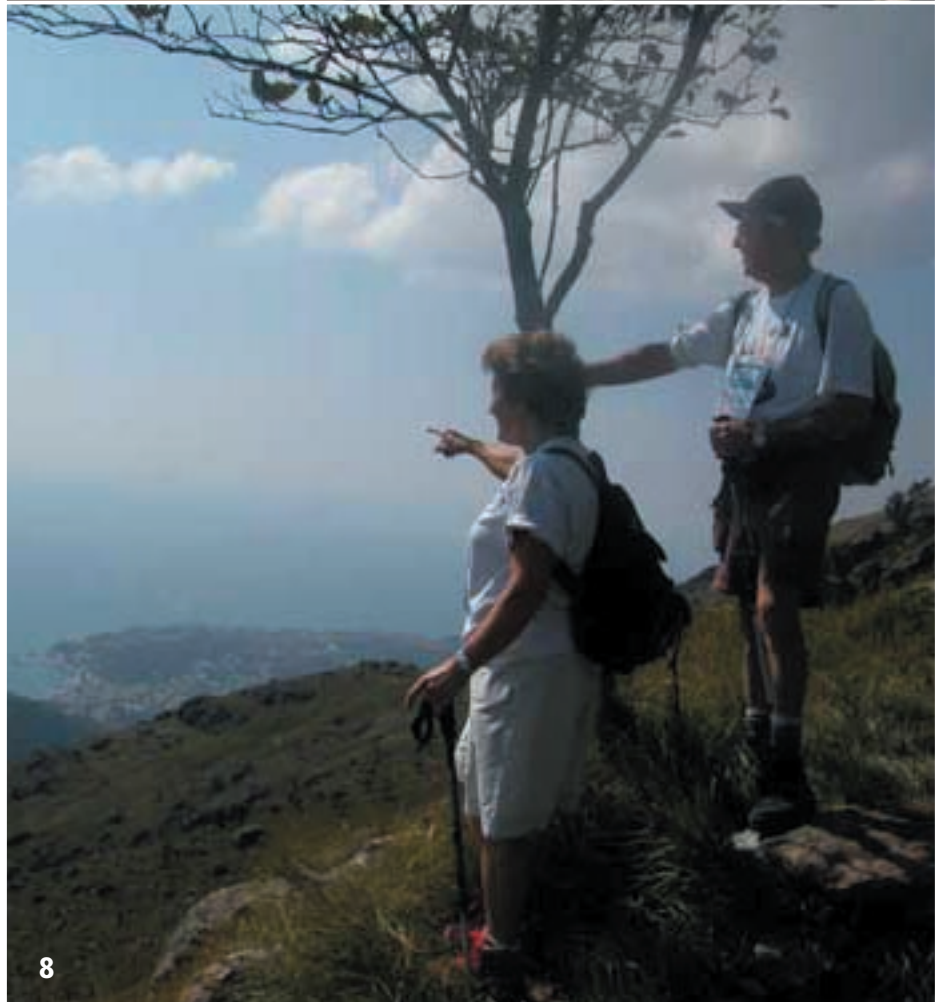
4. Scenic Arenzano
5. Back: Mauro, Luigina (the cook), Andreina (the storyteller). Front: Sebastiano and Clementina
6. We walk arm-in-arm to the sounds of laughter, along the most quaint little streets.
7. He didn't have to tell me Italians have the best parties, the most fun.
8. Joe, I'll take you home ... anytime.

traded a huge filet of beef for a rare white truffle ... raising her hand to her mouth in a food kiss.

Earlier in our married life, Joe had said: "When I was young, I always felt sorry for people who weren't Italian. My Nonno (grandfather) bragged that Italians have the best food, wine and the prettiest women – and no one could beat great Italian composers like Vivaldi, Puccini and even hinting that Italians were single-handedly responsible for the Renaissance. He didn't have to tell me that Italians had the best parties and the most fun."

Seeing Joe among his cousins reminded me that he has a great gift: an Italian soul. After 40 years of marriage – I saw Joe more clearly than ever before. Italian to the core.

It's late evening by now and we walk arm-in-arm along the most quaint little street, hearing laughter from many of the back gardens. I nudge him with my elbow and say, "You were right about the Italians, Joe. I'll take you home... anytime." "






FEATURE »

By Kate McKenna
Halifax, Canada

GO ON. TRY IT!



My grandfather and his wife were spending the winter in Portugal. They had asked me to visit and I was thrilled; I was fascinated by the world beyond my suburban Canadian home.

My grandparents met me at Faro airport and we dined at a restaurant clearly aimed at British tourists and far from Portuguese cuisine. Liver, onions and steak. However, disappointment lasted only 'till morning: hiking to the

peak of a small mountain, wool shopping, cabbage soup and piri-piri chicken served by a warm, round lady who, between orders, would gruffly yell at the stray dogs. I fell asleep that night, my head swirling with images.

The next day we packed the car and drove to Lisbon. Like a dream, the city unfolded in layers of honking and unfamiliar sirens, narrow alleys and crumbling architecture; like a captivating stranger the city beckoned, but I was wary. The language barrier was unbelievably impenetrable. The

little that I remember is fragmented and blurred, except a clear sense of the fear of the unfamiliar, of confusion and claustrophobia. When I boarded the plane the next day – I was glad to be going home.

Three years later I was meeting my parents at Termini station, while studying just outside of Rome. I'd become confident with the language and the lay of the land and showed them my favorite places: Trattoria Abbruzzese where you discover what Bolognese sauce is supposed to taste like, Villa Borghese the home of Bernini's



1. Like a dream, the city unfolded in layers, narrow alleyways and crumbling architecture.
2. Bernini's Proserpina.
3. Exploring a farmer's market.
4. The Coliseum, Rome.

There was an alluring mystique surrounding continental Europe and I believed my trip to Portugal would show me a rich, exotic and colorful side of traveling.

Pluto and Proserpina, and the fool-proof way of sneaking into the coliseum at night. Through my travels in Italy I satisfied (momentarily) my desire to experience the culture of Europe. With confidence and a little security, I could enjoy now, the bigness of European cities.

I graduated from high school and was overcome with dread at the thought of going back to North America and a small liberal arts college in Nova Scotia.

At my home in Toronto, I fell back into the old routine – life was not unpleasant – but, it was missing something until... I stepped off the plane in Halifax, Nova Scotia on a sunny day, got into a car, drove into the city and discovered what I had wanted. It wasn't luxury, or exoticism, it wasn't beautiful people in well-

tailored clothes, nor unfamiliar languages and flavors. No, not even the patriotic ideal of 'my country'. It was something more difficult to describe than those things; it was an energy or an attitude. It was an applied interest and attention. And suddenly wherever I went – I was traveling. Armed only with curiosity – every city, rural-Canadian or European-cosmopolitan alike, had sights, stories, and story-tellers that could satisfy my very human desire for the foreign and exotic, the different and the other.

What beauty to have learned this lesson and not long for somewhere else.

Do not let this happen to you. To avoid it, trick yourself into believing you have never been outside your front door. When you leave your house tomorrow morning, get your coffee somewhere

new, get your groceries from the farmer's market and ask the person helping you about this season's crop, take out a book at your local library about the oldest buildings around town—visit them, go to the museum (even if it is the potato or sea-plane museum), go to a service at a place of worship of an unfamiliar religion, try a restaurant in your area of an ethnicity that is unknown to you, ask the server what he or she recommends. You would not hesitate to do any of these things on vacation. Go on try it, and suddenly you've saved the plane fare and... you are in an Italy all of your own. «

Kate McKenna is in her second year at the University King's College in Halifax, Nova Scotia, Canada. And oh, she lives with a roommate who may have just fallen in love.



HALF TIME » By James Mansell, Montreal–Quebec

Behind The Bench

» Hi folks!

I predict that coaching at the professional level will soon disappear.

Professional sports have been going through a transformation in the past 20 years. Sports teams have always been a business venture owned by a wealthy businessman or a large local company. If we can understand sports as a business – then what's the head coach's true job description?

"Just win baby!" was a popular saying by Oakland Raiders' owner Al Davis. But is it just about winning? Or, is it about being profitable. **"Just be profitable"**. In most cases – it's not about winning but being competitive and putting on a good show while not losing too much money. But where does that leave our poor coach?

The coach has a lot of issues to deal with. His basic love is to teach

and motivate. He loves to win and watch players develop. He loves the relationships he develops with his players. He loves talking about the sport and preparing for it. He is the true sport fanatic. Unfortunately, he rarely gets to do a lot of the things he loves to do.

The coach has to be a friend and understand that players have issues and problems like everyone else and he has to try and understand his players life situations. He has to be a media coordinator to keep fans and the media at bay with the team's successes and failures. He must also act as a psychologist to work on issues that are directly related to the sport. Never mind developing the young players, watching game tapes of upcoming opponents, running practices and travel...

Most importantly the coach has to win! But how is a coach supposed to be a coach if he cannot truly do his job. Times have changed and coaches do not have the same

authority they once did. Free agency, large multi year contracts and the need to be profitable has made the coach obsolete. Coaches should be called product coordinators.

On the other hand... during practice and behind the scenes, coaches do get involved in a lot of instruction and fundamental work. It seems hard for most to understand why a coach can be so great one year and so poor another. Just once, I wish that a team of players could be held responsible for the team's lack of success. It seems only fitting. But then – it's much easier to get rid of one... than ten to twelve players.

Have a great summer. Thanks to all my readers and supporters, and let's hear your thoughts. «

To Write James: » Click Here «

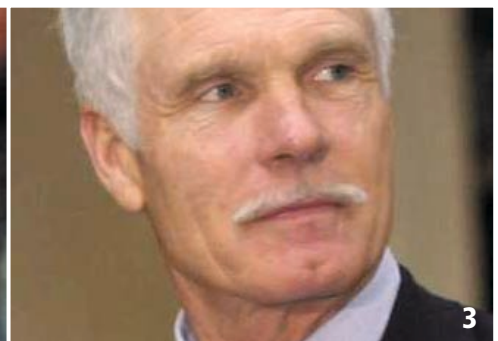
If you know an extraordinary teacher or coach, why not nominate him/her for The ADESTE Prize! www.yesintl.com



1

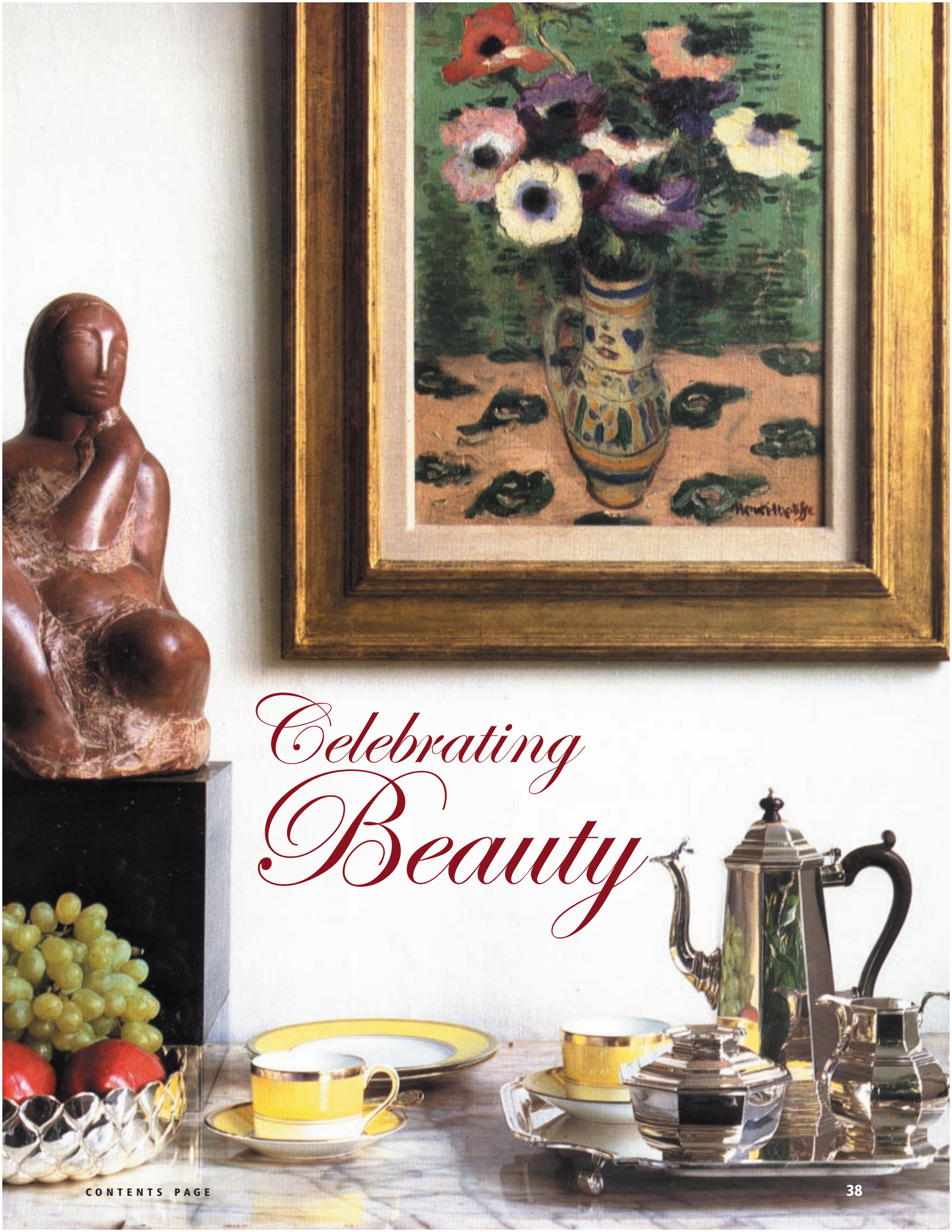


2



3

1. Al Davis (owner, Oakland Raiders). 2. Pat Quinn (coach of the Toronto maple Leafs). 3. Ted Turner (owner, Atlanta Braves).



Celebrating Beauty

THRU THE EYES OF JO LEE CELEBRATING BEAUTY »

By Jo Lee

» Happy Summer! Hello dear friends.

This is the time to begin again and choose a direction to ensure you are traveling the road you want to take thru summer. For me, there is no better place to begin than in my beloved New York. This magical city inspires and sets my pace to charge ahead with the promise of life at its best. Ah yes, I feed off the exuberance of its people and rush to mingle with all their passion for life. Where better then – to set my goals for the future.

As we know, New York is one of the world's leaders in great drama and theatre. To have life played out on stage as well as in the streets, is most enterprising to me. Thus, it seems fitting to bring to you what I myself have recreated a few times, when integrating business into the sphere of my home. I chose to mirror a day in the life of top theatre and film

agent Lionel Larner who lives in a sun-and-art-filled Upper East Side Manhattan penthouse surrounded by terrace gardens, brimming over with his own English charm. Here, he too enjoyed transforming business meetings with his 'stars' who include Mia Farrow, Diana Rigg, Glenda Jackson into thoroughly brilliant entertainment.

The atmosphere is cosmopolitan but completely relaxed. Giacometti lamps flank seventeenth-century Italian landscape paintings behind the setting which includes a limestone statue of a 'Bather' by Bernard Reder and a simple bunch of anemones in a contemporary Tiffany engraved glass.

The anemones are repeated by the Matisse painting hanging over a marble-topped Louis XVI console where the paneled silver coffee service and a silver bowl of fresh fruit wait beside a seated figure by Jose de Creeft.

So, do come with me this Summer. You may be shocked, surprised, amused and enlightened. But whatever the result, you will speak of this encounter as one amazingly unique experience.

The title of my Luncheon is? "Direction! Crossing the Threshold" but how it turns out will be left to the gods until the beginning of after luncheon tea.

E bravissimo! Il piu bello Giugno, Luglio e Agosto (to the most wonderful June, July and August) – from my Italian home to yours. Please, go out and capture this, in your very own inimitable way. «



POLITICALLY RED »

By Lani Silver, San Francisco, California

"The event was perfect. I was so nervous! It was glorious."
Congratulations to our very own Lani Silver named (1 of 3)
HERO OF THE YEAR for International Women's Month by
San Francisco's KQED Public Television and Radio.



Why do MEN Like WAR So Much?

» It's summer. We should all be thinking about picking daisies and running through a sun dappled forest, but instead, we are thinking about war. Haven't we learned anything. Life seems upside down. I think of the book 1984 all the time: War is peace; peace is war. Nothing makes sense.



There's no nice way to say this. Men seem to like war way too much. As one who taught a course for 15 years on 'Violence Against Women' in a Women Studies department, I don't casually say we have a serious problem we don't talk about, much. Many men are way too aggressive. My proof: 200 million people were murdered in the 20th century because of war and genocide. Since most decision-makers are men, and most soldiers are men, we need to reflect a little on this problem.

Certain things have led me to this conclusion, and yes, there is a fine line between male bashing and scholarship, but let me try to walk that line.

First, don't panic. You want to yell out: Indira Gandhi, Margaret Thatcher and Golda Meir. (Everyone knows that they can name the three women in the world who fall into this war-mongering category.) Can anyone name a fourth woman who belongs here?

So, why do men seem to like war so much? Why did 200 million die? And as we are involved in our next stupid war, forgive me if I ask why we haven't learned anything from the last century, the most bloody century in history? How can I connect the dots for you?

I know I'll get hundreds of letters about this, but many men need to learn to say: 'Let's talk', or 'We're sorry'. Too many are not taught to say these things. They could also try saying 'Let's compromise', but that doesn't happen either. Hierarchical qualities are instilled in all of us, but men in particular. These feelings serve to keep us separate, rather than interconnected.

Separateness fosters violence and brutality. Little boys are taught to be aggressive; it's in their play from the beginning. Guns are in and dolls aren't. Boys are taught about sexual dominance and control. Many seem to be inexplicably drawn to the image of two rams banging heads together until death.

**Many men need
to develop feelings
for humanity.
Women need to
speak up.**

1. Golda Meir
2. A child holding a gun at a rally.
3. This US poster glorifies battle.



I wish we could figure out how to stop men and countries and their aggressive tendencies. What can we do to help such men? What can these men do to help themselves? Men need to bring out their nurturing and compassionate sides, rather than their frightened and aggressive sides. After all, the purpose of life is to understand and learn its glorious lessons. All opinions and ideas, precious. We need to practice being less greedy. Americans, in particular, have a demanding sense of consumerism; we're taught to step on, and now kill the 'little people'. We've become masters at race-wars; we're imbued with a fervor to kill people if they get in our way. It seems to me that women give and give and give, and it's never enough. And men take and take and take and it's never enough. We women try to pass the salt faster and they never do it fast enough.

Many men need to develop feelings for humanity. Women need to speak up. We need to temper our propping of men. Instead of saying 'it's my turn to control the remote', we explain away our husbands tempers to our shaken children.

We need better outlets for stress and we should be figuring out how we can help the world instead of destroying it.

I am personally in a state of despair. I've been a political activist for 34 years, and it all seems to mean nothing these days. We have these nitwits in charge of my country and we are off (again) killing more people. We haven't learned anything. «

To Write Lani: » [Click Here](#) «

Lani Silver – historian, artist, free-lance writer, and Lecturer with the American Program Bureau. (Gorbachev's bureau – Desmond Tutu, Jane Fonda, Oscar Arias). For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1700 oral histories with Holocaust survivors and witnesses.





THIN'K'ERS CORNER »

By Carolyn Young – Lead Thin'K'er

Got a problem? Any problem. We're here to HELP!

Q: Dear CamPUS: I've just graduated from high school. All of my friends are heading off to university in September. I'm not sure what to do in terms of a career so, I finally convinced my folks I should take some time away from studying - while I figure this out. I'll need money once I return to school. Where do I begin? Some jobs seem pretty cool in the newspaper ... but I'm told the better jobs are not found this way.

Marnie, San Diego, USA

A: Hey, Marnie. You are soooo not alone! You're right. Most great jobs aren't listed in the paper. Here's the scoop: Those that are have many applicants. The chance of a response is miniscule. Does this mean you shouldn't go through newspaper listings? NO! You should. It helps get a feel for what's out there, what people are looking for, the way the market is headed ... you 'may' be the one they call for an interview. But you'll have much more success if you expand your search through the following: The internet - post your resume with an online search firm; join organizations affiliated with your field; network!! Whether at breakfast, lunch or dinner - tell people what you're looking for. Let people know who you are and why 'you' will become invaluable to them. Good Luck!

Q: Dear CamPUS: I love summer. But I hate shedding my clothes. I'm overweight, have been for a long time. I've tried various diets and none of them seem to work.

Dalia, Paris, France

A: Dalia, I don't really know enough about you to understand whether your weight problem is more genetic, dietary or due to lack of exercise. I can speak from personal experience here. I was very overweight as a child until I got to Junior High. I made a determined effort to lose, as you are doing. In terms of diet, my advice is this: Don't think 'diet'. Think 'lifestyle eating'. Stay away from Carbohydrates. They're deadly. These foods glue themselves to our system! So, yes, you can eat pasta and bread BUT infrequently. Eat lots and lots of protein. As much as you wish. Protein goes through the system like a waterfall. Keep up with your daily vitamins, minerals and amino acids via power drinks. This, is what builds the system's integrity! Exercise regularly - like 4 or 5 times a week. I chose a couple of activities I enjoyed (including swimming) and I alternated this with slow jogging (I was very out of shape). There's a GREAT feeling for everyone, Dalia. Tell your brain it's your 'new' way of life.

Q: Dear CamPUS: Every Independence Day, my friends head to the back country for a weekend. It's basically a drunk fest. We all get hammered, have a little BBQ, and well, that's about it. I've been pretty heavy into the booze for a long time, now. A few months ago I was out with the boys drinking. We were driving home and there was a stalled car on the road in front of us. I swerved and narrowly avoided a telephone pole. It was too close a call! I've seriously cut back on my alcohol intake. The boys are pressuring me about the coming weekend. How do I get out of it?

Duane, Toledo, Ohio

A: Duane, you really had a wake up call, didn't you? You're lucky that's all you had! I would have no problem in telling your friends that: "I've graduated from the drunken brawl scenes". We know Duane, drinking can lead to many negative things. Hey, camping is cool... a little campfire, the nifty sounds of the woods (aaaahh, takes me back). Taking in 'a just released movie', can also make that excitement fly. But the coolest thing is staying alive!

SEE YA! »

More help? Check out www.yesintl.com and the E-Help CamPUS and while you're at it, NOMINATE SOMEONE FOR THE ADESTE PRIZE.

Write the Thin'k'ers: » Click Here «
(Carolyn, Emily, Nelson, Tarik)

MANAGING EDITOR'S COLUMN

By Nahidah Malik
Nairobi, Kenya



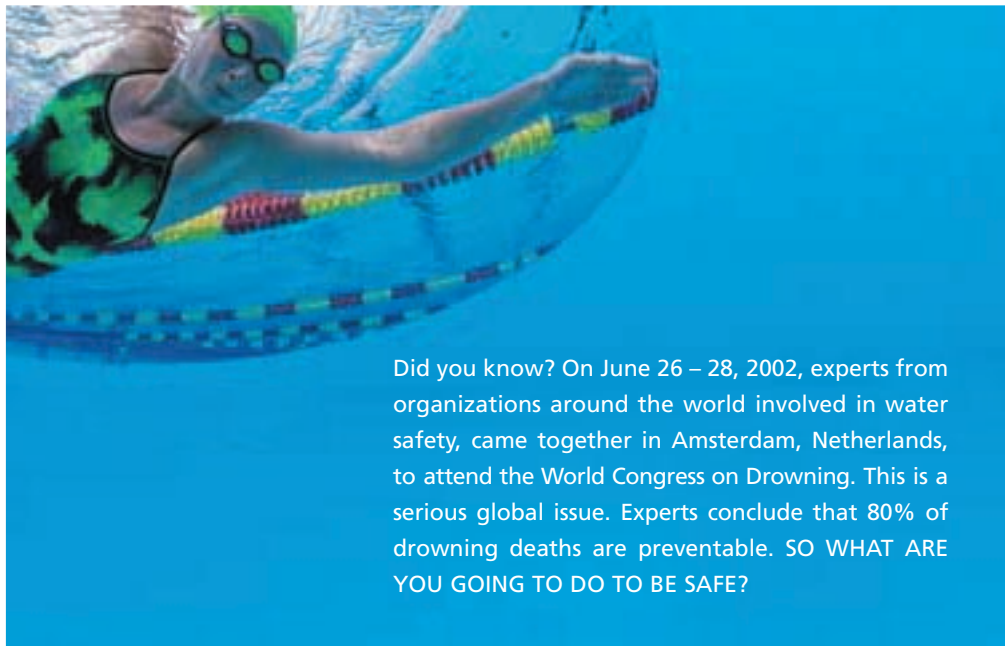
Going for a swim?

» On a hot summer's day a dip in a pool or lake or stream can be most refreshing. But do you know the hidden dangers that lie in the water?

Half a million people drown worldwide each year – NOT including deaths from third world countries – where data is often not available. Some will survive but with permanent brain damage.

Lakes, streams, pools, spas, fish ponds, buckets, and bath tubs pose a hazard to all, but especially young children. Being top heavy, they fall head first into water, unable to pull themselves up. A child can drown in under 2 minutes, in less than 3 inches of water. Drowning often occurs silently.

Lets practice common sense. Be alert! Supervise! Learn CPR! Read posted signs! Check for life guards! DO YOUR PART. Don't let a beautiful summer be shadowed by an unnecessary tragedy!



Did you know? On June 26 – 28, 2002, experts from organizations around the world involved in water safety, came together in Amsterdam, Netherlands, to attend the World Congress on Drowning. This is a serious global issue. Experts conclude that 80% of drowning deaths are preventable. SO WHAT ARE YOU GOING TO DO TO BE SAFE?



PRACTICAL GIFTS FOR SOLDIERS & FAMILIES

» Applause for the brave. Our soldiers! What can we do to ease the pain?

Well, quite a bit. Adopt a family! These brave men and women have husbands, wives, children, aging parents, who today, are struggling to keep the unity of the family team together.

Adopting a family can add wonders not only to the family but to the moral of your very own day! Mow the lawn, clean windows/a house, babysit, walk the elderly, bake fancy cakes, prepare pot-luck meals, take the sick on country drives. The love and time *you* put into bringing a piece of peace to another home ... will last within hearts, forever.



Find a community or information center in your area that can help get you in touch with a family or community that needs you. For every little bit we do: helps others cope in their lives – a little better.

Research and Development is searching for INTERNATIONAL MINDS.

Could this be YOU?

» For more information - [Click Here](#) «



CRAZY ABOUT R&D »

By Dr. Rose A. Dyson
Toronto, Canada



Violence in Entertainment

» Last fall a coalition led by the Judge Baker Children's Center in Boston, MA. held a summit at the Yale Club in downtown Manhattan. It coincided with the annual Advertising and Promotion to Kids Conference and Golden Marble Awards.

Over a dozen prominent researchers presented shocking evidence of rising rates of obesity, juvenile diabetes, eating disorders and child health research, itself, skewed when under-written by corporate dollars. Meanwhile, corporate spending on marketing to children, now over \$12 million a year, continues to climb.

Every year children consume almost 40 hours of media a week and see over 40,000 TV commercials.

Aggressive product marketing messages are even aimed at them in their classrooms. It is time we responded honestly to the impact of marketing to children whether it involves junk food, health debilitating products such as drugs and alcohol or violence as entertainment. This summer encourage healthy, physical activity over heavy media consumption habits. For more info, log on to www.commercialexploitation.com

» To Write Dr. Rose: Click Here «

Rose A. Dyson Ed. D. is author of 'MIND ABUSE – Media Violence In An Information Age' www.web.net/blackrosebooks and 'North America's Cult of Sex and Violence': in 'MEDIA, SEX, VIOLENCE and DRUGS in the GLOBAL VILLAGE'. www.rowmanlittlfield.com

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CRAZzY ABOUT short stories are based around multitudes of topics in the YES! E-Help CampUS where millions each month come for Help. Acclaimed as the meeting place of the new century, the CampUS is driven by those in the know.

Gotta suggestion? Keep them coming.

» To write us, click Here «



Dr. Saul Levine with daughter Hanna Mei and wife Dr. Ann Garland at Lake Annecy, near Geneva, Switzerland.

PROS AND EX.CONS »

By Dr. Saul Levine, M.D.

Institute of Psychiatry and Behavioral Sciences
Children's Hospital and Health Center
San Diego, California

DON'T LOSE SIGHT OF THE YOUNG

» I have had the good fortune of working with young people all my professional life. I've even been 'accused' of being an adolescent at heart, but I readily take that as a compliment, because youth represent to me enthusiasm, energy, promise and potential.

The French expression "Plus ça change, plus c'est la même chose!" (The more things change, the more they stay the same) is particularly apt.

Adolescents and young adults have always been criticized by their elders. If you don't believe this statement – I quote 'recent' quotes, from adult commentators about contemporary youth: "I see no hope for the future of our people if they are dependent on the frivolous youth of today, for certainly all youth are reckless beyond words. When I was a boy, we were taught to be discreet and respectful of elders but the present youth are

exceedingly wise and impatient of restraint" (Socrates, in the third century BC); "Our adolescents now seem to love luxury. They have bad manners and contempt for authority. They show disrespect for adults and spend their time hanging around places gossiping with one another...they are ready to contradict their parents, monopolize the conversation in company, eat gluttonously, and tyrannize their teachers" (Hesiod, 8th Century BC).

These scolding statements would be funny, if they weren't so frequently unfair and invalid. Most youth show wonderful attributes and behaviors. Yet as much as they have been criticized by the older generations, and maligned by the media, young people have so often inspired me by their fresh approach to old problems and their refusal to

accept the status quo as fixed in stone. I have been greatly moved by their remarkable resilience, their ability to bounce back from trauma or adversity, to become fulfilled, productive, and loving adults.

I could regale you with stories of so many young people who were given up (by professionals) for lost, written off as 'dangerous' or 'sick' or 'scarred beyond healing' or demonized as incorrigibly bad. But so many – a majority of these scarred and even forsaken young people – have not only overcome their problems, but have thrived and contributed to our society.

Let me give you a few dramatic – but absolutely true – examples of what I mean:

George was brought up in abject poverty in the inner city 'jungle' amidst gang warfare and violence. At an early age, he was convicted



We lose sight of the fact that most young people have a reservoir of inner resources.

of crimes, sent to jail, and ended up in the penitentiary. George is now a wonderful member of society, married to a lawyer, father of a beautiful young girl, and a widely respected therapist.

William was also born into terrible poverty in a one-room shack in which he lived (with his parents and 12 siblings) on a sharecropper plot of land. He was persecuted, mocked, chased and beaten by hateful white boys and men. William graduated from college—as did all of his brothers and sisters. He is now a prominent Bishop of the Church, who's established pioneering social, educational, and residential programs for people of all ages in the inner city.

Gino was an awkward boy in an immigrant family; he was teased, taunted, ridiculed and ostracized through his childhood. He became suicidal and diagnosed with Schizophrenia. Even his teachers thought he was 'stupid', and ignored him in classes. Gino was sent to a series of foster families and group homes. His parents and siblings all had various problems. Gino fooled them all! Not only did he graduate from university (against

all predictions) but he became the main financial and psychological support of his family.

My recent book: *Against Terrible Odds – Lessons in Resilience from Our Children*, (Bull Publishing Company, 2002,) describes numerous dramatic stories of this kind. We often get so caught up in the terrible scars inflicted on young people by cruel circumstances, that we lose sight of the fact that most young people have a reservoir of inner resources.

We need four core features as a way of assessing the worth of our lives.

THE FOUR B'S: Being, Belonging, Believing and Benevolence.

BEING is that sense of appreciation of your own self, with all of your strengths and frailties; feeling comfortable with who you are; feeling firmly 'grounded' or stable and self-accepting. Knowing that you are trying to overcome faults (we all have them!) and become an even better person.

BELONGING refers to a sense of being an integral part of an accepting, communal group, with shared activities, goals and values. It is often a family, but it can be (and often is) a church, school, political group, recreational activity. The

feeling of being warmly accepted and appreciated by a group that is important to us is a vital need, an enormous comfort, and affirmation of our worth.

BELIEVING implies the presence of an overriding and guiding value system, or higher principles by which we live. These are beyond the mundane daily activities of our lives, including the 'rationale,' materialism and competition. Believing has to do with personal spirituality, or an overriding belief in core values, principles of behavior, tolerance for others, humanism, or benevolent religious values.

BENEVOLENCE refers to compassion and empathy for others, generosity of spirit and of a tangible nature, cooperation and collegiality, decency and contribution to our fellow human beings, in the way of support, teaching, helping, mentorship, caring, and giving. What we contribute to others' well being, what positive roles we play in the lives of others — how generative we are — are often key criteria of how we view ourselves.

If you have these Four B's in place in your lives, you are a resilient soul, and you will have a most fulfilling and remarkable life. «



WEIRD AND WACKY FACTS »

By Mohammed Malik, 12 years old
Windsor – Canada



On Spiders!

1. Heaviest Spider A 4-3/10 ounce female bird-eating spider was caught in Surinam in 1985. It had a leg span of 10 inches and 1-inch fangs. The female spiders are heavier than the males.

2. Largest Spider As large as a dinner plate, with a leg span of 11 inches, the *Theraphosa leblondi*, is a goliath bird eating spider found in the rainforests of Guyana, Surinam and French Guiana.

3. Longest Spider Fangs *Theraphosa leblondi*, which is a bird-eating spider, has fangs measuring half an inch long.

4. Biggest Spider Eyes *Dinopis subrufa*, the net casting spider has huge eyes, that shine like headlights when staring into bright light. An inch in width, they have excellent light gathering power, for night work.

5. Most Sociable Spider Thousands of male and female spiders of the South African species, *Anelosimus eximius*, live peacefully on webs that span more than 3 feet across.

6. Smallest Spider Measuring 17/1000 inch, the *Patu marplei* from Samoa is the smallest known spider.

7. Fastest Spider At 10 mph, the long-legged sun spiders of the Middle East and semi desert regions of Africa are the fastest spiders.

8. Most Maternal Spider The *Achaearenea tepidarium*, can weave a web strong enough to trap and lift a small mouse off the ground. The webs of the *Nephila* family can trap small birds and often hamper the movements of humans.

9. Oldest Spiders From the family of *Theraphosidae*, the tropical bird-spiders can live to be 25 years old.



10. Largest Webs One of the species from the genus *Nephila*, the golden silk spider, found in tropical areas of the world, spins webs of up to 10 feet long and sometimes stretches across small rivers

11. Noisiest Spider *Anyphaena accentuata*, the male European spider, makes a buzzing sound that humans can hear. He does this by vibrating his abdomen against a leaf. The male *Lycosa gulosa*, or the purring spider, taps his palps and abdomen on leaves, making a purring sound.

12. Strongest Spider Webs The *Achaearenea tepidarium*, can weave a web strong enough to trap and lift a small mouse off the ground. The webs of the *Nephila* family can trap small birds and often hamper the movements of humans. «





EDITOR AT LARGE »

By Carla Dragnea
Bucharest, Romania



Bella Vita ITALIANA

W

hen I first decided to write on Italy, I was overjoyed because lifestyle in Italy is simply fascinating.

Then I panicked.

How would I capture this in 400 words? I wouldn't. But I could paint an image for you to hold dear in your mind, so the next flight you take ... is bound toward Italy and the romancing of love. Geographically, this country unfolds into a symphony of mountains – a myriad of villages portraying their own personality through the uniqueness of their cuisine, culture and charm.

What makes Italians so different from the rest of the world? Why – *La Dolce Vita* (The Sweet Life) which begins in the Piazza and ends at the

table – a huge part of the Italian style.

But if you really want to understand the Italians, from the biggest cities to the most rural of villages, you have to sit on a bench in any Piazza and with an espresso in hand – OBSERVE. Would you say their love of Soccer or adoration of style is what influences the Italian's National pastime? Italians have always considered themselves to be the forerunners of fashion in the world. Their famous designers are the first to create the latest trends. Any Italian will tell you they'll happily sacrifice a degree of comfort – in order to look good.

Travelers – don't ever be upset with an occasional lack of effort! Italians seem to not have a care in the world. This is why everything pauses for two hours during the day. Then,

at about 2:00 p.m. people emerge from their homes and populate the streets again until 7:30 when it is time for dinner. A stroll around a piazza to work off the meal, usually follows. You see, once we understand that Italians feel they live longer because of lower stress factors, we quickly fold into their mesmerizing pace.

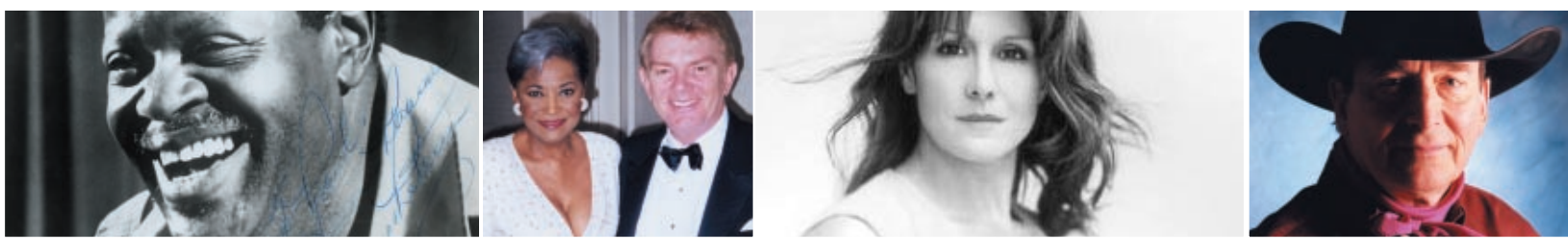
Did you know that UNESCO claims 2/3 of the world's artistic, historical heritage is amongst the wonders of this country?

Happy Republic Day, Italy! June 2nd the Italians commemorate the 57th anniversary of their country becoming a democratic republic. BRAVO! «

For » [Carla click here](#) «

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First thing.