

Autumn 2003

jolee

180° FROM ORDINARY

*JO LEE's Exclusive Interview:
The Prince of Epic*

Jean-Charles
Dupoire

Hijacked
on the Wire

Cataract
Surgery
*Dark Ages
Gone*

Tuscan
Dreams:
*Sculptor, Writer
Linda Kay Marie*

Who & Where
art thine enemies?

How a Business
is Born

IRAQ:
A Just War?

*How to Grow
Without Violence*



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.
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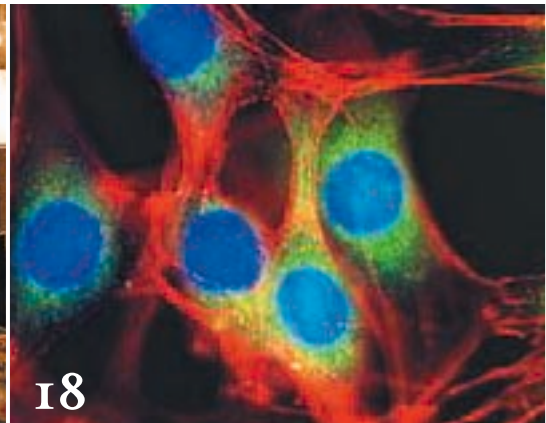
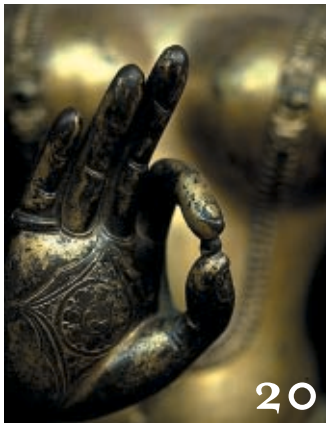


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photo by Kathryn Grant



THE MARVELOUS MAVERICK »

By Hugh Coppen

» OK – that’s it! Summer is over. Life’s like that: things we enjoy slip by too fast, while things we don’t, seem to last forever. Here’s my question: Would you prefer for your life to go by fast because you’re happy with what it is, or to drag by slowly because you’re not at all happy? Here are some great questions from this month’s mailbox:



Things we enjoy
slip by too fast.

Aaron S. asks: Mav, coming home from a business trip the airline was overbooked and offered a free ticket to anyone who would give up their seat. I took the deal and was back at work on time the next day. Do I owe that free ticket to the company?

Whoa, Aaron, questions like this have so many aspects – it all depends on your perspective!

Often the company thinks one thing and the employee, the opposite. My first advice to you is to do whatever your ‘highest conscience’ guides you to do.

Beyond that, I’d say this: if the company generally expects you to travel on ‘your’ time (i.e. evenings and weekends) then, I say you keep that free ticket since you gave up more of your own time to earn it. But if the company normally books you to travel during business hours, and if you earn a free ticket ‘on company time’, then I think you’re obliged to return the free ticket to the company. Pretty broad guidelines, I know, but they work!

Do whatever your 'highest conscience' guides you to do.

Mike B. asks: Mav, My boss is all over me – I don't seem to do anything right although I am doing everything expected of me. I've never had this problem before and always have excellent performance reviews. What do you suggest?

Tough one, Mike, because it could be so many things. Sometimes it's because the boss is so frustrated by his/her own boss that the only outlet is to nit-pick you. Or it could be that you're on different 'wavelengths' and that there are expectations that your boss has, that you're not meeting because you never knew they were there.

What often happens in this situation is that tensions build up and communications go down. *Don't let this happen!* It usually ends badly for you! You have to find ways to talk with your boss. Talk about what you've done (be very specific) and what you're in the process of accomplishing, and explain how puzzled you are that he/she is not satisfied. Ask for new specific goals you can agree on together, document them yourself if you have to, and then commit to your boss that you will achieve those goals. Go do it! And if that still doesn't work, think about getting another boss!

Julie M. asks: Mav! I was promised a bonus package at my last review, but I have no idea what is expected of me to earn it. What do I do?

I'm going to bet you're in a small, entrepreneurial company, Julie. Entrepreneurs are so self-motivated that they think everybody is like them and that people will work for some vague bonus. Not true!

You absolutely must get specific achievable measures down on paper. You're likely to find that your boss can't be very specific, so the discipline will fall on you. Suggest targets, and don't settle for anything less. It's the only way you'll ever earn your bonus, trust me! 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 bottom to top are motivated by shared goals and when they develop their skills, knowing that what they do really matters. People have always been the focus of Hugh's highly successful career! Write Hugh now with your questions about your career and let him help you.

Hugh Coppen resides in California
www.winningleadership.com



Should a free ticket obtained from business travel be used for a personal vacation?

THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI »

By Gene Arceri New York – San Francisco



The Incomparable

Jean Cook:

an Invitation to Understanding

» As principal Minister/Founder of The World Metaphysical Group – Jean has many acclaimed awards but modestly remains unaffected. She is accomplished as she is pre-cognitive with Trans-Channeling. She too, is a renowned Egyptologist having been invited to lecture by Museum Curators from around the world.

A bright, smiling, good looking woman interested in others, and their accomplishments – her inquisitive clients have many unanswered experiences. What is coincidence! Really? Whether you call it fate or a miracle, life is full of extraordinary events. Who better to have had experienced this than psychic Jean Cook, who has been called spiritually profound, and unusually pleasantly moved with the message she may have for you.

Sphinx like in her ability to talk about herself and shy of publicity, it is only because of our many years of friendship that she has agreed to my doing this composition. I will

try to paraphrase her thoughts.

Remembering that the Italian astronomer Galileo who was the first to use a telescope to study the stars, not only searched the heavens for the stars, he searched the stars for the heavens.

To those who come to Jean for a reading from far and wide – all leave with a sense of wisdom and relief from the weight of a problem that brought them to her in the first place.

She believes you should trust your psychic instincts. For years she herself suppressed hers. Born in Cardiff, Wales, her life there with family and friends couldn't have been more comfortable. Soon a wife and mother with a career in medicine, in London, nevertheless hers was inwardly an uneasy life – for she was haunted by her spiritual guide as a child to follow her destiny.

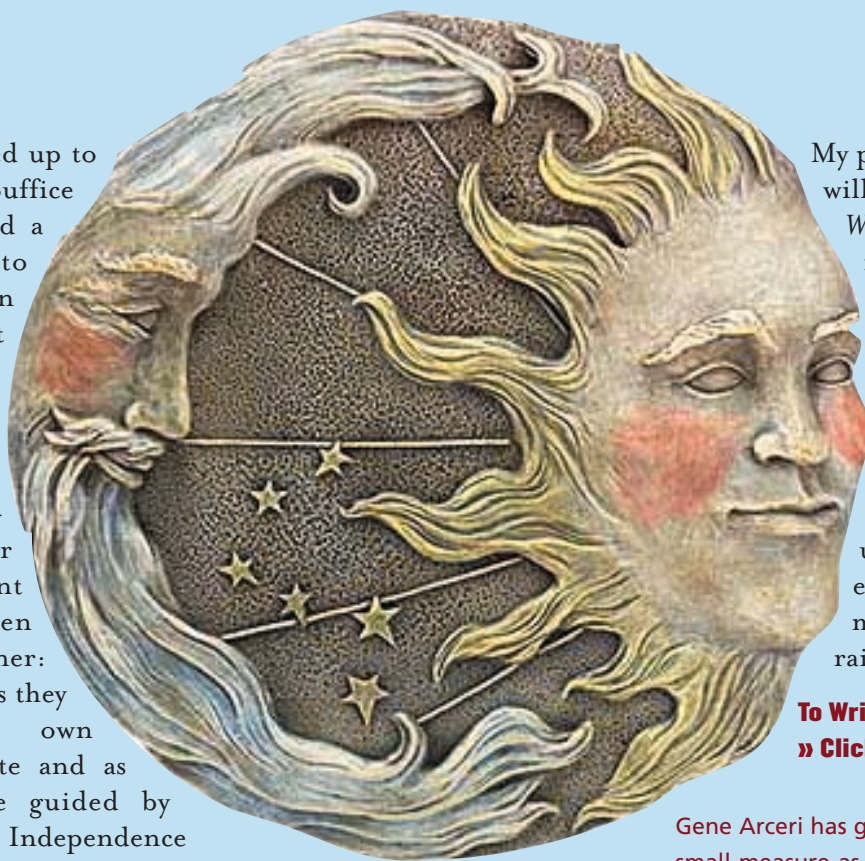
Finally, unable to resist any

The secret of life is to see things under the aspect of eternity.

further, she opened up to her psychic gifts. Suffice to say she followed a destined path to come to San Francisco and what ensued was her Christian spiritualist church with a following of famous clients – several calling for taped absent readings – when backed into a corner: Trapped, as long as they consider their own feelings as ultimate and as long as they are guided by irrational passions. Independence is not an external condition, but a state of the soul.

As Jean Cook would say – ‘we are living in an age of anxiety. We are suspended, between an uncertain future which we cannot comprehend and a past which we cannot recover. Living in an age of flux and constant change we tend to rely upon our senses and we feel that our desires and ambitions are the measure of the universe.’

Many of us are so seduced by immediacy – the fast now – that we lose sight of lasting values. We believe that success is all important, we rely too much upon material comforts, guided



too much by the tools of the times. Here and soon gone ... better that we should preserve a sense of humility in moments of triumph and a sense of expectancy in moments of disaster for we would achieve the perspective of peace, of serenity amidst turmoil and fortitude, amidst the twilight of despair.

Many answers lie in questions. Often people take action because of their premonitions but are reluctant to talk about them. It might just save your life. Jean's healing clinic and her classes – are well booked. So are her astrological readings by mail recorded on audiocassette.

My personal input now will be this. In *The Wizard Of Oz* you may recall, a tornado touched down in Kansas, on June 22, 1969 – the day Judy Garland died. Spinoza has said “the secret of life is to see things under the aspect of eternity” and I might add over the rainbow. «

**To Write Gene Arceri
» Click Here «**

Gene Arceri has gained attention in no small measure 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, England. Among his best selling books are ‘Elizabeth Taylor: Her Life. Her Loves. Her Future.’ and Susan Hayward’s ‘RED’. Gene can be seen on E! Entertainment.

—— Jo Lee talks to —— JEAN-CHARLES DUPOIRE:

The PRINCE of EPIC in a Castle of the North

» The youngest Prince of his kind to be raised in the Loire Valley of France, he's a sophisticated Titan, whose kingdom lies in the \$12 million restoration of La Grande Dame of Canada's finest! He's quick, brilliant, handsome and one of the most sought-after Chefs to be found. He's Epic's Jean-Charles Dupoire – Chef de Cuisine at Toronto Canada's famed Fairmont Royal York: 'a Castle of the North.'

JO LEE: Salut, Jean-Charles. La séance avec vous aujourd'hui, un des plus grands Chefs de notre temps, dans mon hôtel le plus préféré dans le monde – est sûrement un de mes privilèges très précieux! (Jean-Charles, sitting with you today, one of the greatest Chefs of our time, in my most favorite hotel in the world – has indeed got to be one of my

treasured privileges!)

JEAN-CHARLES: Yes Jo Lee, it is a real pleasure to receive you today to talk about our common passion: food!

J.L: What an elegant gentleman you are Jean-Charles. I'm wondering if your sophistication of character is what translates into the equation between Renoir, Cezanne, Monet – and becoming a Master of great Cuisine? As we know Jean-Charles, there is greatness and then there is *greatness*.

J.C: Thank you Jo Lee for this compliment. I believe my character was molded through all the chefs I've worked with – learning about every single person's personal style, then defining my own. When you choose to be a chef, Jo Lee, you are around chefs all the time and when this becomes extended

to outside pleasure – it is then that you learn more about the person and not the chef.

J.L: Defining your own! Is this how one explains to the world, Jean-Charles, why at 27 you were Chef de Cuisine at The Ritz Carlton in St. Thomas, at the Dorchester and Berkeley Hotels in London at age 24 and 25, together with several award winning dining rooms of France, Switzerland, French Polynesia and the Caribbean before turning 28 and becoming Chef de Cuisine Epic within the exquisite Fairmont Royal York?

J.C: In France, I started to cook at the age of 15. I was lucky for I began my training in a very good restaurant. When food 'started to speak to me', I knew if I wanted to achieve I'd have to push myself every single day. No exceptions.



1



2

1. The Fairmont Royal York has been the "grande dame" of Canadian hotels since 1929
2. The Chef and Jo Lee
3. The Foyer to Epic



3

Jerusalem artichoke soup a fricassee of seasonal mushrooms garlic roasted corn fed chicken breast spring sugar snap peas asparagus light lemon emulsion Domain des Aspès, Viognier refreshing raspberry parfait glace passion fruit coulis espresso Pillitteri, Vidal Ice wine, Niagara 2001

The choice of working for good restaurants or well known hotels is just about working around people who have the same passion as I.

J.L: Jean-Charles, the *raison d'être* of perfection within every dimension of this hotel is the essence behind it hosting over 40 million guests since its creation in 1929, including three generations of Britain's Royal Family. If you and I were King and Queen, what types of cuisine would we enjoy during the course of a day and how might we expect them to be served?

J.C: "Will it be a dream come true, Jo Lee??" Of course, the King and Queen would begin with breakfast in their private quarters via room-service. What a pleasant way to start the day. Lunch, would tease with our passion for Asian flavor and Benihana's tepaniaky and fresh sushi. The afternoon would let time pass us by with tea and delicious tea food. By early evening, the drums would roll and to get the 'dining experience' that a Queen and a King deserve – we would enter: Epic. All served with ease and proficiency.

J.L: Epic – your dining room, Jean-Charles, brings into view: linen from Italy, Limoges and Hutschenreuther china from France and Germany, silverware from other European parts and crystal from Tyrol, Austria. Who decides what is used?

J.C: The appropriate table falls within the Chef's domain. My assistant, Martin Buijsrogge and myself, decide which china the dish will best be presented on, always taking into consideration the contrast between shape and color. The linen, silverware, crystal then complement the china and the dish.

J.L: How might you choose your staff? And, if I were a child prodigy in the world of fine cuisine, would you hire me without formal schooling?

J.C: I choose people Jo Lee, by their knowledge, their motivation to work in our Fairmont Royal York and – most important – by listening to what my colleagues think of this new person. Though a kitchen is continuously changing, there are always the strong people who remain around. These people are my

pride and before choosing a new employee to be in the team, I need their feedback. And if you were a Culinary child prodigy Jo Lee, I'd hire you.

J.L: Thank you Jean-Charles but with my present credentials, I'd never get past 'the feedback' in the kitchen! But Jean-Charles, tell me about Epic's acclaimed Wine Cellars, the rareness of the wines and how closely interwoven you would be with Le Sommelier?

J.C: David Smock, Epic's Sommelier and myself work very closely as he drives me to the best in food pairing, tasting and wine maker's dinners. Our food and beverage director Mr. Le Chatom is a Sommelier, too. This surrounds me with a lot of wine knowledge and these two gentlemen bring to me a new challenge by making me most aware of the true essence of fine dining: Food is good but food with a good wine is even better. The acclaimed wine cellar belonging to Epic offers one of the most magnificent selections of wine from all over the world, including Ontario's finest.

J.L: What are your most favorite vineyards?

J.C: Experiencing new wines each day, is so good for me. From the old world to the new world several wines are very good. But remember, it all comes down to the food that is paired with the wine. I love the companionship of a Pinot Noir and Merlot for their full body, with a rich sauce and a red meat. My favorite will be the pinot noir.

J.L: Chef, one of the remarkable signatures of Epic – is your ability to present la crème de la crème within a range of appreciable prices. Let's say I was a guest in your dining room and wanted to be totally extravagant for two, with little money to spend. What would the menu be?

J.C: You don't need foie gras or caviar to make a memorable menu. It's all about the 'twist' you give to the product and, but of course, the final taste of it.

For a truly delicious meal you would not want to rise from? We'd begin with a Jerusalem artichoke soup with a fricassée of seasonal mushrooms, then garlic roasted corn fed chicken breast with fresh spring sugar snap peas and asparagus, light lemon emulsion, and our selection of Wine, Domain des Aspes, Viognier, Languedoc 2000. For Dessert: a refreshing raspberry parfait glace with a passion fruit coulis, espresso and Pillitteri, Vidal Ice wine, Niagara 2001.

J.L: Bravo Jean-Charles! Now, can we turn 180 degrees and create for a party of four and within this design, the only two requests would be: Russian Beluga 000

Caviar and Dom Perignon – a 1962, '73 or '85 vintage. Et voila – le menu?

J.C: Shall we begin by envisioning a masterpiece table setting – lights are low!

The first course: fresh Malpeque oysters with cucumber tagliatelle topped with Beluga 000 caviar, Moët et Chandon Brut Imperial 1995. Second course: Champagne poached John Dory filet with a duo

food do you anticipate with longing this Fall Season? What wines, spirits or beverages would you pair with chocolate? What might your idea of comfort food be, when you're sick? And can you remember the very first thing your mother or father ever showed you how to make?

J.C: Actually, it was my grandmother who first showed me how to make a gorgeous potato purée. I still remember the taste of it. It's the best comfort food in the world! Chocolate, Jo Lee, is sumptuous and David proposes: a Ridge, Lytton Springs, Zinfandel, Sonoma County California 1997. For the fall season, I will suggest fresh, wild mushrooms from British Columbia, Canada, Venison, Caribou, Partridge and generally game meat. Magnifique!

J.L: Is breakfast, lunch or dinner the best?

J.C: They are all very important to me. Different moment of the day. Different food.

J.L: Chef, may I ask: Why did you become a chef?

J.C: I became a chef for the love of food in my grandmother's eye when she was cooking for the family. Then, for the creation I could feel with my hands, in my early days of chef life. And finally, for all the travel and culture within the last ten years, that embraced the meaning of cuisine.

J.L: Did you realize at that moment, did your gut intuition tell you (even though you didn't know how) that the universe had greatness mapped out for you?



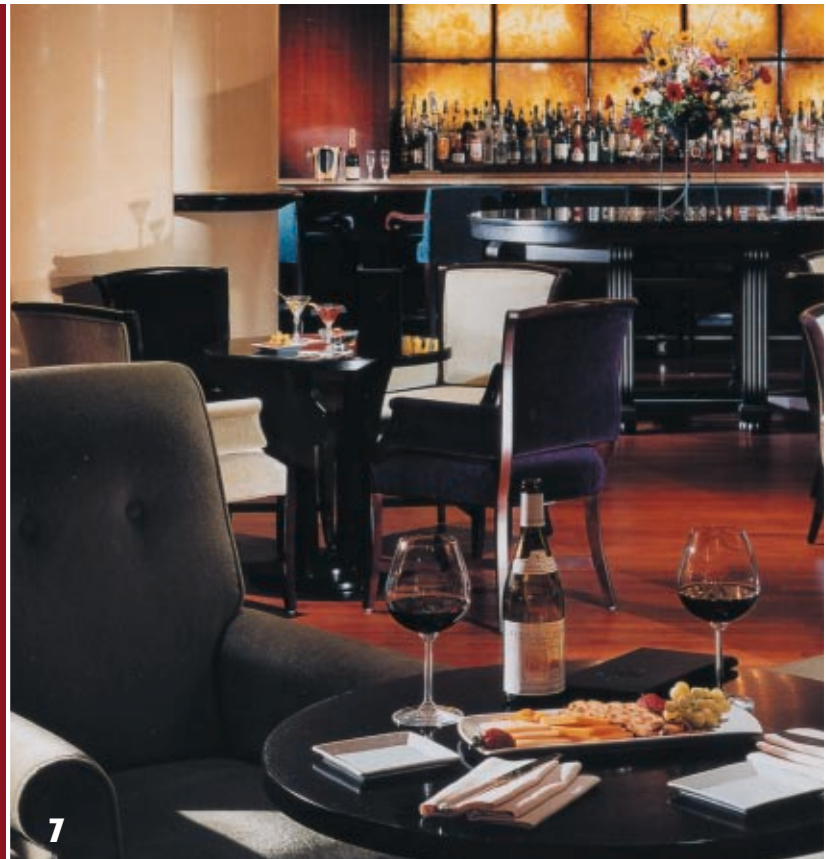
The Luxury Amongst Sumptuous Dining: Epic

of asparagus and caviar beurre blanc, Roederer Cristal 1994. Then I will serve you a Champagne granite. Third course: Alberta beef tenderloin and Nova Scotia lobster served with a truffle jus and a Caviar oil Dom Perignon 1985. And for dessert: chocolate strawberry with Dom Perignon Rose, 1992 Champagne. Perfect to the final taste bud!

J.L: *C'est formidable!* Jean-Charles, off the top of your mind, what



4. Engulfed in Warmth: The Lobby of the Fairmont Royal York
5. The 19th Floor Executive Meeting Rooms
6. The Health Spa at the Fairmont Royal York
7. The Lounge at Epic



J.C: My gut told me something. Jo Lee, I am now where my first chef that I worked under, wanted me to be. It is how I've been trained. This profession is very hard and usually not paid well when you first begin. But the love of discovering new things is what's driven me since the beginning. I was lucky to work with these kinds of chefs. Without them, how could I be here today?

J.L: Jean-Charles, manners are such an integral part of one's being. We say please and thank you and are taught to respect those older than we, so I ask: Why do so many enjoy the finest of fine food yet minus the etiquette that beautifully accompanies the art of this single most important role of life?

J.C: For most people, fine food is not something they get on a daily basis. I think when people go out for fine food they're looking for

the entire experience. To taste things they've never tried before. But when it comes to proper etiquette, they are unaware and if you're unaware, I believe Jo Lee, it's a matter of interpretation. If one is not taught/schooled in manners, it is an unknown to them. I would like to suggest people consider reading up on the etiquette of dining only because it will truly enhance the ambiance around their entire meal. It is like the difference between drinking wine out of a wine glass or out of a cup.

J.L: I understand Epic, from time to time, has exclusive sessions on the art of sociable dining.

J.C: Yes, this is one of many beauties of our Fairmont Royal York. But you know Jo Lee, it is not for the adults. It is to teach the younger generation one of the arts that will nicely flatter them, no matter where they dine.

What we achieve is: seating children /teenagers around a dining room table, teaching them the many different manners, whether in a dining room or in a fast food restaurant. We teach them the beautiful way to eat, to drink, to use a napkin, how to carry their presence throughout the meal, the importance of staying at the table, socializing with others and to appreciate the different tastes and colors that food provides so naturally. It's powerful, Jo Lee. And we all like power.

J.L: Yes, this is very true. Chef, so much of the world has come to know about the illustrious, custom-designed four-poster-bed, High Rise Herbarium, on the hotel's rooftop! Sitting 200 feet above ground, 45 feet above sea level and 18 stories high, overlooking the CN Tower, a view of the lakefront and all amongst the beauty of chrome and glass



The glorious dining room at Epic.

office towers, it peers down and into an oasis on the rooftop.

J.C: Yes Jo Lee, the pride of the culinary team is our roof garden. It's so nice to go up there and pick fresh herbs overlooking Lake Ontario. Every year in the beginning of May, we clean and plant a variety of different herbs and vegetables, some are standards like basil, chervil and chives, some are experimental like lemon thyme, melon and chocolate mint. Summer is a real joy on the rooftop for we entertain guests and journalists up in our garden.

J.L: Jean-Charles, I so love what the world has come to know: Fairmont Hotels & Resorts. When we think of this unique collection of world-class resorts and city center hotels unrivaled in prominence, I instantly envision the elegance of the Fairmont Royal York, born 74 years ago and

today, the rareness of its ambiance, its first class wonder. It has been named: Best Canadian Deluxe Hotel. A hotel, a dream that one must encounter at least once in a lifetime! Jean-Charles, how would you express your affection for La Grande Dame herself. Toronto, Canada's The Fairmont Royal York?

J.C: I adore her. Once you walk into the lobby of this hotel, you know you're in a special place. The elegance and the beauty shine throughout its people and the entire building. It is an integral part of Canada's history and I, Jo Lee, am lucky enough to be in it.

J.L: If you had but one wish, Jean Charles, what might it be?

J.C: To continue to work with the people around me now, and to have the same success in my future family life that I have had at work.

J.L: E Bravissimo!

From the richness of your roots in France to your Epic cuisine of many lands, you, Jean-Charles are quite incredible! In 2001, your challenge was to open a new signature dining room at a landmark, historic hotel. In less than two years, your Epic was presented with the CAA/AAA Four Diamond award. I say Jean-Charles, that's *savoir faire*!

J.C: That *savoir faire* is all about the people who work hard around me every day, Jo Lee. They are my energy. We all work in the same spirit. Would you agree Jo Lee that once you get this kind of mentality around you, you feel that everything is achievable?

J.L: Oh yes, Jean-Charles. Mentality is the force of greatness and what a force you have been!

J.C: *Merci, Jolie!* «

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new to vanilla beverages.
Real vanilla.**



Soothe your senses with our new Vanilla Bean Latte. Made with the world's finest Madagascar vanilla beans and blended with our famous espresso, this latte is creamy and smooth, with the aromatic taste of pure vanilla. If you like vanilla, you have to try our authentic Vanilla Bean Latte.



First thing.



STETHOSCOPE 911 »

*Your work is to discover your work
And then with all your heart
To give yourself to it.*

- Buddha

Q: DR. B: With a small PSI reading of 4, a hard spot but normal size prostate, 90% of my prostate was diagnosed, cancerous. Blockage and catheterization translated into a biopsy and treatment. Operating, chemo or radiation were not suggested. I am in my 6th month of a planned 3-year treatment with drugs. At the end of the 4th month another PSA test was taken. The results were below 2, indicating effectiveness of drugs. (Am now an expert on 'hot flashes'!)

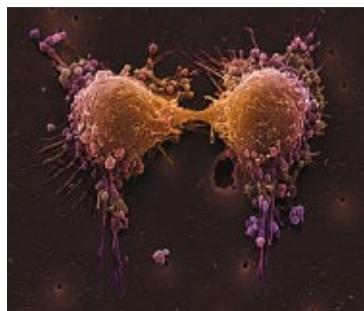
Why are so many patients subjected to radical treatment when the combination of Buserilin and Bicalutamide appear to be effective?

Previous to being diagnosed I had been relying on supplements to live up to their claims which likely gave the cancer such a foothold.

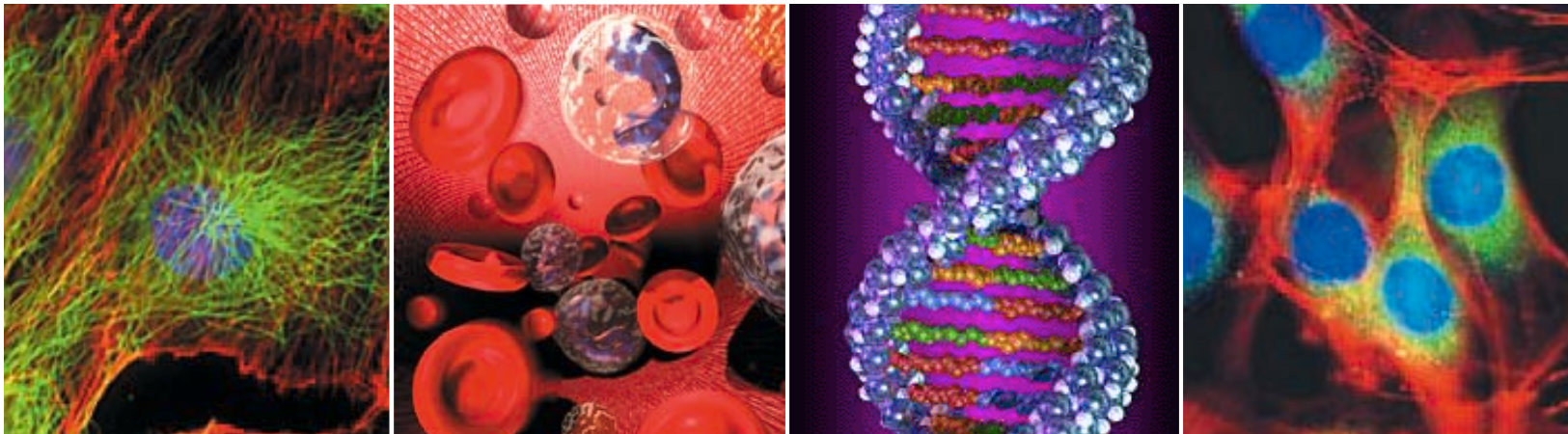
Dr B: Your situation is not the usual! It, and your questions, place squarely before us the many unknowns of prostate cancer. Your age and the extent of your cancer were the major considerations in the decision as to how best treat you. The bicalutamide blocks the impact of testosterone stimulation on the cancer but is well known to cause hot flashes. As you know, prostate cancer is believed to be far less aggressive in men over 70. It is disconcerting

to see how many treatments are offered for prostate cancer. It is even more disconcerting to be keenly aware that each medical specialty pushes its technology. In the US, I believe treatment is too aggressive, too frequent and far more given to complications. I do not agree with your comment, as worded, about supplements. You may well be in a much better place having been taking them than if you weren't. I do not know what you were taking, what your expectations were, or what you know. I do agree that supplements do not replace being responsible, educated and disciplined. The supplement industry needs to be far better controlled as it is given to many false and misleading claims.

A bit of a large question. Do well!



Left: Dividing Prostate Cancer Cells.



Above: What's going on inside your body?
Below: SARS changes daily life for medical workers in Toronto, Canada.

Q: Love your Column Dr. B. What are your thoughts on SARS?

Dr. B: Thanks! It's living up to its first letter: S. Serious! Don't get it. This is best accomplished by staying away from it. As always, much to learn. I'm confused as to why WHO chose to close down Toronto. Media played a high negative. Malaria, highly treatable and preventable, continues to take a devastating toll, every day, around the world!

Q: Despondent. What can one do to avert or minimize the ravages of Prednisone, the chosen drug for those struggling with polymyalgia? It has an insidious effect on the body and getting off it is tough.

DR B: Long term Prednisone is tough on the human body and mind. In hopes of decreasing it, you must take exceptional care of yourself: regular exercise, good nutrition, decreased stress and a new attitude. You should read *The Zone* for some nutritional ideas given to reducing the existing inflammation. Polymyalgia, like many other thought to be autoimmune problems, may be induced by stress effecting our immune responders. It is imperative that you try to taper Prednisone

very slowly and continuing small amounts may be a necessary ongoing requirement. Check your potassium level once in a while as low potassium can cause fatigue.

Q: Doctor, I read a fascinating article. What is saligra?

Dr B: Saligra is the generic version of what many make a dash to the Pharmacies for: Viagra. I ask? Is this: sane or curious if not required for health purposes!

These questions remind me of a quote on my desk: "The latest clinical studies show there are no answers."

Be well! From here on the bay,
Dr. Bagshaw «

For the Doctor » Click Here «

Dr. Bagshaw practiced Cardiology, Critical Care and Internal Medicine in Marin County, California where he served as Director of the Coronary Care Unit. 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 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

Nepal

by Design of Splendor

» In 1953, world attention was drawn to a tiny kingdom in the Himalayas as Sir Edmund Hillary of England, and Sherpa, Tenzing Norgay were first to conquer the world's highest summit of mighty Sagarmatha, better known as Mt. Everest. This year, three sons of those first mountaineers forged their own climb to honor their fathers' accomplishments as a 50-year commemoration, recorded by National Geographic Society.

Like the illusive Himalayan 'Shambala', The Kingdom of Nepal continues to be a land of intrigue, extraordinary cultural and natural diversity, home to a warm and hospitable people in which Hinduism and Buddhism dominate a tapestry of 35 distinct ethnic cultures. From fertile

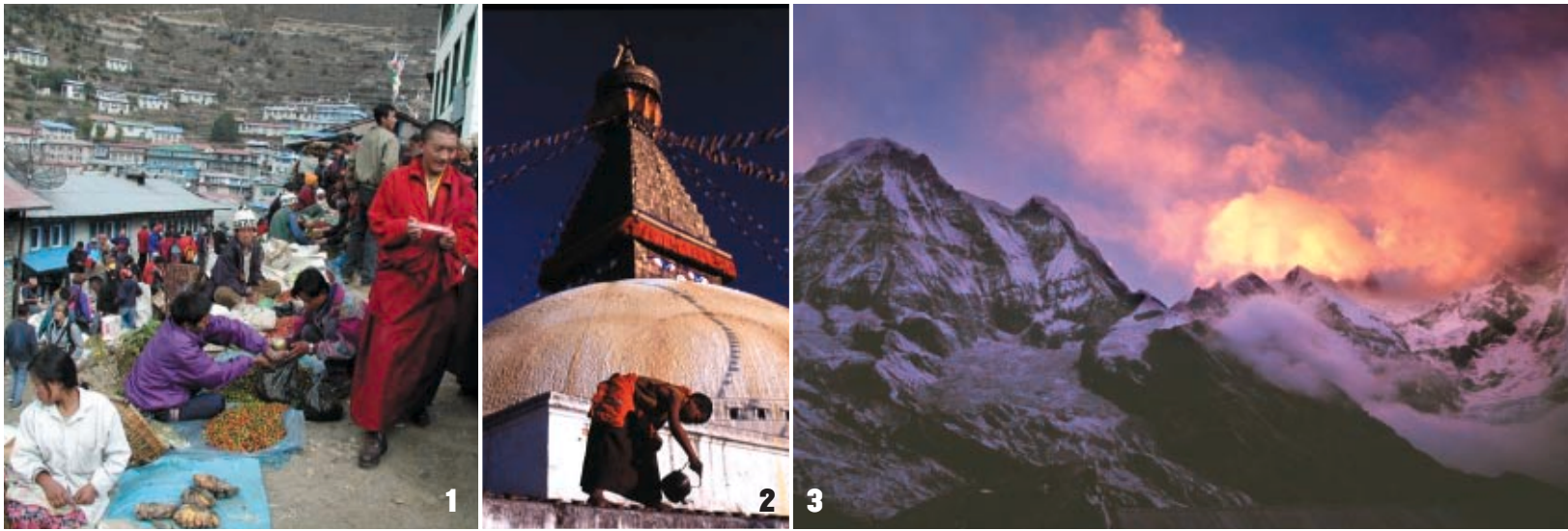
landscapes, subtropical jungles, rhododendron forests, to the world's tallest summits, Nepal is a fusion of geography interlaced by its rich cross-cultural heritage.

It is easy to take Nepal and her jovial people into your heart as you set out to explore the Valley of Kathmandu by foot, bus, or cab. Several ancient cities like Patan, Boudhanath with its white-washed Buddhist temple and eyes of Buddha flanked by hundreds of fluttering pray flags, or the UNESCO World Heritage Site of Bhaktapur and its 'Sun Dhoka' (Golden Gate) are but a few kilometers away.

Derived from the name meaning 'House of Wood', Kathmandu's old section is a forest of fire-baked brick and tiered temples



Above: Ganga Devi's bijamudra,
Mul Chowk, Patan



1. Prosperous Town of Namche Bazar
2. Bodnath Stupa, Kathmandu Valley, Nepal
3. Annapurna at Dawn

and shrines set amidst an urban sprawl of modern-day living. This cross-roads for centuries of trade and barter continues its lineage, as thriving bazaar-life is set at the steps of buildings richly decorated with magnificent woodcarving, metalwork and gilding, flanked by mythical stone beasts of strength's ascending order. Yet amidst the furious activity, quiet shrines and deities are tucked away for moments of prayer and contemplation in this city like no other. As a refuge, stay at the 'Yak and Yeti Hotel' – a luxurious grand dame of a gilded past and demanding present, built around an old Rama palace off Durban Square, the main, old section of town.

After several days of exploration, head north. It is 1 hour by plane, 8 hours by bus, or an 8 to 9 day trek from Kathmandu to Pokhara, the latter offering you an excellent introduction to trekking in Nepal with relatively low passes, numerous tea houses and means to exit should trekking not be your forte. But if it is, Pokhara

will offer you opportunities to touch the sublime in Himalayan experiences.

The fertile valley of Pokhara is backdrop to the towering Annapurna range and 'Machhapuchhre', or 'fish-tail peak'. The jingle of mule bells, the smiles from gear-laden porters, Tibetan settlements, trekker lodges, and a more lazy life will hypnotize you into readiness to experience this mystical, awe-inspiring Sanctuary. Trek alone for hours, exploring the valley, town and hill-villages, ever climbing for higher vantage points to view the peaks, or join an escorted trek for as little as a day or as long as one month. When trekking is through, take your refuge at the 'Fish Tail Lodge on Phewa Lake, accessible by raft.

For those hardy trekkers, nothing more than the Annapurna or Everest ranges will do. One can trek to the thriving, prosperous town of Namche Bazar as a turning point (a mere 11,300 feet high) or continue onward to higher realms.

Whatever your abilities, honor the Spirits of the mountains, and those who have come before you, and have yet to follow in your footsteps. «

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.



HALF TIME »

By James Mansell,
Montréal—Québec



The X Factor

» Hi folks! I predict the Extreme Sport Industry will brainwash kids to invest their parent's hard earned money on the stock market.

Fall is a tremendous time of year. Schools are in full swing and students? Flustered for another year. Make it your business to seek out an outstanding teacher or professor, and say, have you nominated someone especially talented for the Adeste Prize? www.yesintl.com/adeste.html

My topic this month is about the unstoppable money making machine that is better known as the "X GAMES". "X" is short for extreme. Sports involved in the "X" games are: skateboarding, in-line skating, BMX, motorcycle jumping, snow boarding, freestyle skiing, downhill lugging, and many more. What makes these sports so exciting? They're truly made for television sports. Watch an event and you will realize the magnitude of this phenomenon.

Such sports have been around for years but have found their niche only in recent times. You see, the people involved in these sports were always a different breed.

They were social misfits, rebels, looking to do something different. They lived their lives through their sport. They were the perfect marketing segment!

For years, no one realized what outstanding athletes these kids are. They're extremely dedicated and put it on the line every time they go out to practice. Unlike some of the major league sport millionaires we see, night in, night out. The one thing, in my estimation, that differentiates these athletes from the others is that you cannot fool their fans. These athletes live in a world where *posers* are labeled and not forgotten. A *poser* is a guy pretending to be something he is not. If you are in [the sport], you have to be really hot every time you are out performing with no days off, in these sports.

This brings me to my point. These sports have done very well for many years. Now, mainstream media have brought these sports to the forefront. Obviously, some deserving athletes will receive big checks for the television revenue and sponsorship endorsements. So I ask you: will this not destroy what is genuine about these sports?

The legendary skateboarder Tony Hawk is, today, a multi-million dollar machine. He sponsors video games, clothing lines, cereal brands as well as his own made for television skateboard tour. Is this a bad thing? No, he is opening doors for future athletes and setting the bar very high as a respected business man and athlete. My only concern is when the "X" sport athletes are forced to go to arbitration and be judged by an arbitrator and not by the applause of their devoted fans. «

To Write James: » Click Here «

James Mansell, 26 – Sport Management. Member Canadian Baseball Academy, full scholarship; Donnie Mash Memorial Scholarship; Best Athlete student, Scholarship; Wayne State, Nebraska USA, Athlete of the Year, Varsity Baseball Captain, 3 time Jr. Elite All-Star, 3 time Jr. Elite Provincial Champion, Academic Baseball Canada Alumnus, Coach-Counselor, high performance Baseball Camp, conceptual-principal developer sport drink Founder-implementer Education through Baseball Sport School.

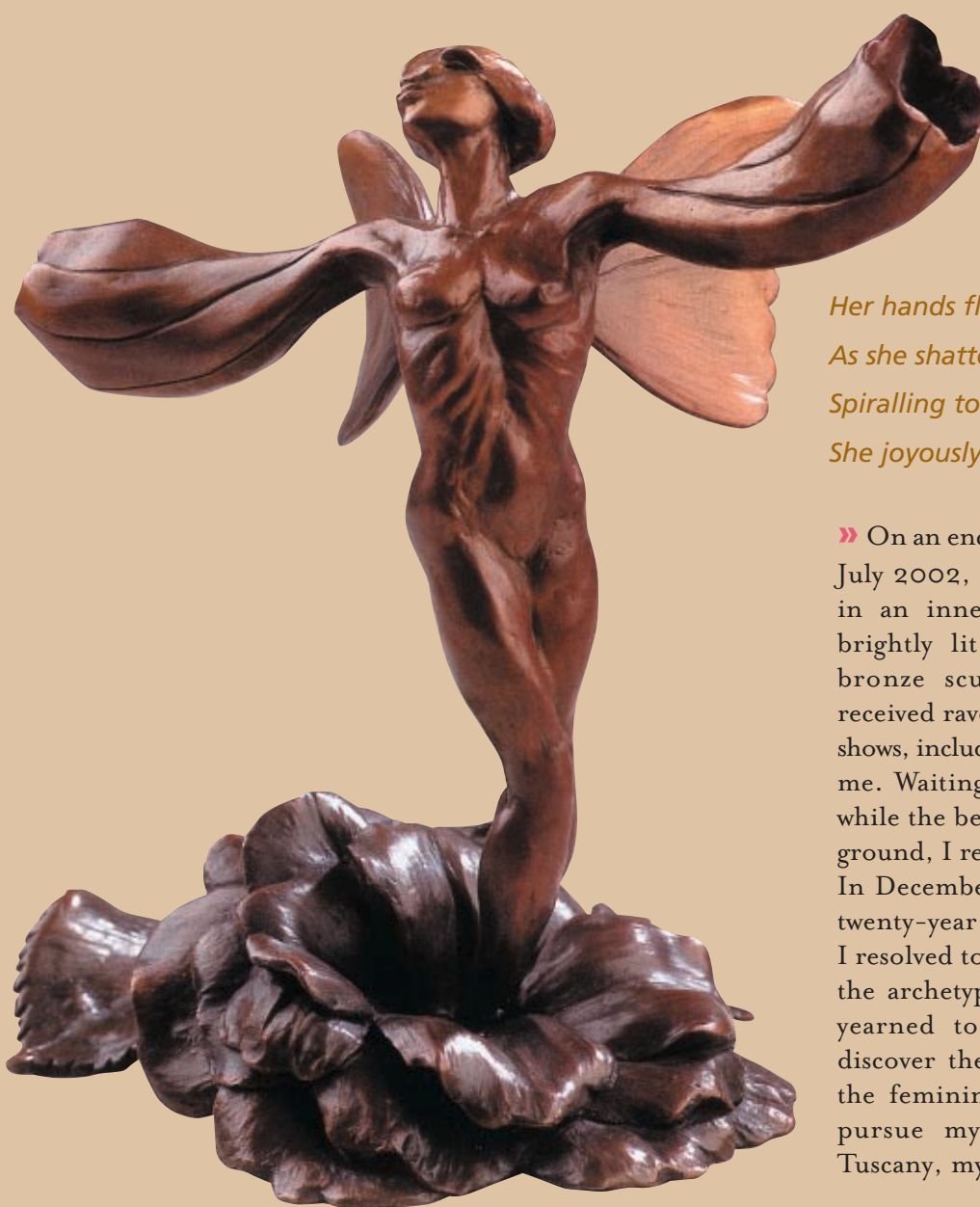
Above: legendary skateboarder, Tony Hawk

FEATURE »

By Linda Kay Marie Wallace
Tuscany, Italia



Tuscan Dreams



*Her hands fling stars over mountain curves,
As she shatters moonbeams with ecstatic turns,
Spiralling to the music of her eternal song,
She joyously dances the soul's dream.*

» On an enchanted summer's night in Florence, July 2002, I sat before an attentive audience, in an inner courtyard that lay behind the brightly lit gallery. In the showroom, my bronze sculptures, bathed in lights, had received rave reviews. Further installations and shows, including an invitation to Spain, lay before me. Waiting with other poets to read poetry, while the bells of the Duomo rang in the background, I reflected on the power of dreams. In December 1995, I walked suddenly from a twenty-year career in management consulting. I resolved to sculpt images of, and write about, the archetypal journey to personal destiny. I yearned to live in the creative world, to discover the wisdom and ancient strength of the feminine. Further, I was determined to pursue my life-long dream of living in Tuscany, my heart's home.



1. *Dragonfly Meditation*. Limited edition bronze, burgundy, bronze patina, 9.5"x 6.5"x 6.5"
2. Linda Kays' six-year artistic and spiritual odyssey began in Tuscany .
3. As the bells of the Duomo rang in the background in Florence, Linda Kay reflected on the power of dreams after a successful show of her bronze sculptures.

Buying the house in Tuscany in 1996 began a six-year artistic and spiritual odyssey that resulted in the sculpture and poetry featured in my first book, *The Spiral Path*. The years were tougher, more arduous than I had imagined, for my quest led me through the classic journey to inner silence and wisdom.

Sequestered in my studio, I descended through emotions which miraculously transformed into bronze sculptures such as *Grief*, *Anger*, and *Limbo*. Through the dark night of the soul, portrayed as *Medusa*, I depicted the ancient moment of *The Fall* and the move upwards into grace.

Over time, my hands nurtured my heart into sculptures and writings of hope and joy. Images of Flight, of the delicate evanescence of the Dragonfly, and of the graceful beauty of the Butterfly emerging from the rose, symbolized the theme of transcendence.

During this creative cycle, my friendships with indigenous artists taught me to honor inner talent and calling, to move beyond traditional views of technique. My dreams became astonishingly real. I mounted shows with aboriginal

artists such as Ioyan Mani, and, in a university gallery, integrated my sculptures and poetry with quotes from Dante's *Divine Comedy* and Salvador Dali's illustrations. Upon invitation, I began to speak on creativity, visions, and my art. Sculpture studies in Florence led me to this magical evening, in which I mused on the journey, and read my poetry.

Late that night, driving home amongst silent mountain peaks shimmering in silvery moonlight, I realized, with awe, that I was dancing my dream. Deep in thought, I rounded a curve on the dark road, to see, dancing delicately in the glare of my headlights, a magnificent porcupine, flaring with black and white quills.

The porcupine, I concluded, was rather like bringing that dream alive. The journey had been, like his quills, both dark and light. I was sometimes pierced with the quills of obstacles and immovable barriers. Being an artist in our society requires a dedicated strength and nerves of steel not required in my success as a business consultant. Like this majestic creature, I, too, had to

dance with tenacity, vision, and courage in the circle of the headlights, knowing that just outside the circle, the darkness lay, perhaps not all that comforting. His survival depended on good will, on love, and on an honoring of his place in these starlit mountains. And so did mine.

Through this stronger and wiser artist soul, my hands are flowering new sculptures for *Cosmic Dance*, *Earth Song*, a book which will meditate on leaving the road much traveled to dance our dreams in the stars. “

Since her debut, Kay Marie's art is being recognized by art circles around the world for their unique, powerful messages. Charles Pachter, OBE, the renowned Canadian painter, with whom she had an invited show in 1999, describes her work as “stark and powerful musings...on being creatively alive.” Her work, held in private and public collections in North America and in Europe, is featured in galleries and bookstores in Norway, Italy, and North America. Kay Marie lives in twin stone cottages in Tuscany and Canada.



2



1



3

1. *Grief*. Limited edition bronze, smoky blue patina on black marble base, 8.5" x 5.25" diameter
2. *The Fall*. Limited edition bronze, silver patina on black marble base, 13.5" x 5.25" diameter circular
3. *Limbo*. Limited edition bronze, black with bronze figure, 8" circumference



FEATURE » By Gary Freeman
Information Security Specialist
Toronto, Canada

HIJACKED on the Wire

»You enter the freeway for the ritual bumper-to-bumper drive to the office. Within minutes chaos begins. Your cell phone rings. Your credit card company is calling for authorization on a \$6000 purchase of bonds at a bank in France! You insist on an immediate investigation for fraud. The representative then informs you of similar transactions around the globe. An email from Ebay and ten other messages arrive confirming credit card purchases for merchandise you didn't buy! At your office, a message says that the state police want you to come in for questioning regarding a hit and run accident involving your new Mercedes you are alleged to have purchased.

Information theft and identity

hijacking are common threats in our society. This fact becomes more noticeable in the wake of the Internet. Electronic Commerce / Online Bill Payments and many services requiring personal information are becoming common practices.

What Information is Stolen?

- Credit and Bank Card Numbers
- Social Security, Education and Employment Information
- Personal Addresses and Phone Numbers of you and your loved ones

How is it acquired?

Through carelessly allowing the theft of your identity. Getting on the Internet without learning the

ropes leaves us vulnerable.

Using CD-ROMs mailed Internet Service Providers, dropping a business card into a box, surfing the web, or opening flashy Spam (unsolicited) email, provides unsecured information which is sold to marketing agencies who start a file on you regarding your spending habits and financial information.

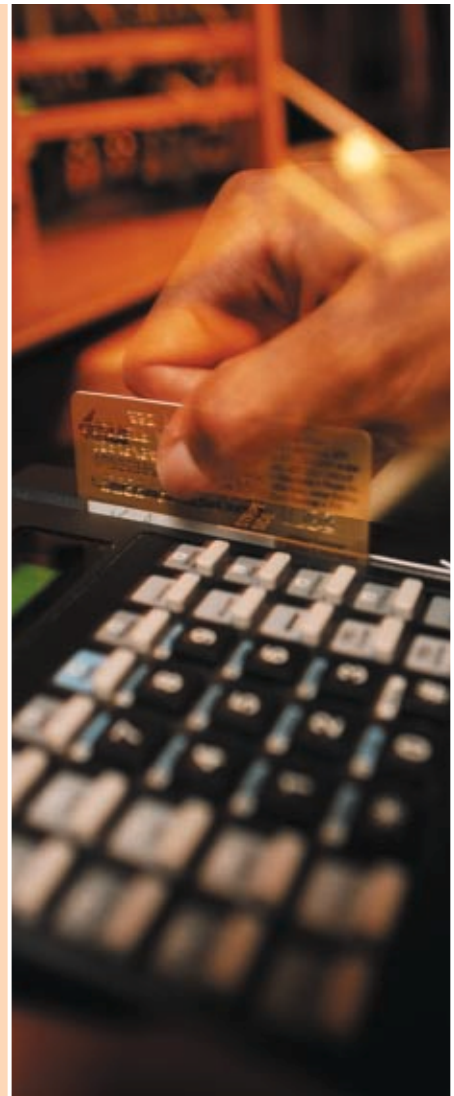
Also, PC cookie's directory stores and sends back information with regards to online habits, good or bad, that you may have.

To Make Matters Worse

These agencies can agencies such as Equifax and pay a fee for an abstract on your complete financial evolution. We carelessly trust

NINE TIPS THAT CAN PROTECT YOU:

1. Learn how to safely use the technology. Take courses or invite the local computer junkie for dinner.
2. Where your personal information is concerned, **BE PARANOID!** Ask to see the manager next time someone asks for your address and phone number.
3. Install Internet Firewall software to circumvent anyone attacking and intruding your computer.
4. Delete web browser cookies regularly. There are free products you can download to automate this task.
5. Install an Anti-Virus program and make sure the software is up-to-date.
6. Stop handing out your business cards for contests.
7. **NEVER** reply to spam email messages.
8. Lower your credit card's spending limit or ask your Credit Card Company to verify with you by phone, every purchase over a certain dollar amount.
9. Shred your bank statements and other sensitive documents.



merchants and our financial institutions to secure this information and in some cases they allow it to get into the wrong hands.

To Characterize This

A young clerk may demand your name, address and telephone number loud enough for the whole store to hear. This information in the wrong hands could have serious consequences. You sheepishly whisper your response to the clerk's question.

Am I blaming the consumer for ignorance which may result in your falling prey to fraud. No! I believe that the service providers need to educate the public on what 'Information Security Policies' they deploy.

We are connecting in droves to the internet without any understanding of how information is stolen. Internet service providers usually leave it to the consumer to protect themselves from hackers, viruses and cookies.

Marketing firms are building profiles on consumers without their permission and without breaking laws (many countries are pushing for stiffer anti-spam legislation).

Enter your Neighbourhood Hacker

Hackers have a common mandate amongst their ilk: to steal confidential information and share it within their underground society like *Cult of the Dead Cow* or *Phrozen*

Crew. They steal unsecured information from your PC and major institutions that keep personal data records. A little hole in what's securing this information allows the hackers to extract what they want and share or use it in illegal activities.

Take Action

Find the time to secure your family's security. If you don't, when will you find the time to rectify the damage? «

FEATURE »

By Captain Peter A. Stark Jr.
USN (Ret.)
Charlottesville, Virginia



Who and where art thine enemies?



We knew our enemy and his objectives; thus we could wage war against his country, as nations have done for centuries. Declaring war against Iraq was use of the age old scenario except that, once the Iraqis capitulated, the bar was raised a notch: terrorism and criminal actions remained.

BACKGROUND FOR WAR

1. Soldiers doing the job they do best
2. President George W. Bush
3. The "Enemy" Saddam Hussein

» Exploring the challenges of terrorism to the freedoms we enjoy as citizens is necessary; 'everything about terrorism centers on where art thy enemies.' I am concerned that the future will be filled with terrorism and the acts of militant extremists.

As a career naval officer, I experienced war at sea during the Korean Conflict while serving aboard an aircraft carrier and while ashore in S. Vietnam as the senior advisor to the S. Vietnamese Navy in I Corps, the northern most military zone.

As the wars of the 20th Century occurred, differences in the conduct of war came about through advanced technology. Paramount was the increased speed and proficiency of aircraft, nuclear powered vessels and computers. What has remained constant in the formula for war, is the envy that our enemies have for the freedom enjoyed by a free society. Free people hold those freedoms as their reason for being and doggedly protect them. As early as the 8th century, Muslims had conquered all of Christian North Africa and much of Spain. In the

11th century they made additional advances by taking Asia Minor (Turkey) which also was Christian. A call for help went out to Christendom from the Emperor of Constantinople to stop the Muslim invasion. The Crusades that resulted were a model of how to respond to modern day terrorism: ensure that the terrorists know that they will be held accountable.

Freedom-loving people must not forget those early lessons and take heart with the action that continues by the coalition forces tracking down al-Qaida terrorists and their leaders. Muslims have not forgotten the result of the Crusades. No longer do concerned Christians respond to the cry for help traveling on horseback across continents to face those wanting to impose Islam; however, that threat remains throughout the world today. The attacks on the U.S. of 9/11 are a stark reminder of the complete disdain and hatred that Muslim activists have for a free society.

TODAY'S CHALLENGES

The delays in getting the U.N. to sanction the war against Iraq gave Saddam the time necessary to destroy weapons of mass destruction that could have fallen into the hands of terrorists had the coalition not waged war. As for France, Germany, Russia, China, and others, I have not been able to accept the fact that countries defeated by the U.S. in 20th century wars would become allies that we could count on when 'push came to shove.' What surprises me is that both Canada and Mexico did not join the coalition (especially Canada in that it was my birthplace, though I grew up in Minnesota.) Free people around the globe need to take notice of some of the facts that are



As the wars of the 20th Century occurred, differences in the conduct of war came about through advanced technology.

becoming known. Consider the following:

- > In France the political strength of the Muslim population forces the government to respond to their agenda.
- > In Canada, census figures show that Muslims during the 1990's surpassed Jewish population numbers and that Islam is Canada's fastest growing religion.
- > In the U.S., the Council on American-Islamic Relations (CAIR) goals are to get Muslims to accomplish two objectives: to

make Islam the dominant faith and also to make the Koran the highest authority in America.

That is scary! And it should be a wake up call to all who cherish freedom of religion. Add to the above goals of CAIR the inclination and propensity of Christians to turn the other cheek when confronted, and then you have the potential for disaster. We as a nation must remember what has brought us this far, continue to give of ourselves and invite like-minded nations and peoples to join us. May God bless America. «



FEATURE »

By Dr. W. E. S. Connolly,
MD, FRCSC
Montréal, Québec

Out of the Dark Ages: CATARACT SURGERY

» When I was a resident-student in Ophthalmology some 25 years ago, cataract surgery was performed as an in-patient procedure requiring at least four days in hospital. Patients underwent an operation which required injecting anaesthetic behind the eye with a needle. This 'retrobulbar' needle was not without its dangers; occasionally the needle would perforate a blood vessel resulting in a massive hemorrhage behind the eye, and immediate cancellation of the cataract surgery. If the eye was successfully frozen, the operation to remove the cataract would proceed. It usually took thirty to forty-five minutes and required an incision of about 15 mm long carefully placed at the junction of the cornea and the sclera. When I say carefully, this implies as carefully as was possible twenty-five years ago. Operating microscopes were just becoming available and were only used by a minority of eye surgeons. Most of the ophthalmologists I trained with used modified eyeglasses called loupes which provided two to four times magnification.

Cataract surgery in the seventies usually involved removing the natural lens (the cataract) and simply closing the eye with a few sutures. The missing focus power as a result of the surgery was supplied by a pair of high power *aphakic* spectacles. These were thick, heavy, cumbersome glasses which magnified everything so drastically that patients needed several months to adapt to the new world which



Dr. Connolly (left) Performing Cataract Surgery



A very small incision is made in the side of the cornea.



The bag of the lens is opened and a special ultrasonic probe (phacoemulsifier) removes the cloudy lens.



A small foldable artificial lens is inserted through the small incision to replace the cataract lens.



The final replacement lens is shown in place.

was 25% larger than before the surgery. This was no mean feat for patients who were often in their seventies and eighties! Cataract surgery was not nearly as safe as it is today so only those patients with profound visual loss were advised to undergo the procedure.

Today, cataract surgery has a 99% success rate. The surgery itself is usually accomplished in less than

ten minutes and results in useable vision within minutes and usually perfect vision the next day. The surgery is performed under 5 to 25 times magnification using an operating room microscope with high precision optics. These instruments are beautiful examples of man's scientific achievements and provide an exquisitely accurate 3-D view of the surgical field. With the eye frozen using an anaesthetic jelly, there is no need for the dreaded retrobulbar needle. The incision into the eye is all of 2.75 millimeters! A special phacoemulsification needle is

introduced through this incision and the cataract is gently vacuumed out. Only the cloudy part of the lens is removed using the phacoemulsification technique. The needle does double duty during the operation not only aspirating the cataract but also breaking it up by vibrating at an incredible 25,000 cycles per second, so called *ultrasound* because this speed of vibration is beyond that which can be heard by humans. This rapid vibration of the tip shatters or emulsifies the lens. Once the lens cataract is removed it is replaced with a synthetic lens which is usually made of a soft acrylic material which can be rolled up and inserted into the eye through the same tiny incision. The artificial lens is carefully placed in the correct position and then injected into the eye where it unfolds into its optically perfect shape within a minute or two. The power of this lens is calculated preoperatively to give

the patient a useable focus without glasses postoperatively. While a cataract patient may still need glasses to see small print after surgery it is not unusual to find that they'll wear glasses less than 10% of the time, regardless of whether they needed glasses before the operation.

Cataract surgery stands today as one of the truly 'miraculous'

medical achievements of the past quarter century. If you get a cataract today and feel dismayed, just think to yourself how lucky you are: that it did not happen to you 25 years ago! «

Dr. Ted Connolly is Associate Professor of Ophthalmology at McGill University Medical School in Montréal. He is the chief instructor of cataract surgery in the McGill Ophthalmology residency training program and is Chief of Ophthalmology at St. Mary's Hospital in Montréal where he runs the McGill cataract surgical centre.



FEATURE »

By Micheline C. Hollaus
Boca Raton, Florida



How a Business is Born

Are we ever entirely sure why any one direction or experience might turn us around a corner to yet another, that will ultimately lead us far from anything we had ever expected?



The Weekender Set includes: the weekender bag, a large cosmetic case and a jewelry roll. Shown here in French Stripe.

» My husband and I were in Thailand — he being a 5-star hotel executive and I, doing full time charity work. As a matter of fact, I was the very first foreigner to be named Consultant to the Director General of the Department of Public Welfare, Thailand, working directly under the Minister of Interior and traveling extensively to the poor areas of Thailand. I am the founder of the International Support Group to the Department of Public Welfare, Thailand (ISG DPW), still in action today, and for which I received a Royal Decoration from His Majesty the King of Thailand.

Remember the poignant saying: "Give a man a fish and you feed him for a day, but teach him how to fish, and you feed him for a lifetime".

It all began when an Indian member of our Support Group whose family is in the fabric business, gave me an enormous quantity of beautiful fabric as a gift. Not knowing exactly what to do with it, we brought it to ladies in a poor, small village, asking if they could make bags, placemats and other small niceties that I had designed, by hand of course. Within two months, we returned to this village to find the material transformed into a pile of bags reaching the ceiling. The ladies were so pleased to have been given work but, what should they do with all of the bags? Well, we carried them to the city (Bangkok) and sold them wherever we could. Seven years later



1. Royal Decoration presented to Micheline from his Majesty the King of Thailand
2. Micheline with Khunying Phankrua, wife of General Chavalit Yongchaiyudh, former Commander in Chief of the Royal Thai Army and former Prime Minister of Thailand



when we returned to the United States: Stashé began!

New designs of the highest quality, made of the best poplin, fade-resistant cotton fabric, for the American Market, needed to be created. It took many years to train the ladies to make the items perfectly well, but certainly worth it. Today, we have a product that is the best of its kind.

Stashé had very humble beginnings; it took many years of hard work for the products to become known. Several companies now copy our lightweight and practical bags, but I like to believe it is Stashé, selling to stores and catalogs all over the USA, that remains ahead of the game. So much so that within my developing of our very own fabrics for yet an additional new line, a new name was born!

Olivia's Boutique

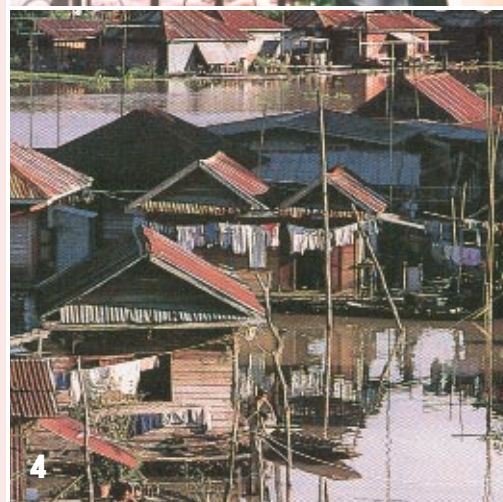
It is not sold on a fashionable street lined with unique window-front shops. Olivia's Boutique was introduced when TV's Home Shopping Network (HSN), on a mission to sell the best of everything, discovered our exciting bags. Fabrics fashioned in hand-quilted elegance and charm by taking cotton to an unfamiliar new 'territory of creativity and design.'

My favorite motto is organize in style, the thought behind everything we create. Our traveling bags, handy totes are designed for easy access with large compartments, inside and out, ending the problem of finding those cell phones and/or car keys. Your life is transformed into a more pleasurable experience, whether for business or a relaxing get-away, when using our weekender and matching garment bag. The best part? All are machine washable to keep them looking new. And there's more! We've extended our creative landscape to embrace stylish closet sets, designed to organize your closets with complimentary fabric choices. Yes, it's exciting when we hear the people's applause.

What can I tell you? From my cultural heritage in La Belle Province, Montréal, Québec to the many countries I've lived in: Egypt, China, France and Thailand, to their people's heritage and to my home today in Boca Raton, Florida – together, the essence of all these wonderful spices became a montage of created beauty and practicality with fabrics and weaves.

So you ask, how is a business born? Why, but of course – through your own special touch. «

OLIVIA'S BOUTIQUE www.hsn.com



3. Micheline's daughter and Attorney-to-be, Olivia.
4. Some bags are made in these houses.



FEATURE »

By Judith Lang
Budapest, Hungary

How to Grow Without Violence

» The International Symposium 'To Grow Without Violence' was an extraordinary success in Budapest this year, when Pediatricians, Child Psychologists, Teachers were remembering and applauding Dr. Emmi Pikler's pioneering approach to early childhood education.

They came from 21 different countries, from France to Argentina and Switzerland to Ecuador; the Symposium was beautifully conducted in 4 languages with 60 simultaneous interpreters.

Dr. Pikler's approach is as much of a Hungarian export as the Unicum or the Hungarian salami. Dr. Pikler was a Pediatrician who created an institution for children abandoned at a very early age. In time, her unrivaled arena became known as: The Pikler-Loczy Institute.

The essence behind Emmi Pikler's psychology was brilliant: to ensure that the psychic and physical development of children raised in institutions was as close as possible to that of children raised in their own families.

After the 1973 publication in France of her book *Loczy - An Unusual Approach To Mothering*, Emmi Pikler's ideas spread to various countries. The Pikler philosophy became well known and used in professional and family circles all over the world, ensuring the harmonious and happy development of millions of children.

Bernard Martino, the renowned documentary filmmaker, took 4 years to make his film *Loczy, A Place To Grow*. He said, "children in institutions generally have orphans' eyes. But not at The Pikler Institute!"

Dr. Emmi Pikler's approach to parenting is popular in families – not only in institutions. This was seen in amazing form through the story of one of the speakers, a medical doctor from Belgium, who called himself 'A Pikler Child', who reveled within this unprecedented method of child-rearing, penetrating through 3 generations in his family, with success.

Dr. Pikler has taught mothers around the world how to bring up their babies without anxiety. "The baby who is allowed to confront and solve his/her own difficulties" claimed Dr. Pikler, "excels along the road to becoming a healthy child."

In these times of turmoil amongst peoples of today, we need now more than ever: parenting with foresight, engulfed with tremendous thought. «



1

1. Emmi Pikler's ideas have spread to various countries.
2. Children in institutions generally have orphan's eyes. But not at the Pikler Institute.
3. International Symposium "How to Grow Without Violence" was held in Budapest.
- 4,5. The institute ensures the happy development of millions of children.



2



4



5

THRU THE EYES OF JO LEE
CELEBRATING BEAUTY »

By Jo Lee

French CUISINE



Mes amis, je vous souhaite la bienvenue! Dear friends, I welcome you to a most exquisite experience. Oh, the thought of lunch in Paris. The beauty, the antiquity, la joie de vivre. Life is an inescapable passion in Paris and as I now set sail on Viking River Cruises Eastern European Odyssey, Vienna, Black Sea, my dream is of the wonder I departed from yesterday. French cuisine.

» Le Café Au Salon Rouge

The 'Red Room' of Paris hostess Charlotte Aillaud's St.-Germain-des-Pres house is one of those privileged spots informed by taste and sensibility where all is calm, luxurious, secure, voluptuous.

After luncheon in the Aillauds' Empire dining room, guests pause in this intimate salon before rejoining the outside life of 1980s France. An oversized lacquer coffee table is the center of action. It holds an eighteenth-century French silver coffee service with 'Fruit and Flowers' porcelain cups along with orchids, art books, silver 'Heart Beakers' filled with pencils and violets, and a 'Cerbere' crystal cube vase designed by Tiffany's Van Day Truex.

Sunlight from the garden filters in through painted silk muslin curtains with a portrait of Mme. Aillaud by Douglas Johnson, sitting below a fifth-century B.C. Greek torso. There is a drawing of the master of the house, the French urbanist /architect Emile Aillaud, in the illuminated bookcase.

The title of our luncheon is but of course, Dream! How it turns out is not a guess but a certainty of perfection.

Vive la difference. Et salut et bonne appetit. And, as only you know how, Go ahead—capture and enjoy the flavor of your own creation. *E Bravissimo!* From Paris to the Black Sea, from my Italian home to yours. «

POLITICALLY RED »

By Lani Silver, San Francisco, California



» To Write Lani Silver: [Click Here](#) «

This is the story of one of my heroes -

ANYA VERKHOVSKAYA-COHEN



Anya Verskovskaya-Cohen coordinated 10,000 interviews in 150 cities with survivors, rescuers and witnesses of the Holocaust in eastern Europe and Russia.

» I'll never forget the first time I saw her. It was six or seven years ago. I was doing some consulting for the great Steven Spielberg, on his Holocaust oral history project, the Shoah Foundation for Visual History. I glanced into the tiniest office I'd ever seen (6' x 8') and a small woman - a wisp of a woman - was sitting at a desk across from her assistant. The two were in a series of small offices in a dusty trailer on a dusty back lot of Universal Studios.

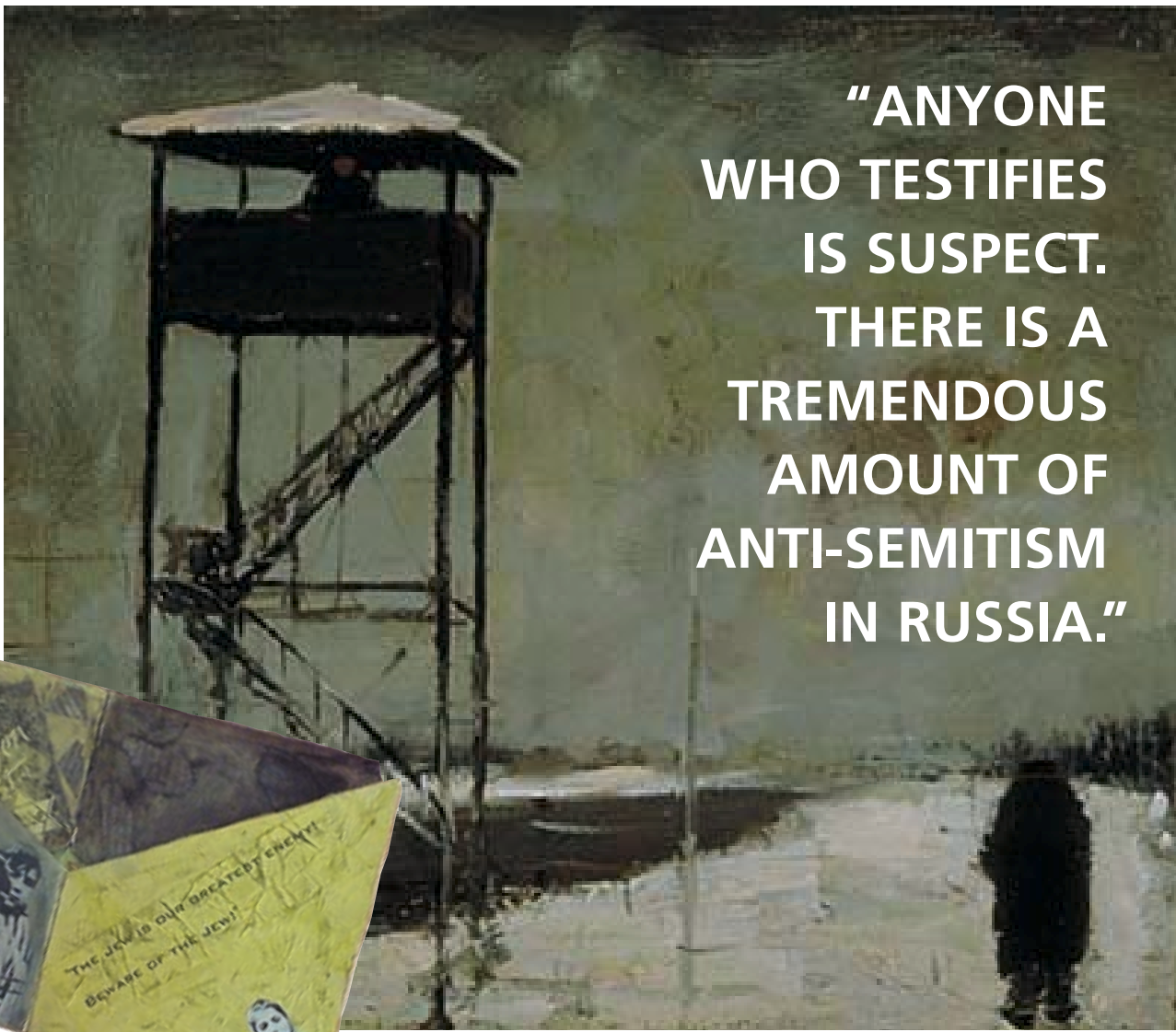
Verkhovskaya-Cohen, for much of the past decade, has coordinated 10,000 interviews with Holocaust survivors, rescuers and witnesses in 150 cities in Eastern Europe and Russia - in the most adverse circumstances possible, equating to 1/5th of the 54,000 interviews Spielberg has conducted/collected during the past decade. I too, am a Holocaust oral historian and coordinated 1,700 oral histories in San Francisco.

Tell me - would you stare at Bruce Willis or Madonna if they were walking down the street. Few will notice Anya Verkhovskaya-Cohen - yet they should.

Holocaust scholars, you see, will tell you that they know almost everything there is to know about the Holocaust, except what happened in Russia, for only a few books have been published on the Holocaust in Russia.

Up until Verkhovskaya-Cohen's work, we Holocaust historians have had suspicions, that the story of the Holocaust in Russia is the story of the Einstazgruppen, the bands of roving assassins. No records were kept; survivors almost never spoke about what they'd seen, and there has been no systematic documentation of the Holocaust in Russia, up until now.

My personal work with the Holocaust in Russia resulted in 100 oral histories. We set up what was essentially a parallel project:



"ANYONE
WHO TESTIFIES
IS SUSPECT.
THERE IS A
TREMENDOUS
AMOUNT OF
ANTI-SEMITISM
IN RUSSIA."



Depicting the holocaust through the brilliance of Art

sponsored special interview trainers recruited researchers, translators, and transcribers, shipped off packages of tapes to a dozen cities in the Soviet Union, and hired two brilliant coordinators, Rita Gopstein, and Ruth Durling. My tiny staff worked night and day. A quarter of our entire budget went to our Russian work, and still, in the end, we only gathered and translated 100 interviews.

I stand in awe of Anya. She's pulled together hundreds of interviews and interviewers, identified thousands of survivors and made them comfortable enough to speak to

her on videotape. She protected survivors, interviewers, and equipment in a land where none of this is usually possible. Anyone who testifies is suspect. There is a tremendous amount of anti-semitism in Russia and for the most part - schools in Russia, do not teach the Holocaust and yet, out of these horrific conditions: a flower grew. Anya Verkhovskaya-Cohen. The woman who masterminded, for all time, the preservation of the stories that tell us what happened. «

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



THIN'K'ERS CORNER »

By Carolyn Young – Lead Thin'K'er

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

Q: Dear CamPUS:

My dad has been pressuring me to join the local swim team. I enjoy swimming but don't see myself spending hours each week in competitive training. Acting is what I want to do. Dad doesn't get it. How do I make him see the light?

Quinn, *Hamburg, Germany*

A: Quinn, you've got to bring it up again, as difficult as it may be. Stand firm in your position and eventually he will appreciate your insight. While your dad may be initially disappointed, he'll come around. Keep this in mind: Parents want their kids to be happy. Period.



Q: Dear CamPUS:

I haven't been sleeping. It's horrible. I'm tired. I'm at a new job. I can't even think straight. What's wrong with me?

Karen, *Halifax, Canada*

Q: Dear CamPUS:

The new school year began this week (Grade 9) and I'm hating it. Last year all my friends were in the same class. Now, I know no one. Our timetables don't coincide - not even at lunch. The kids in my home room and most of my classes just seem so boring! Francesca, *Little Rock, Arkansas, USA*

A: Hey, Francesca. Thanks for your note. You're going to find that the older you get the harder it'll be to stay in contact with the kids who were your friends. And not just because your schedules aren't the same. Make time outside school for other friends. Give the kids in your classes a chance. While they may appear boring right now, I believe once you get to know them a bit, you'll find out some pretty cool stuff. If not - at least you'll have study buddies!

A: Dear Karen: this is a dilemma I've had to deal with firsthand. But there is a solution! I finally got smart and saw my doctor. He suggested I look for things that relaxed me mentally and physically, like yoga, a class in meditation or soft running. Do remember that 'positive' projections /images work wonders. I'm guessing that your new job is one of several substantial things on your plate. The key lies in one word: Choice! The way you choose to walk hand-in-hand with life. **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)

Nominate someone.

The Adeste Prize

www.yesintl.com

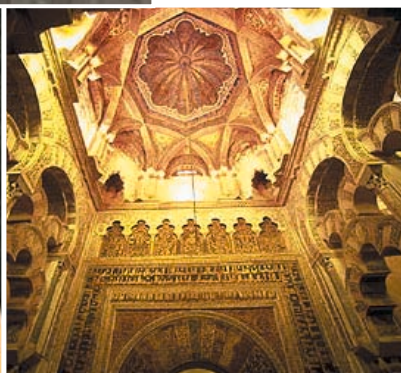
MANAGING EDITOR'S COLUMN

By Nahidah Malik
Nairobi, Kenya



Did you know?

» A follower of Islam is called a Muslim. The Koran is the holy book for Muslims. Islam does not tolerate violence or terrorism. Islam recognizes Adam and Eve, Abraham, Moses, Jesus and the other prophets that are mentioned in Christianity and Judaism. Why can't we learn from each other and live together in peace and harmony? «



RAMADAN

THE HOLIEST MONTH

» Ramadan ... the holiest month in the Islamic calendar. For 30 days - Muslims around the globe fast from sunrise to sunset. Breakfast is taken before the sun rises and not a drop of water or a morsel of bread will pass the lips of the faithful all day, until the sun sets and it is time to 'break' the fast.

This is also a month of intense prayer and meditation, a time to take count of all that we do, a time to 'center' ourselves spiritually, morally, personally and financially. To humble ourselves and give thanks for all the blessings and to be mindful of those less fortunate than us.

Idd-ul-Fitr marks the end of the fasting month. After the morning prayers, family and friends gather to feast and have fun. Hopefully, by this time we are all better people until the next Ramadan comes around! »



LEAVING HOME for UNIVERSITY/COLLEGE YEARS



**As your child leaves, don't feel empty.
Do the things you've long put off!**



» How many times have you said to yourself: where/why – when the imagery of what you want for your children, becomes reality? Where to study and what they'll be within this exciting world!

But what about the mental/physical anxiety within your hearts ... when it's time to say goodbye? How can you help one another make this a smooth transition?

Create a Treasure Chest of love

Each would find a framed photograph of fun, a stocking filled with rare treats, a book by their favorite author, cell phones to be instantly reached on, prepaid calling cards for the student leaving home, and a tiny gift-wrapped box containing a lifelong treasure.

As your child leaves, don't feel empty. Do the things you've long put off! What a perfect time to explore new frontiers. But remember – the most important thing of all – assist your children along the pathway to becoming responsible, caring adults.«

FEATURE »

By Andrea Buckett
Doctor of Homeopathy
Toronto, Canada

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



You Are What You Ate

(You'll Become What You Eat)

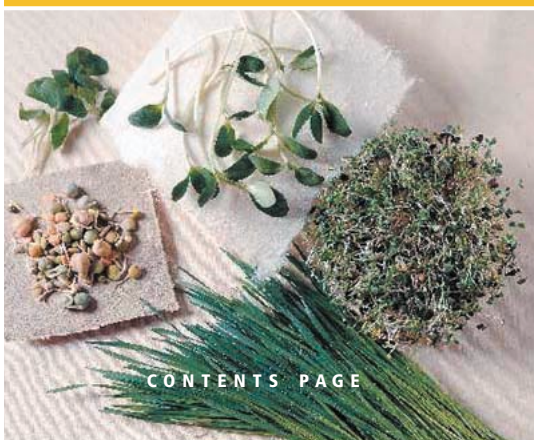
» Whether you're trying to prevent the myriad of diseases such as Alzheimer's, Allergies, A.D.D., Cancer, diabetes, chronic fatigue syndrome, menopause or the new fandangled viruses – SARS and WEST NILE – there is one defense to which you hold the key. Conscious Eating! Eating foods in their cleanest and purest forms

– closest to the earth. It'll bring you more vitality, decrease severity of health complaints, reduce your risk of developing illness. Conscious eating is not something we are taught.

In fact, the only nutritional education we get is via savvy marketing ads on 'food like'

products. Haven't people figured out that foods in their purest form (while not so colorfully marketed) will keep you living longer than products containing highly cooked/processed foods where preservatives and sugar have been added? Be wise! Remember: conscious eating creates a body that works for life! «

Conscious eating creates a body that works for life!



CONTENTS PAGE





PROS AND EX.CONS »

By George Weigel
Sr. Fellow of the Ethics and
Public Policy Center, Washington, DC.
North Bethesda, Maryland

IRAQ: A Just War?

»International terrorism, is a deliberate assault, through the murder of innocents, on the very possibility of order in world affairs. The peace of order is also under grave threat when vicious, aggressive regimes acquire weapons of mass destruction that we must assume, on the basis of their treatment of their own citizens, will not hesitate to use against others. There is a moral obligation to ensure that this lethal combination of irrational, aggressive regimes, weapons of mass destruction, and credible delivery systems does not go unchallenged.

Is there a necessary inner dynamic of the exercise of America's international responsibilities which include the obligation to contribute to the quest for ordered liberty in an evolving

structure of international public life capable of advancing the classic goals of politics – justice, freedom, order, the general welfare, and peace?

COMMENTS

The headlines in San Jose, California's *Valley Catholic* newspaper read: "War is never good, war is failure. We prayed for peace. Yet, today missiles fly and bombs fall. Even modern warfare cannot discriminate between soldier and civilian."

Many debates have been raging over the morality of the war in Iraq. World leaders, the United Nations, and the religious have given their opinions and attempted to influence the Coalition.

For example: "It was important to express our serious questions about the moral legitimacy of any preemptive, unilateral use of military force." (Catholic Bishops' letter to President Bush).

"The pre-emptive military attack against Iraq is immoral, illegal and ill-advised." (World Council of Churches).

"War is one of the most regrettable things that has come to deface our fair world. War is the result of man's greed, envy, hate, blindness, and passion." (Austin Fagothey, Professor of Philosophy, Santa Clara University).

These are strong statements by influential organizations. What are we supposed to think? Can we rationalize the justness of the Iraq war?



A war otherwise justifiable can become wrong by how it is fought.

ANALYSES

Austin Fagothey, S.J., often quoted Jesuit ethicist, provides several conditions for a just war.

JUST CAUSE There must be sufficient proportion between the good intended and the evil permitted. War must be the last resort after the breakdown of negotiations. There must be fair hope of success and establishment of peace.

RIGHT INTENTION Objective grounds for war may exist, yet there may be wrong motives. Punitive war is acceptable; therefore, punishment of war criminals is allowed.

RIGHT USE OF MEANS A war otherwise justifiable can become wrong by how it is fought. Almost anything is allowable in a just war except the direct killing of the

innocent. The killing of the guilty combatants is allowed on the principles of retributive justice. The weapons used in war must discriminate between combatants and non-combatants. Every effort must be taken to avoid killing civilians.

LAWFUL AUTHORITY War is an act of a legitimate authority sanctioned by a legitimate society and must be properly authorized.

Our society is evolving as an enduring union of persons bound to cooperative activity for a common end and good to be obtained by cooperative effort.

Our society no longer has natural geographic bounds. Modern transportation, television, and the internet, has created a world society. We have police to protect our cities, armies to protect our

borders, and organizations such as NATO for common protection. Eleanor Roosevelt said in 1945 "We are One World and that which injures any one of us, injures all of us. Only by remembering this will we finally have a chance to build a lasting peace.

Does our evolving society need a police force that will: maintain order, distribute benefits and duties fairly, protect people who live in tyranny, and remove potential threats to our society?

Is this closeness of our society moving us toward one world? Is the fight against terrorism the first step in this direction? »

Mr. Weigel was educated at the University of St. Michael's College in Toronto. He is a member of the Editorial Boards of *First Things* and *Orbis*, and serves as a consultant for NBC News.

WEIRD AND WACKY FACTS »

By Mohammed Malik, 12 years old
Windsor – Canada



On Authors and Books!



1. Best Selling Deceased Author

Dame Agatha Christie (Britain) holds this title, with 78 crime novels, having sold close to 2 billion copies, in 44 languages.

2. Best Selling Author British romantic novelist, Dame Barbara Cartland, raked in US \$650 million in global sales, for her 635 titles.

3. Most Translated Novelist

Sidney Sheldon's novels, including *Rage Of Angels*, have been translated into 51 languages and sold in over 180 countries.

4. Most Prolific Novelist

Jose Carlos Ryoki de Alpoim Inoue, Brazilian novelist, published 1,046 westerns, thrillers and science fiction novels, between 1986 and 1996 – more than any other writer.

5. Most Reclusive Author J. D. Salinger has so resisted publicity that a book about the effects to find him has been published by Ian Hamilton called *In Search Of J. D. Salinger*.

6. Oldest Authors Two sisters, Sarah and Elizabeth Delany, at the ages of 103 and 102 respectively, wrote their autobiographies in 1993.

7. Highest Annual Earnings By An Author J. K. Rowling, author of the Harry Potter books, increased her net worth from, US \$93 million in 2001 to US \$325 million in 2002.

8. Most Comic Books Written Paul S. Newman has written for 360 different comic book titles, which include *The Lone Ranger*, *Superman*, *Mighty Mouse*, *Fat Albert*, *Tweety and Sylvester*. He has written more than 4,000 stories that have been published.

9. Best Selling Non-copyright Book The Bible is the world's best selling and most distributed book. About 5 billion copies have been printed to date.

10. Best Selling Children's Book The *Goosebumps* series by R. L. Stine (USA) has 80 titles and to date, has sold 220 million copies around the world. The first book, *Welcome To Dead House*, was published in 1992.

11. Best Selling Book *The Guinness World Records* also known as *The Guinness Book Of Records* is the world's best selling book. Published in 37 languages, global sales have reached 91,941,000 copies.

12. Longest Running Comic Book Published by D. C. Thomson & Co of Dundee, UK, *The Dandy* is the longest-running comic book. The weekly comic's most loved character is Desperate Dan, a cowboy from Cactusville, whose favorite food is cow pie, baked in a dustbin lid.





EDITOR AT LARGE »

By Carla Dragnea
Bucharest, Romania

Preparing your Children for SCHOOL

It's the end of summer and to the world,
this means Back to School.



« In these times of progressive unrest, kids are faced with issues far greater than one could have envisioned even a few years ago! Social and educational stresses have reached outrageous heights and within these heights drug use and abuse, violence, suicide and bullying have become quadruple nightmares. Parental guidance, Big Brothers, Big Sisters should indeed become an integral extension of every human life. Talk with your children about these issues. Decrease their chances of becoming a victim to them.

IMMUNIZATION

You should find and review your child's immunization records. Are his/her shots current? What shots does your child need to attend kindergarten or the first grade in addition to what they received as an infant? School age children usually need booster doses of the MMR, DTaP and IPV vaccines. Older children require a Tetanus booster.

BULLIES

Since victims of bullies usually don't seek help, it is important to look for signs that your child is being bullied: trying to avoid school, a change in personality, or a change in grades. Talking about bullying with your child may also help to prevent your child from becoming a bully. Teach them to share with an adult, if he/she sees another child being bullied.

DRUG USE AND ABUSE

Communicating with your child is MOST important to help prevent them from picking up bad habits: the use of tobacco, alcohol, gangs, pornography, hackers and drugs. Children whose parents talk to them regularly are at much less risk when it comes to experimenting.

Remember: whether your children are 6 or 18, regular talks represent the KEY to their future. «

For « Carla click here «

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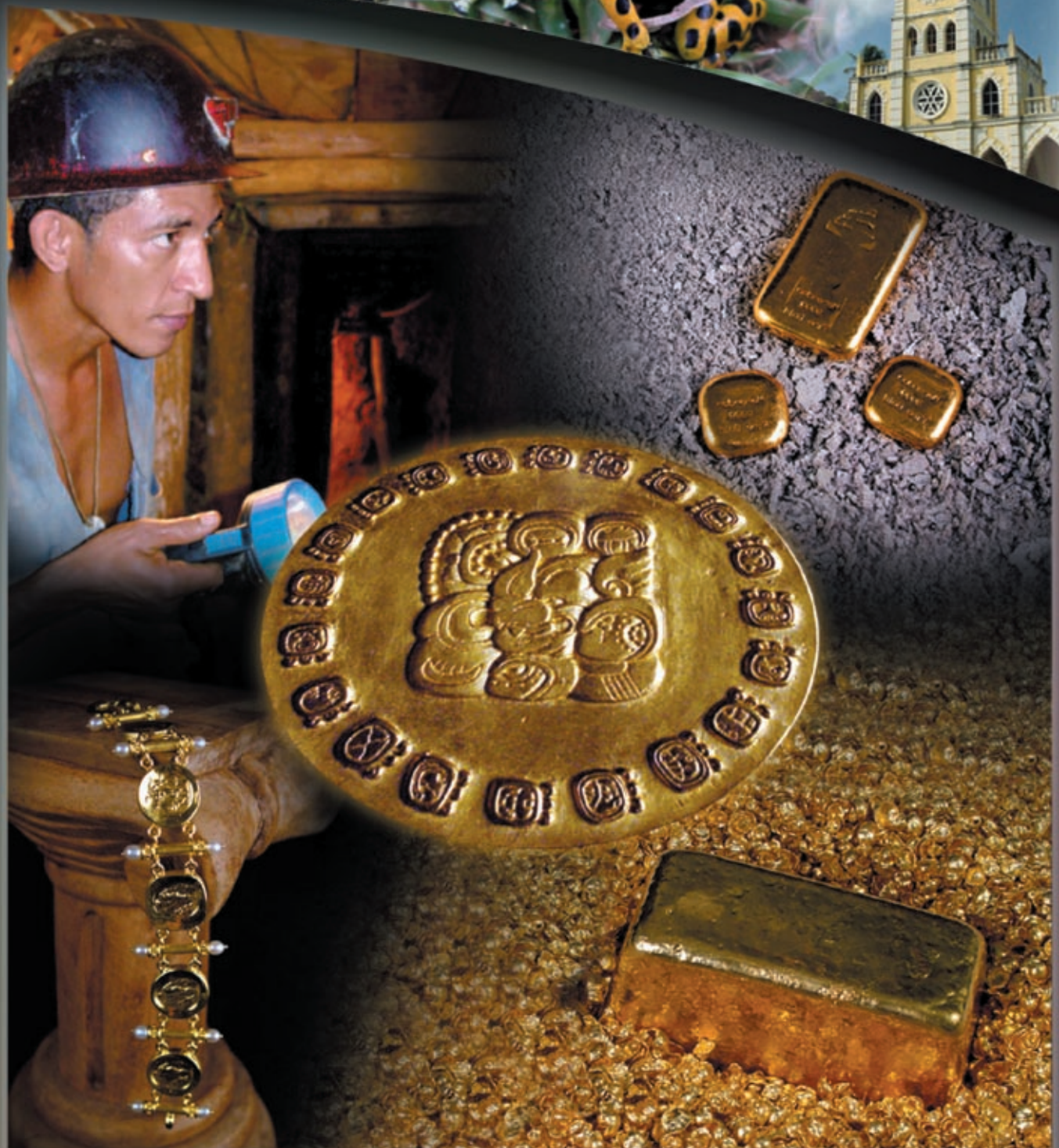
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