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CHRISTIANITY AND BUSINESS · THE MYTH OF THE SOVIET AK-47





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MARCH, JULY AND NOVEMBER 1

JO LEE MAGAZINE AND ITS WORLDWIDE READERS
ARE DEDICATED TO THE SUPPORT OF
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JO LEE MAGAZINE DOES NOT NECESSARILY AGREE
WITH OPINIONS EXPRESSED IN THIS MAGAZINE.

THE ADESTE MEDAL



WE INVITE

corporations / individuals to nominate those who have achieved.

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

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

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

Readers around the world are urged to submit nominations.

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

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

THE LAUREATE

Successful Laureates will receive the exquisitely designed ADESTE Gold Medal.

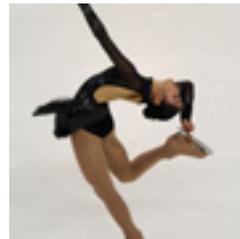
Laureates are to be announced February end.

CRITERIA

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

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

Nominate Someone
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MORE READERS — GREATER REACH

This issue marks the beginning of exclusively digital publishing for JO LEE Magazine. By scanning the QR Code, the latest issue can be enjoyed on your electronic device of choice. For those previously receiving our magazine in a printed format, we now offer our new electronic format. We appreciate your contribution to reducing our impact on the planet and enabling us to direct our resources toward more valuable humanitarian endeavors.

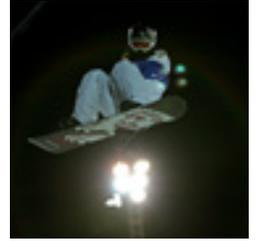
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Special Assignment – JO LEE Magazine
New York/San Francisco/Hong Kong/
London/Tokyo/Rome/Toronto

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

LETTERS TO THE EDITOR

Ellen Anne Meyersberg

Executive
St. Andrews – Scotland

Synaptic Transmission. I certainly agree with Dr. Rutka with respect to the need of “getting” new medical discoveries to market sooner than 10-15 years. This is completely unacceptable! And this does not include the checking and experimental time to assure the product is really worth gaining approval for. We can read about a new drug but not live long enough to benefit from it. Some medical school should concentrate on processes that will short cut the current means of ensuring the safety of new drugs. Perhaps also, appropriate fees for testing would enable faster government action. Anniversary Issue 2012

Sidney Feine

Attorney, Retired
Andover – Connecticut

The Marvelous Maverick. Exploring productivity is indeed complicated and Canada, with a high standard of living, must find answers. In the service industry sector which the author explores, government regulations probably offer the best opportunity for improving efficiency. Suppose the tax code was really simplified or labor unions agreed to new work rules; how many fewer accountants and lawyers would be required? Anniversary Issue 2012

Jasmine Färber

Bond Market Expert
Berlin – Germany

16 Who Matter – World’s Top Philanthropists presents the type of journalism we need more of. If such writings are not presented in the media in place of much crime and corruption, we will continue to have world electorates “who do not realize” change is desperately needed. Anniversary Issue 2012.

P. Anton Mellon

Architectural Design
London - England

Heide Van Doren Betz, San Francisco, writes about a museum still unknown to many American travelers. It should be higher on the lists of “must see”. Not only is it a presentation of museum materials, it is a marvel of architecture, an example of the spirit of a hopelessly misguided and then pulverized society, and simply a wonderful place to wonder about – never boring. Anniversary Issue 2012.

Ustinya Voropaev

Historian
Moscow – Russia

Seizing Power. Interesting piece. Are you suggesting that if we permit students to pursue their own interests going forward, that it will continue to result in these students becoming proficient in perhaps the more critical aspects of learning? Anniversary Issue 2012

Jeffrey Thomson

Archivist
Vancouver – Canada

Double Entendre. A great mind this author has, and a great reminder to live life with the realization that for most of us, life will return to the norm. Anniversary Issue 2012

Dr. Manoel Carlettis

Biomedical Scientist
Lisbon – Portugal

Pros & Ex.Cons. Good question: “Who do I trust”? I believe and advise my children and grandchildren, “Love, but don’t trust.” What does that mean? Do we simply extend cooperation and fellowship, but audit, or check, to be sure we are not taken advantage of? We all know stories of every type of person who has cheated others. Be aware. Anniversary Issue 2012 JL



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Gene Arceri

THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI

Gene Arceri has gained world attention as a writer, critic, award winning PBS reviewer and publicist. A native New Yorker, Gene resides in San Francisco and spends considerable time in London. Among his best selling books are: Elizabeth Taylor: Her Life, Her Loves, Her Future and RED: The Tempestuous Life of Susan Hayward.



Monte S. Bell

LA GRANDE FINALE

Monte S. Bell was a practicing architect in San Francisco for almost 40 years while affiliated with Sidmore, Owings and Merrill before forming his own firm in 1970. Born in Vancouver, Canada, Monte is now retired and living in Vermont. Always interested in art, he began drawing cartoons for his high school magazine and has continued cartooning to the present.



Susan Berger

16 WHO MATTER

Susan Berger, after a successful career in finance, embraced journalism as JO LEE Magazine's Marketing Editor and writer of 16 Who Matter. Previously, Susan held financial positions with major institutions including TD Financial Group and Alliance Atlantis Communications.



Andrea Buckett

YOU ARE WHAT YOU ATE
Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert – is passionate about helping people feel young. She is a graduate of The Homeopathic College of Canada and her successes to date have become a sole focus on the body's benefits and pleasures of great food.



Stanley J. Dorst

PROS & EX.CONS

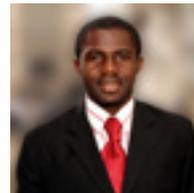
Stanley J. Dorst is a retired officer of Chevron Land Development Co. and CEO of Grosvenor Development Co. He's been advisor to European governments and private companies as Vice-President of The International Urban Development Association and advisor for The International Executive Service Corps on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



Carla Dragnea

EDITOR AT LARGE

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



Kelechi Eleanya

WHEN ANGELS CRY

Kelechi Eleanya is an economist and a committed development expert with the UNDP. He holds a degree in Renewable Natural Resources Management and a Master's in Forest Economics.



Lois M. Gordon

YES, VIRGINIA! COME – EXPLORE WITH ME

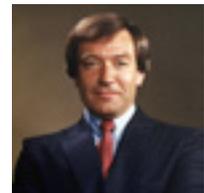
Lois M. Gordon is a world traveler and resides in California's Silicon Valley. She has spent her life as wife and mother, chairing several committees and indulging in her passion for reading and writing poetry.



Brian Hanington

SEIZING POWER

Brian Hanington is a relentlessly busy ghostwriter in the corridors of power. He has penned speeches, letters and books for movie stars, admirals, knights, prime ministers (and even a pope), always staying anonymous -- until now. His column gives readers an expert's insight into the power of persuasion. Brian is the President of Stiff Sentences Inc.



John Paul Jarvis

I'VE ALWAYS BEEN NUTS

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



*Saul Levine,
MD*

**DOUBLE
ENTENDRE**

Saul Levine, MD, is Professor of Clinical Psychiatry at the University of California and the Head of Psychiatry at Rady Children's Hospital in San Diego. He is an international author and former host of a long-running television advice show. He is especially interested in the paradox of humanity: our capabilities to be benevolent and inspirational, yet also to be greedy and destructive.



*Ray Scotty
Morris*

**L'OCCHIO /
THE EYE**

Ray Scotty Morris is an internationally renowned photojournalist and successful San Francisco society photographer. He has won 29 photo awards in just ten years – local, state and national, including best news picture of the year. Scotty has received a Certificate of Commendation from the U.S. Senate along with the distinct honor of being written into the 107th U.S. Congressional Record.



*Dr. Margaret
R. O'Keefe
Umanzio*

**THE POET'S
CORNER**

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



H. Gail Regan

**THE MARVELOUS
MAVERICK**

Gail Regan is vice-chair of Cara Operations. She chairs Energy Probe, is a member of the Canadian Association of Family Enterprise, the Family Firm Institute and the Strategic Leadership Forum. She has a PhD in Educational Theory and an M.B.A. in Finance. Her background in sociology and her personal experience of business have given her an intellectual interest in the problem of evil.



*Sally Anne
Reisner*

**THE POET'S
CORNER**

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



Vera Resnik

**THE POET'S
CORNER**

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



Craig Ricker

**THE DIGITAL
DIVIDE**

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



*Dr. James T.
Rutka*

**SYNAPTIC
TRANSMISSION**

Dr. James T. Rutka is the R.S. McLaughlin Chair of the Department of Surgery at the University of Toronto; Co-Director of The Arthur and Sonia Labatt Brain Tumour Research Centre, and pediatric neurosurgeon at The Hospital for Sick Children, Toronto, Canada. He has served as Chairman of the Division of Neurosurgery, University of Toronto and President of the American Association of Neurological Surgeons.



*Kathleen
Mailliard,
Solmssen*

PIZZAZZ

Renowned designer, writer, successful photographer, hilarious speaker, chef, mixologist Kathleen Mailliard Solmssen resides in the magnificent outskirts of San Francisco. Her pinterest.com/fashionandflair and fashionwithflair.blogspot.com is filled with life lessons and laughter, exquisitely mirrored in her column Pizzazz.



*Heide Van
Doren Betz*

**THE RICH &
THE FAMOUS**

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



Intrusive Plenty: The Easter Bunny

BY H. GAIL REGAN
TORONTO – CANADA

ART BY CAROLE JUDDEN
ABSTRACT BIRD-OF-PARADISE

My mother noticed my son's intense physicality and insisted that we both learn to ski. Not athletic myself, I developed enough skill to get him to the hill and back. He seemed to love the sport and soon joined other children in the weekly races – an outlet for his vigor, talent and need for stimulation.

Easter came early the year my son was five, so the annual winter race finals occurred the Saturday before Easter Sunday. He won the slalom and the jumping contest, but not the grand slalom. I felt very proud, not only of my son, but of my mother, for identifying and making possible such a healthy sublimation of potential misdirected energy.

I got to feel this way for about five minutes when my son became excitedly concerned over the imminent arrival of the Easter Bunny. "Mom," he said,

"I don't care about the candies. Just don't let that rabbit in my house." I explained to him that the Easter Bunny is sort of a pretend thing, not really real and not to worry. This made him all the more frightened, for now he thought the Easter Bunny was a ghost. "Mom, I don't care. Just don't let him in." "O.K.," I said, "I'll tell him not to come." My son seemed relieved and quieted down.

My husband refused to discard the candies, so the Easter Bunny did come and no fuss was made. Decades later as I look back on this incident I see now that my son's anxiety could have been reactive to winning many ski prizes at the awards ceremony, rather than to the Easter Bunny himself.

As I experience the fractiousness of American politics, and to some extent Canadian politics, (let alone Europe!) I am reminded of this incident.

Winning is exciting and hard work, often risky. We love it, but the process can make us too serious about our achievements and prizes, too anxious to keep our place as a successful society. When Easter Bunny ideas come along, ideas like tax cuts for the wealthy, universal health care, incentives for dispersing retained earnings, we don't care about the candies and would do anything to keep the rabbit out. We do not want our apple cart upset.

The city of Toronto, Canada has finally metered its water. As an environmentalist, I approve. Proper pricing of water reduces waste and enables infrastructure maintenance. But part of me loved all that clean, fluoridated fluid available to all householders at a fixed, low price. The Easter Bunny used to come every day. Pity we had to worry.

JL



Christianity And Business

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

I always thought that Christianity was the rock on which our country and our economic system were based. Sometimes it occurred to me that you can't very well have two masters, as in "I pledge allegiance" to my country vs. reverence and allegiance to God. But we all sort of find a way to serve both, and believe that they support each other.

But now we are being told we cannot have divided loyalty, we must choose our master and put down the alternatives. Now it seems these moral guidelines don't support each other but rather are opposed to each other.

We all know that now religion can't be recognized in public as a guide to the government. Inscriptions of "In GOD We Trust" and "ANNUIT COEPTIS" (God favors us) on our money and in public buildings are to be removed since they infringe on personal freedom. So, no more biblical quotes in public places!

On the other hand, the church is advising that God directs us to

confront the government and bring it into conformance with God's will by civil disobedience. The church seeks to cause the government to bring about "distributive justice" and equality pursuant to Christ's teaching.

To the extent that we have a capitalist economy, as opposed to a socialist one, this puts religion on a path that opposes the capitalist system. Capitalism values opportunity over equality. That is, equal opportunity does not result in equality of rewards, which is the opposite of "from each according to his ability, to each according to his needs" capitalism in which the rewards should go to those who produce wealth.

The Christian Century concluded recently that Christians feel that business is basically evil since they believe business would not act ethically on its own to bring about Christian equality and what is now referred to as "distributive justice". The church feels that citizens must oppose the government as a capitalistic system, and that more government control

is required to achieve equality of economic benefit.

So there is currently a clear confrontation of the church with the capitalist system of government we have adopted.

I think it would be great if we could work together to achieve economic progress in a capitalistic system with Christian compassion for all, constrained by a system of checks and balances – or is that what we thought we had?

So who is right – the government or the church? Who deserves our allegiance? Or does any organization?

JL



The Poet's Corner

BY DR. MARGARET R. O'KEEFFE UMANZIO, SALLY ANNE REISNER & VERA RESNIK

PHOTOGRAPHY BY VERA RESNIK
VERMONT/NEW JERSEY/FLORIDA

Narcissus Jonquilla.

Push, push hard, push hard up and against that dark, thick,
tough soil
There, right there is a bit of light I will make it,
I broke through!
Now I stand up straight and tall, proud to be green, proud
to show up again and again on March 1.
I have arrived since Roman times.
I marked the first birthday celebration.
It is safe so I open my beautiful yellow jonquill head.
I breathe in, breath out, I smell the fresh air all around me.
I scream out loud, "Spring is here."

©margaretumanzio

The Breathing of My Soul

He cautions me to tread slowly.
The woods are carpeted with patches of ice
and boards laid out over early spring
puddles are slick as I traverse the path
to my favorite spot where the running brook
sounds like the breathing of my soul.

Yesterday icicles hung over the rushing water,
begging to hold back spring just one more day.
Fallen trunks are covered in moss; it's been a long winter
and a very wet March. Pearly white beech leaves cling to
branches;
others look like they've been roasted by a campfire,
marshmallows on a stick.

©Sallyann

Serendipity

Somber scowl. She sits. Sulks. Shrugs. Shoulders stooped.
She stands. Soliloquizes. Self solace. Saccharin smile.
Savvy. She sits. Shilly-shallying. Sapiient. Scamp. Snuggly.
Sagacious. Shrewd. Seesaw scrutinizing. Somersaults.
Spins. Sure. Supple. Speedy. She's saucy, superb, silly, six.

Sapphire sequined, shimmering sheath. Scarlet scarf. Scant
sandals. Salmon spangles. Scented scrunchie. Silk sachet.
Seductive, swaying, sashaying. Sophisticated. Svelte.
Scrumptious silhouette. Spontaneous. She's spectacular
sixteen.

Sedate sweater, sleek, smart skirt. Silver shantung shawl.
Stylish socks. Sturdy, snug shoes. Spry Stance. Striking
stride. Serene sunshine smile. Soft spoken. Simpatico.
Sincere. Spiritual. Steadfast. Seamless scruples. Sublime.
She swims, snowshoes, skis, scuds, sings. Sociable. Secure.
Split-second schmoozer. Splendid, sparkling. She's
scintillating, shinning seventy-seven.

Serendipity.

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Lauren Jackson

BASKETBALL
AUSTRALIA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

At 6'5" tall, Lauren Jackson is considered to be the greatest Australian female basketball player in the country's history. Ms. Jackson was born in New South Wales, Australia in 1981 to parents who were both basketball players, playing for the country's national teams. When she was 13, Ms. Jackson made the national junior squad, and in 1997 at the age of 16 she was awarded a scholarship to the Australian Institute of Sport (AIS). The following year she led the AIS to win the Women's National Basketball League championship.

In 1998, at 17, Ms. Jackson became the youngest player ever to join the Opals, Australia's national women's basketball team, and participated in the World Championships in Germany. She subsequently joined Canberra's other basketball team, the Capitals, and led them to four championships. In 2001, when Ms. Jackson entered America's Women's National Basketball Association (WNBA) draft, she was a first choice for the Seattle Storm, and in 2004 the team won the WNBA championship. She received the WNBA's Most Valuable Player award three times, and has also played for teams in South Korea and Russia.

Ms. Jackson has participated in four Olympic Games since 2000 for which she won three silver medals and one bronze, and in 2012 she was the flag bearer for Australia in the Opening Ceremonies. She has clearly fulfilled her philosophy of life, which is, "Why devote your life to a sport unless you honestly feel you can be the greatest player ever?"

JL



Rodrigo Pessoa

EQUESTRIANISM
BRAZIL

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Born in Paris in 1972, Rodrigo Pessoa is a Brazilian equestrian and show jumper who followed in the footsteps of his father, Nelson Pessoa, also an award-winning equestrian and show jumper. Traveling with his father to the shows, he began riding when he was four, and by the time he was nine, participated in his first competition. With his father as his coach, his first win came at the age of 12 in Belgium, where he earned the title of Champion of the Pony Class.

When he was 16, Mr. Pessoa began competing in the Grand Prix in Europe, and won the junior European Championship competition. He joined the Brazilian Olympic team in 1992, and at 19 was one of the youngest riders ever to compete in an Olympic Game. He has since competed in six Olympic Games, winning two bronze medals in Atlanta and Sydney for Team Jumping and a gold medal in Athens for Individual Riding. Mr. Pessoa was the first person in the history of Brazilian equestrianism to win an Olympic gold medal, and was the flag bearer for Brazil at the 2012 Olympics.

The winner of over 70 Grand Prix competitions, Mr. Pessoa was also the World Cup Champion in 1998, 1999 and 2000. In addition to his considerable accomplishments in the field of equestrianism, Mr. Pessoa speaks seven languages.

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Sidney Crosby

HOCKEY
CANADA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Sidney Crosby is the youngest Captain in the history of the National Hockey League (NHL), which operates professional ice hockey teams in Canada and the United States. Born in 1987 in Halifax, Nova Scotia to a father who was also a hockey player, Mr. Crosby started playing hockey in his basement soon after he learned to walk. When he was 13, he was successful in making the Dartmouth Subways team in a league made up of 16- and 17-year-olds. However, he was deemed too young to play, and had to wait a year before joining the team.

Moving to Minnesota, Mr. Crosby attended Shattuck-St. Mary's, a school with an emphasis on hockey. He then played for the Rimouski Oceanic of the Quebec Major Junior Hockey League (QMJHL). At the end of the season, he was named Player of the Year, Top Rookie and Top Scorer, the first QMJHL player to win all three awards. The next year, Mr. Crosby joined the Pittsburgh Penguins. After his second season with the NHL, he was awarded the Art Ross Trophy for the league's leading scorer, the Hart Memorial Trophy for the league's Most Valuable Player, and the Lester B. Pearson award, given to the most outstanding player voted on by the Player's Association. After completion of the season, he was named Captain of the Penguins, and in 2009 he became the youngest Captain in the history of the NHL to win the Stanley Cup.

Mr. Crosby helped lead Team Canada to a silver medal in 2004 and a gold in 2005 at the World Junior Championships, and scored the winning goal for Canada in overtime in the 2010 Olympic Winter Games against the United States to win a gold medal. In 2011, he suffered two concussions within a week, and was forced to stop playing for the rest of the season.

JL



Jet Li

MARTIAL ARTS
CHINA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Martial artist and film star Jet Li began learning wushu, the national sport of China which is a compilation of various martial art styles, at the age of eight. Born in Hebei in 1963, Mr. Li has stated that he came from a poor family which could not afford a good school, so he was thrilled to have the opportunity to study at a special sports school. When he was 11, he won his first national championship as part of the Beijing Wushu Team, and subsequently traveled to more than 45 countries with the team. The government of China chose him to represent the country by performing martial arts at state functions, including for President Richard Nixon in 1974 after Nixon opened up relations with China. For the next five years, Mr. Li retained the title of All-Around National Wushu Champion, earning numerous gold medals in competitions.

Mr. Li retired from wushu competition when he was 17 but continued to practice his sport, most notably in the movies. He made his first film, *Shaolin Temple*, in 1982, and by the end of the decade he relocated to Hong Kong, where he became involved in its martial arts film industry. His first English-language role came in 1994 in the film *Lethal Weapon 4*, and in 2002 he performed in the film *Hero*, which was nominated for an Academy Award for Best Foreign Film. He went on to star in both big-budget action Hollywood movies and more traditional Chinese films. He retired in 2006.

In partnership with the Red Cross Society of China, Mr. Li founded the Jet Li One Foundation, which provides disaster relief to the people of China. In 2010, he was appointed Goodwill Ambassador for the International Red Cross.

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Albert Pujols

BASEBALL
DOMINICAN REPUBLIC

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Considered one of the best baseball players of all time in Major League Baseball (MLB), Albert Pujols was born into poverty in Santo Domingo, Dominican Republic in 1980. Albert, like his father, had a passion for baseball, and by the age of six was playing every day. The Pujols family emigrated to New York City when Albert was 16, but found the city too violent, and moved to Independence, Missouri. Understanding little English, Albert found his integration into life in the United States eased by baseball.

After high school Albert attended Maple Woods Community College in the Kansas City area, where he played baseball for one season. In 1999 he was drafted by the St. Louis Cardinals, and in 2001 he was named National League Rookie of the Year. He played with the Cardinals for 11 seasons, setting both Cardinal team records and MLB records, and led the team to two World Series championships. In addition, he was named Player of the Year and National League Most Valued Player three times, and in 2009 was designated one of the 20 Top Male Athletes of the Decade by Sports Illustrated. In 2012 he was traded to the Los Angeles Angels of Anaheim.

Albert and his wife Deirdre founded the Pujols Family Foundation in 2005, which helps people with Down syndrome and life threatening illnesses, and works to improve the lives of the impoverished in the Dominican Republic. In recognition of his efforts, he was awarded the Roberto Clemente Award in 2008, an honor given to a player who combines top performance in the field and work in the community.

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Wayne Rooney

SOCCER
ENGLAND

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Being named the best soccer player in the country by his fellow professionals when he won the PFA Players' Player of the Year award in the 2009-2010 season was an enormous honor for Wayne Rooney. Born in Liverpool, England in 1985, Mr. Rooney was noticed at the age of nine by a scout with the Everton Football Club, a local franchise in the English Premier League, while he was playing for a junior league. Everton signed him before he turned 11.

Mr. Rooney began playing with the team in 2002, and within two months he became the youngest ever goal scorer in the history of the Premier League. That same year he was given the BBC Sports Young Personality of the Year award. In 2003, he switched teams and began playing with Manchester United, where he has remained ever since. Mr. Rooney also plays for the England national team. At 17, he was the youngest player ever to play for England and the youngest player to score for the country.

In 2006, Mr. Rooney published his autobiography, entitled *My Decade in the Premier League*. He is the recipient of numerous awards, including the Football Writers' Association Footballer of the Year award in 2009-2010, given to the player considered to have been the best of the season.

JL



Kimi Räikkönen

RACE CAR
FINLAND

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Known as the Iceman for his nerves of steel and his calm demeanor, Kimi Räikkönen is a world champion race car driver. Born in Espoo, Finland in 1979, Mr. Räikkönen developed his passion for driving early, when at the age of three he drove around on a motocross bike fitted with training wheels. By the time he was 10 he had begun competitive karting. At 16, 1979, Mr. Räikkönen left school and began a course in mechanics, thinking this was the only way he would be able to stay involved in motorsport. When his talent for fast driving led to sponsored rides, he abandoned the course.

In 1999, after a series of wins in European, Finnish and Nordic karting, Mr. Räikkönen began single seater racing, and won two championships in the British Formula Renault. By 2000, having competed in only 23 car races, of which he won 10, he was tested by the Sauber Formula One team. They signed him on to drive for them in 2001, at which time he made his Grand Prix debut, finishing sixth. He subsequently signed a five-year deal with McLaren, and in 2003 he won his first Formula One Grand Prix in Malaysia.

Mr. Räikkönen began driving for Ferrari in 2007, and won the Formula One World Drivers' Championship that year in Interlagos, Brazil, by one point. After two years, Ferrari bought up the final year of his contract, and he stayed away from Formula 1 competition until 2012, when he joined Lotus.

JL



Sachin Tendulkar

CRICKET
INDIA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Born in Bombay, now Mumbai, in 1973, Sachin Tendulkar was given his first cricket bat when he was 11 years old. His cricket career began at Shradashram Vidyamandir high school, and by the age of 13 he was playing for the Cricket Club of India, where they changed their rules to let the young man use their dressing room. When he was 15 years old, he played in state level competition for Bombay. A year later, he was selected to play for India against Pakistan.

Mr. Tendulkar scored his first Test hundred against England at the age of 17, and in 2000 he became the first batsman in history to score 50 international hundreds. In 1994, he scored his first ODI century against Australia. He played in his first World Cup in 1992, and has since played for India in six World Cups, the highest number of any cricketer. During these games, he has scored more than 200 runs, the most of any batsman. At the age of 23, he was named captain of India's team for the 1996 World Cup, where he was the event's top scorer.

Considered to be the greatest batsman of all time, Mr. Tendulkar was voted one of Time magazine's "The 100 Most Influential People in the World". In 1997, he was presented with the Rajiv Gandhi Khel Ratna Award, which is the highest award given in India for achievement in sports. He was also awarded the Padma Shri in 1999 and the Padma Vibhushan, the second highest civilian award in India, in 2008.

Stating that he values his 2011 World Cup win above all else, Sachin Tendulkar announced his retirement from one-day cricket in December, 2012.

JL



Usain Bolt

TRACK & FIELD
JAMAICA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Usain Bolt, known as “Lightning Bolt”, is the fastest man in the world. He was born in Trelawny, Jamaica in 1986, and was passionate about sports from an early age, showing talent as both a cricket player and as a sprinter. Noticed for his speed by coaches at primary school, he was encouraged to focus only on sprinting, and by the age of 12, he was considered one of the fastest sprinters in the area. Later in life, he said that sports were all he ever thought about. When he was 15, Mr. Bolt made his entrance on the world stage at the Junior Championships in Kingston, Jamaica. When he won the 200-meter dash, he became the youngest world-junior gold medalist ever, and the International Association of Athletics Federation awarded him its Rising Star Award.

Although chosen for the Jamaican Olympic team for the 2004 Olympic Summer Games in Athens, Mr. Bolt was eliminated in the first round of the 200-meter race due to an injury. He was back for the Beijing Olympics, where he won three gold medals, and was the first man in Olympic history to win both the 100 and 200-meter races in record times. He went on to win three more gold medals at the London Olympics, becoming the first man in Olympic history to win both the 100 and 200-meter races at consecutive Olympics.

Mr. Bolt has received many awards, including the IAAF World Athlete of the Year, Track & Field Athlete of the Year, and the Laureus Sportsman of the Year. He has his own line of clothing, watches and headphones, and his own restaurant, “Tracks & Records”, in Jamaica. His philanthropic venture, the Usain Bolt Foundation, has a stated mission of enhancing the character of children through educational and cultural development.

JL



Miuccia Prada

BOXING
PHILIPPINES

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

World champion boxer and politician Manny Pacquiao was honored in 2008 when the Philippines House of Representatives issued a resolution recognizing him for his achievements and inspiration to the Filipino people. Born in 1978 in Kibawe, Philippines, Mr. Pacquiao left his family when he was 14 years old and moved to Manila, where he began boxing, making the Philippine national amateur boxing team. He started his professional boxing career at 16, fighting in small venues in the Philippines.

In 1998, Mr. Pacquiao won his first major honor, earning the World Boxing Council flyweight title. In 2001, in a larger weight division and in his first U.S. fight, he took the International Boxing Federation junior featherweight title. He went on to win numerous bouts in successive years, becoming the first boxer in history to win 10 world titles in eight different weight divisions. He won the “Fighter of the Decade” title for the 2000s by the Boxing Writers Association of America, and was *The Ring* magazine’s “Fighter of the Year” four times.

Mr. Pacquiao attempted to enter politics in 2007 when he ran for a seat in the Philippines House of Representatives. Although he was defeated, in 2009 he formed a new political party, the People’s Champ Movement, and won a seat in the House. He founded the Manny Pacquiao Foundation, whose mission is to help underprivileged people in the Philippines.

JL



Yevgenia Kanayeva

RHYTHMIC GYMNASTICS
RUSSIA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Although Yevgenia Kanayeva's mother was a rhythmic gymnast, she was introduced to the sport at the age of six by her grandmother. Born in Omsk in 1990, the young Ms. Kanayeva showed enormous interest in the sport. As a child, she would stay at school to practice after the other children had gone home. When she was 12 years old, Ms. Kanayeva was asked to try out in Moscow, and was noticed by the head of the youth program. She was then invited to train at the School of the Olympic Reserve. In 2003 she participated in the World Club Championship, or Aeon Cup, and won the junior title. She was subsequently selected to train at Novogorsk, the training centre for national team members in 32 different sports.

In 2007, Ms. Kanayeva began her career by winning the gold medal in individual apparatus and team competition at the European Championship in Baku. Several months later, she won another gold medal in a team competition at the World Championship in Patras. At the 2008 Olympics in Beijing, Ms. Kanayeva gave one of the best performances in the sport's history, posting the highest score on each apparatus and winning the gold medal.

Ms. Kanayeva went on to win a record six gold medals at the 2009 World Rhythmic Gymnastic Championships, becoming the first woman in the history of the sport to win a gold in every event. Winning another gold at the 2012 Olympics in London made Ms. Kanayeva the only rhythmic gymnast to win two Olympic all-around gold medals, giving her the honor of being the most successful rhythmic gymnast of all times.

JL



Kim Yuna

FIGURE SKATING
SOUTH KOREA

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Named “Sportswoman of the Year” by the Women’s Sports Foundation in 2010, figure skater Kim Yuna is known as the Queen on Ice. Born in Bucheon in 1990, Ms. Kim began skating when she was six. At 12 years of age, she won the senior title at the South Korean Figure Skating Championships. She then began competing internationally, and was awarded a silver medal at the Junior Grand Prix, earning South Korea’s first international medal in the history of figure skating. The following year she won the Junior Grand Prix final before moving on to the Senior international competition, where she won a bronze medal. In 2006, Ms. Kim moved to Toronto, Canada to train with Olympic Silver Medalist Brian Orser.

Ms. Kim continued to excel at her competitions, and in 2010 she won a gold medal at the Olympic Winter Games in Vancouver, breaking the world records for both the short and free programs and achieving the highest score in history. After placing second in the 2010 and 2011 world championships, she decided to sit out the 2011/12 and 2012/13 seasons, but has announced that she will compete in the 2014 Winter Olympics in Sochi, Russia, after which she will retire from figure skating.

In 2010, UNICEF appointed Ms. Kim Goodwill Ambassador. She was an honorary ambassador for PyeongChang’s successful bid to host the 2018 Olympic Winter Games, and will serve as Goodwill Ambassador for the 2013 Special Olympics World Winter Games in PyeongChang.

JL



Roger Federer

TENNIS
SWITZERLAND

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

The young Roger Federer excelled at sports, and by the age of eight was playing tennis and soccer. When he was 12, he decided to quit all other sports and concentrate solely on tennis. By 17, he had become the number one junior in the world.

Born in Basel in 1981, Mr. Federer was 14 when he was chosen to train at the Swiss National Tennis Centre in Ecublens. In 1996 he joined the International Tennis Federation junior tennis circuit, and two years later he won the junior Wimbledon title and the Orange Bowl, and was honored as the ITF World Junior Tennis Champion of the year. Later that year he turned professional, and in 2003 he won a Grand Slam title, becoming the first Swiss man to achieve that honor. In 2004, he won the Australian Open, Wimbledon, the U.S. Open and eight other titles. He ended the year as the number one tennis player, with the most titles in a single year since Ivan Lendl in 1985, a ranking he maintained through 2007. He was named Laureus World Sportsman of the Year three times, in 2005, 2006 and 2007. His win at Wimbledon in 2012 helped him regain the number one spot and to tie the world number one ranking record of 286 weeks.

In 2003, Mr. Federer set up the Roger Federer Foundation, whose mission is to support early childhood care centers, preschools and primary schools in Africa and to promote sport for underprivileged children in Switzerland.

JL



Yani Tseng

GOLF
TAIWAN

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Yani Tseng, the most dominant golfer in the world, was born in 1989 in Guishan to parents who were very keen on golf; her father was one of the area's top amateur golfers and her mother worked as a caddie. She began playing golf when she was six, and worked with her coach after school, Monday to Friday, taking only a day or two off each month. She showed such promise that the family moved to the U.S. to continue her training, where she attended the David Leadbetter Academy.

Ms. Tseng's first major tournament success was when she won the 2003 Callaway Junior Golf Championship, and in 2004 she won the U.S. Women's Amateur Public Links Championship. In 2007, after winning 15 international tournaments and four U.S. events, she turned professional. Her first LPGA win was in 2008, after which she was named Rookie of the Year. She won again in 2009, and then won three times in 2010, including two majors, for which she was named LPGA Player of the Year.

In 2011, Ms. Tseng won her fourth major, winning the LPGA Championship for the second time, becoming the youngest person in modern golf history to win four majors. When she won the 2011 British Open, she became the youngest person ever to win five majors. At the age of 21, she was named Rolex Player of the Year, an honor that was repeated the following year.

JL



Shaun White

SNOWBOARDING
UNITED STATES

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Named “the Flying Tomato” because of his red hair, Shaun White is one of the most renowned people in action sports. Born in San Diego in 1986 with a congenital heart defect, he had two operations before he turned five. He started off as a skier at the age of four, but switched to snowboarding when he was six after watching his older brother try the sport. He went so fast that his mother insisted he slow down by boarding only backwards, a skill that would help him later in his career. He turned professional at 13 after winning five national titles as an amateur. Mr. White is also a skateboarder, having turned professional when he was 17.

Mr. White earned his first medal in a Winter X Games, an annual sports event focusing on action sports, at the age of 16, for the slopestyle and superpipe. He was given the “best athlete” award at the Games. 2003 saw him both compete and medal in the Summer and Winter X Games in two different sports. In 2007 he became the first athlete ever to win Summer and Winter X Games titles. He won a gold medal for the halfpipe at the 2006 Olympic Winter Games in Torino, and in 2010 won the gold again at the Vancouver Olympics.

As an acknowledgement of his relationship with St. Jude Children’s Research Hospital and St. Jude Target House, Mr. White was asked by them to star in a TV spot. He has also starred in movies, has a snowboarding videogame, and his own clothing line.

JL



Kirsty Coventry

SWIMMING
ZIMBABWE

BY SUSAN BERGER
SPECIAL ASSIGNMENT
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Kirsty Coventry is Zimbabwe's top Olympian, winning seven of the country's eight Olympic medals. One of the top backstroke and medley swimmers in the world, she was born in Harare in 1983. While still in high school, she became the first swimmer from Zimbabwe to compete in a semi-final in the Olympics. She received a full swimming scholarship to Auburn University in Alabama, USA, where she studied for five years, earning a degree in hospitality with a minor in business. In 2004/5, she was captain of the Auburn University Swim Team, and she was named Zimbabwe Sportsperson of the year in 2002, 2004 and 2005.

In 2004 she competed in the Summer Olympic Games in Athens, winning three medals, including a gold for the 200-meter backstroke, a silver and a bronze. She excelled once again at the 2008 Olympics in Beijing, where she won four medals, earning another gold for the 200 meter backstroke along with three silvers. She was the world record holder in the 200 meter backstroke in 2008, 2009 and 2010, and the world record holder for the 100 meter backstroke in 2008 and 2009.

During the 2012 London Olympics, Ms. Coventry was elected into the 12-member International Olympic Committee Athletes' Commission. She hopes that membership will provide information and ideas from other member countries, and will therefore benefit Zimbabwe. She has recently announced her participation in a project whereby she will be touring the country to work on the development of sports facilities and identify talent in schools.

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Grand Canyon Skywalk

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Grand Canyon Skywalk, a very important tourist area in Arizona, is a transparent, horseshoe-shaped, cantilever bridge constructed on the edge of a side canyon in the west area of the main canyon. Commissioned and owned by the Hualapai (Wall-hu-pie) Indian tribe, the deck is made with four layers of low iron glass with DuPont SentryGlas inter-layers.

The Skywalk deck has some very interesting specifications.

It was designed and built to support a 100-pound-per-square-foot live load and to the established building code required to resist seismic and wind forces. It can hold up the equivalent of 71 loaded Boeing 747 aircraft or an 8.0 magnitude earthquake within 50 miles. Maximum occupancy at one time is 120 people.

Future plans for the complex include a museum, movie theater, VIP lounge, gift shop and several restaurants. The

Skywalk is the corner of a larger plan by the Hualapai tribe and hopes it will be the catalyst for a 9,000-acre development to be called Grand Canyon West.

Opponents within the tribe view the project as disturbing sacred ground. Supporters within the tribe counter that it is an opportunity to generate much needed cash to combat serious problems including 50 percent unemployment, widespread alcoholism, and poverty.

On the Skywalk, one stands 4,000 feet above the Grand Canyon on a horseshoe shaped walkway that extends 70 feet from the canyon rim. Dramatic canyon vistas spread out on either side, as well as below. Looking down apparently, feels as if one is hovering atop the canyon.

I have not been on the Skywalk. Scares me just thinking about it! Very strange! I can scuba dive and fly a

plane, but standing on glass looking down scares me witless.

There are many tours available and many dude ranches and motels nearby. All are family friendly where you can explore and see this man-made structure while seeing what nature has made.

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And I’ll Bet The Sweeps On That!

BY DR. ANDREA BUCKETT
TORONTO – CANADA

Q: I always seem to get sick when the seasons change and I’m curious to know: what is your top immune boosting food? Fredrick – St. John’s, Canada

AB: There are many foods that have immune boosting compounds, but my all time favorite, Fredrick, has to be homemade chicken stock. Chicken stock has immune boosting and anti-inflammatory compounds that help to prevent and mitigate infectious diseases. Adding fresh garlic, ginger and chilies to a robust stock takes the immune fighting properties to the next level by enhancing anti-microbial activity and increasing circulation. Throw in a lot of fresh vegetables for good measure and you have a meal that keeps colds and flus at bay.

Q: Have you heard of a new grain “freekeh?” Stewart – Liverpool, UK

AB: While freekeh may be new to the North American diet, it is

a traditional grain that has been used in Arab and Egyptian cooking forever. Stewart, freekeh is green wheat that is picked when the wheat is still soft, stacked in the sun to dry and then burnt to remove the chaff and straw. This gives the freekeh or “green bulgur” a unique nutty flavour. From a nutritional standpoint, freekeh has good amounts of both fibre and protein.

Q: Navigating the bread aisle can be so confusing. Can you tell me what the difference is between whole wheat and whole grain bread? Delores – New England, USA

AB: Trying to choose the most nutritious bread can be difficult with the different lingo that food manufacturers use to draw us in. Yes Delores, there is a difference between whole grain and whole wheat bread. Whole wheat bread contains only wheat flour which has had the most nutritious parts (germ and bran) removed, while whole grain may

contain any grain with the germ and bran still intact. Consequently, whole grain contains more nutrients and fiber, making it a better choice.

Q: Every time I hard-boil eggs, the yolk goes grey around the edges. What am I doing wrong? Svein – Trondheim, Norway

A: The grey color is commonly seen when you overcook eggs, Svein. Although the eggs are still safe to eat, the discoloration can turn some people off. To cook the perfect hard boiled eggs, place eggs in a pot, covered with a half inch of water, bring to a boil and let boil for one minute, remove from heat and let sit for 12 minutes, run under cold water and store. Hard-boil a dozen eggs at the beginning of the week and you have many quick and nutritious snack options: slice into a salad or sandwich; make devilled eggs; or eat whole with a little salt and pepper.

JL



Natalie Wood – A Paradox Abridged

BY GENE ARCERI
NEW YORK – SAN FRANCISCO – LONDON

Tyrone Power invited Rock Hudson, Natalie Wood and Robert Wagner to an intimate bon voyage dinner at Romanoff's (1958). He was leaving for Madrid to film Solomon and Sheba. It was rather spontaneous for Ty, Bob and Rock had their boats anchored alongside one another at Newport Beach. Most of the conversation was about sailing while Natalie, who couldn't swim and was fearful of water, sat silently, listening.

I first met Natalie Wood at the Sherry Netherland Hotel in Manhattan. I was on duty the day she checked in for the time she would be on-location filming *Love with the Proper Stranger* (1963) with co-star Steve McQueen. My first impression of Miss Wood was of a seemingly shy, unassuming woman; she was 25. Then I thought she reminded me, with her big brown eyes, of a Margaret Keane painting. At the time, I knew nothing of the 1960 portrait Walter Keane,

with his wife Margaret, had done of Natalie. Margaret saw her as a "pensive, sophisticated woman" while Walter imagined her as "a wistful, wide-eyed waif". Therein lies a paradox: I believed she was both. Once acquainted, we exchanged some pleasantries. I learned from her studio representative Tony Charrmoli that Natalie was looking for a male secretary. Mart Crowley was leaving this position to stage his play *The Boys in the Band*. Would I be interested? I hesitated about leaving New York for Los Angeles and a current relationship. As it happened, I moved to San Francisco.

As a member of the media I was invited to a press conference at The Fairmont San Francisco hotel for the premiere of *The Towering Inferno* (1974) featuring Robert Wagner. His wife, Natalie Wood, was also there. She laughed when telling me she hadn't much belief in astrology (we were both Cancers) but found that,

indeed, she did love her home life and only went into her pool with the children, at the shallow end, because she had a fear of deep water.

Natalie was a child star in the '50s; an Academy Award-nominated actress in the '60s. Her career had dimmed but had now begun to shine again. The future looked so promising. Paradoxically, Natalie died just seven years later: tragically from drowning. Why did she, a poor swimmer, decide to take a dingy out from the yacht in the dark waters off the California coast? It remains a shrouded mystery to this day to all but the skeptics.

Jean Cook, a renowned psychic-medium with the Psychic Research Society whom I questioned about the demise of Natalie Wood, and who knew from the beginning, replied in a few words, "It was homicide. Look to the husband."

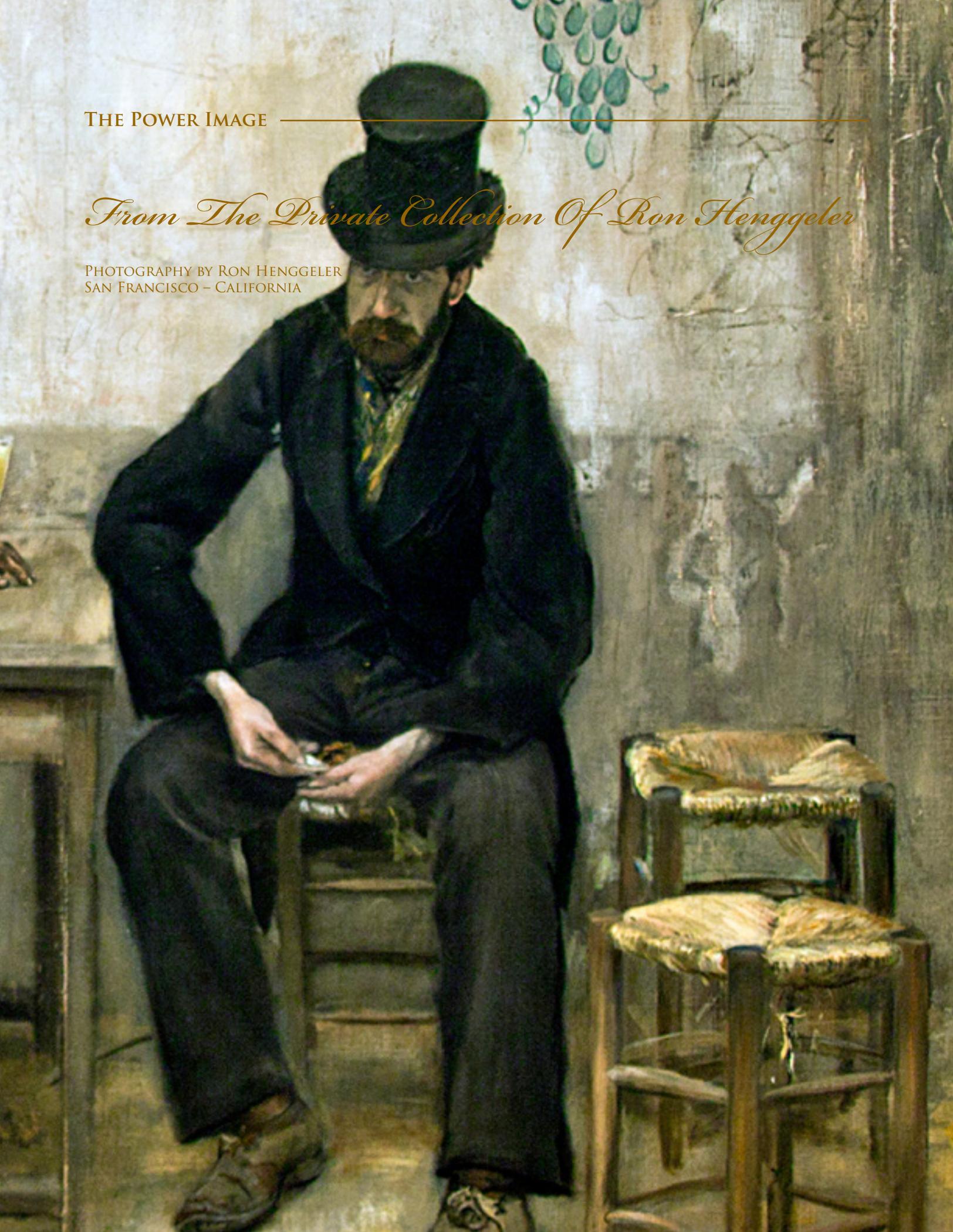
JL



THE POWER IMAGE

From The Private Collection Of Ron Henggeler

PHOTOGRAPHY BY RON HENGGELER
SAN FRANCISCO - CALIFORNIA





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The New Face Of Power: Having It All At Work

BY KATHLEEN MAILLIARD SOLMSEN
SAN FRANCISCO – CALIFORNIA

PHOTOGRAPHY BY PETER SOLMSEN

I want to be a kid again – well, a grown-up kid.

Campus Life at Google, Facebook and Pixar.

Imagine a work place that your “child within” could love as much as Disneyland. That is what campus life is like at the top tech companies in San Francisco’s Silicon Valley.

Today, before employees get to their desks, their needs have been taken care of by their employers. No matter what their mode of travel, commuting is made easy. Wifi-equipped, state of the art cozy shuttles arrive from San Francisco. If you happen to drive a plug-in car, energy sources are available. If you walk or bike to work, digital credits for your charities are awarded. Once on campus, Segways and Razors are provided for quick in-house commutes.

The Bay Area is internationally known for healthy and forward-thinking chefs. At Google, Facebook

and Pixar, you can delete any notion of forgettable campus food. In-house chefs, using only the freshest organic meats and produce from local sustainable farms, build menus that read like those of four-star restaurants. From swim-in-place pools to pool tables, endless R&R venues are sprinkled throughout the acres of each zip code-sized company. Stress free and creativity-supported atmospheres encourage employees to stay on board until their gold watch time. Unspoken comfort and care competition between the major tech companies is a win for employees. Car washes, laundries, kiddie day care, spas, salons, gyms, snack bars and even chiropractors, massage therapists and doctors open for gratis business 24/7. You won’t find a “keep your dog at home” warning on any tech site. Employees are invited and even encouraged to bring their friendly canines to work. It all makes sense: healthy environments encourage winning results.

Over the past decade, project after project nurturing “the child within”

has proven to be a very successful gold star on the collar, a playful way of connecting the dots in what could otherwise be a very cold and unproductive environment. “They think of everything”, I overheard a guest saying as I was touring one of these grand facilities. “And they never take their keep ‘em happy thinking caps off”, my host replied. Gone are the punch card in and punch card out 40-hour weeks.

Today, the employees at Google, Facebook and Pixar live a club-like lifestyle and make their big bosses proud. Yup: I want to be a kid again – well, a grown-up kid.

Now that’s PIZZAZZ!

JL



Conversational Beluga.

BY BRIAN HANINGTON
OTTAWA – CANADA

Back in 1984, a scuba diver working for the National Marine Mammal Foundation in San Diego surfaced near the side of a tank of whales and dolphins, took off his mask, looked up at his distracted colleagues on shore and asked, “Who told me to get out?”

A beluga had. In English!

The incident set off research that spanned 25 years, coming to light just weeks ago when the journal *Current Biology* made the story public. The pushy whale in question was Noc, one of three belugas captured in 1977 by Inuit fishermen and delivered to the U.S. Navy’s marine mammal program. In his early years hanging out with navy trainers, Noc had been taught to speak on command, just as dogs are taught to do tricks for treats. But Noc had gone one better, adjusting the pressure on the phonic lips inside his nasal cavities to sound more like his primate colleagues than his own cousins.

The recordings of his voice, readily found online, are eerie approximations

of human conversations, often like two people arguing some distance off.

Noc kept up the antics for four years and then, like a teenager who loses interest in mimicking foreign accents to amuse friends, moved to other amusements. But working with Noc raised the curiosity of researchers who then began amassing records of other whales who have tried to master human language. Coastal American natives and Inuit people have oral traditions of speaking with whales, and stories of travelers being driven mad on the shore by the sounds of drowning children are likely related to white whales imitating the sounds of young people they have heard playing at the water’s edge.

The casual banter of whales to humans, of which Dr. Dolittle would no doubt approve, was cited in February of this year at a session of the American Association for the Advancement of Science, where support was galvanized for the Declaration of Rights for cetaceans. Advocates of the declaration produced reams of scientific evidence

revealing that, “whales and dolphins are capable of advanced cognitive abilities such as problem-solving, artificial language comprehension, and complex social behavior, indicating that these cetaceans are far more intellectually and emotionally sophisticated than previously thought.” In particular, biologists offered experimental data collected and verified that showed how cetaceans routinely exhibit self-awareness, empathy and cooperation.

Malarkey? If you’re a doubter, it may help to recall that humans have historically underestimated the intelligence of those around them. Consider that until 1907, Belgian colonial authorities routinely hunted down pygmy children and sent them to zoos in Europe and the United States.

Me? I’m learning conversational beluga just in case.

JL



Words And Relationships

BY SAUL LEVINE, MD
SAN DIEGO – CALIFORNIA

A person known to be benevolent and loving can, in different circumstances, be an SOB. Similarly, some might see an individual as abrasive and nasty while others see that person as warm and caring.

In history, some names pop up on both sides of the ledger, showing both the best aspects of humanity and shameful behavior. Few people wish to accept that they have “dark sides”, and if they do commit an abhorrent act, they can justify it by saying they had no choice, so that the behavior becomes “acceptable”.

The fact is, we are all capable of both human and inhuman behavior. Our capacity for benevolence, empathy and tolerance has evolved, and our philosophical and spiritual beliefs have provided us with aspirations for inner and outer peace.

The major religions of the world share central tenets like respect and compassion for our fellow beings and the goal of peace. Even nonbelievers

can appreciate the attempts made by religions to “deliver us from evil” and bring peace to our world. It is not the belief in God, however, as much as the profound and very human messages of tolerance and caring which just might “save us from ourselves.”

Unfortunately, our history is woefully burdened with “Man’s inhumanity to man”. In the last century more than 200 million people were killed in violent encounters and wars, and all were rationalized as “regrettable but necessary.” On a lesser scale, but still very troublesome, are the incivility and aggression in our daily lives. We are surrounded by anger and vitriol, which negatively affects all of us.

“When will they ever learn?”, the plaintive lyric from that popular sixties protest song “Where Have All The Flowers Gone”, was a clarion call for harmony among people. The sad truth is that we don’t seem to “ever learn”. George Santayana’s statement, “Those who do not

learn from history are condemned to repeat it,” has been remarkably prophetic.

We have the power to do some good for our world and ourselves if we come to our senses. We know there is no human purity, but if there were ever a mythic battle between those genetically disposed to be “purely evil” and those programmed to be “purely benevolent,” the outcome would favor the latter, because guns abruptly end conversations.

The enmity between ethnic, religious, racial or national groups can dissipate when they have opportunities to interact in business, science, sports and recreation. The power of words and relationships is what will save us from our tendencies towards animosity and aggression. It is through our words, our respect and civility, and our relationships with each other that human beings will survive and thrive.

JL

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opposite: A Promenade along the river Elbe.

Dresden, Germany: The Power To Survive And Rise From The Ashes

PHOTOGRAPHY AND TEXT BY HEIDE VAN DOREN BETZ
SAN FRANCISCO – CALIFORNIA

Crossing Augustus Bridge to old town Dresden, a picturesque landscape of bridges over the river Elbe with boats cruising casually, ornate buildings glistening in the sun, spires of churches, sharp silhouettes of Renaissance and Baroque imperial palaces, overwhelms the senses. The scene is reminiscent of Canaletto, whom among other famous Renaissance painters, created iconic masterpieces of 18th century Dresden (as well as Venice) when it was known as the “Florence of the North”.

Dresden (geographically, midway between Berlin and Prague) still invokes images of destruction – the Allied bombing at the end of World War II, which flattened two thirds of the city, destroying ancient monuments, imperial palaces, residential buildings and killing (estimates vary) between 25 and 100,000 thousand civilians. At the end of the war, Dresden became part of the DDR, East Germany. Its rebuilding, began after the reunification of Germany in 2000. Thanks to an

international effort, most of the city is again restored to its former glory, often using ancient building materials left in rubble for over 50 years, as well as state of the art technology.

For centuries, the Wettin Dynasty ruled Dresden, Saxony. The rulers of this dynasty, exemplified by August the Strong, (1670-1733) collected art as a serious endeavor. August transformed Dresden into a renowned cultural center assembling one of the finest art collections in Europe. Only Catherine the Great of Russia, or Louis XIV of France, could rival the lusty great works of art, architecture, jewels, porcelain, and opulence. August was called “the Strong” because he was – he could crush a horse’s hoof with his bare hands, and purportedly fathered over 300 children.

Today, thanks to August the Strong, Dresden boasts of at least a half-dozen world-class museums (the population is roughly 550,000). Many of the pictorial masterpieces, including

Albrecht Durer, Lucas Cranach (older and younger), Canaletto, and Rafael, are in the Gemäldegalerie Alte Meister.

The over 20,000 objects are in the Porcelain Collection at the Zwinger Museum. This is the largest and finest specialized ceramic collection in the world. Included are early pieces of Meissen as well as rare Chinese and Japanese porcelains. Perhaps the most awe-inspiring objects are in the Grünes Gewölbe, the museum housing the collection of jewels commissioned from the greatest European designers. Their intricacy, beauty, craftsmanship and sheer splendor is rarely surpassed.

Today Dresden has returned to the art and cultural metropolis it was during the 18th century, offering attractions of visual beauty in landscape, architecture and the arts. And, as in the 18th century, the symbol of Dresden, The Frauenkirche, rebuilt entirely from rubble, now towers over the city center once again.

JL



The famous monumental Meissen Porcelain fresco of the “Procession of the Princes of Dresden”, made of weather-resistant porcelain. This is one of Dresden’s major tourist attractions.



One of several Baroque, gilded towers in the Zwinger Palace Museum.

opposite: A courtyard with hunting memorabilia.









An Old Town courtyard.



A Sound Mind In A Sound Body

BY JAMES T. RUTKA, MD
TORONTO – CANADA

PHOTOGRAPHY BY JAMES T. RUTKA, MD
KILLARNEY PROVINCIAL PARK

For the past 20 years, our family has taken part of our summer vacation in the wilderness of Ontario, Canada's Killarney Provincial Park, a destination that is about 400 km north of Toronto and situated off Highway 69 just before the town of Killarney, which is nestled in a protected cove on Georgian Bay. Killarney Provincial Park is the main site of the La Cloche Mountains embedded within the Canadian Shield, and is comprised of white quartzite and red granite rocks. Interestingly, the La Cloche Mountains are one of the oldest mountain ranges on earth, with an estimated age of 3.5 billion years.

Initially, we began our family vacations doing car camping. That is, we would drive to a campsite, park our car, unload our gear, and set up for a few days' stay in the park. However, as our children got older,

we began to do canoe trips deep into the interior of the park – a tradition we have carried on to this day. There is something so peaceful and serene about the outdoors in Northern Ontario. We love the quietude and solitude of the park and the calls of the loons. Some of our most favorite and cherished activities at our campsite include campfires at night, family meals enjoyed while sitting on rock outcroppings of the Canadian Shield, and stargazing at night. There is also something about the freshness of the air in Killarney with the refreshing mix of scents of pine, lake water, and foliage that seems so healthy and invigorating.

One of the most incredible hikes one can take in the world is along the La Cloche Silhouette trail, which is a 100 km loop around Killarney Provincial Park. I had the great pleasure of hiking the La Cloche

Silhouette with my son some 10 years ago. We took six days to circumnavigate the park, and enjoyed some of the most breathtaking scenery anywhere in the world. This hike is not for the faint of heart. But after doing this hike, my son and I definitely had sound minds in sound bodies.

In Canada, there is a famous group of artists, known as the Group of Seven, whose paintings were inspired by great Canadian landscapes. One of the locations where members of the Group of Seven came to paint was Killarney. In fact, the Group's A.Y. Jackson was instrumental in persuading the government of Ontario to make a park in the Killarney region to preserve the beauty and majesty of the area for future generations to enjoy.



opposite: English Border Collie Jack, the blind UK sheepdog, is a hero and an inspiration to all.

Blind As A Bat

PHOTOGRAPHY AND TEXT FROM THE PRIVATE COLLECTION OF RAY SCOTTY MORRIS
SAN FRANCISCO – CALIFORNIA

Jack is a 4-year-old English Boarder Collie who lives at Oakfield Farm, Warmingham, England. He was bought for 1,500 pounds to herd the sheep and cows at this typical, lovely green pastured farm.

When Jack first arrived, he could see and was a quick learner and became a favorite of the family whose pets consisted of nine dogs and three cats and 17 ducks – but alas, the local foxes ate the ducks.

One day while herding the sheep Jack's owner, Lizz Edwards, noticed he ran into a pole sticking up in one of the pastures. She immediately took him to the local vet and was amazed that Jack was diagnosed as being 100 percent blind. He had a case of advanced bilateral retinal atrophy, which possibly was brought on by something Jack ate.

Lizz and her husband Barry took Jack back where the dog was bought and the

farmer was more than happy to refund the money, but mentioned in casual conversation that he would put the dog down. Lizz and Barry would not hear of this and returned to their farm with Jack who became a very much-loved family pet.

Lizz takes him everywhere. He's a hero and children's favorite. He has been on television and in the papers, and is an inspiration to not only the Edwards family but to the surrounding farms and villages around Warmingham.

As you can see by the photographs taken of Jack – there is no way you would believe he is blind. He uses his sense of smell and sound to make up for his loss of sight. and he can catch a ball in mid air! Note photograph. The ball does have a bell in it, but Lizz thinks his sense of smell and sound has increased since he became blind. Most of the time he is off leash and follows his beloved Lizz around

the farm. The only clue one has of his blindness is while walking, he is slightly bent over as he sniffs his way.

To the Edwards' two teenage daughters, Charlotte and Becky, he is a great lesson on life. "No matter what ails you, you can overcome it and enjoy a very full and happy existence, like Jack."

And what does Jack do from time to time? Why he keeps his hand in by herding sheep and bringing the cows home.

JL



Jack instinctively knows the lamb is there, even though he can't see it.





Imagine the fun – all without sight.

opposite: Magic is Jack's favorite horse, here with Lizz Edwards sharing a muzzle snuggle.





On sofa with Becky Edwards. He can smell and sense the cats. The end of a long day.







Lizz giving Jack a bath. He loves his baths.

opposite: Lizz and Jack rest for a moment in an arched doorway of a village church. Jack is aware I am behind him.



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

Real Children, Real World, Real Needs!

BY KELECHI ELEANYA
UNITED NATIONS DEVELOPMENT PROGRAM
THE NIGER DELTA – NIGERIA

As the world's population continues to grow, more and more children are plunged into a pool of severe deprivation; this stems from widening resource scarcity and neglect due to increased population pressures. A vague picture of the situation of children will continue to undermine the ability to improve the conditions that children face as they strive to develop and become better citizens of the world. Today, the experience of childhood is increasingly urban, unlike in the past when more children lived in rural areas. Over half the world's people – including more than a billion children – now live in cities and towns. According to UNICEF 2012 reports, by 2050 70 percent of all people will live in urban areas. Although people perceive the city to be a place of greater and better opportunities for survival, these rural/urban migrations pose new urban challenges for the child.

Too many children are denied such essentials as electricity, clean water and health care, even though they may live close to these services. Too many are

forced into dangerous and exploitative work instead of being able to attend school. And too many face a constant threat of eviction, even though they live under the most challenging conditions in ramshackle dwellings and overcrowded settlements that are acutely vulnerable to disease and disaster.

The situation doesn't have to remain so; steps in the right direction should strive to:

- Better understand the scale and nature of poverty and exclusion affecting children in urban areas.
- Identify and remove the barriers to inclusion.
- Ensure that urban planning, infrastructure development, service delivery and broader efforts to reduce poverty and inequality meet the particular needs and priorities of children.
- Promote partnership between all levels of government and the urban poor.
- Pool the resources and energies of international, national, municipal and

community participants in support of efforts to ensure that marginalized and impoverished children enjoy their full rights.

We should remember that every disadvantaged child bears witness to a moral offense: the failure to secure her or his rights to survive, thrive and participate in society. And every excluded child represents a missed opportunity, because when society fails to extend to urban children the services and protection that would enable them to develop as productive and creative individuals, it loses the social, cultural and economic contributions they could have made.

We must and can do more to reach all children in need, wherever they live, wherever they are excluded and left behind.

The bright future for the child begins with a NOW STEP! Let's do it together.

JL



The Myth Of The Soviet AK-47

BY CRAIG RICKER
MOSCOW – RUSSIA

Upon arrival in Russia in 1992 this writer was struck by the fact that every car, truck, tractor, motorcycle and appliance, was a low quality copy of a western model. Reverse engineering on a national scale.

Is this something that Russian people attempt to hide or cover up? No. They are even a bit proud to know exactly where the original model came from. Russians do not suffer from that sort of inferiority complex.

Imperial Russia and the Soviet Union were two different societies. Imperial Russia had much to be proud of; it defeated Napoleon, and had great literature, art, and a vast and rich culture. Remember, in 1913 Imperial Russia had the fastest growing economy, population, and industry base in Europe. Its grain exports were

25 percent larger than the combined exports of America, Canada, and Argentina. It had no national debt and its gold reserves exceeded banknotes by 100 percent. Russia also had very low inflation and the lowest tax rate in the world. Russians have no need to boast or pretend. On the other hand, Soviets have every reason to hide their endless failures and monstrous crimes.

Soviets love to gloat about the great AK-47 assault rifle designed by Mikhail Kalashnikov. Although never questioning this boast, it seemed odd. The Soviet's system did not encourage the sort of "out of the box" innovation that such an ingenious design required. Yet there it is.

Low and behold, the legend of the Soviet rifle that armed the third world has collapsed. Nazi Germany's

most prolific small arms inventor, Hugo Schmeisser, developed the Sturmgewehr in 1942 refined as the StG 44 in 1944. This rifle revolutionized assault rifles and every assault rifle since then is based on its design and philosophy. What is striking is that this rifle looks nearly identical to the AK-47, which was not developed until 1946. More reverse engineering? Afraid so.

At the end of the war Mr. Schmeisser, who was from East Germany, was given an "offer he could not refuse" from the Soviets. He and his colleagues, along with their blueprints, were packed up and sent to the Urals to develop weapons. Although the Soviets have vigorously denied that they had help, Mr. Kalashnikov recently admitted that the German inventor helped him. The final claim to Soviet glory collapses. JL



The New Wave Of Wealthy Chinese Immigrants

BY OLIVIA Y. HOLLAUS
PRESIDENT

OLIVIA HOLLAUS & ASSOCIATES, INC.
CROSS-BORDER U.S. AND CHINA BUSINESS DEVELOPMENT CONSULTING COMPANY
BOCA RATON – FLORIDA

This past November, the Sun Sentinel, a Florida newspaper, published a survey's finding of Chinese nationals with a net worth of over \$1.6 million U.S. Results showed that 16 percent of them already had a foreign residency and another 44 percent were planning to obtain residency outside of China. After digging deeper into the issue of why Mainland Chinese were seeking residency elsewhere when their own economy is thriving, I noticed two main differences in today's new wave of Chinese immigrants.

Unlike their predecessors who moved in search of better economic opportunities, the new Chinese immigrants have generated their wealth in Mainland China and will continue to do so. Living in Beijing for seven years, I dealt with the pollution, traffic, and food safety issues that affect the overall quality of life. The Chinese government is addressing these problems, but it will take time to see any significant improvements. The

second distinction is that these new Chinese immigrants have the financial means to acquire their residency status through the EB-5 investor visa program. Although no countries are restricted, current numbers show an estimated 85 percent of EB-5 visas are issued to Chinese nationals, many of whom choose this route so their children can attend U.S. universities.

In the U.S., with at least \$500K invested in an EB-5 federally approved project, foreigners can obtain resident status. Larry J. Behar, Attorney at Law and EB-5 expert of the Behar Law Group, says, "The EB-5 program provides a unique platform for foreign investors to achieve U.S. residency in a short time span of about one year, all the while stimulating U.S. job creation and providing foreign capital to EB-5 approved investment projects. This is a win/win scenario for all parties."

Canada had a widely successful EB-5 program, but became a victim of its

own success. Due to the influx of applicants, the Canadian government closed the program in 2012 with 25,000 unprocessed applications. Meanwhile in the U.S., the EB-5 program was recently renewed unanimously by the Senate and by a vast majority of the House of Representatives.

China's 2012 policies were in large part directed toward domestic growth. More new millionaires are emerging in China, creating a generation of "nouveaux riches" Chinese jet setters. They are buying real estate and establishing secondary residences in major U.S. cities. The EB-5 program is a gateway to gain access to their dream lifestyle.

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The Litigious Lord, Black Of Crossharbour Conrad Moffat Black

BY JOHN PAUL JARVIS
TORONTO – CANADA

Lord Black, former head of Hollinger Inc., lost an intense 2001 personal lawsuit against the then Liberal Prime Minister of Canada, Jean Chretien.

Chretien enforced the Nickle Resolution of 1919 that precluded Canadian citizens from being granted titular honors by foreign governments. Ironically, the Nickle Resolution was buttressed in 1988 by then Conservative Prime Minister Brian Mulroney, thereby inadvertently thwarting Black, a personal friend and loyal Conservative supporter.

In a fit of pique, Conrad Black renounced his Canadian citizenship in exchange for British, beguiled by ascendancy to peerage in the British House of Lords.

While slamming the door on Canada, Mr. Black hurled invective at Chretien and the country of his birth, declaring he was pleased to be leaving “a third world dump run by raving socialists”, and terming the country “an oppressive little world”. He moved to London and maintained opulent residences in North America.

Once the world's third largest newspaper magnate, Mr. Black's fortunes reversed in 2005 when he

was prosecuted in the U.S., originally facing 17 charges of racketeering, obstruction of justice, money laundering and fraud of \$60 million. After exhausting the American appellate processes, he was ultimately imprisoned for 37 months paying restitution of \$32 million, and a \$125,000 fine.

In 2007 the British House of Lords “denied the Whip” denoting Lord Black's permanent expulsion from the Conservative benches. The day of his prison release in May 2012, he was deported from the U.S. to Canada and resides there on a one-year temporary visitor's permit. This is contentious because of his criminal record, and now, hypocritically, he wants to apply for Canadian citizenship.

Over his lifetime Conrad Black established a history of cutting corners: expulsion from prestigious Upper Canada College in 1959 for selling stolen exam papers; then dismissal from tony Trinity College School for insubordinate behavior; later, he failed first year law at Osgoode Hall in Toronto and moved to Quebec, where he attended Laval University.

In 1984 Mr. Black, as head of Argus Corporation, withdrew \$56 million in

surplus Dominion Stores employees' pension funds without consulting plan members. The Supreme Court of Ontario ruled against him and ordered the money returned. During his takeover of Argus there were allegations that he manipulated the elderly widows of the previous directors.

Lord Black's latest sortie into Canadian courts is an effort to salvage his Order of Canada, awarded in 1990, now under review by the 11-member Advisory Council. The Order has been withdrawn from four recipients, three for committing fraud and one for inciting racial hatred. So far, Mr. Black's request for an unprecedented personal hearing “in order to properly defend my honor and integrity” was denied. He has filed an appeal.

JL



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So Simple Yet So Powerful Drinking Lemon Water

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

Smoothies can be packed with protein; vegetable or fruit juices can be packed with vitamins; herbal teas can soothe or energize – all of these beverages have a functional purpose to meet specific wellness needs. And then there's a less obvious blender-juicer, kettle-free drink that serves a mighty wellness-enhancing purpose. Providing more than just hydration, fresh lemon juice and water can deliver surprising benefits.

Starting every morning with a glass of warm lemon water is actually a ritual in Ayurveda, used to stimulate digestion for the day and clear the body of any toxins that may have settled in the digestive tract overnight. While it is tricky to apply the strict burden of evidence expected by Western science to traditional practices that originated long before modern medical science standards were developed, research on the nutritional elements found in lemons suggests that the numerous health benefits traditionally associated

with drinking fresh lemon water daily may have merit.

We tend to reach for those warm beverages in the morning like coffee and tea, but why not try beginning your day with warm lemon water to kick-start digestion? The water doesn't always have to be warm, but it should be purified. Simply use half a fresh lemon per large glass of water or to taste and sip throughout the day. On a simple level, fresh lemons take plain old water up a notch. Here are some health benefits of drinking lemon water that elevate drinking it for reasons beyond just taste:

Boosts your immune system: Lemons are high in vitamin C and potassium. Vitamin C is great for fighting colds, and potassium stimulates brain and nerve function and helps control blood pressure.

Aids digestion: The warm water serves to stimulate the gastrointestinal tract

and peristalsis – the waves of muscle contractions within the intestinal walls that keep things moving. Lemons and limes are also high in minerals and vitamins and help loosen toxins in the digestive tract.

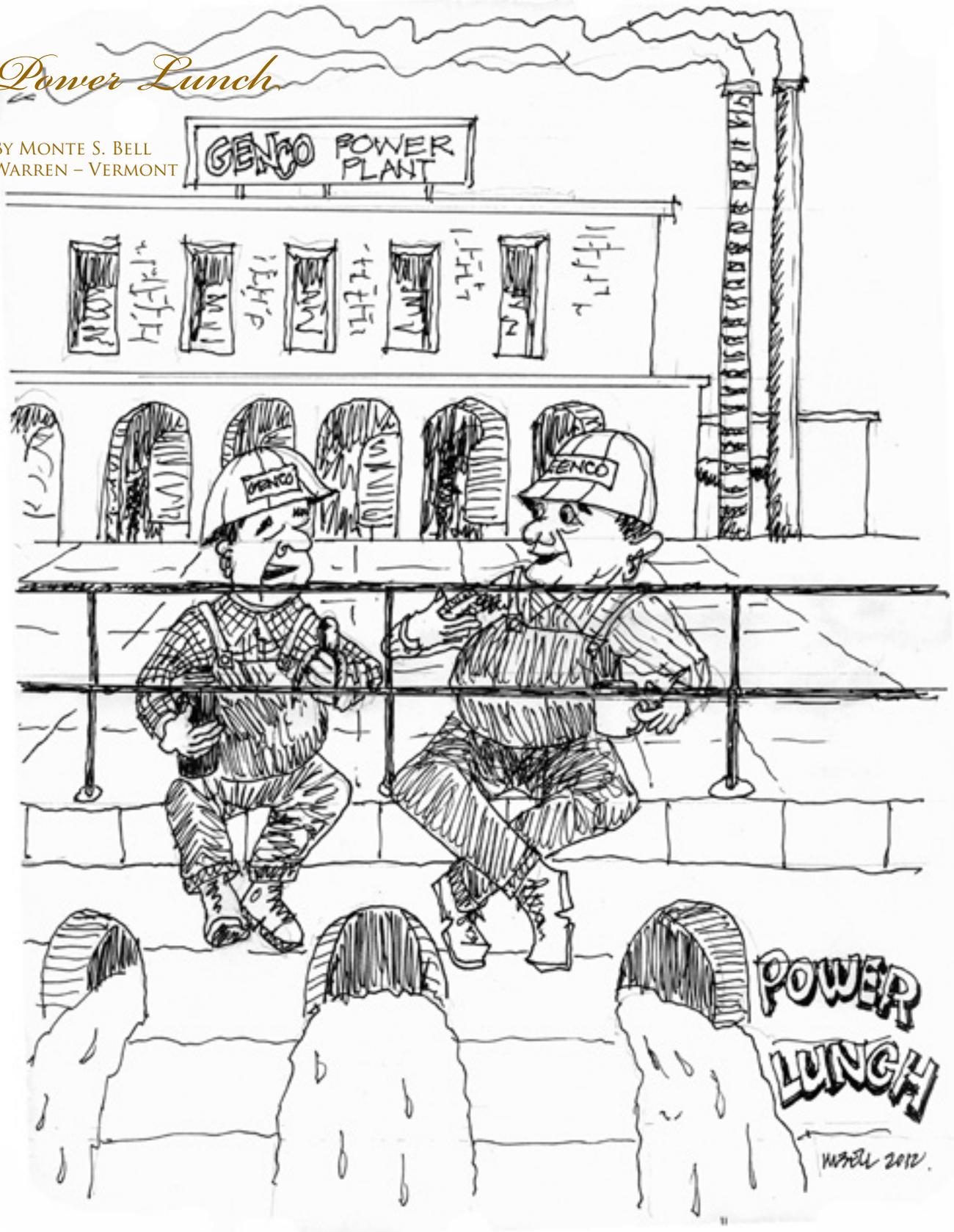
Clears skin: Traditionally used as a liver stimulant, lemon water is also believed to help purge toxins from the blood, helping to keep skin clear of blemishes.

Adopting this practice of drinking a cup of warm water with lemon in the morning for one month can radically alter your experience of the day. Don't be surprised if you begin to view mornings in a new light!

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Power Lunch

BY MONTE S. BELL
WARREN - VERMONT



Trivia. True?

BY JO LEE MAGAZINE

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

Alaska

More than half of the coastline of the entire United States is in Alaska.

Amazon

The Amazon rainforest produces more than 20 percent of the world's oxygen supply.

Antarctica

Antarctica is the only land on our planet that is not owned by any country. Ninety percent of the world's ice covers Antarctica.

Canada

Canada has more lakes than the rest of the world combined. Canada is an Indian word meaning "Big Village".

Istanbul, Turkey

Istanbul is the only city in the world located on two continents.

Siberia

Siberia contains more than 25 percent of the world's forests.

S.M.O.M.

The actual smallest sovereign entity in the world is the Sovereign Military Order of Malta. It is located in the city of Rome, Italy, has an area the size of two tennis courts, and as of 2001, a population of 80, 20 fewer people than the Vatican.

USA

The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

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