

JO LEE

The Roots and Wings Magazine



EXCLUSIVE

California's DR. JOHN J. BAGSHAW
The American Health Care System.
Can it get worse? You bet!

The Quintessential Ali.
The Brilliant Montage of
Canada's ALEXANDRA'S WORLD
11 years old

KIDNAPPED – PANIC!!!
Bodyguard to famous figures
says "don't live in a fantasy"

Happy 90th Birthday Irene Irene
& Happy 226th Birthday
America & YDD at 60.



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The Hottest New E-Zine! Coming in August's Issue – Exclusive. Toronto, Canada's GAIL PHELAN REGAN – CARA's Vice Chair.

Thank you James Carey, Systems Manager, Fairmont Royal York Hotel, Toronto - Canada for 'saving the day'!

EDITORIAL

The Roots and Wings Magazine

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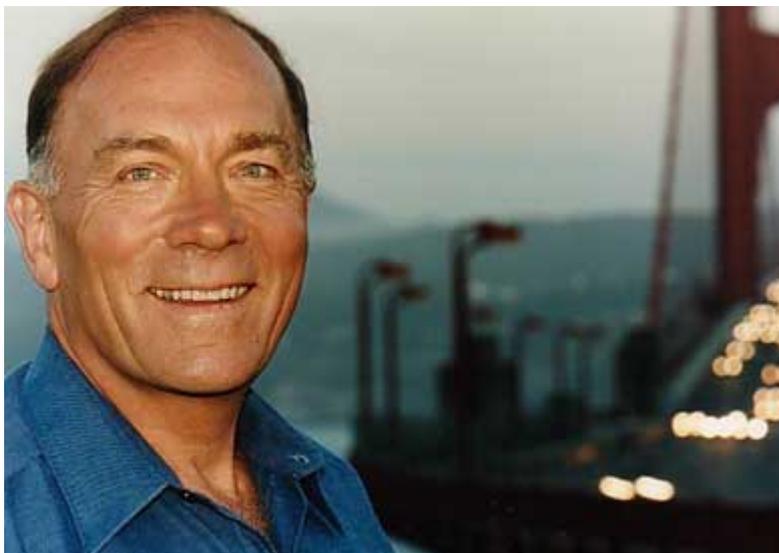


On the Cover
Jo Lee amongst Austria's Magnificence

Exclusive.
California's DR. JOHN J. BAGSHAW and – The American Health Care System. Can it get worse? You bet!



The Marvelous Maverick



Where has the time gone?

Suddenly we're more than halfway through 2002! Whatever you promised yourself that you would accomplish this year, you now have less than six months left to do so!! Scary thought? Don't let it stress you; just get on with whatever it is you set out to do – now!

Talking about stress, I was particularly inspired by one of the many great letters from "JO LEE" readers this month (a big thank you to everyone who wrote!) It brought home to me of one of the biggest challenges we all face today. This issue is deadly serious – it's so important that I'm going to spend the whole of this month's column on it.

So this is the focus of the month... **Don't Mess With Stress**

Richard H., 33, of Redwood City, CA writes:

"I feel really overwhelmed right now. The pressure at work never lets up, and at the end of my usual 12-plus hour day I seem to have no energy to do anything but go home and 'veg' in front of the TV with a pizza. My social life is almost non-existent. I'm so stressed out. Any ideas, Maverick?"

OK, Richard, let's start by taking a couple of very deep breaths – you know, the kind you see basketball players doing to relax themselves before they take their shots at the free-throw line. Deep breathing is one of the most under-rated stress relievers, and we should all stop and breathe deeply several times a day.

Let's get one thing very clear: unrelieved stress is a killer. That's no exaggeration.

If we don't find ways of regularly relieving our stress levels, the stress-response chemicals our bodies naturally release into our system can become very damaging.

And don't think that, just because you're only in your twenties or thirties, you are immune to stress-related health risks. You're not! Chronic stress can do serious damage to the body at any age so that you simply won't be able to enjoy your career or your life later on.

And here's more bad news: the stresses that we face these days are greater than they have ever been before. Why?

Two words: Change. Connectivity.

Change is stressful. High-speed change is even more so. And we are so 'connected' that it's almost impossible to 'get away'. The new technologies – cell phones, wireless web devices, email, instant messaging, etc. – are fantastic except for one thing: we become their prisoners!

Don't get me wrong. These technologies are incredibly valuable in helping us to become more productive and use our time more effectively. But they don't allow us any 'down time' {be honest – how many of us have the will-power to NOT answer them!}

The stresses that we face these days are greater than they have ever been before.



Let's face it: we can't get completely away from daily stresses whether we want to or not.

continued...

We are hostages to our own inventions! And what they do is compound the stresses of warp-speed change by not letting us escape.

Let's face it: we can't get completely away from daily stresses whether we want to or not. But we can learn how to reduce the impact of stress.

All animals, humans included, have an amazing capacity to recover from stress – the antelope in Africa don't need therapists or Prozac prescriptions to relieve the daily stress of being the preferred item on the fast-food menu for lions! They run as fast as they can – then they just go back to peaceful grazing to recover.

Recovery is what humans don't do at all well – particularly when we have our cell phones attached to our ears all day!

Take a break! Leave your wireless connections at home {trust me, you CAN survive being disconnected for a few hours!} Get away from work. Exercise, hike, jog, ride your bike – do anything to burn energy and those stress chemicals. Read. Write. Have real conversations. Enjoy a hobby or favorite pastime. Eat healthy. Get more sleep. Learn to truly relax.

"JO LEE" readers, please believe me. You MUST give your body frequent opportunities to recover from stress. Get into the habit now, while you have your health. This is your life we are talking about. There's no point in building a career, if you allow chronic stress to destroy your body in the meantime.

I always end my column with these words – Your life is what you make of it! They never meant more than they do this month.

Until next month...

The Maverick

Hugh Coppén, The Marvelous Maverick,

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

* Hugh Coppén resides in California
www.winningleadership.com

If you'd like to read more about stress and how to protect yourself from its potentially damaging effects, here are a couple of books that I highly recommend:

"Why Zebra's Don't Get Ulcers" by Robert M. Sapolsky

"The Joy Of Stress" by Peter G. Hanson

Write The Mav: [Click Here](#)

JO LEE invites you the people, to let us know anything you'd like The Maverick to write about. Your professional / work / career concerns, how to act, how to respond to challenges and pressures, how to deal with our fast-changing world, how to deal with conflicts at work... your success in reaching the pinnacle of life will be flipped 180 degrees around!



THE PROVOCATIVE & CHALLENGING

WORLD OF ARCERI



YANKEE, DOODLE, DOLLY

By Gene Arceri New York – San Francisco

On September 11, 2001; The American Flag came out of the closet, attic, garage, to fly proudly in the wind of revitalized patriotism. The songs of our fathers were sung passionately throughout the country from the White House to Yankee Stadium. GOD BLESS AMERICA was the anthem of the day. No matter where Americans originated - they were in unison Yankee Doodle Dandies. After all, they had seen the motion picture sometime in their lives and would cherish it for years to come. But for one young lady it was the beginning of a movie career, and World War 11.

IRENE MANNING, fresh from the theater, had signed a contract with Warner Bros. Studios. Her first assignment was a major musical biography – Yankee Doodle Dandy – A rousing flag-waving musical at the time of World War 1. The day she was to begin work at the studio, December 7, 1941, she was driving home from church listening to the radio when a news bulletin broke in with a broadcast from the White House; Japanese warplanes reached the Hawaiian Islands pulverizing the American military base at Pearl Harbor.

The following day, Monday the 8th of December, principle photography

Mary, sung by Irene Manning, became a grand old name again, and Yankee, Doodle, Dandy inspired millions of proud Americans

began at the studio wherein the impact of the film's message of WW1 would convey to WW2 audiences, the same fervor it has to post 9/11 viewers; A determination to emerge victorious. The two world wars would inevitably be unified through the medium of this film with its songs like you're a Grand Old Flag.

In 1936, President Roosevelt gave it's composer George M. Cohan The Congressional Medal Of Honor. Mary, sung by Irene Manning, became a grand old name again, and Yankee, Doodle, Dandy inspired millions of proud Americans. One young man decided to become an actor because of it. John Travolta did just that. Miss Manning's film debut was a solid hit.



I find myself taking increasing solace and comfort in the inner circle of loved ones I have been blessed with.

Because of its repeated showings, especially, on the Turner Classic Network and the Fourth of July, a new generation comes forward. Recently widowed Irene Manning lives on a hilltop in a sprawling house, in San Carlos, California. When she meets with friends for dinner - they often go to Bogie's Restaurant in San Mateo. On the wall above a special table reserved for her, is a photograph of herself with Humphrey Bogart, from 'The Big Shot'. People stop by her table and it's not hard to coax her to sing.

While Miss Manning keeps herself busy these days - her step-son Matt Hunter and his partner Mark are co-producing her 90th birthday party on July 17th, 2002 - the same birth date as James Cagney. Family, friends, fans will hear songs from her stage hits and recordings including vocals with the Glenn Miller Orchestra. There will be a montage of film clips from: 'The Desert Song, Shine On Harvest Moon,' and other movies Irene made at Warners. But Irene you can be sure will reprise 'Mary, Is A Grand Old Name,' again, From Yankee Doodle Dandy.



Her Green Eyes Twinkle, when she recalls her scenes with James Cagney, she, only 5'2" to Cagney's 5'8" of towering talent, that dominates every scene he is in. Still, according to some critics - she matched him, held her own, and even managed to steal a scene or two as well as the song Mary, which was written for Cohan's girlfriend. Out of 127 minutes of running time on the film, Irene Manning was on screen, twenty minutes. Yet, people

remember her. "Jimmy" she reminisces, "would have been so proud to know the Library of Congress added YDD to its national film registry list (of only 125). They are films that continue to have cultural, historical or aesthetic significance.

Happy 90th Birthday Irene Irene and Happy 226th Birthday America, and YDD at 60. 



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.

[TO WRITE GENE: CLICK HERE](#)



BIOGRAPHY OF THE MONTH

TO EARN THE RIGHT

We arrived in Canada in the summer of 1980. In our case, it wasn't a difficult decision. We had moved from England to South America four years earlier, and had come to the conclusion that Venezuela was not a place for our children to grow up in. We had had the fortunate opportunity to visit Canada as tourists and we liked what we had seen. Canada is a multi-cultural society and the people who live in Canada, regardless of their origin, are very friendly. Although we didn't know anyone in this now new country of ours, it had become our home.

PETER PORRITT

WINDSOR – CANADA



The first few years were not easy for us. Prior to the two of us arriving in Windsor as Landed Immigrants, I spent a few lonely weeks touring southwestern Ontario, looking for potential employment. After numerous interviews, and leaving countless resumes, the break came when a waitress in the hotel offered to help. She introduced me to her boyfriend who was originally from Wales. Between them, they developed a list of local companies they felt I should visit – and she took the time to drive me to each of them in turn, and waited in the car while I was inside, selling myself. Because of their help, I quickly received my first job offer.

I lost touch with the couple, but in return for their help, I've made a point of doing what I can to help others who are new to the country, in whatever way I can.

With the promise of a job, I returned to Venezuela for a few weeks in order to take care of those last-minute things ... and before we knew it, my wife and I returned to Canada, ready to begin our new life.

One day after arriving, I contacted "Lou", who had promised me the job – only to be told that there was a problem. He couldn't take me on immediately. Instead, he placed me with a small engineering company that did most of their design work, with the intent of hiring me back to his company in a few months. Not knowing better, I took the job, at what I later had been told was an unfairly low wage. After 3 months, the small company closed. I should have seen what was happening. Being naïve, I called Lou, only to learn that he had left the company and basically, weren't interested in me.

I was devastated. New in the country. Didn't have a job. Little money with no idea as to what was going to happen next. Canada was also sliding into a recession.

Fortunately, a contract company quickly managed to get me a position at General Motors. This was a new concept for me. In England we had used contract companies to supply people to handle short-term needs. I discovered that contract personnel in North America sometimes spend many years working for large companies, often with minimal or no benefits, and no guarantees for the future.



I enjoyed GM. I was in the “Process Engineering” department, doing the kind of work that I was familiar with. One year later, I was hired as a direct employee and I assumed that if I worked hard, I would spend the rest of my working career there. After all, GM was the biggest company in the world, and therefore must be a secure place to be employed. Wrong! Six months later, GM was feeling the affects of the recession and tens of thousands of people were laid-off. Again, I was in Canada, without a job, but this time – just a little more experienced.

These were very hard times for my wife and myself and during our first three years – many times we wondered if we’d done the right thing. Perhaps we should have stayed in Venezuela.

In 1983 – the world began to move in our favor. I began working for Chrysler {through yet another contract company}. I was placed as a designer and gradually inched my way up the ladder to Supervisor.

After 13 years as a contractor, I was offered a Chrysler position. I am still there today, but now, as Supervisor – engineering

department, for the CAE {computer aided engineering} Group and plan to spend the rest of my working life ... as a Daimler Chrysler employee.

... proud to have had the opportunity to come to this great land and to earn the right to call themselves Canadians.

The moral of the story:

A good few years were tough. Deep inside, I felt things would get better. I was also

very much aware of the many people in different parts of the world who would have given their right-arms to have had my bad luck because through strength and adversity, we landed on top.

Since being a Chrysler employee, I have had the good fortune to work with many new immigrants. Canada’s foundation and strength is its immigrants and this is part of what I love about this country. I work with people of every race, color and religion, and they all live together harmoniously. Of course, life will always pose problems, but they are minor.

It took me a long time to settle in. I look back on the first few years and ... remember! But I have no regrets. I’ve grown mountains because I especially learned about people. And today I, am a proud citizen. What makes it wonderful? The people. The people from every imaginable background working and playing together, building a stronger country ... all proud to have had the opportunity to come to this great land and to earn the right to call themselves Canadians. 

Info

HOBBIES:

Fiddling with computers and writing a small, online related monthly newsletter.
Buying chocolate cake.

NATIONALITY:

British

5 YEAR CAREER GOAL:

To pay off my mortgage and other debt but ... if we keep travelling – I don't know if it'll ever happen!



Stethoscope 911

From San Francisco, on the Bay. This should be a very special Fourth of July for our country!

A good thing about holidays? The three-day weekends they create. I have always encouraged patients and friends to use these long weekends productively – charge up the battery, spend good time with spouses, children and family, step back from everything and get healthier.

SO WHERE ARE WE ALL with risk factors? Many individuals just don't want to know. Denial is a strange animal. There is absolutely no reason not to know them for, whatever the results, these risk factors can always be brought into good ranges.

Lifestyle efforts first – nutrition / exercise / stress

If your management of nutrition / exercise and stress are not successful – only then and only then, the right drug and the right dose are the next step for you. Under any circumstances, always keep working on gradual lifestyle gains and making the periodic effort to get off drugs. Too many people are on drugs they don't have to be on and, unfortunately, many are experiencing side effects that should be unacceptable.

NOW we begin to build our Cardiovascular Risk Profile and more fully understand where we really are.

The following is a segment of a comprehensive Cardiovascular Risk Profile that weighs risk. It includes the key risk factors that we have been talking about: total cholesterol, LDL, HDL, systolic and diastolic blood pressure. It adds the other risk factors that are present and would have been included in the blood work that we suggested.

Kent D. from Dallas, Texas, asks:

Q: *I am in my late sixties and, I believe, take very good care of myself. I have minor changes in one eye consistent with high blood pressure. My blood pressure has been slightly elevated. It runs about the hundred and forties over something in the nineties. My cholesterol is 220 with an LDL of 175. He suggested a drug for the cholesterol. I would prefer not to take any drugs. I am very disciplined and will do what you say.*

DR. B: Though I would normally suggest simple lifestyle changes for your blood pressure Kent, I am inclined to suggest you go on medication for your blood pressure. In the April issue, I reviewed the basic steps to lowering blood pressure. Suggest you read these if you haven't already.

I would probably favor a drug called a beta-blocker, something that blocks some of the effects of adrenaline {constricts the



arteries raising blood pressure in some people} though you will have to work with your doctor on this. Ask your physician to precisely explain how the drug he gives you works and the side effects.

YOUR CHOLESTEROL

If your TC {total cholesterol} is 220 and your LDL 175, your HDL {good cholesterol} is at 45. The higher the better! This is a little low. As a first step, I would reduce my intake of sugar and high glycemic foods, reduce bad fats {saturated and trans} and diminish overall calories. I would increase my level of activity and focus as much on weight resistance as on aerobics in your efforts at exercise. For a long time, everyone thought the magic rested with aerobics. So did Forrest Gump! There is a growing list of benefits that go with light load resistance "exercise". There's that word! It is also very important to understand the extraordinary value of fiber especially soluble fiber as in oats.

The endgame – a reduction in cholesterol especially the bad. Interesting! I would work hard at all of these steps and repeat your cholesterol in two months.

This is a good beginning. The use of niacin and other steps can wait until another day. Hope this helps.

Be well!

Dr. B.



Women's Behavioral Cardiovascular Risk Profile
Overview of risk for heart Attack, Stroke, Diabetes and other Diseases

Your Values	Resting Heart Rate (beats/min)	Blood Pressure Systolic (mm Hg)	Blood Pressure Diastolic (mm Hg)	% Body Fat	Total Cholesterol (mm/dl)
Very Low	below 60 [0]	below 111 [0]	below 71 [0]	below 14 [0]	below 161 [0]
Low	60-65 [0]	111-130 [1]	71-80 [1]	14-20 [0]	161-180 [1]
Moderate	66-71 [1]	131-140 [2]	81-90 [2]	21-24 [1]	181-220 [2]
High	72-80 [1]	141-155 [3]	91-105 [3]	25-29 [2]	221-260 [3]
Very High	above 80 [2]	above 155 [4]	above 105 [4]	above 29 [4]	above 260 [4]

	LDL Cholesterol	HDL Cholesterol	Triglycerides (mm/dl)	Glucose (mm/dl)	Uric Acid (mm/dl)
	< 110 [0]	> 60 [0]	below 81 [0]	below 95 [0]	below 4.3 [0]
	110-160 [2]	40-60 [1]	81-100 [0]	95-102 [0]	4.3-4.7 [0]
	>160 [4]	<40 [3]	101-120 [1]	103-110 [1]	4.8-5.3 [1]
			121-200 [2]	111-130 [2]	5.4-6.1 [2]
			above 200 [3]	above 130 [3]	above 6.1 [3]

Men's Behavioral Cardiovascular Risk Profile
Overview of risk for heart Attack, Stroke, Diabetes and other Diseases

Your Values	Resting Heart Rate (beats/min)	Blood Pressure Systolic (mm Hg)	Blood Pressure Diastolic (mm Hg)	% Body Fat	Total Cholesterol (mm/dl)
Very Low	below 55 [0]	below 111 [0]	below 71 [0]	below 12 [0]	below 161 [0]
Low	55-62 [0]	111-130 [1]	71-80 [1]	12-15 [0]	161-180 [1]
Moderate	63-68 [1]	131-140 [2]	81-90 [2]	16-20 [1]	181-220 [2]
High	69-76 [1]	141-155 [3]	91-105 [3]	21-24 [2]	221-260 [3]
Very High	above 76 [2]	above 155 [4]	above 105 [4]	above 24 [4]	above 260 [4]

	LDL Cholesterol	HDL Cholesterol	Triglycerides (mm/dl)	Glucose (mm/dl)	Uric Acid (mm/dl)
	< 110 [0]	> 50 [0]	below 81 [0]	below 95 [0]	below 5.9 [0]
	110-160 [2]	30-50 [1]	81-100 [0]	95-102 [0]	5.9-6.5 [0]
	> 160 [4]	< 30 [3]	101-120 [1]	103-110 [1]	6.6-7.1 [1]
			121-200 [2]	111-130 [2]	7.2-8.0 [2]
			above 200 [3]	above 130 [3]	above 8.0 [3]

Women: Very Low (0-5) Low (6-15) Average (16-20) Moderate (21-25) High (26-35) Dangerous (35+)

Men: Very Low (0-5) Low (6-15) Average (16-20) Moderate (21-25) High (26-35) Dangerous (35+)

PROFILE

Dr. Bagshaw is a graduate of Georgetown University Medical School having grown up and having been educated on the East Coast. He took his graduate training at Georgetown and then at UC Medical Center in San Francisco after serving in the US Navy with a tour of duty in Viet Nam. He practiced Cardiology, Critical Care and Internal Medicine in Marin County, California where he served for seven years as Director of the Coronary Care Unit (CCU) during which time he developed a new 18 bed CCU. He actively taught at UC Medical Center in San Francisco where he became an Assistant Professor of Medicine. He then founded PHYSIS, a Preventive

Medicine Company in San Francisco, with the mission to see preventive technology become part of the healthcare system. Some 10,000 people went through the programs offered; most major corporations in the San Francisco Bay area participated; the results presented earlier in this article reflect part of that experience; two major facilities were designed and developed – a Lifestyle Center and an upscale Fitness Center with an emphasis on prevention and redefining fitness. Dr. Bagshaw has a large and unique experience with and in prevention. He is presently working on two books: Inactivity: Modern Man's Major Health Risk and Prevention and Aging.

[Click Here: For Dr. B.](#)



YES, VIRGINIA!

Come - Explore with Me

TRAVEL



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

FOR THE SHEER PLEASURE

THE WORLD'S MOST LUXURIOUS HOTELS

You work hard at what you do, and crave for a vacation to both rejuvenate and embrace who you are. While thinking about what country would best accomplish that, your choice of hotels defines that experience.

Two consortiums specialize in the world's exceptional properties, and help you live out your passions for luxury and elegance – just for the sheer pleasure.

In August of 2000, the two foremost hospitality organizations, THE LEADING HOTELS OF THE WORLD, and the RELAIS & CHATEAUX founded the 'Luxury Alliance'. In their combined global partnership, LHW offers more than 380 properties in 75 countries, mostly cities, while R&C represents some 452 countryside properties in 47 countries. And, their standards are very high – with constant evaluation of quality and attention to service.

R&C offers an impressive representation of exquisite Chateaus of feudal grandeur, breathtaking vistas and delightful gardens, to country manors of quiet retreat. Their philosophy is based upon the 5 "Cs" rule – Courtesy, Charm, Character, Calm, and Cuisine. With idyllic atmosphere, rooms are tastefully decorated in a cozy ambiance of sumptuous fabrics and period



furniture, or eclectic decorations combining contemporary with history – refinement at its best.

Some examples: The elegant Chateau De Noirieux in Maine-et-Loire, France, framed by luxuriant foliage and picturesque views across the river Loir. Le Parc Victoria in Pyrenees-Atlantiques, France, a private manor of art Deco, just

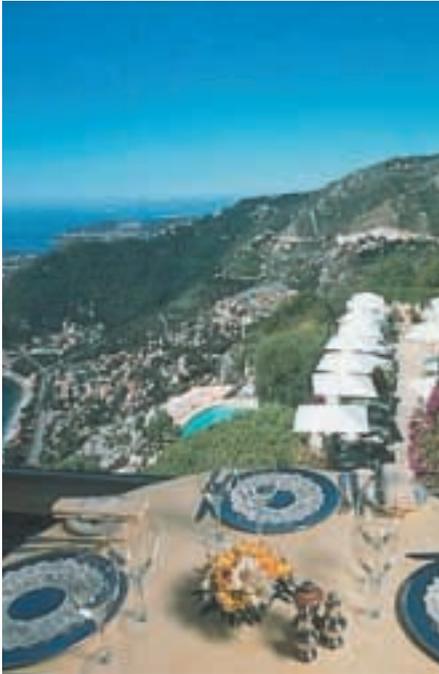
Two consortiums specialize in the world's exceptional properties, and help you live out your passions for luxury and elegance

steps from the beach. Nature lovers adore the idyllic retreat of The Wickannish Inn on Vancouver Island, Canada, with breathtaking views of open ocean, giant conifer forests, and fine sand beaches. The Cybele Forest Lodge is tucked away in the South African paradise of Mpumalanga with cozy rooms, private gardens and pools. Suffused in Mediterranean light and décor, the Girasol in Alicante, Spain offers elegance complimented by their culinary creations. Triple Creek Ranch in the heart of Darby, Montana, USA, is set in a spectacular landscape from which you can enjoy mountain or stream fishing, or skiing the mountain slopes before relaxing in their private lodges.

Each property takes pride in their gastronomy – culinary creations of regional fare are offered with vintage wines from well-stocked wine cellars.

www.relaischateaus.com

For the sophisticated traveler, LHW is their compliment for city and resort stays. From spectacular overwater and beach bungalows similar to Bora Bora Lagoon Resort in French Polynesia; Badrutt's Palace Hotel in the mountains of St. Moritz, Switzerland; Hotel Transamerica nestled within a coconut plantation on a private island in Bahia, Brazil; The Greenbrier, a National Historic landmark sprawling 6500 acres in an upland valley in the Allegheny Mountains of West Virginia, USA; Claridge's, London's most elegant hotel in Mayfair; Hotel Villa San Michele – a monastery of unsurpassed beauty, designed by Michelangelo – offers breathing-taking views over Florence, Italy; The Mena House – a former royal hunting lodge set



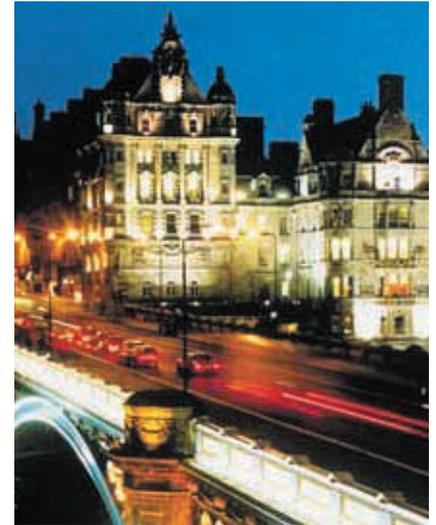
amidst 40 verdant acres next to the Great Pyramids, Egypt; a century old, The Oriental, Bangkok offers unexpected luxury with terraces, gardens and pools; to Hayman – a tropical paradise set at the Great Barrier Reef, Australia – you have the best of the world at your fingertips.

www.lhw.com



So, luxuriate, pamper yourself – live out your passions. Who else will?

*Each month as we venture out



You work hard at what you do, and crave for a vacation to both rejuvenate and embrace who you are.



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.

[click for Audrey](#)



The American Health Care System 2002

Steadily Declining Health – If Not Failing, WHAT?

By
Dr. John J. Bagshaw
Renowned Pioneer in Preventive Health
San Francisco, California

THE BEST

Most people believe that the US has the finest health care system in the world. Many people assume that any nation spending as much as the US does – over \$1.5 trillion this year, far more than twice that of any other nation in the world on a per capita basis – must be the healthiest nation in the world. Many people further this assumption because medical technology in the US is so advanced, so very available and equated to quality care.

NOT SO!

The US does not rank in the top twenty nations when health is measured (World Health Organization). This ranking has been going steadily downward over the past thirty years in the face of enormous increases in health care spending and an explosion and daunting application of medical technology. The US leads the world in the incidence of both degenerative disease and chronic disease, now estimated to be 125 million Americans. The health of Americans and America declines.

HOW CAN THIS BE?

We do not have a health care system. We have a medical industry with diverse warring competitors vying for as much of the pie as possible. No system of health care exists! It is an industry deeply vested in the diagnosis and treatment of disease. It is a sickness industry.

TECHNOLOGY GONE AMUCK

It is fueled by rapidly increasing medical technology that is often of limited value, cost ineffective, frequently risky and, often, more overwhelming than the disease or problem it addresses. Though rapid advances will continue, they will impact the diagnostic and acute areas with marginal curative gains at enormous cost. There will be no major breakthrough that will significantly improve the health of the American people.

OVERSUPPLY

There is excessive supply – too much technology, too many physicians, too many hospitals, too many drugs. Supply grows supply! To meet its financial goals and survive, supply must also stimulate demand and increase costs.

PROHIBITIVE COSTS. NOT JUST DOLLARS!

For this supply to exist there must be acute illness, really sick people, for whom costs have become prohibitive! Who gets “really sick” the most? Chronically ill people, individuals not taking care of themselves, people undergoing surgery (think this through), people in hospitals and our senior citizens.

Over 25 million operations were performed in 1999. 85% of surgeries are elective and the life-blood of hospitals. 80% of Americans are on one or more drugs in the course of a year. Over 100,000 people die in hospitals each year from drug reactions. Millions are admitted for drug reactions, mostly due to too much of a drug. How many people are walking around with serious side effects? It is epidemic in size!

GRIDLOCK

The insurers no longer simply insure but now “provide” managed care. Employers bought into managed care as did government and others. The providers didn't. A bruising war occurred and continues. It was and is about cost and money and who gets what. The Democratic Party health plan competes with the Republican Party plan, both politically cautious. Our tax system shapes health care spending. Lobbyists, with huge war chests, serve their masters! Employers, an unfortunate middleman to responsible consumerism by employees, in their efforts to control or reduce health cost, often compromise the coverage that they put before their employees and their families. Consumer advocates



"A caring physician with an extraordinary experience in health care!"

fight for patients with specific diseases, the elderly, seniors, and women. Drug companies, flush with a rapidly growing portion of health care expenditures {12% now with projections predicting a doubling by 2008, if not sooner}, aggressively provide many drugs for every symptom, every disease. Can there be any belief that these interests are ever going to work together?

CAN IT GET WORSE? YOU BET!

It is easy to lay blame on the competing interest groups. But is the most intractable and irresponsible group the American public themselves? They dramatically increase demand. Many Americans take extremely poor care of themselves even when they are faced with serious illness that they can do something about. Most do not take responsibility for their own health.

The aging of America dramatically increases demand. No one seems to be given the privilege of dying because "its time". Baby boomers want the best and place enormous demands on the health care system.

Though health care is in crisis and unaffordable for many, Americans do little to effect change as the real customers of health care.

THE MAJOR PROBLEM – POOR HEALTH

For over twenty years, many would have us believe that the major health care problem confronting the United States was COST. Also not so! What we cannot afford is what exists: a deeply divided medical care industry – without a vision, without a strategic and unifying plan and enormous unnecessary care. It chooses to fix and replace and medicate everything. It avoids the understanding of the roots and causes of disease

and the major solutions that obviously exist in the technology of prevention. The clash is not about health or patient care. It is about money and survival, one way or another.

The primary purpose of health care should be to improve health outcomes, to make people healthier.

MYSTICAL: I DON'T THINK SO!

Is this truly a mystifying industry or is it more that nothing seems to work the way it should, it infuriates and it is a mess? Eight years have gone by since health care reform, as attempted, met its early demise (1994). We cannot afford to just watch. There is no doubt that the health care industry goes more deeply into crisis each day and is incapable of solving its problems? The answers are tense, alarming and avoided.

WHY NOT PREVENTION?

50% of illness is preventable. 70% of this preventable illness causes 90% of deaths and disability in America. The growth of prevention is not proceeding. All incentives, reimbursement mechanisms and

purchasing systems reward the physician and other suppliers when the patient is sickest and when the diagnosis supports possible or potential acuity or seriousness of illness.

The most effective technology to reduce cost and utilization is prevention. The technology to achieve the most important human value, optimum health and fitness, rests with prevention.

CARDIOVASCULAR DISEASE

1.4 million Americans died of cardiovascular disease in 2000. Cardiovascular disease is twice the size of all other diseases together. The medical system on a yearly basis does approximately 350,000 bypasses, a similar number of angioplasties / stents, over 1 million catheterizations and an enormous number of other diagnostic and therapeutic procedures. Most heart patients are on two or more drugs every day for the rest of their lives. This has been going on for a long time.

POSSIBILITIES: PROVEN

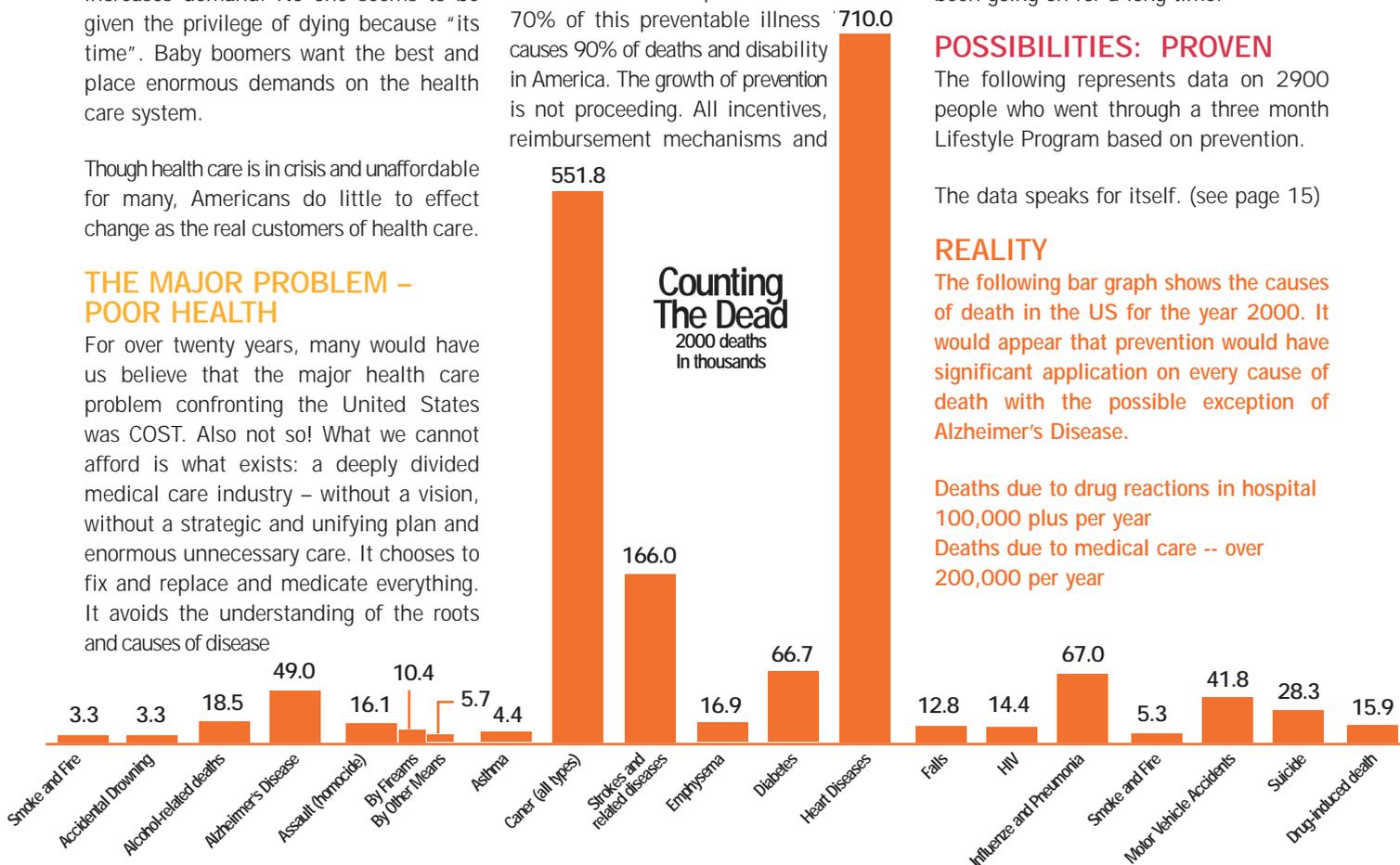
The following represents data on 2900 people who went through a three month Lifestyle Program based on prevention.

The data speaks for itself. (see page 15)

REALITY

The following bar graph shows the causes of death in the US for the year 2000. It would appear that prevention would have significant application on every cause of death with the possible exception of Alzheimer's Disease.

Deaths due to drug reactions in hospital 100,000 plus per year
Deaths due to medical care -- over 200,000 per year





“The significant problems we face cannot be solved by the same level of thinking we were at when we created them.”

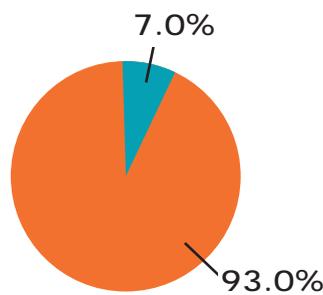
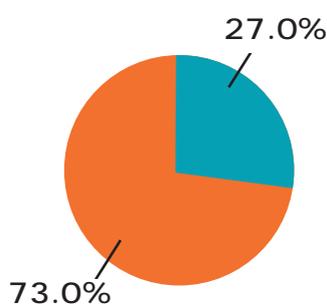
~Albert Einstein

MANY PROBLEMS, MANY QUESTIONS NEW DIRECTIONS

1 Put in place a national Preventive Health Risk Management System. It must stand on its own. This would require leadership from the President of the US and the full cooperation of Congress. This step cannot wait for the existing medical industry to change or agree. It will never happen if we continue to just watch and hope.

2900 Individuals – 3 Month Program – Random

Risk	Entry	Completion
Dangerous	4%	1%
High	23%	6%
Moderate	23%	20%
Average	33%	30%
Low	17%	43%



2 Redefine health insurance. It isn't working! Go back to a major medical or catastrophic type of insurance with full tax benefits under any evolving scenario. Have employees or individuals both in charge and responsible for their spending. Eliminate all barriers to choice. This step moves incentives, consumerism and responsibility closer to where they belong.

3 Move to risk rating individuals around cardiovascular disease and lifestyle parameters – a Cardiovascular Risk Profile {CRP}. anytime, those at high or dangerous risk would pay a higher premium; those at low risk would pay a lower premium. People who work toward good health should be rewarded.

4 Place all EXTRAORDINARY high cost technology such as transplants, neonatal care, and so on into a mandated federal program that would manage and set limits on such forms of care. It would be their responsibility to assure the nation that monies spent in this area would be spent rationally, objectively and ethically.

5 Return the primary care physician to prominence within the existing and evolving health care system. Surgeons, specialists and procedurelists are paid exces-

sively. Primary frontline physicians are paid inadequately. Level the paying field. Move incentives effectively.

6 Immediately move to medical school curriculums and hospital training programs to set necessary guidelines for educating fewer physicians, more primary care physicians and fewer surgeons and

specialists. We cannot support the number of physicians we presently have, much less the numbers coming. ALL physicians need to be complete physicians and be educated in all the principles of prevention.

7 Eliminate barriers to alternative medicine. Currently, almost half of adult Americans visit a practitioner of alternative medicine yearly. This exceeds the total number of visits to frontline physicians such as family physicians, internists, pediatricians, and gynecologists. Most is paid for out of pocket! Americans are paying for the care they want!

8 The present health care system is out of control. Physicians need to be physicians, and all that means, not businessmen; insurers need to be insurers, not the managers of health care spending; government has no choice, it must be more involved; technology must be advanced while being challenged and held responsible. Americans must drive this process and realize the full meaning of good health.

GOING FORWARD

There is in all of this a unique mission. We must push against and through the existing medical system and it's commitment to sickness. We must also push against the blocks to understanding; the blocks to change; the blocks that tire people who try to further the goal of assisting Americans to be healthier.

Much of medicine is good. Far too much is unacceptable and must change.

“Healthcare remains in crisis and demands rethinking. It is time for collaboration, not to fix, but to build, by choice, something new.”

Dr. John J. Bagshaw

* Dr. Bagshaw can be read in his Feature Column: JO LEE – Stethoscope 911



World!! be Safe

By JO LEE Magazine

learned from my tour of karate classes – that the elbow is the strongest point on your body. If you are close enough to use it, do!

If you're ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will.

These '2' pointers have saved lives!



Pat Malone, who has been a body guard for famous figures as Farrah Fawcett and Sylvester Stallone – works for the FBI and teaches police officers and Navy SEALs hand-to-hand combat. This man has seen it all. Knows it all. He focuses his teachings on:

HOW TO AVOID BEING THE VICTIM OF VIOLENT CRIMES

The occurrences of random violence are escalating EVERY year. 99% of the population will be exposed to or become a victim of a violent crime.



REMEMBER...

1 The three reasons women are easy targets for random acts of violence are:

Lack of Awareness.

a.) You MUST know where you are and what's going on around you

b.) Body Language: Keep your head up / swing your arms / stand straight up

c.) Wrong place – Wrong time: DON'T walk alone in an alley or drive in a bad neighborhood at night

2 Women have a tendency to get into their cars after shopping, eating, the theatre, working and... sit there, looking at their checkbook / making a list. DON'T DO THIS!

The predator will be watching you. This, is the perfect opportunity for him to get in the passenger side, put a gun to your head, and tell you where to go.

As soon as you get into your car – lock the doors and leave.

a.) A few notes about getting into your car in a parking lot, or parking garage:

Be aware: Look around you / look into your car / on the passenger side floor and in the back.

b.) If you are parked next to a big van, enter your car from the passenger door.

c.) Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

d.) Look at the car parked on the drivers side of your vehicle and the passenger side. If a male is sitting alone in the seat nearest your care – walk back into the mall or your office and get a guard/police-man to walk you back out.

BE SAFE NOT SORRY. Better paranoid than dead.

3 ALWAYS take the elevator NOT the stairs. Stairwells are horrible places to be alone and the perfect crime spot.

a.) Do not get on an elevator if there is a weirdo already in there. Remember... bad men don't always look bad.

b.) If the elevator door closes before you can get out – press a WRONG floor number. Get out, look confused, shake your head... go back down to lobby.

c.) Do not stand back in the corners of the elevator. Be near the front, by the doors, ready to get off or on.

d.) If you get on the elevator on the 25th floor and a strange man gets on the 22nd floor – get off when he gets on. If, you are not quick enough – get off on the next floor.

4 If the predator has a gun and you are not under his control, ALWAYS RUN!

a.) Police only make 4 of 10 shots when they are in range of 3 to 9 feet. This is due to stress.

b.) The predator will only hit you {a running target} 4 in 100 times. And even then, it

most likely will not be a vital organ. RUN!

5 Women – are always trying to be sympathetic: STOP IT! It may get you raped or killed.

a.) Ted Bundy, the serial killer, was a good looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane or a limp and often asked for "help" into his vehicle or... with his vehicle, which is when he abducted his next victim.

6 TIPS TO SAVING YOUR LIFE

IF YOU'VE GOTTEN INTO A VIOLENT SITUATION

a.) REACT IMMEDIATELY. If you're abducted in a parking lot and being taken to an abandoned area – DON'T LET HIM GET YOU TO THAT AREA. If you are

driving... react 'immediately' and crash your car while still going 5 mph. If he's



driving, find the right time and STICK your fingers in his eyes. As he must watch the road – choose an unsuspecting time and gouge him. This, is your ONLY defense. While he is in shock, GET OUT. The alternative is your fault – if you do not act.

b.)RESIST! Do not go along with him: Run, if you are able: If you are not able, kick / punch him in his private-parts. Then immediately – as he's bent over – 'use your elbow' and keep punching him in the eyes. DON'T EVER GIVE UP! You DO NOT want to get to a crime scene.

7 Always keep your distance when walking past strangers on the street or in dark areas.

8 Get a cell phone.

a.)There are packages for \$19.95 a month that allow you to program only 911 into the

dialing out program. This is an alternative for parents who say it is too expensive for their kids to have a cell phone.

9 BREAK DOWNS: Make every effort to avoid this by ALWAYS keeping your car in good working order.

a.) If your car breaks down: LOCK YOUR DOORS. You better have a cell phone to call for help!!

b.) If you don't have a cell phone: SHAME ON YOU. Keep a blanket / warm clothes / boots / flashlight in your car ALWAYS – for emergencies.

c.)If it's noon on a business day, you may want to put your hazards on and walk to safety.

d.)If it's 2 AM, put on your warm clothes and walk to a lighted area. You are a perfect target if you are sitting in your broken down car. Predators search the highways for easy targets like you.

e.) If you're on a desolate road: walk away from the car, in your warm clothes, and go to some bushes or some area AWAY FROM your vehicle! It will be cold and uncomfortable... but you DO NOT want to stay in your car. Remember – there are no bad men in the bushes who knew you were going to break down, right there!

10 PHYSICAL DEFENSES WE CAN USE AGAINST THE VIOLENT PREDATOR

a.) EYES are the most vulnerable part of the body. Poke HARD. It may be your only opportunity.

b.) The neck is also a vulnerable spot... but you MUST know where to grip AND HAVE THE STRENGTH to cut off his breath.

c.)The last place is the KNEES. Everyone's knees are very vulnerable. A swift kick – will take anyone down.

CAUTIONARY NOTE

If you don't do these things right the 1st time – you are in trouble. It will anger the man and that anger will be taken out on YOU.

Always attempt. It may be your only hope. The TRICK? BE FORCEFUL !

11 If you are walking alone in the dark... and you shouldn't be... and you find him following / chasing you:

a.)Scream "FIRE!" – and not "help." People don't want to get involved when people yell "help" but "fire" draws attention because people are nosy.

b.)RUN!

c.)Find an obstacle / a parked car / run around it / keep running around it.

It saves lives!

d.) Your last hope is getting under the car. Once you are under – there are tons of things to hold on to. He will not be able to get you out and most likely... will not come under for you. Usually – he gives up.

12 THE TRICK: YOU 'MUST' PRACTICE GETTING UNDER THE CAR. If you go on your back / your front / from the side / the back of car – IT MUST BE PRACTICED!! Have a plan. He will.

Don't 'close alone' at your business! Don't live in a fantasy. Our world is not safe.

ACT HARD! HAVE THAT PLAN!





THE QUINTESSENTIAL ALI

By **Alexandra Egan**, Pickering, Canada



My

name is Alexandra Egan. I am 11 years old and live in Pickering, Ontario, Canada, with my Mom, Dad, big sister Melissa and my pet hamster named Hammy.

I am in grade 5 and really enjoy going to school because my teacher, Mrs. Armstrong, makes learning fun and interesting. My favorite subjects are art, language arts, science, physical education and drama. I also enjoy going outside for recess where I can play with all my friends.

Every Friday, I am a reading buddy to a little girl named Christine in grade one which means I listen to her read and help her sound out the hard words when she is having trouble. I am enrolled in the Silver Birch Awards reading program. I must read a minimum of five books by Canadian authors nominated for a Silver Birch Award, then I can vote for my favorite book. My vote will count toward selecting the winner.

Some of my favorite activities outside of school are drawing pictures and cartoons, writing short stories and poems, reading, ice skating, swimming {especially at my Gramma's pool} and roller blading. I enjoy getting together with my girlfriends and having sleepovers.

I play soccer all year round with the Pickering Soccer Club. In the summer, I play on an all girls team and in the winter my team is mixed with boys and girls.

I also take piano lessons and enjoy learning new songs each week.

FAVORITE MEMORY:

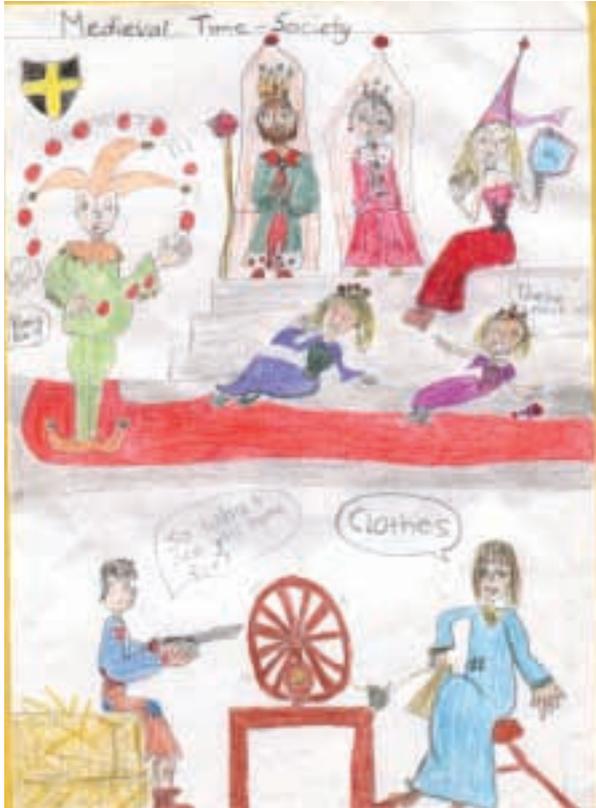
Last year at school, I had to do a research project on the animal of my choice. I selected the Manatee because I wanted to learn more about this endangered species. I worked hard to gather information and made a presentation to my class. A few months later, on my tenth birthday, my family and I visited Seaworld in Orlando, Florida. It was there I was able to see some Manatees up close. Seaworld has a huge underwater glass viewing room so when the Manatees swam by, I was just inches away. It was a great day.

When I grow up – I want to own a farm and have lots of animals living there. I want to be many things – actress, teacher, writer and artist. I still have to decide what my choice will be.

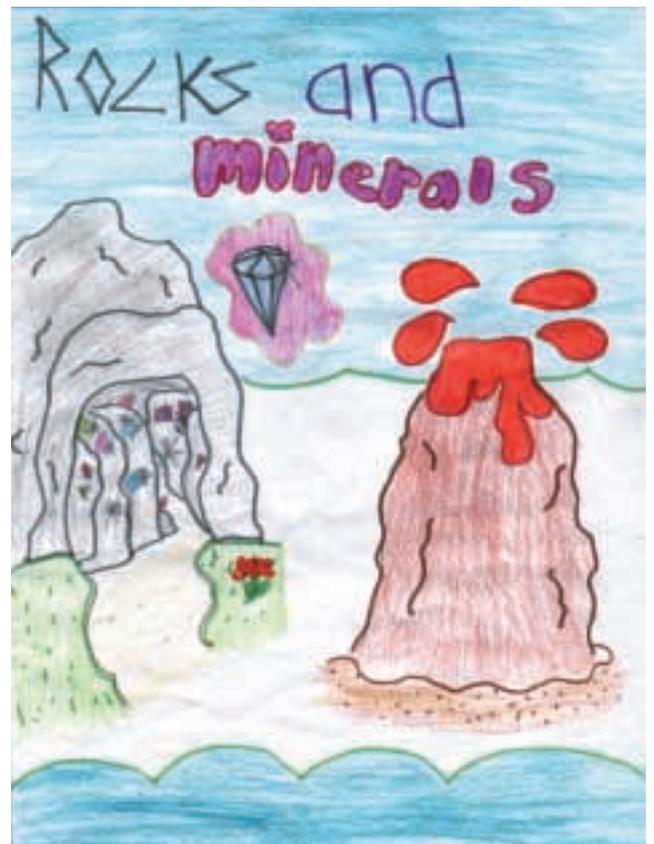
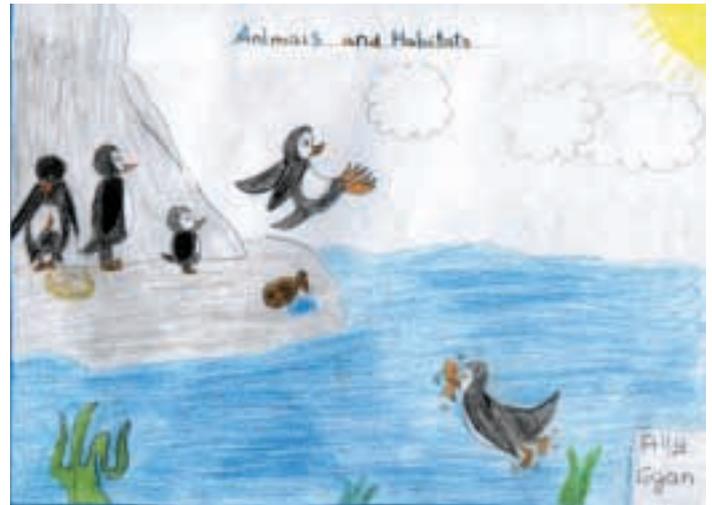


Alexandra's World

Medieval Society – Cover sheet for Medieval Society unit



Penguins – This is a cover sheet for the Animals & Habitats unit



Rocks & Minerals – This is cover sheet for Rocks & Minerals unit.

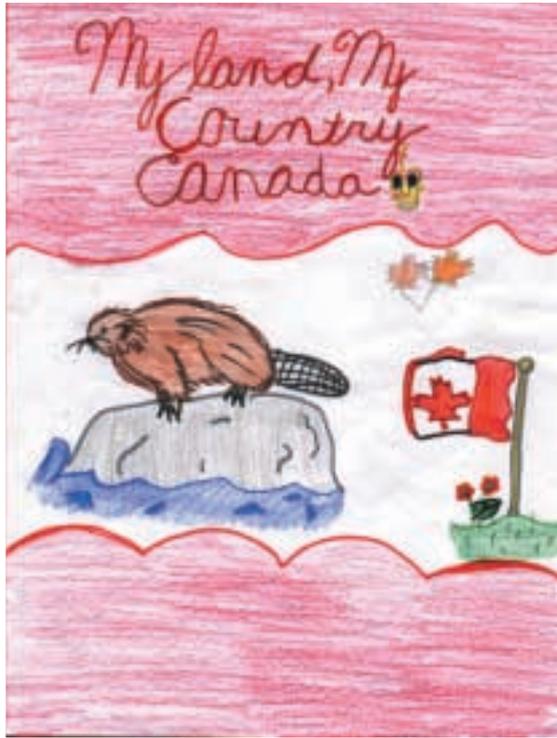


Sleepover Party – One of Ally's favorite activities with her girlfriends



Alexandra's World

Beaver – Things that represent Canada



Mickey Mouse – Going to a Town Fair



Ally on a Jet Ski - There is a front view and side view.



Dentist – This cartoon was an assignment to show some mechanical sounds



HALFTIME

By James Mansell, Montreal - Quebec

Beauty, integrity, brilliance and the skill of that sport!

The female athlete. Who is the world's hottest?

Hi folks!

I Predict ... By 2017 – Bionic chips will succeed stimulants in sports.

Welcome to the Sports Section! What a pleasure to have been named 'Sports Columnist' for JO LEE Magazine. We'll talk about HOT issues / and I begin my column with the HOT fabulous athletic female.

We see them everywhere. But who is truly the hottest?





To be considered the hottest – you must be the best at what you do. You must consistently be challenged and overcome adversity. And ... you've gotta be easy to look at or 'marketable' as they say.

Many people come to mind. One – stands out. This female represents what women's sport is all about. No, it's not Anna Kournikova! Remember we described HOT as being the best in your field without question. Not that I mind hyperventilating at her game or on a website that

Sorenstam leads the LPGA in career earnings with over 8 million dollars in purses. She won every possible title given in women's golf. She could be in the Hall of fame but ... not eligible as yet. It's pretty hard to argue with that!

Ah yes! The smile and the smooth swing. Every guy's dream – if you can handle your girlfriend beating you by 30 strokes and out driving you by 75 yards.

Without question we have ... outstanding female athletes out there. But the majority make their money through endorsements which brings me to my final point.

Women's sports have developed tremendously in the past decade. If we look closely at the sports that are being watched on television – we can still agree that tennis, figure skating and golf are the most popular among women. Let it be said that many sports are catching up but women's sports are generally dominated by the television dollar. Being an 'attractive women' – helps television ratings.

Annika Sorenstam has never had to undress / pose nude for a male adult magazine layout. She's never taken off her shirt to display a sport bra after winning a tournament. She simply plays a game she loves at the highest level and made her name through the excellence of her play.

In today's society, the financial rewards of being an attractive female athlete are enormous. Many female athletes

choose to maximize their earning potential while at the top. Who's to blame anyone for that! I still believe Annika Sorenstam has chosen a productive and rewarding path while keeping a solid reputation for herself. She is in my opinion what female athletics are all about.

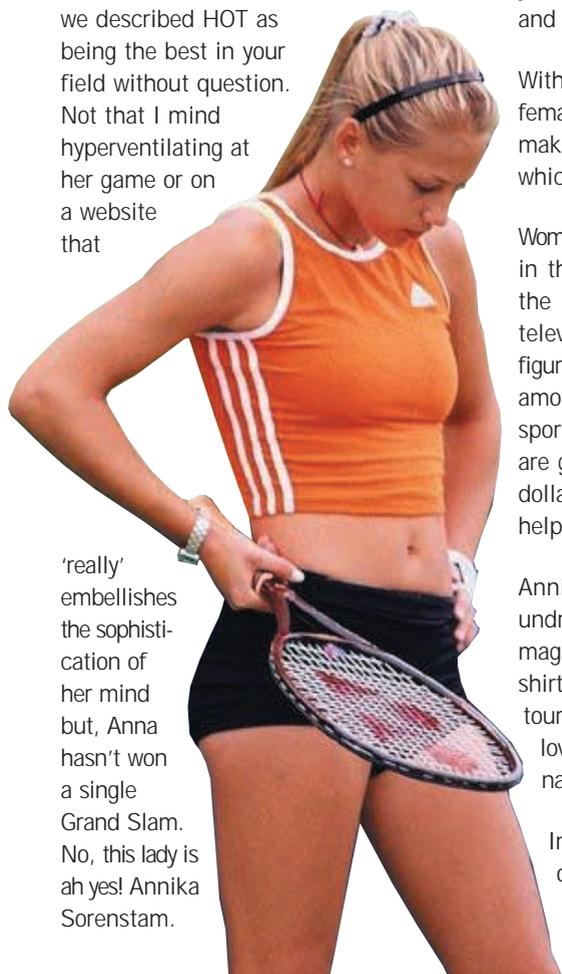
My summation: I did think of Martina Hingis, the outstanding female tennis player / Michelle Kwan, the figure skating champion / even Anna Kournikova. Not one could match Annika Sorenstam. I dare you to find someone as great.

QUESTION of the month: Who is the Hottest female athlete today?

Next month – Drugs and Ethics in sports.

** 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 athletes Baseball Camp / conceptual-principal developer sport drink / Founder-implementer Education through Baseball Sport School.

'really' embellishes the sophistication of her mind but, Anna hasn't won a single Grand Slam. No, this lady is ah yes! Annika Sorenstam.



To Write James:





THRU THE EYES OF JO LEE

celebrating beauty



My Garden Party for six

Hello dear friends! So many of you have asked that I begin sharing with you some of the incredible things in my very gifted life. Where do I begin! Why not with beauty.

I grew up in a diplomatic milieu amongst a family of intellectuals, music, lots of love and whether during the highs or lows, always joy.

My mother and father were the epitome of everything beautiful to me and from this, 'beauty' became my 'magnificent obsession'. From life – right down to celery greens and white sand ... beauty to me has portrayed the segment of goodness in 'everyone's' soul. Beauty is magical. It's like shooting stars. It's like a crystal that mirrors and replicates multitudes of ideas into dreams coming true.



“A thing of beauty is a joy forever,”

~John Keats



And so, within my life in San Francisco, New York, London and my suite at The Fairmont Royal York in Toronto, Canada, which someday I too, will share, I revel within the beauty of the old and the new of “The Tiffany Table Settings.” This is a dream that I, many days of my life ... make come true.

So – do come with me, each month, as I entice you to dine in sumptuous elegance and delicious simplicity with marvelous colleagues, friends and my family.

I begin this July with one of my ‘Garden Parties for six’. Isn’t this the most wonderful setting for a conversation filled with convivial chatter. What better way to grow in mind and in the richness of beauty within your guests – than to be surrounded in coziness – that you never want to get up from.

If it can rightly be said that when we set the table – we set the stage for a social performance. It could be said that few hostesses were better equipped than Gloria Vanderbilt to bring to the art of table setting, all the talents to make the performance a smash hit.

Artist, actress, author, designer of textiles, clothing, interiors, greeting cards and stationery... and successful in all these

diversely creative ventures – Miss Vanderbilt brought a happy combination of great style, quiet drama, invention, and professionalism to everything she undertook.

If it can rightly be said that when we set the table – we set the stage for a social performance.

In this garden setting, which I too have portrayed, a graceful white gazebo defines the limits of a privileged and intimate dining spot. Ornate nineteenth-century shell-back wicker chairs from the Wicker Garden are placed as supporting actors, in the evening’s drama. The tablecloth with its brightly discreet little bouquets of flowers

is designed by Miss Vanderbilt and very simply titled “Gloria”. It gives a fresh foundation to “Coeur Fleurs,” Tiffany Private Stock Plates, “Tiffany Swag” goblets, “Audubon” vermeil flatware, and a fanciful collection of vermeil Palm candlesticks, porcelain shell boxes and a yellow Private Stock cachepot filled with the most demure daisies.

The title of my evening drama is unmistakably “Hearts and Flowers”... but how it turns out – is anyone’s guess until the end of the third course.

To create an atmosphere that captures and titillates all our senses – is like the art of painting. I take the beauty of those around my table and see it reflected in the shimmering crystal and exotic bouquets.

And so – from my Italian home to yours – Saluti e buon appetito. You too, can capture this, in your very own inimitable way. 





THIN'K'ERS CORNER

LEAD THIN'K'ER – Carolyn Young



"You are the salt of the earth. You are the light of the world."

The words of Pope John Paul II and – the theme of this year's **WORLD YOUTH DAY**.

July 22 – 28, 2002 – Toronto plays host to International WORLD YOUTH DAY. This will be the first time Canada has been selected for the bi-annual event drawing hundreds of thousands of young people of the Catholic faith.

The Pilgrimage is expected to bring 350K young adults with 750K attending the open-public, closing mass said by 82 year old Pope John II.

Registration fee is \$240. CDN

As a sign of their Catholic faith, pilgrims will be wearing wooden crosses made by those in their teens and twenties in Bogota and Medellin. Two of the most violent cities in Columbia. The income received from the crosses is spent on these volunteer's university tuition.

As THIN'K'ERS, we talk about "ungluing life's problems". How to develop "Roots and Wings". It too, is what WORLD YOUTH DAY is about. "Building bridges to optimism". To feel / to be a part of a much larger whole.

WORLD YOUTH DAY is especially relevant to YES! because of the corner stone of our philosophy. Our focus on volunteerism ... of reaching outside yourself, your world and discovering others.

Be a Volunteer! WYD is looking to train volunteers from the Greater Toronto area for management positions. To oversee other volunteers. An awesome leadership experience. HELP at: <http://www.wyd2002.org> Or call: 416.913.2080.

On another note – it's that time of year ... and we Thin'K'ers are 'out there' – in malls / at the beaches / in open-air forums relaying the YES! message to everyone. While our public foray spins can be quite lengthy as we debate the-heck out of every issue ... our WebSite 'spots' are succinct. Would you like a sample? Here you go!

TARIK TERRORISM / RACISM / PREJUDICE

No one wins !

Don't let lack of knowledge dictate to you !

We – Need – To – Think..

Now – take that spin to the bank

EMILY BUTT OUT!

We know smoking kills

Millions die each year

Billions are spent on cig health treatment

Would you go to a bridge and jump ??

Same thing.

Stop. Now !

NELSON TUITION TO LEARN

How many of you have NO money for education ?

Do you seek help from your local

Government officials / teachers / fellow students ?

It's all about ACTION !

Express and educate together.

FROM ME – CAROLYN TIME TO CHOOSE A CAREER

It's Difficult, we all know. So ~

Do What You Love and The Money Will Follow

How do you find what turns your crank?

Come to the CampUS

QUICK / FREE / HELP.

Be sure to check out the list of topics in our E-Help CampUS. If there's something you'd like to see included... Let us know.

SEE YA !

If there is anything you would like to see **CLICK HERE**



Politically Red

MY TRIP TO JASPER TEXAS USA



Lani Silver

I made the acquaintance of the Byrd family of Jasper Texas two years ago when I phoned and asked if they would come to San Francisco to speak at an art exhibition and lecture series I was coordinating on social injustice and the Holocaust.

I'm sure you remember James Byrd Jr. Three years ago, James, an African American man, was walking down the street – Martin Luther King Way – late one night when three white men, white supremacists, picked him up, chained him to their truck and dragged him three miles along a desolate road in outreaches of Jasper – until he died.

Two of James's six sisters, Louvon Byrd Harris and Clara Byrd Taylor and husband Tony, came to San Francisco where over 500 people listened in horror.

The minute they landed, they became my new friends.

At the time, The Byrd's were organizing a banquet to commemorate the third anniversary of the death of their brother. I said to them, "Where are you going to get a hall big enough to fit everyone? I bet the whole town will be coming." They looked glum, wondering 'if anyone' would attend. I asked if I could come.

We had a two-hour drive to Jasper.

Clara and Tony took me immediately to meet their parents, Stella and James Byrd. They spoke of the celebrities and the wonderful people that had helped and how "after James had died, President Clinton installed an additional phone so he could reach us. But he could never get through – the line was so busy."

Returning to the hotel that evening – I bumped into the woman I'd spoken to in the lobby, when checking in. She asked what I did for a living and I said, "I am a Holocaust historian". A cold and disappointed look crossed her face and angrily she screamed, "Oh, you are Jewish?" and walked away.





continued...

For the rest of the night I'm sad. Over and over I say to myself: "I'm just a person. I sleep, eat, take walks like everyone else". How can someone not like me because of how I was born.

"Welcome to Jasper and many such areas within the world" I was told.

Next day the Jr. High cafeteria – is transformed into a banquet hall. The banquet that evening was tremendously exciting.

All of the key characters of this story are there. The town Sheriff, the District Attorney, the Mayor! I'm introduced to Senator Rodney Ellis, the State Assembly woman and Sinfonia Thomson. The latter, being two heroic figures who have written and sponsored the 'Texas Hate Crimes Bill' which just passed. I am so proud to meet them.

I take my seat at the table – I'm both floating and crying! Where is everyone? There are virtually no townspeople. Guests are either family or participants in the story. I start to cry, overwhelmed by the tragedy of the murder. But the feeling in the room is so perfect and everyone quickly forgets the too many empty seats.

The best part of the trip was the 25 member Byrd family themselves ... the most amazing people I've ever met. Their family reminds me of mine. A lot of laughing. They look like any other family – talk like everyone else, are intellectually stimulating, their vocabulary is bigger than mine and ... they love and care for their neighbors.

Are we not blessed to have this fineness around – and should we not all send love to those, who discriminate! 

"I'm just a person.
I sleep, eat,
take walks like
everyone else".
How can
someone not
like me because
of how I was
born.



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

To write Lani – [Click Here](#)



A...Z z z z zY... Need HELP? Come to the CamPUS QUICK \ FREE!

A...Z z z z z Y ... Need HELP? Come to the CamPUS QUICK \ FREE!

Did you know ? That smoking was actually fashionable 'til the late 1980s. It was the 'in' thing to do. The 'Malboro Man on his horse' – was an icon.

Today ~ Don't be a FOOL – Butt out!

Visit: www.yesintl.com The E-Help CamPUS will answer / solve whatever questions / problems you may be facing yourself or with loved ones.

CRAZZY ABOUT short stories are based around the multitude of topics in the YES! E – Help CamPUS where millions each month – come to solve their problems. Acclaimed as the meeting place of the new century, the CamPUS is driven by those in the know.

Gott – a suggestion? Keep them coming. Write us:

[click here](#)

Crazy about R&D

MANAGING EDITOR'S COLUMN

Nahidah Malik
Nairobi, Kenya

WEDDING GUIDE TO SANITY

He got down on his knees during dinner ... and asked you to marry him! Waiters stopped – diners paused with forks in mid air – waiting for the answer. A hundred things ran through your mind and finally you said yes. He slips the ring on your finger! A roaring cheer envelopes as everyone stands to applaud.

What a wonderful evening and then ... it all sinks in. PANIC!!

A wedding!! There's – the Bridesmaid / announcements / invitations / accommodations / limos / church / photographer / flowers / music / the hall / table seating / tokens for the guests / band / DJ / menu / food / wine / the cake / Ohhhh – the date OOOH!! Your head hurts and you suddenly feel dizzy and faint!

Relax, sit back, kick off those shoes and get all the info you need to be beautiful and organized on 'your' special day.

Coming to the CamPUS





BUTT OUT

How sophisticated / cool the movie stars look – taking that long drawn puff ... as they throw out a dramatic piece of story line – all enticing by the cigarette held in those perfectly manicured fingers.

YOU – take in every detail from clothing, to the way they smoke, speak, gesture ... and instinctively begin to 'do as I see'.

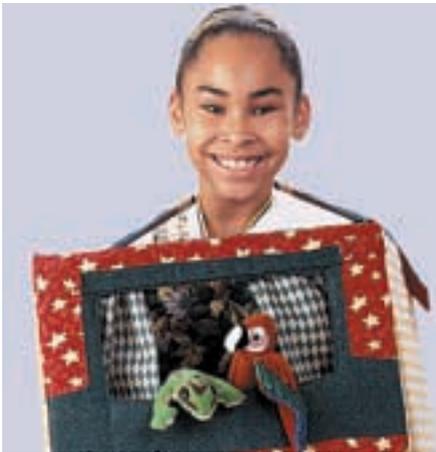
Whether smoking or chewing tobacco, the effects are the same. DEADLY / ADDICTIVE nicotine.

Smoke filled environments – to non-smokers – are MORE dangerous than



smoking. Pneumonia, bronchitis, asthma, ear infections, heart disease, cancers and ... the list 'never' ends! The effects of tobacco are not visible. Outside of premature aging, most of the damage is internal.

GO ~'Cold turkey'. The nicotine patch / chewing gum / hypnosis / support teams / GO FOR HELP! Where do you start and how? What will work for you? Where are the support groups and help lines?



GIFTED CHILDREN – HOW DO WE HELP THEM

You read a poem or story written by your child or watch them play soccer, weaving in and out between other players – paint a picture, give a speech, play a piece of music ... AND a little voice inside you begins to whisper.

As the days march on, you keep a close eye on your child's progress. That little voice begins to get louder and louder until finally, after reading another poem, you

are reduced to tears realizing that – yes, the voice was right. You, have a gifted child.

Be it your own or a child you teach or care for – it is our responsibility to give these gifted children the best possible opportunity we can. To mould, to bring out, to use their talents to benefit themselves and life around them.

What should we do? Where should we go?

Who do we talk to? Is there special funding? How can we help to nurture these precious children /extremely gifted in multitudes of ways?

Fear not! Help is as close as a few clicks on a keyboard and our E-Help CamPUS.

Coming to the CamPUS 

Research and Development is searching for International Minds.

For more information – Click Here





KUDOS

Remember – Our E-Help CamPUS
is where Help is for you.
www.yesintl.com

THE PERILOUS PROFESSOR AND 'YOUR' NEW NAME

Follow the instructions to find your new name. The following is an excerpt from a children's book: "Captain Underpants and the Perilous Plot of Professor Poopypants" by Dave Pilkey. The evil Professor forces everyone to assume new names.

Now:

Use the 3rd letter of your **FIRST** name to determine 'your New first name':

A	Poopsie
B	Lumpy
C	Buttercup
D	Gidget
E	Crusty
F	Greasy
G	Fluffy
H	Cheeseball
I	Chim-Chim
J	Stinky
L	Booger
M	Pinkey
N	Zippy
O	Goober
P	Doofus
Q	Slimy
R	Loopy
S	Snotty
T	Tulefel
U	Dorkey
V	Squeezit
W	Snippy
X	Skippy
Y	Dinky
Z	Zsa Zsa

Use the 2nd letter of your **LAST** name to determine 'the first half of your New last name':

A	Diaper
B	Toilet
C	Giggle
D	Burger
E	Girdle
F	Barf
G	Lizard
H	Waffle
I	Cootie
J	Monkey
K	Potty
L	Liver
M	Banana
N	Rhino
O	Bubble
P	Hamster
Q	Toad
R	Gizzard
S	Pizza
T	Gerbil
U	Chicken
V	Pickle
W	Chuckle
X	Tofu
Y	Gorilla
Z	Stinker

Use the 4th letter of your **LAST** name to determine 'the second half of your New last name':

A	Head
B	Mouth
C	Face
D	Nose
E	Tush
F	Breath
G	Pants
H	Shorts
I	Lips
J	Honker
K	Butt
L	Brain
M	Tushie
N	Chunks
O	Hiney
P	Biscuits
Q	Toes
R	Buns
S	Fanny
T	Sniffer
U	Sprinkles
V	Kisser
W	Squirt
X	Humperdinck
Y	Brains
Z	Juice



WHAT ~ is your new name ?

GEORGE W. BUSH's is: Goober Chickenshorts

BILL CLINTON's is: Booger Liverchunks

Let's remember – children laugh an average 146 times a day.

Let's remember – adults laugh an average of 4 times a day.

JO LEE is here to put more laughter in your life!!!

From here on in – JO LEE Magazine introduces you as your new found name.



CELEBRATIONS

From everyone at JO LEE we wish you, the world, the most wonderful of all occasions and the Happiest July this 2002.



Flower of the Month: Larkspur
Latin name: Delphinium Ajacis
This flower means: Passionate
Ardent Attachment

THE MONTH OF JULY

1st... International Joke Day

1st... The Princess of Wales Birthday

1st... Canada Day

1st... Caribbean Day in Guyana

1st... Heroes' Day in Zambia

1st... Mid Year Day in Thailand

2nd... Ducktona 500

2nd... Carnival Tuesday in St. Vincent & the Grenadines

2nd... I Forgot Day

4th... Independence Day, USA

4th... Family Day in Lesotho

4th... Fisherman's Day in Marshall Islands

4th... Sidewalk Egg Frying

5th... Full Moon Day

5th... Day of Peace and Unity in Rwanda

7th... Cherry Pit Spitting Contest

7th... Tanabata/Star Festival

7th... Saba Saba Day/Peasants' Day in Tanzania

9th... Martyrdom of the Bab, B'hai Faith

9th... King Hassan's Birthday in Morocco

13th... Friday the 13th

14th... Bastille Day

14th... Cow Appreciation Day

15th... Ice Cream Cone Day, Nat.

15th... Respect Canada Day

17th... Wrong Way Corrigan Day

20th... Ugly Truck Contest Day

20th... Marine Day in Japan

23th... Leo (Zodiac) Begins

24th... Children's Day in Vanuatu

26th... Aunt and Uncle Day

27th... Take Plants for a Walk

28th... Systems Administration Day

29th... NASA's Anniversary

29th... National Parent's Day

30th... Father-In-Law Day

WRONG WAY CORRIGAN DAY

Like Lindbergh, Corrigan flew from San Diego to St. Louis to New York. In New York, he was told he could not get permission to cross the Atlantic since his plane lacked a radio or any navigational equipment except a compass. Bent, but not broken, Corrigan returned to San Diego and went back to work.

Corrigan's third cross-country flight, and first non-stop, ended in New York on July 9, 1938. On the 17th, he filed a flight plan to return to Los Angeles, climbed into his plane, took off heading west and 26 hours later landed at Baldonnel Field near Dublin, Ireland. He claimed he was confused, his compass broken, and said he must have gone the wrong way. The world responded.





By Mohammed Malik
11 Years old... Windsor, Canada



WEIRD AND WACKY FACTS

BIGGEST/TALLEST/LONGEST...FOOD!

- 01 Biggest Hamburger – Wisconsin, USA, 1989 – 5,520 pounds, 21 foot diameter hamburger made at Outagamie County Fairgrounds.
- 02 Longest Kebab – Bradford, England, 1994 – 2,889 ft 3 in long kebab made by the West Yorkshire Family Service Units, the Trade Associate of Asian Restaurant Owners and National Power.
- 03 Longest Salami – Polsefabrikk, Norway, 1992 – 68 ft 9 in long salami made by A/S Svindlans.
- 04 Longest Sausage – Kitchener, Ontario, Canada, 1995 – 28 mile - 1,354 yards long, made by M & M Meat Shops and J M Schneider Inc.
- 05 Biggest Lasagna – Salinas, California, 1993 - 70 by 7 foot lasagna made by Food Bank for Monterey County.
- 06 Biggest Pizza – South Africa, 1990 – Pizza measuring 122 ft. 8in. in diameter made at Norwood Hypermarket.
- 07 Biggest Paella – Valencia, Spain, 1992 – Paella measuring 65ft. 7in. in diameter made by Juan Carlos Galbis and a team of helpers.
- 09 Biggest Omelet – Yokohama, Japan, 1994 – a 1,383 square foot omelet, containing 160,000 eggs made by representatives of Swatch.
- 10 Biggest Crepe – Manchester, England, 1994 – A 3.3 ton crepe, with a diameter of 49 ft. 3in. was flipped during the 150th anniversary of the Cooperative movement.
- 11 Tallest Cake – Faisalabad, Pakistan, 1997 – 105 foot tall, 105 tier cake was created by Network Television Marketing Ltd.
- 12 Biggest Pie – Okmulgee, Oklahoma, 1989 – A pecan pie weighing 40,266 pounds and measuring 40 feet in diameter was baked here.
- 13 Biggest Milk Shake – Macclesfield, England, 1996 – A 4,333 gallon strawberry shake made by Age Concern East Cheshire and Lancashire Dairies. 





R&D

EDITOR AT LARGE



of the British North America provinces in a federation under the name of Canada, on July 1st.

The July 1st holiday was established by statute in 1879, under the name Dominion Day. It was on October 27, 1982, when July 1st became officially "Canada Day".

Brief History of the National Anthem

"O Canada" was proclaimed Canada's national anthem on July 1, 1980, one hundred years after it was first sung on June 24, 1880. The music was composed by Calixa Lavallée, a well-known composer; French lyrics to accompany the music were written by Sir Adolphe-Basile Routhier. The song gained steadily in popularity, with many English versions appearing later. The official English lyrics were written in 1908 by Mr. Justice Robert Stanley Weir, which includes changes recommended in 1968 by a Special Joint Committee of the Senate and House of Commons. The French lyrics remain unaltered.

Brief History of the Canadian Flag

Early in 1964, the Prime Minister of Canada, the Right Honourable Lester B. Pearson, expressed his desire to adopt a distinctive national flag for Canada.

In October 29, a single red maple leaf on a white square on a red flag, was unanimously adopted. "The flag is the symbol of the nation's unity, for it, beyond any doubt, represents all the citizens of Canada without distinction of race, language, belief or opinion."

Happy 135th, Canada!

CARLA DRAGNEA
Bucharest

[Click Here For Carla](#)

Hello, everyone! It's THE 1st of July and ... that's Canada Day. Did you know that JO LEE Magazine has part of its roots in Canada? I thought you might be interested to know how Canada got it's name, the National flag and anthem and when the first of July officially became Canada Day.

Happy Birthday, Canada!

Canada – Background

In 1492, Jacques Cartier, from the French court of King Francis I, came to explore North America and the Gulf of St. Lawrence. He sailed up the gulf, into the Bay of Gaspé, where they were greeted warmly by a group from the Iroquoian nation, on a fishing expedition, whose homes are today the site of Québec City.

The story goes that Cartier asked the chief, Donnacona, what the land was called. The chief replied "kanata," their word for village. Maybe Cartier understood Donnacona – "Canada" became the name of the whole vast territory that comprises our country.

The first official use of "Canada" came in 1791 when the Province of Quebec was divided into the colonies of Upper and Lower Canada. In 1841, the two Canadas were again united under one name, the Province of Canada. At the time of Confederation, the new country assumed the name of Canada.

Canada Day – Background

On June 20, 1868, a proclamation signed by the Governor General, Lord Monck, called upon all Her Majesty's loving subjects throughout Canada to join in the anniversary celebration of the union formation

JO LEE

ROOTS & WINGS

Roots = Fixes Broken People
Wings = Builds Bridges to Optimism.

Tell your friends
tell your associates
tell the world about YES!

We want to grow our 20 + million '30 something and under audiences' who come to our CampUS each month, for HELP !!

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