

## Crossing the Ocean

**How would you advance international understanding? For a Danish man and a Chinese man, the answer was to row across the Atlantic together. There would be no motors and no sails – just two pairs of oars and a bunch of determination to get them across 5,000 kilometers (3,000 miles) of shark infested waters, and maybe, through a hurricane or two.** STEPHEN DAEDALUS

The idea was the brainchild of Christian Havrehed, a Danish Consultant who moved to China in 1999. One day, while lying on the deck of a sailboat, Christian found himself laying in the sun, bored out of his mind. The captain of the ship had chosen to use the motor to sail. There was little for the crew to do, except to wait until they arrived in Singapore. That's when the captain of the ship, Andy Dare, handed him a brochure for a race.

The name of the race was the Atlantic Rowing Challenge. If you signed up, you would be shipped a boat kit. Then, it would be up to you to find a way to build the boat, ship it to Tenerife, a small island off the coast of Africa, and row it to Barbados, another small island.

This island, however, is just off the coast of South America.

### Reaching for the Impossible

"I think that the idea of rowing across the Atlantic Ocean would make a person shake their head," Christian says, sitting in a café on Nanjing Road in Shanghai, drinking hot chocolate. Leaning in, he says, "And then, when you tell them you're doing it with a Mainland Chinese, to outsiders... it made it seem like a very high risk."

In his new book about the adventure, *Beijing to Barbados: In a Rowboat*, Christian talks about how he wanted the adventure to showcase international understanding. To him, it doesn't matter how different two cultures are, or how impossible the task seems. Anything is possible with a firm goal and a sense of cooperation and trust.

For some people, joint-ventures have a reputation for having a myriad of cultural misunderstandings which impede business. But if two people from such different cultures can row across the Atlantic, he could show all the joint-ventures in China that running a business, in comparison, is easy. Along the way, they would raise money for scholarships for Chinese students to go to Atlantic College – a college dedicated to creating international understanding.

In person, Christian is relaxed and confident – a far cry from the large, thick-necked athlete that some people might expect to want to row across the ocean. Instead, his thin frame emphasizes his intelligence, and his firm belief that rowing across the ocean isn't so much a physical challenge, but a mental one.

"If you really set your heart on doing something, you can do it," he says. "It doesn't matter what qualifications you have. If you have the inner drive, it can be accomplished."



Christian Havrehed and Sun Haibin set off, dressed in patriotic gear.



Christian Havrehed (left) and Sun Haibin (right) on their voyage, during a moment of rest.

*If two people from such different cultures can row across the Atlantic, then he could show all the Joint-Ventures in China that running a business, in comparison, is easy.*

### The Beginning of a 3,000 Mile Journey

The first time that Christian met Sun Haibin was in Beijing. Sun Haibin had been recommended by an associate. Christian had called CCTV to raise publicity for the project, and their cameras shot their first meeting, recording them as they went for a run.

"I thought that he was with such a big media outlet, that he couldn't be a cheat," Sun said over a telephone interview, recalling the incident. As an endurance athlete, and as a member of the People's Liberation Army Unit 81, an elite sports team of the PLA, Sun was used to running marathons. The physical aspect didn't worry him. Instead, some of the most troubling aspects came from friends and family.

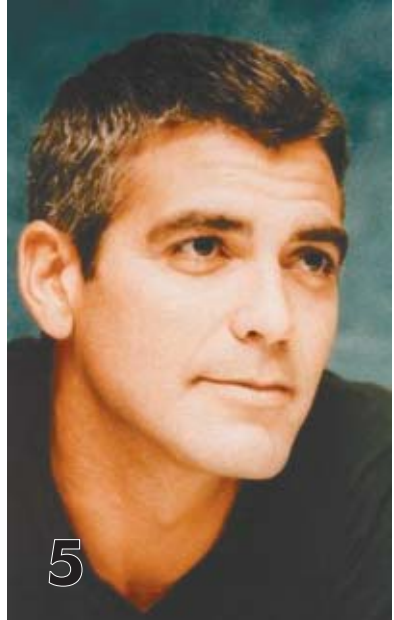
"At the beginning, my friends thought I was crazy, and that it was just a stunt," he recalls. "But they knew it was true after they saw the reports on CCTV. Then, things got quiet."

To placate his mother, he had to resort to stretching the truth. He told her they would only be rowing during the daytime and that a large ship would follow them. Then, the ship would tow the boat at night.

It couldn't have been further from the truth. Their boat would be virtually alone. There would be rescue ships, but a ship would take a few days to reach them. In the meantime, anything could happen.

When his mother found out the truth, she objected. But Sun told her that they would have a GPS locator, so they could be tracked over the internet. They would also have a satellite phone. His mother still worried, but she relented. Then, his parents went to the Buddhist temple everyday, hoping for the best.

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THE WORLD AT YOUR DOORSTEP

# Unicycling Celebrity

When one of Australia's top actors decided to cycle from Sydney to Melbourne to raise money for charity, it seemed the main obstacle he faced was potential fatigue, but that wasn't all. LERON KORNREICH

After all, pedaling 1,000 kilometers is no easy feat. But while sore muscles certainly came into play over the course of the thirty-three day journey, so did legal issues. Police in New South Wales did not agree that Samuel Johnson's "LifeCycle" was a good idea. They determined it was too dangerous. After all, Johnson's mode of transport was not the two-wheeled variety complete with a handlebar and bell. It was a one-wheeled wonder with no gears, brakes, chains, or crossbar: a unicycle.

Taking on the challenge may have appeared risky to some but, as Johnson put it, "I'm of the opinion that if a 12-year-old can beat cancer, I can ride to Melbourne on a silly bike."

Johnson was not going to let anything stand in the way of his goal of raising AUS\$600,000 to help fund camps and other programs for the cancer charity CanTeen. Johnson pedaled through New South Wales without the support of local authorities, brushing with the law only once and getting away without a fine. During the rest of his journey, support was high from police and citizens alike. Crowds cheered him on, waving banners and clapping.

## A Star is Born

Johnson gained fame Down Under for his starring role in the television drama, "The Secret Life of Us," and the hit movie, "Crackerjack." Last year, he decided to use his star status to shine a spotlight on a good cause. "There are plenty of people who have walked, ran and swam for charity but I wanted to do something different," Johnson explained. "I figured if I rode 1,000 kilometers on a unicycle people would notice me."

The idea for "LifeCycle" was born. After months of planning and mapping out routes, Johnson



Johnson (front), with a few of his protégés.

Johnson was not going to let anything stand in the way of his goal of raising AUS\$600,000 to help fund camps and other programs for the cancer charity CanTeen.

hopped atop his unicycle outside Prince of Wales Hospital in Sydney and hit the road. Cameras rolled and paparazzi snapped away as Johnson took off for Melbourne and that was partially the point. Drawing media coverage of the celebrity's unicycling exploit was key to spreading the word about CanTeen.

## In the Family

CanTeen is a national charity organization that provides support for nearly 2,000 people ages 12 to 24 who are living with cancer. It provides camps, activities, and workshops for

patients and their siblings. Young people whose parents are suffering from cancer are also invited to participate in CanTeen's programs. CanTeen was started nineteen years ago by six young patients along with several health professionals. Their purpose was to "focus on living with, not dying from cancer."

When Johnson was eleven-years-old, his then twelve-year-old sister, Constance, was diagnosed with cancer. Johnson and Constance attended Patients, Siblings and Offspring weekends organized by CanTeen.

"Often people forget that siblings of cancer patients need attention too," he said. "That's what is so great about CanTeen. From the word 'go' I was actively involved in camps and sibling weekends, talking and spending time with other young people that were in the same situation." Even as he dealt with his sister's illness, Johnson provided entertainment for others going through similar ordeals by riding his unicycle around camp.

## Going for Gold

Years later, after the actor established his career, he decided to return to his previous antics and

climb aboard the unicycle. Only this time, he would do more than entertain. The star worked up a sweat pedaling an average of 37 kilometers a day for more than one month.

He posted a diary of highlights and challenges, including the brief encounter with police, at [www.canteen.com.au](http://www.canteen.com.au). At times, he forced himself to ride despite pain from the exertion. While his cycle tour was difficult, it is his sister's journey that is truly remarkable.

Her cancer is in remission. And she was there, among the crowd, cheering on Johnson as he pedaled across the finish line.

Continued from first page...

## Hitting the Wall

Meanwhile, the pressure was on among Christian's friends and acquaintances. At one point, Christian happened to meet somebody in a bar and told him about the adventure. Drunk and incredulous, the man didn't have very positive things to say.

"I told him about the project... When he heard that I was doing it with a Mainland Chinese, he just started screaming, 'You're gonna die! You're gonna die!' A lot of people didn't give us much of a chance," Christian says.

Tensions built around them, but the two never wavered from their goal. Both Sun and Christian remained determined to succeed.

During their interviews, whenever asked if there was a point that they thought they couldn't make it, they hotly denied it.

They felt that if they failed, international understanding would have been proven impossible. All their friends would have laughed at them and said that it was unachievable. What kind of lesson would that show the joint-ventures in China? Neither of them would let that happen.

Before they reached the ocean, they had passed through a gauntlet of obstacles - from visa problems to construction problems with the boat.

By the time they got to the boat, the rest was easy. All they had to do was row.

## Crossing the Line

Along the way, they were accompanied by whales at one point, which they took to be a blessing on their trip. And they finished in 56 days, coming in 8th among 36 entries. 3 boats didn't even make it to the finish line. In the end, they raised US\$88,620 for scholarships.

In Christian's book, he writes, "Every time something out of the ordinary is attempted, people will go to great lengths to convince you that you cannot succeed, regardless of whether they have any knowledge of the subject, yet, it is only when people break the mould that significant progress is made, either personal or historic."

And both learned lessons along the way. Sun says, "Although China has had a long history of management knowledge, today, we don't emphasize it as much as Westerners do. Finishing the trip, I realized just how important it is."

He also says that he is more goal-oriented. Everything he does now, he learns what he's aiming for and wants a plan. He also says that he's more independent now, and doesn't let other people interfere with his plans.

And what's next for them? Well, Christian is planning more trips for charity, next time, with a handicapped Chinese person.

BOSTON

# From Rinds to Riches

In fact, a survey by the Minute Maid juice company found that one out of every three American adults has operated a lemonade stand as a child.

The typical American lemonade stand is a very simple affair - there's the lemonade (usually made by combining a can of frozen concentrate with some water), a sign to advertise it, and a place to sell it.

From the most basic enterprise, like the folding table Mr. Jaffee's set up in front of his home, to a fancy wooden stand at a busy public park offering a variety of drinks and homemade snacks, lemonade stands are a popular summer pastime for American kids.

More than a way to earn a few pennies or spend a sunny afternoon, the traditional lemonade stand offers early business training. Setting out sweetened juice and cups on a tray may sound simple, but there are questions of pricing, how to advertise, sales location and the amount of inventory needed. These decisions are all made at a basic level, but they teach lessons.

Price too high, and no one will buy. Too low, and there won't be earnings to pay mom back for the can of frozen lemonade concentrate. You may want to set up shop in your neighborhood,

but which is the busiest corner for foot traffic?

Deciding how many hours to work and how much effort to put in, show a youngster the relationship between personal effort and results.

## The ABC's of Capitalism

Parents and teachers agree that the hands-on aspect of running a lemonade stand engages a child in some educational concepts that no classroom can teach.

"When it comes to counting out change to see how much they've earned, they become very careful about their arithmetic," says Alice Hauschka who

*More than a way to earn a few pennies or spend a sunny afternoon, the traditional lemonade stand offers early business training.*

teaches seven and eight-year-old children in Washington state, "Lemonade stands are a great complement to school studies."

"Measuring the right amount of ingredients to make the best-tasting lemonade, or adding lemon slices to make it look more appealing, teaches

kids about product quality," says Michael Viola, the father of three lemonade stand aficionados. Each year his children's lemonade stand becomes a little more sophisticated with decorated signs, or a more careful accounting of costs.

## The Money

"Children get excited when they see they can earn money through their own hard work. They get inspired to do more," says Jennifer Overholt, who has worked with teenage girls in California to start their own small businesses like dogwalking and greeting card design.

"These young people can gain self-esteem and problem solving skills. If sales are slow, they need to figure out why and what needs to change. Should they move to a new location? Change their price? Sell something else? Advertise with a fancier sign?" These are fundamentally the same product/place/price/promotion questions that MBA students examine in their graduate studies.

From his childhood lemonade stand, Mr. Jaffee, now 40, has graduated to running a multi-million dollar business. "That lemonade stand was my first lesson in customer service. I wanted to make people happy so they'd come back. Of course, I also wanted to make money."



Ah, the thrills of an American tradition.

**Tom Jaffee, founder and CEO of a Boston-based internet company, 8minutedating.com remembers his first business. "I was seven years old, sitting at the bottom of our driveway with a folding table, a cardboard sign and a pitcher of sweet cold lemonade. Neighbors would buy a cup of it for 5 cents." Jaffee wasn't alone. Every summer, thousands of American kids set up their first "lemonade stand" and enter the world of capitalism. JULIE BRICK**



Wining and dining on the cozy premises.

## An Institution Returns

**ODETTE CERCY**  
When the SARS panic hit China last year, one of Shanghai's classiest and best-kept secret restaurants shut its door due to lack of business. But even after the fear of SARS disappeared, its doors stayed shut. Its patrons were lost and confused without their favorite hangout – until now.

Le Garçon Chinois (the Chinese Waiter) has finally re-opened, welcoming customers who are looking for good food and a hint of 1920's glamour. The little renovated house, with its three floors of Chinese and Western cooking, is set to make an amazing comeback.

We started with the Sautéed Mushrooms and the cod fish appetizers. The crispy bacon added a delightful crunchy texture to the dish, blending a salty, crisp taste with the soft seductiveness of the flavorful mushrooms. The Cod fish came in little deep fried bites and their buttery smoothness exploded from the spiced breaded shell.

And then we ordered the "Black Paella". Paella is a Spanish specialty, kind of like Spanish fried rice, except that it's baked in an oven. We tried the one made with the black ink of a squid. The moist rice and succulent seafood made our tastebuds dance all night.

Le Garçon Chinois is located at No. 3, Lane 9, Hengshan Rd, near Dong Ping Rd. Tel: 021 6445 7970.

**VALUE ★★★★★**  
**ATMOSPHERE ★★★★★**

**FOOD ★★★★★**  
**SERVICE ★★★★★**

*"Accomplishing the impossible only means that the boss will add it to your regular duties." - Doug Larson*

## UPFRONT

Weekend Activities

### BEYOND BOUNDARIES

The Inaugural Exhibition at one of Shanghai's most high profile projects, Three on the Bund, has finally opened. The art gallery is the first section of the massive project to open, and true to their goal of being one of the top destinations in Shanghai, the collection is designed to impress. It is indeed, extraordinary. Well-known artists such as Gu Dexin, Liu Wei and Lin Tianmiao as well as others are on display for you to enjoy.

So take a break, and head on over to one of the most ambitious projects in Shanghai, and take a stroll on the Bund when you're done. After all, it's a lot closer than those new art galleries in the Suzhou Creek area.

Shanghai Gallery of Art is located on the third floor of No. 3, the Bund, Zhongshan Dong Yi Rd. Tel: 021 6323 3355. - Herter Norton



**DVD LOVE ACTUALLY, REVIEWED BY GORDON LEE.** THE CREATORS OF LOVE ACTUALLY CLEARLY BELIEVE THAT IF A MOVIE HAS ENOUGH CHARM, IT DOESN'T NEED DEPTH. BUT IN THE CASE OF LOVE ACTUALLY, THEY ARE RIGHT.

NO FEWER THAN 9 DIFFERENT LOVE STORIES ARE TOLD WITHIN THE SPAN OF TWO HOURS. THE DIRECTING DEBUT OF THE MAN WHO WROTE FOUR WEDDINGS AND A FUNERAL AND NOTTING HILL IS A FEEL-GOOD, HAPPY FILM WITH THESE TALES OF LOVE, GRIEF, DISCOVERY, LONGING AND DISAPPOINTMENT.

HUGH GRANT STARS AS A GLIB, SINGLE AND SMITTEN BRITISH PRIME MINISTER. HE'S FALLEN FOR HIS "PUDDY" SECRETARY, PLAYED BY THE CUTE MARTINE MCCUTCHEON. SHE MAY JUST GIVE HIM SOME SPINE, AND THEN THERE'S BILLY MACK (BILL NIGHY), A GLORIOUSLY DISSIPATED ROCKER, GRASPING AT ONE LAST HINT OF STARDOM WITH HIS CHRISTMAS COVER OF THE TROGGS' "LOVE IS ALL AROUND." HE IS FLAT-OUT HILARIOUS.

THE FILM IS TOO BUSY WITH TOO MANY STORIES TO TELL. BUT THERE'S SO MUCH HEART, SILLY FUN AND GENUINE SENTIMENT HERE, DELIVERED BY AN A-LIST OF BRIT AND AMERICAN TALENT (GUESS WHO PLAYS THE VISITING U.S. PRESIDENT?) IT'S A CUTE FILM THAT'LL HAVE YOU SMILING ALL NIGHT. **STARS ★★★★★**



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# LIFESTYLE

Travels and Treasures

## Lost in Adaptation...

**The lost city of the Incas lies in the middle of the Andes Mountains. It had always been a place that I desperately wanted to go to. The image of this mysterious, historical land had haunted my mind for years. Every time I saw it in advertisements or heard people talk of the great sunrises there, my mind lost its peace.**

ALEXANDRA RUCH

It took me a while to find out how such project could be organized. After all, there were over 250 travel agencies and companies in Peru who wanted to make a living off of people like me – people who are desperate to see a sunrise at Machu Picchu. Since you're not allowed to walk the Inca trail yourself, I booked a tour – not knowing with what kind of people I would end up with.

The tour started at 6am, at the Plaza de Armas in Cusco. A bus took us to the km 88, a landmark and the starting point of our four day adventure. Our tickets and passports were checked. The start was easy walking, especially for those of us who had given their backpack to the porters. They make a living off foreigners who are too lazy to carry their own belongings to the palace of mystery.

Everybody in our little group got to know everyone else while we walked long hours. Our Peruvian guide always had great stories to tell too. Thanks to walking the trail in the rainy season, we didn't meet too many other tour groups. We reached our first camp in the afternoon. After a great lunch prepared by our cook (we weren't spoilt, every tour group had one), they erected



THE NIGHT BEFORE GETTING TO THE BEST KNOWN AND MOST SPECTACULAR SITE ON THIS CONTINENT, THERE WAS A LITTLE PARTY FOR ALL THE PORTERS. TRAVELERS ALWAYS HAVE AN EXCUSE FOR PARTYING!

our tents, and we had a great dinner. The male part of our group played soccer with the local Peruvians who lived along the Inca Trail.

### The Hardest and the Best

The second day was supposed to be the hardest, and some people were asking themselves why they hadn't decided to take the train to Machu Picchu. But all the beautiful nature, birds and views on the way gave us the answer. Reaching the highest elevation of the Inca Trail, the 4050m high Dead Woman's Pass, in the early afternoon, there was a big round of applause for everyone who got there. We reached the second camp a bit wet, because it had started raining.

The third day was the most culturally and historically interesting one. Besides a few plateaus, there were a lot of old ruins from the times when the Incas went to Machu Picchu: whole villages were built along the way, and the landscape was really different. Towards the end of the day, we walked down 1,000 steps to our third camp.

The night before getting to the best-known and most spectacular site on this continent, there was a little party for all the porters. Travelers always have an excuse for partying!

### The Sweet Taste of Arrival

As much as I wanted to stay in my sleeping bag at 3:30am the next morning, I was excited to see what I had been looking for so long: Machu Picchu. It was still dark and probably 100 people started walking. Then, there were rumors that we were getting close to the mystical place, but we didn't know because of all the fog around us.

Passing a sign that said, "Gateway of the Sun," I still hoped that my dream of seeing the greatest sunrise of my life would come true. But suddenly, we reached Machu Picchu, soaking wet due to the heavy rain. We were frozen, tired, and could hardly see the historical ruins.

However, at around 11am the clouds finally revealed this mystical place and I could take the picture I had dreamt about for so long: Machu Picchu.

**GETTING THERE:** Northwest Airlines flies from Shanghai to Lima, Peru for approximately CNY15,000 one-way. The Northwest Airlines office is located at Room 2810, Plaza 66, 1266 Nanjing Lu. Tel: 021 6884 6884.

## Wining as Dining

Nowadays, with the accelerating pace of economic globalization, it has become quite common and natural to buy wines from all over the world. As the wine industry becomes more internationalized, it is witnessing its fastest growth ever.

However, the rapid growth areas are not in Europe. For more than a decade, wine consumption in Spain, France and Italy has dropped significantly. It is not that the Spanish, French, and Italians don't like wine anymore – indeed, wine is still very much the beverage of choice. The decline in per capita consumption comes because wine is no longer used as a source of raw calories.

Just 40 years ago, farmers, workers, and others in these countries who worked outside had a wine with a hearty breakfast or a shot of brandy in their coffee – as a way of preparing for the strenuous day ahead.

Sometimes, workers even drank wine, occasionally supplied by their employer, during their break! Think of it as the fun version of a coffee break. Children were sometimes given wine-soaked bread sprinkled with sugar as an after school snack.

Today, wine is a symbol of high standard and taste, an expression of richness or elegance and the embodiment of romance. In fact, it's quite easy to enjoy wine: be yourself and choose what you like. Of course, you can still drink wine for 'energy' as well.



**Malgra Gaiana Barbera d'Asti:** Gaiana is the name of a single vineyard, and it indicates a Barbera grape. Because this grape comes from a single vineyard, it means it has a higher quality than an ordinary Barbera wine. Malgra Gaiana Barbera d'Asti is fresh and vibrant. The inviting flavors of strawberry and raspberry murmurs on your tongue and the round and velvety flavors add an additional depth to its taste. It pairs well with beef dishes.

**Evans and Tate Gngangara Shiraz:** Shiraz is the most popular varietal in Australia. A little different from the rest of Australia, Western Australian Shiraz is quite fruity and juicy with its characteristic black-peppery hints. This wine is quite good for those who seldom taste wine. It can be drunk alone or matched with food.

**Robert Mondavi Private Selection (Coastal) Zinfandel:** Because of its unique microclimate, some of the best Zinfandel grapes come from the central coastal region of California. All of Robert Mondavi's Private Selection products are made from the quality grapes from the coastal region. Private Selection Zinfandel is thick, deep and intense with fruit flavors like strawberry, blueberry and jam. Its zesty black pepper flavor brings about a "salty", sometimes flinty aftertaste. As to the food to pair with this Zinfandel, pizza might be best.



## Jewel of a Case

**WHAT TO DO ABOUT AN AGING TECHNOLOGY THAT IS FADING INTO THE BACKBURNER OF THE "OLD SCHOOL"?** MonoOne, a Hong Kong-based design studio, has introduced a line of CD players which function as concept art rather than overpriced home electronics. The music spinners are available in two colors - Cool Ice, which is clear, and Hot Ice, which is encased in translucent orange.

The Ice Cubes are simply a box and a lid made of clear acrylic. All electronic components are hidden beneath the CD dock, so the disc becomes the only visible part of the player. A little infrared five-button remote controls all of the simple functions, so you don't have to worry about fingerprints marring the cube of its diaphanous beauty.

Retailers for the Cool Ice and Hot Ice Cubes are listed on MonoOne's cute, but navigationally aggravating website: [www.monoone.com](http://www.monoone.com). They are priced at HK\$2000 each. - Ruby Gu

Wine provided by Montrose Wines. [www.montrosechina.com](http://www.montrosechina.com)

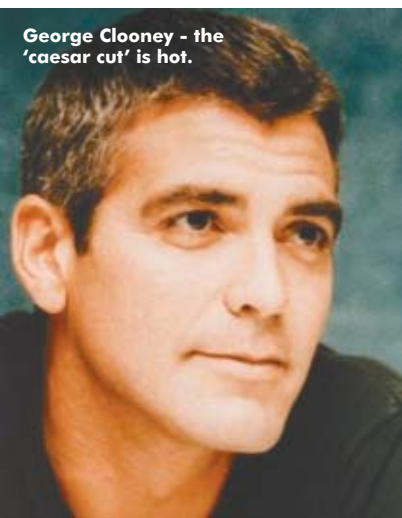
# LOOKING GOOD

## Hair and Men

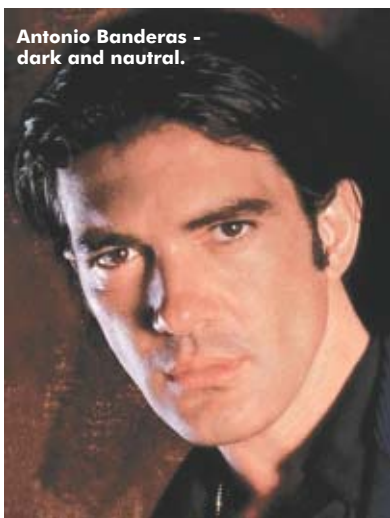
LOOKING FOR INSPIRATION FOR MEN'S HAIRSTYLES? THE HOTTEST STYLES COME FROM HOLLYWOOD'S VERY OWN STARS AS THEY DASH THROUGH THEIR LEAD ROLES. TAKE A CUE FROM THEM AND BE A HEAD ABOVE THE REST! IMOGEN HARRIS

## LONG LOCKS

## CURLS



George Clooney - the 'caesar cut' is hot.



Antonio Banderas - dark and natural.



Russell Crowe - groomed but carefree.

Movie stars change their hairstyles for the many roles they play. George Clooney, Russell Crowe and Antonio Banderas are no exception.

George Clooney's casual style takes advantage of his naturally wavy hair. It's just perfect for his action adventure roles. His close cut and tailored finger-combed hairstyle makes the best of his rugged good looks. This style works for all hair types, especially for thick hair and curly wavy hair. To get George's hair, cut your hair close to your head, but shape it so it has a little fullness. Cut your sideburns close to your face.

**TO GET THIS LOOK:** To style, work a dab of mousse or gel through damp hair. Dry naturally or blow dry. For a

textured effect, dry finger-comb a dab of styling cream through the finished hair style.

Russell Crowe, Ben Stiller, and Antonio Banderas have medium-length hair, and keep a hairstyle that looks sophisticated and neat while maintaining a carefree lifestyle. This classy yet unrestricting hairstyle can be achieved with short to medium length hair.

If your hair has a loose curl or wave like Antonio Banderas and Russell Crowe, a style with tapered sides and a neckline is good start. The front and sides

are usually left a bit longer so you can comb it back.

For a rugged effect choose a close-clipped beard. Keep side burns consistent with your hair style.

**TO GET THIS LOOK:** Comb a dab of straightening styling balm through damp hair. Blow dry to a smooth surface and relax the curl. When dry, put shaping gel through hair your hair for shape and shine. Use a styling spray for a natural look and hidden style support.

Long hair shows a carefree nature. Movie stars like Johnny Depp and Tom Cruise are two of the most popular men who have pulled off this look.

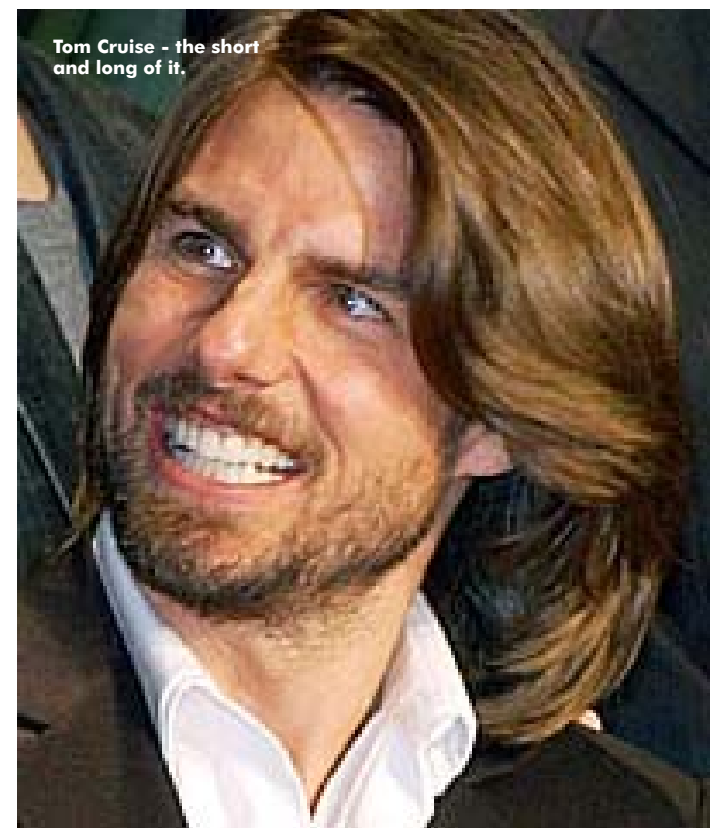
Tom Cruise and Johnny Depp have hair that looks great at all lengths. Tom Cruise has kept his hair long for many of his roles, most recently in his movie, *The Last Samurai*, which differed widely from his short cut in *Minority Report*. Johnny Depp has played exceptional roles in *Edward Scissorhands* and *The Pirates of the Caribbean* - where his long locks were a part of his characters.

This long style works best if your hair is straight, has a loose curl, or if it falls over your shoulders with a natural part. Long hair for men is in style these days, but keep it shoulder length.

**TO GET THIS LOOK:** This relaxed hairstyle exudes a carefree attitude. It is easy to manage. It requires nothing more than a good combing after a shower. When it's dry, brush some pomade through it for shape, shine and frizz control. For straight hair, comb a puff of mousse through damp hair, and style it into place. Then, air dry or blow dry. Mist with special effects Styling Spray for a high gloss finish.



Johnny Depp - wild child.



Tom Cruise - the short and long of it.

## HIGHLIGHTS



Brad Pitt - 'changes his hairstyle every week'.



Ricky Martin - he 'bangs'.

For men, if color and highlights are overdone - being taken seriously can a problem. Stick to natural tones which are as close to your real complexion as possible. Music stars change their hair styles for the videos they shoot and Ricky Martin is no exception. Ricky's short look with its bleach blonde highlights has set a trend for many young men.

Ricky sported a shorter haircut in the days of "Livin' la Vida Loca", but today, his hair is longer and pushed forward with either gel or paste. While in Hollywood, Brad Pitt has had his hair streaked for years with highlights to define his boyish charms. (Brad seems to change his hairstyle every week).

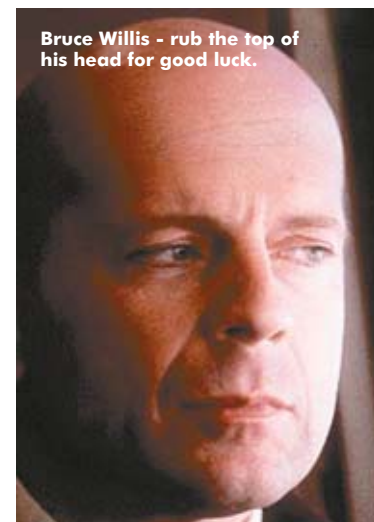
This is a great look for someone who doesn't mind if his hair gets messy throughout the day. This is how it's intended to look. It's more suitable for out-of-the-office and casual occasions. It kind of gives you that "a woman just ran her hands through my hair" look.

**TO GET THIS LOOK:** This look is achieved by ruffling up your hair right when you come out of the shower. Use a hair styling product such as paste, wax or gel, but instead of pushing the hair forward, the bangs are pushed back and the rest of the hair is pushed all over the place.

Gel your bangs upward (not at a 90 degree angle!) and back, in more of a diagonal, by using gel or paste. Make your hair look "spikey" by using hair gel or similar products. Ask your hairdresser for highlight tips.



Moby - head start to happiness.



Bruce Willis - rub the top of his head for good luck.

## BALD

Don't feel bad if you're beginning to lose your hair. Although there are ways to slow down or prevent hair loss, there are also great hairstyles for those of you who have a receding hairline. The best way to camouflage the fact that you are experiencing hair loss is to shave your head.

Actors such as Bruce Willis show us that this is possible. Musician Moby also looks great with no hair at all.

## ASK A PROFESSIONAL

- 1. Do your research** - Research different hairstyles before going to the hairdressers. Look to pop culture to keep up-to-date on the latest men's hairstyles. Check out entertainment, and fashion magazines, music videos, and become more pop culture savvy.
- 2. Bring pictures** - Bring pictures to your hairdresser as examples of a hairstyle you want. This way your hairdresser will know exactly what you're going for.
- 3. Be specific** - Hairdressers aren't mind readers. Don't assume that your hairdresser knows what style you want. Tell him exactly what you want and exactly what you don't. Be firm - You're paying good money and it's the hairdresser's

duty to do a good job. Speak up if you're not happy with what he or she is doing.

**4. Consistency is the key** and your hairstyle should be even all around.

**5. Purposely messy is in.** It's great for medium length hair. Avoid combing wet hair. Apply the paste or gel and moderately mess up your hair, making your hair fall more randomly. This way, your locks look more relaxed, laid back and, ironically, more natural. This is also a great hairstyle for the upcoming summer months.

**A change in hairstyle is not permanent, but can make you feel great for a long time.**

# LINGUAFRANCA

Language, Communication and Cultural Elements

## Brush Up Your Skills

1. LIVE IT UP ON A BUSINESS TRIP
2. REAL ENGLISH, REAL CHINESE - OUR SLANG CORNER
3. THE ADVENTURES OF THE HONORABLE MR. BIG NOSE

English is becoming the world's international language. Learning it is becoming the quickest way to improve your chances in work, business, and sometimes, even love. Clip these lessons out and use them wherever you go.

REAL ENGLISH, REAL CHINESE

They are 'splitting hairs'

Toss these words into any conversation, and you'll sound like a native speaker.

M.L. BRIGGE



**Flag down (打信号使停下 - da xin hao shi ting xia) (verb):** To stop a vehicle.

**Example:** Hey! Can you flag down that cab? We need to get to the airport in 10 minutes.

**Move heaven and earth (竭尽全力 - jie jin quan li) (phrase):** To do everything in your power.

**Example:** I don't care what I have to do. I'll move heaven and earth to be with you forever.

**Short list (最终候选人名单 - zui zhong hou xuan ren ming dan) (noun):** A list of a few items or people that were selected from a longer list.

**Example:** Hey! I made the short list! They had 12 candidates for the post, and now they told me they're only considering three, including me.

**Full Marks (满分 - man fen) (noun):** High praise.

**Example:** Yes, it's too bad you didn't make the team, but you get full marks for trying.

**Knock somebody into the middle of next week (用力打某人 - yong li da mou ren) (phrase):** To hit somebody very hard.

**Example:** Don't you dare insult my mother again! I'll knock you into next week!

**To pull yourself together (振作精神 - zhen zuo jing shen) (phrase):** To regain control of your emotions.

**Example:** Don't cry. It's only a boyfriend, you'll find another one.

**To see somebody out (送某某出门 - song mou mou chu men) (phrase):** To walk with somebody to an exit.

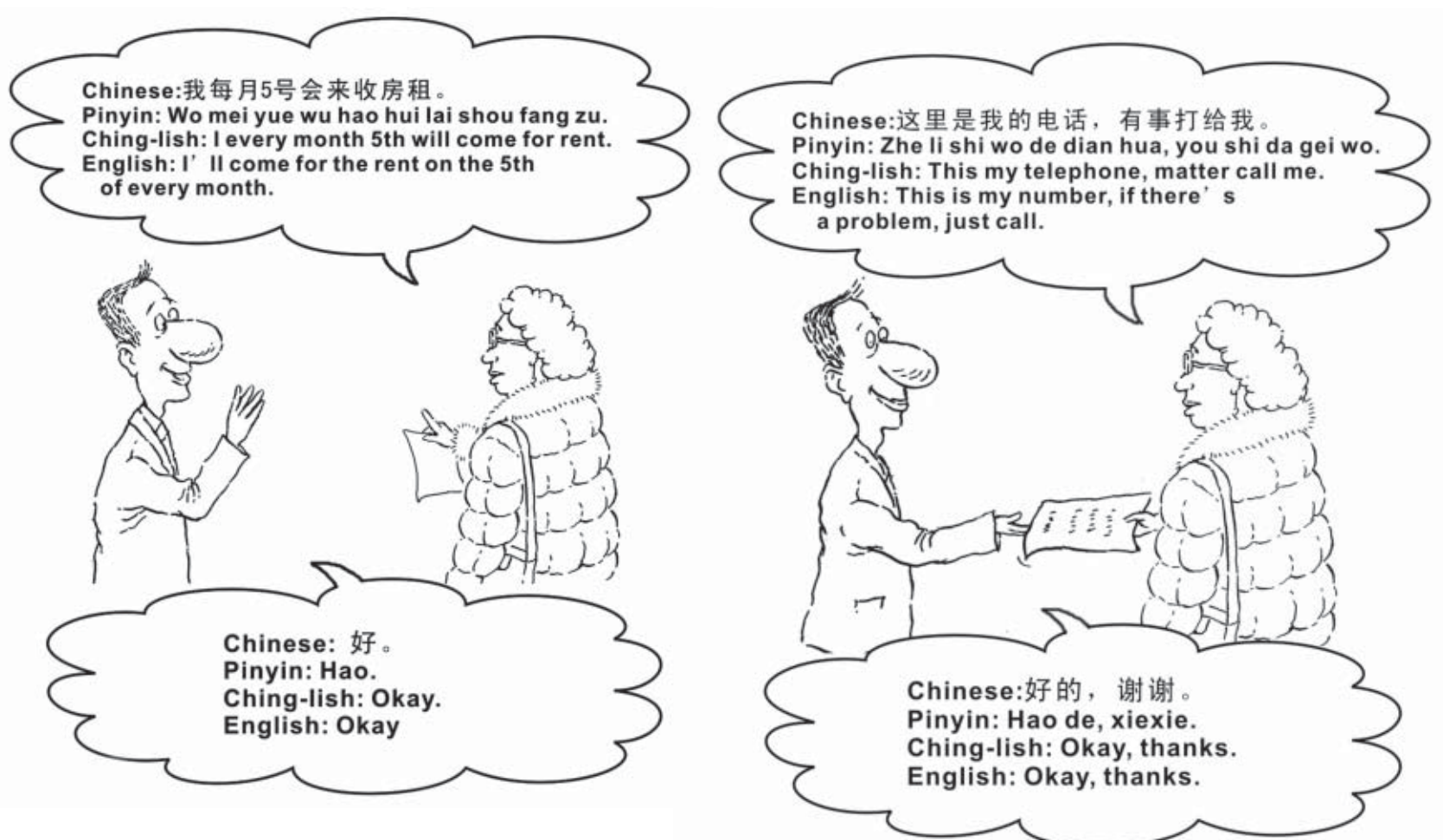
**Example:** Miss Chen, could you see our client out? I don't think he knows where the elevator is.

**Split hairs (鸡蛋里挑骨头 - ji dan li tiao shi tou) (verb):** To argue over details.

**Example:** Why are you splitting hairs? Does 8 fen really make a big difference in the price?

## The Adventures of the Honorable Mr. Big Nose

大鼻子先生历险记 PART 3. MOVING AND SHIFTING TO A NEW APARTMENT.



NEXT WEEK: PART 4. MOVING AND SHIFTING TO A NEW APARTMENT.

PROFESSIONAL'S CORNER

### OVERSEAS TRAVEL - BRING ON THE CHEAP DEALS

When your company sends you on a business trip, learn how to handle economy status while your clients enjoy luxurious accomodation... STEPHEN DADELUS

In this age of cost-cutting and bottom line management, workers are being forced into horrible situations. You're traveling around the world because your boss told you to? Too bad, you're flying coach. You're going to the middle of nowhere in China because the company needed make a stupid little client happy? Too bad, you're staying in the cheapest hotel in town. Well, here's a couple of ways you can protect yourself in this situation!

**1) Request a room with a quiet location** - Avoid rooms near elevators, vending machines, the ice maker, the parking lot, or a noisy bar. Ask for a room at the end of the hall so there will be fewer people bothering you as they walk past your room into their rooms.

**2) Check the mechanicals and plumbing** - Before unpacking, check air conditioning, heat, television, lights, and water pressure. If any are not working properly or are otherwise unacceptable, request a new room.

**3) Remove the bedspread** - Cheap hotels do not regularly clean bedspreads. Use towels for warmth. Call the front desk for towels if there aren't enough in the room.

**4) Clip the curtains closed** - If the curtains don't fully close, secure the two sides together using whatever you have on hand - paper or binder clips, tape, or pins and needles from a sewing kit.

**5) Check the mattress firmness** - If the bed is too soft, put the mattress on the floor.



**6) Check the clock** - Make sure the alarm is not set to go off in the middle of the night. Avoid the wake-up service - it is usually unreliable. Set an alarm using a travel clock.

**7) Avoid the morning shower rush** - Cheap hotels may run out of hot water anytime between 7 and 9 AM. If they have hot water. Shower earlier or later.

**8) Be aware** - Bring lightbulbs bright enough to use for reading. Bring two small rubber doorstops to wedge under the door to your room and under the door to the other room, if there's another room. Travel with snacks. Cheap hotels may have no restaurant, no in-room coffee and no vending machines. Even if there is a restaurant, it may be terrible.

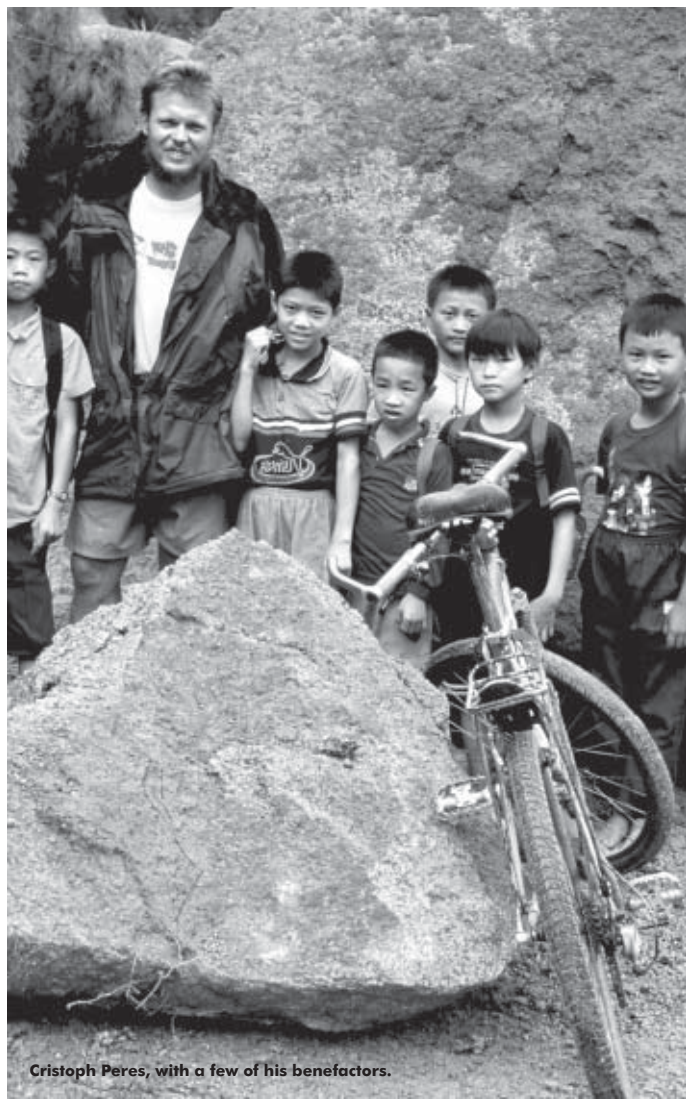
# WAIGUORENTALKING

Sunny Dispositions

## All Across China A CN¥2M BIKE RIDE

Riding for the sake of riding offers no challenge to someone like Christoph Peres. Last year, for his first bike ride, he raised CN¥2 million for a children's charity. 38-years-old, successful and creative, this Spring, Christoph will start his second tour.

ELISABETTA PLEBANI



Christoph Peres, with a few of his beneficiaries.

Peres exploited his marketing and branding skills to transform a personal interest in a commercial but useful enterprise: riding around in China to raise money for a children's deficient heart fund. The first expedition project raised about CN¥20 million. His current target is to raise CN¥200 million.

### WHAT REALLY MOVES YOU TO RIDE MORE THAN 12,000 KM, ALL ALONE, IN AN UNKNOWN PLACE FOR 6 MONTHS OR MORE? A HUGE EGOCENTRIC NEED TO EXPOSE YOURSELF?

During my first tour, the idea of selling my self and my tour to fundraise came after my wish to experience China. I wished to meet its people, not through an ordinary tourist group but through a personal, full-immersion experience.

Crossing a country by bike lets you see the landscape, experience the ground, and forces you to take time in order to regain your strength for the next lap. Being alone with yourself helps you to think about so many things. It makes it an exceptional learning experience.

### WHY DID YOU DO IT ALONE?

If you are insinuating something, I am not a megalomaniac. I am just very pragmatic. For such a personally demanding exercise, it would have been impossible to find a riding partner that has the same strength, identical objectives and expectations as myself. My purpose is candid both in tone and manner. I really want to have some fun and sweat. I wish to use this adventure to make people smile and dream. I can assure you that I am not using children as a vector for commercial aims.

### IS THE LABEL YOU CREATED, LUO BEN YOURSELF? WHAT DOES THAT MEAN TO YOU?

LuoBen means naked runner. For me, that means someone who has taken all of his clothes off to start a new life. After I left Japan for China, I felt like I changed paths and clothes completely. During my first tour, I confronted many personal issues. Despite my decision, I was never sure that I would have been able to face all the challenges.

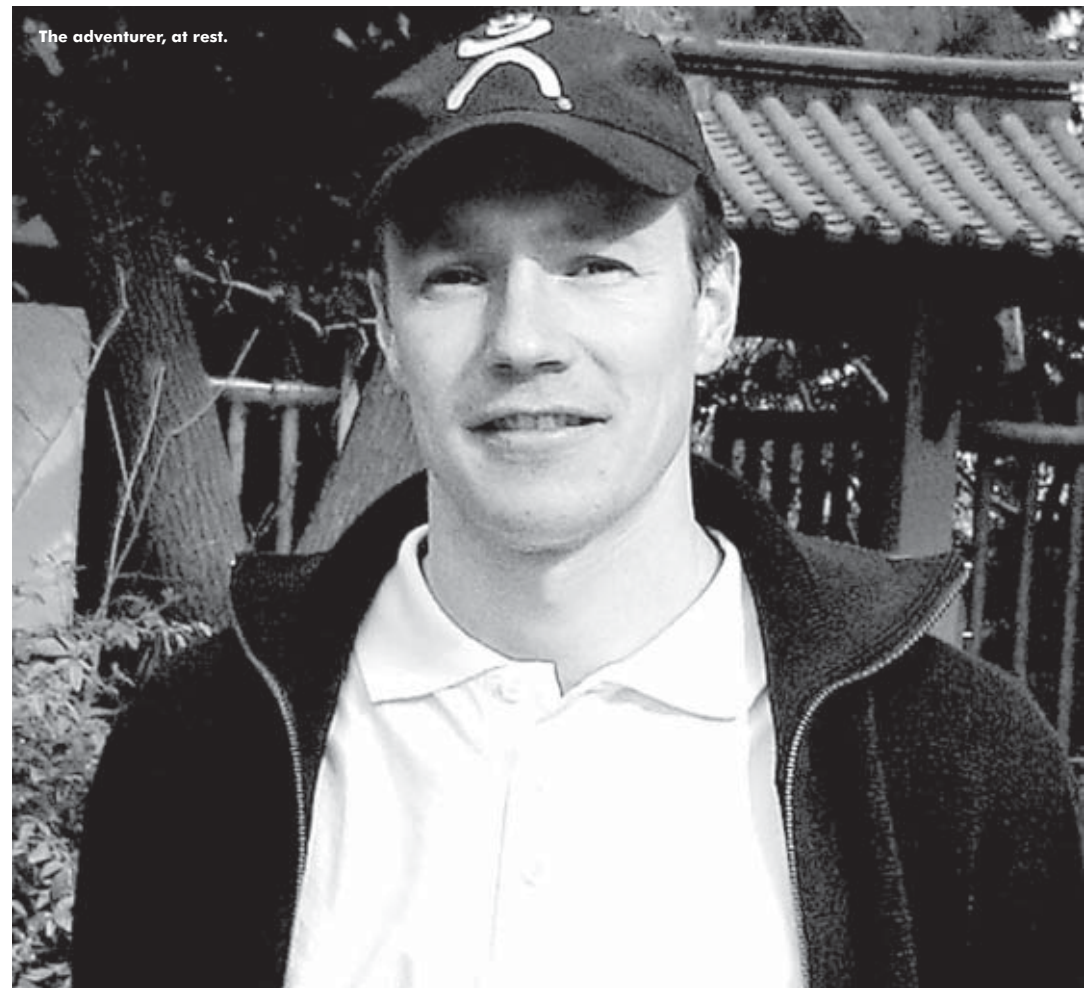
From the beginning, I concentrated on getting to the finish. Sometimes I would get desperate while looking at the immense country on the map, after signing off on the first few hundred kilometers. I thought the thousands of kilometers left would torture me.

However, after the first week I underwent a transformation: I realized that I was so lucky that I was experiencing such a thing. I decided that I had to live every single minute of it instead of thinking about the end of it. Suddenly everything became easier.

### WHAT ARE THE CHANCES THAT THIS SECOND LONG DISTANCE CHINA BIKE TOUR IS GOING TO BE AS EXCITING AS THE FIRST ONE?

Fundraising for the kids is the excitement. It is what helped me get through my first trip. I am not doing it for myself.

**Compromise in a nutshell: That is what characterizes orienteering and adventure racing, according to Shanghai resident Bjorn Berggren. Problems, endurance, communication, decisions, speed and trust are what his favorite sports are all about.**



The adventurer, at rest.

## INTERVIEW : BJORN BERGGREN

ADVENTURER BJORN BERGGREN AS INTERVIEWED BY BABS VERBLACKT

## Q+A

### TI'S QUESTION: HOW DOES AN ALLOWANCE WORK FOR YOU?

#### Michael Chang, USA,

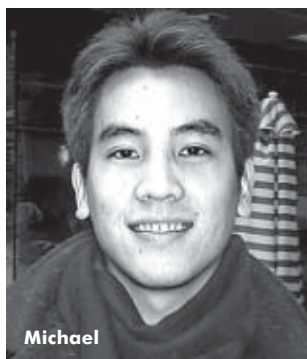
"In terms of allowance, I've always been pretty independent. I've always tried to work on my own. But my parents have always been very supportive. If I can't afford something, all I have to do is ask. I've never wanted them just to give me money, though. My family owns a restaurant so I worked as a waiter whenever I wanted to make some dough. I never just asked for money unless I really needed it."



Michael

#### Cat Murray, England,

"Allowance is a very American term. In England we call it pocket money. When I was young I would get pocket money every from my father Saturday morning. We all had jobs that we did to help out and earn the money - like dusting or the dishes. But by the age of thirteen I had a part-time job."



Cat

#### Kaizo Shibuyama, USA,

"I started working when I was sixteen, and anytime I was short of money, I'd just go up to my parents and they'd tell me to clean my room and then I'd get some cash. I would ask for money for little things, like when the ice cream truck came around, or if I needed some toys and couldn't wait for Christmas, or to use those little candy machines at the grocery store that cost a quarter for a handful. Not big things."



Kaizo

**John Ho, USA,** "My family has always had a golden rule where they take care of me as long as I'm going to school, and when I'll take care of them. So whatever money I needed, they gave me. And now that I'm at college, away from home, they just send me money in bulk and I spend it whichever way I want. But when I graduate, believe me, they're going to retire and I have to pay for their home and everything."



John

### WHAT IS THE DIFFERENCE BETWEEN ORIENTEERING AND ADVENTURE RACING?

Orienteering is a race where you use a compass and a map to run a route, usually in a forest or park. The route has several checkpoints, which you have to find and mark in a certain order as fast as possible. It is an individual sport. There are different categories and you don't know who is racing, so it's no use following other people.

Adventure racing is often an orienteering race, but sometimes it is a marked route. But it is not just about running, but a combination of running, mountain biking and paddling. It can also include rope works, inline skating and caving. It is done in teams of two to four people.

### WHEN DID YOU START ORIENTEERING?

When I was 10 years old. I used to go cross-country skiing at a club that organized sports. During the summer, I started orienteering. Because the snow conditions were often not good, I tended to do orienteering more. It is a national sport in Sweden and whole families are do it. The big season is from August to November, when the forest is healthy and strong. During the spring and early summer, there are not that many races, so

### DURING A RACE YOU CAN SOMETIMES HEAR THE SCREAMING OF BAD WORDS SOMEWHERE IN THE FOREST.

prevent damage to the woods. The birds are having babies and the forest needs time for itself.

### HOW DID YOU GET INTO ADVENTURE RACING?

I started after I came to China, mostly because of the people I met. I would recommend adventure racing to anyone who feels comfortable with orienteering. It is even more complex and it has team dynamics. You have to decide which strategy to take together. Even when people are tired and hungry, you have to keep making decisions. The navigator in the team is often either the king, or, when mistakes are made, the black sheep.

### WHAT DO YOU LIKE ABOUT THESE SPORTS?

The beauty of using mind and body at the same time: If you try to run or bike too fast and read the map too little you will make mistakes. In fact, there is no perfect race. Everybody always makes mistakes.

But most of all, I like meeting active people with the same interests: if others weren't doing this, I wouldn't be doing it either.

### DID YOU EVER GET LOST?

Yes, many times. The worst is getting so lost that you are outside the map. The best to do then is just go back and try to find something you recognize. It can be really frustrating. During a race you can sometimes hear the screaming of bad words somewhere in the forest.

### DO YOU THINK ORIENTEERING AND ADVENTURE SPORTS WILL EVER BE POPULAR IN CHINA?

There are a few good races and teams in China today, and there are World Championships, but it would definitely help if it also would be an Olympic sport. Then it will get government support and China could probably create an elite orienteering team within three years. It definitely has the ability to do so.

**YOUR QUESTIONS: ARE YOU CHINESE AND HAVE A QUESTION ABOUT FOREIGNERS AND THEIR LIVES?** Please send us your questions and we'll find 4 foreigners answer your question for you. Send your name, contact phone number, and a photo (to publish!) to: Edward Shei, 4F, 839 Yan'an Zhong Rd, Shanghai 200040 CHINA.

# BETTERLIVING

Ins and Outs of Shanghai



## Parisian Style Living

Open yourself up to a sense of glamour and European style.

**If you've bought a new apartment in the French Concession of town, why not decorate it like an apartment in Paris? Here's a simple style guide to get you inspired and decorating:**

Parisian apartment interiors appeal to our sense of glamour. Imagine high-ceilinged rooms, a small wrought iron balcony overlooking the Seine and old world architectural details filling your room. Beautiful, right?

This style of decorating has a range of looks from different periods of history such as Baroque, Rococo, and Neoclassical. It also contains more contemporary periods of history which include Art Deco, Mediterranean, Old World, and Cabaret. But colors remain mostly the same.

Black, white, and gold, are main color themes, but jewel tones such as deep blue, red, or green are another possibility.

Touches of gilt are another outstanding element of the Parisian style. It adds an elegant touch to your apartment.

Furnishings and accessories display a vintage sense of style and time-worn elegance. Look for furniture pieces painted in black or cream mixed with dark woods and accented with gold. A more luxurious Parisian look might feature shimmering silks and brocades along with finely carved furnishings. Furniture and home decorating stores on Yongjia Road near the corner of Shanxi Road are good places to scout for Parisian style accessories.

Accessories and motifs can include vintage posters of French nightspots, French signs, large train station clocks, black wrought iron tables and shelving, and any scenes of France, or Paris.

Xavier's store in Xintiandi stocks great accessories for a Parisian style interior.

**Here are more things to aim for in a Paris apartment style room...**

■ **Large sized posters of French landmarks** and nightspots are very popular starting points. Also, look for paintings, faded and stained etchings, old black and white postcards, and sepia-toned photos of nearly anything French.

■ **Black is the great unifying element** in Parisian style rooms. Look for it in painted wood furniture, picture frames, fabrics, lampshades and accessories.

■ **Large clocks are often a focal point.** Choose an antique or a new reproduction that features

lettering in French and has an aged appearance. Yuan Yuan Tea Gardens have antique clock stalls as well as Dong Tian Road near Xintiandi.

■ **Frequently used motifs** include the fleur de lis, toile (pastoral country views in one color and white), hot air balloons, castles, and scenes of France and the Eiffel Tower.

■ **Have the feel of age and permanence.** Avoid items that look too matched, new, or shiny.

■ **Light fixtures should add a romantic glow.** Install wall sconces with little silk shades, crystal chandeliers, or fringed lampshades on a table lamp for an air of elegance. Black lampshades will cast a golden light when lined with gilt gold. Beading, cording, and fringes can be added to any shade.

■ **Unique furniture** with layered skirted tables, padded iron benches, little bistro tables and chairs, and large ottomans covered in rich fabrics are the Parisian style.

■ **Gorgeous vanity tables** are a highlight in Parisian style bedrooms. Make them luxurious by using a decorated gilt table or a vanity dressed up in silk and ruffles. Use vintage accessories and mirrors to add to the glamour. Small perfume bottles with old fashioned pumps are perfect.

■ **Fabrics to use include velvet,** damask, brocade, lustrous silks, and traditional toiles. Toile is often paired with color-coordinated checked

fabrics on both large and small scales. Tassels, cording, fringes, and other details add a luxurious old world look. Linen, leather, and paisley designs are also seen, as are bold stripes.

■ **Upholstered furnishings** with beautiful fabrics, dressmaker details, and carved legs have upmarket appeal. Down cushions provide the slightly rumpled look of comfort and elegance.

■ **Wood furniture pieces are stained dark** or painted in black or ivory. Distressed, crackled, and aged finishes bring a "collected" feel to the furniture. Small, aged areas of gilt on furniture edges add to an heirloom quality to pieces. Old Chinese lacquered antique furniture like a dressing screens are ideal!

■ **Accessories include large vintage mirrors,** architectural elements (columns, corbels), garden statuary, black wireware, clocks, hatboxes, luxurious silk pillows, soft throws, vintage candelabra, flowers, plants, china, and delicate porcelain figurines. Look for vintage linens and antique hats (or clothing) to display.

■ **Windowcoverings with flowing panels,** elaborate swagged valances, ruffles, tassels, silk cording, or bouillon fringes. Simpler rooms might feature linen or toile panels over shutters.

■ **Flooring of dark hardwood covered** with an array of worn Oriental carpets to provide instant pattern, color, and age.

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# 朝核会谈期间独家赴韩采访

## 朝鲜半岛局势日趋紧张 第11次韩朝部长级会谈昨仍如期举行

谁走得更近，  
谁看到的更清楚

——东方早报

眼见为实，也是新闻报道要恪守的原则。东方早报总是尽最大的可能，亲历事件的现场，零距离捕捉第一手新闻资料，将事实的真相呈现给你。



朝鲜边防士兵紧盯韩美动向

PHOTOCOME

