



Our Wonderful World

May, 2010
Volume 1 :: Number 1

The Art of Living Green

DoubleTree
PBG
*Where Classic
Elegance Meets Green*

Escape to
Paradise
*Lost Iguana
Resort & Spa*

The
Vanishing
Honeybee
*One Company's
Solution*

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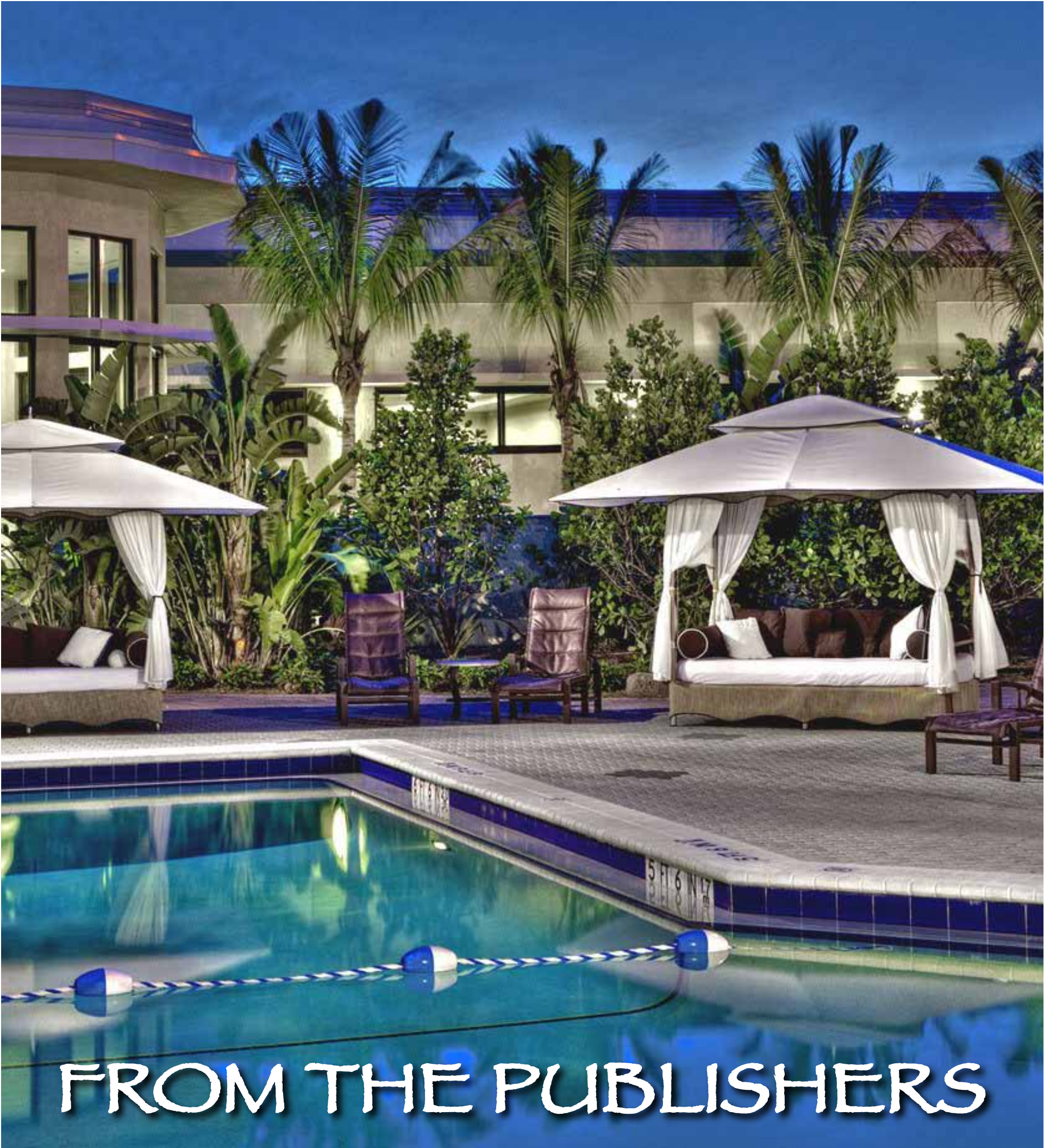
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FROM THE PUBLISHERS

Welcome to the premiere edition of *Our Wonderful World*, a state-of-the-art, interactive, digital magazine dedicated to helping all of us live healthier, happier, greener lives that bring us into harmony with each other and our beautiful planet.

Every month *Our Wonderful World* will provide you the know-how to “go green” with sustainable living ideas and cutting-edge information about earth-friendly products that can improve the environmental sustainability of every aspect of your life, all of which honor your body, your soul and the Earth. You’ll also find interesting, helpful information about improving your health, getting fit, refreshing your spirituality, achieving work-life balance and enhancing serenity. Then again, you’ll also get the very latest in energy conservation tips, natural skincare, herbal remedies, jewelry, organic recipes, upcoming “green” events... and a whole lot more.

Our Wonderful World Media & Entertainment, Inc. believes that the true measure of our success is the change that we make in helping to protect and nurture our environment, our families and our health.

In this premiere issue our cover story features the DoubleTree Hotel and Executive Meeting Center in Palm Beach Gardens, one of the “greenest” resorts in the country. Special thanks to David Margolis, Director of Sales & Marketing, for his assistance in providing us the information we needed to compile the story. David is the consummate professional.

Travel lovers will be fascinated with Escape to Paradise in which we feature a truly extraordinary vacation destination — the Lost Iguana Resort & Spa. Gently nestled in the midst of a primal tropical Costa Rican rainforest near the base of a 5,500 ft. active volcano, Lost Iguana is a destination that must be experienced to be believed.

Of course, we’ve got a whole lot more. From Pearls of Wisdom from the Green Goddess to some great insights about our emotional, physical and spiritual well-being from our dear friends Charlotte McGinnis and Lindsay Babich, we think we’ll keep you informed, humored and enlightened.

Until next month,



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DoubleTree Hotel &
Executive Meeting Center
Palm Beach Gardens

“WHERE CLASSIC ELEGANCE MEETS GREEN”

by Glenn R. Swift

*The DoubleTree PBG is the
nation's only hotel to achieve
LEED, IACC and PURE
certification.*

Blending classic elegance with stylish, modern accommodations and amenities, the DoubleTree Hotel and Executive Meeting Center (EMC) Palm Beach Gardens features cutting-edge, environmentally friendly technology with uncompromising comfort and functionality. Owned by Annapolis-based Thayer Lodging Group, the site was originally developed by John D. MacArthur during the era of his founding of the City of Palm Beach Gardens. Today, this extraordinary hotel serves as one of South Florida's premiere business meeting venues.

The EMC is one of five such facilities in the country that provides a PURE Meeting Environment featuring Improved Air Quality (IAQ) that is 99% allergen-free and filtered, producing mountain crisp air for increased alertness. The Center includes eleven hi-tech-savvy meeting rooms averaging 700 sq. ft. in area, several of which can be opened into larger meeting rooms, the largest two spaces being 1,850 sq. ft. and 2,100 sq. ft. The facility was designed to be certified by the International Association of Conference Centers (IACC) and features two teleconference rooms and three pre-function areas, one of which is a circular conservatory space opening directly onto an outdoor plaza defined by a serpentine wall and curvilinear water fountain. The corridors include seating alcoves of various sizes that facilitate private conversations or personal space between meetings.

LEED Silver Certification goal was achieved with an emphasis on efficient utilization of the previously developed site, water conservation, local materials with high recycled content and no VOCs, resulting in superb indoor environments. The hotel was purchased in 2006 with the intent to develop this EMC as an enhancement to the hotel, which includes 279 fashionable guest rooms and suites, fitness center, traditional meeting rooms, first-class restaurant

The Plaza area is flanked by the Conservatory and is defined by the serpentine wall and the curvilinear water fountain.



and lounge. The EMC is meant to promote the “business community” concept by providing spaces for business-related events such as board meetings, workshops, seminars, executive retreats and other corporate functions.

The Center’s lobby extends from West elevation to the conservatory on the East side. The wood paneling is reclaimed Cyprus swamp wood, which is from logs that have been salvaged from canals since the time of wholesale logging. The wood logs are dried and cut for use as finish paneling. The ceramic tile is made from recycled glass, and the floors are stained concrete.

The signage is all touchscreen digital technology, which allows for a demonstration of real time operations by showing energy utilization from the Building Management System. The Plaza area is flanked by the Conservatory and is defined by the serpentine wall and the curvilinear water fountain. The fountain not only provides a visual complement to the space, but also provides for white noise by the flowing water from the scuppers. Deep overhangs and a continuous sunshade assist in keeping the direct midday Florida sun from penetrating into the building spaces, while still allowing for indirect natural lighting.

Of course, this is far more than a great meeting place. The Doubletree Palm Beach Gardens offers uncompromising beauty

EXECUTIVE MEETING CENTER



The PURE Process — Nothing to Sneeze At!

Disinfect Air Handling Unit: A clean and sanitized heating and cooling system provides healthier air entering the room.

Maintain Sanitized Air Handling Unit: Tea tree oil maintains a sanitized condition with its natural antimicrobial and disinfectant properties.

PURE Clean™: A special solution cleans soft surfaces to remove dirt, bacteria, mold and other allergy triggers.

High Ozone Shock Treatment: This one-time treatment removes lingering odors, leaving the air fresh and crisp.

PURE Shield™: A unique bacteriostatic barrier is applied to the room, making it virtually impossible for bacteria to grow.

Electronic Air Purifier: This powerful air purifier, rated a Class II medical device, removes up to 98-100% of viruses and bacteria.

Allergy-friendly Bed Encasements: Mattresses and pillow encasements act as a barrier against dust mites and other allergens.





The DoubleTree's fashionable OZ restaurant features a number of delicious HeartSmart choices.

and amenification to its privileged guests. Water lovers undoubtedly will be drawn to the hotel's sparkling swimming pool, which overlooks stunningly manicured lawns and is shaded by towering palm trees and vibrant hibiscus flowers. Then again, coffee aficionados can enjoy a steaming latte in the lobby's Starbucks, while fine dining connoisseurs will relish in the delight of selecting from a number of mouthwatering signature dishes in the Doubletree's acclaimed OZ restaurant.

Let's not forget those PURE rooms either...

Discover what many hotel guests are calling "the best night's sleep in a long time" in one of the Doubletree's 50 PURE rooms, all of which are treated with a state-of-the-art process that cleans the air and surfaces to ensure the ultimate comfort level for those sensitive to airborne particles. Most importantly, leading asthma and allergy doctors recognize this process as an effective solution for those looking for a safe haven while traveling away from home. And to ensure that the highest standards of air quality are met, every one of the Doubletree's PURE rooms is regularly tested by highly trained technicians with the very latest in instrumentation.

Dining & Nightlife

Florida cuisine is bold, colorful and packed with flavor, boasting influences that range from spicy Latin dishes to classic Southern cooking to fresh seafood. The DoubleTree's fashionable OZ restaurant reflects this sophisticated fare and invites you to savor a memorable culinary experience. The OZ offers a Zen-inspired atmosphere, scrumptious breakfast buffet and tasty yet healthy



One of the EMC's state-of-the-art meeting rooms built with a number of recycled materials and featuring the latest in high-tech infrastructure.

Style and Affordability Converge

In addition to offering first-class lodging, the DoubleTree PBG provides guests with a variety of special services — and at a price that won't break your or your company's bank account.

These features include:

- Complimentary high-speed and wireless Internet access;
- Complimentary fitness center, with state-of-the-art weightlifting and cardiovascular equipment;
- Complimentary local shuttle service within a two-mile radius (subject to availability);
- Complimentary business center, with the latest flat-screen computers, express mail, fax, copy and printing services;
- Complimentary parking, at your convenience;
- PURE rooms for allergen-sensitive travelers;
- More than 10,000 sq. ft. of meeting space, accommodating up to 600 guests;
- Lush, tropical gardens, tiered waterfall and manicured lawns/gardens;
- Open lounge and veranda;
- Heated outdoor swimming pool and Jacuzzi, tucked among towering palm trees and bright hibiscus flowers;
- The OZ at DoubleTree Palm Beach, serving breakfast, lunch and dinner;
- Fusion Lounge, serving light fare and tropical drinks, overlooking the pool and garden courtyard;
- Starbucks Grab-N-Go, with iced and hot drinks, fresh pastries, gourmet cinnamon rolls, and assorted snacks and souvenirs;
- Hilton HHonors, frequent guest program;
- Multilingual staff;
- Valet laundry service;
- Audiovisual equipment rental;
- Gift shop;
- Newsstand;
- Room service, for private in-room dining.

The DoubleTree's spacious and beautiful Elements Ball Room.





*The DoubleTree's outdoor Veranda boasts
1600 sq. ft. and graciously seats 160 guests.*

HeartSmart options with which patrons can tailor their entrees according to calorie intake and/or budget — a unique approach to fine dining to say the least.

For a more relaxed ambiance, stop by the OZ lounge, featuring light appetizers, trendy cocktails and spectacular views of the Doubletree's gorgeous garden courtyard.

The Essence of Palm Beach Awaits You

Come and experience the essence of Palm Beach and Go Green at the same time at the Doubletree Palm Beach Gardens. Located just a few minutes from sandy beaches, upscale shopping and world-class golf, the DoubleTree PBG is the preferred destination for vacationers and business travelers seeking an escape from the ordinary. 🌍



*The DoubleTree Palm Beach Gardens is located at
4431 PGA Blvd. at the intersection with Military Trail
immediately west of 1-95 Exit 79. For more informa-
tion or to make reservations,
call (561) 622-2260 or visit
www.doubletreewestpalmbeach.com.*



HUCKSHORN ARBORETUM GROWS ON FAU'S JUPITER CAMPUS

by Terry Gearing



Upon Dr. Robert Huckshorn's retirement as Vice President of the John D. MacArthur Campus of Florida Atlantic University in 2002, the university community acknowledged his many years of dedication and accomplishments by announcing plans to build an arboretum in his honor on the Jupiter campus. For the past six years, staff and volunteers have worked hard to create "a little piece of paradise" on the corner of University Blvd. and Main Street in the Abacoa development. Alana Edwards, Education and Training Coordinator for the Center of Environmental Studies (CES) on the Jupiter campus, worked with designers from Cotleur & Hearing, landscape architects, to plan the overall design and implementation.

"We started with a butterfly garden by installing plants attractive to adult butterflies," said Edwards. "Then, we added several groupings of trees to reflect a variety of Florida eco-systems."

The Arboretum is planted with Florida native plants, including typical species found in pine flatwoods, tropical hardwood hammocks, mixed hardwood swamps and oak hammock. The Arboretum also features FPL's Right Tree, Right Place demonstration project, educating homeowners about which trees to plant under and near power lines.

The student-based Enviro Club assisted with sod removal, plantings and maintenance. As each area was created, sod was removed and trees planted. Walkways and lighting were installed, and several local Eagle Scouts constructed roped pathways.


"It's taken a lot of hard work," said Edwards. "But, the result is truly wonderful."

The centerpiece of the Arboretum is a gazebo contributed by the Chastain Foundation. A commemorative brick walkway is part of the gazebo structure, and students, alumni, faculty and staffs have purchased individual bricks to commemorate a special event or person.

In addition to bricks, FAU friends and family have contributed trees and benches. One area, the tropical hardwood hammock, was named "Terry's Hammock," in honor of Terry Dodge, a CES staff member who died several years ago from leukemia. His widow and family donated most of the trees and plantings in that section, along with several benches. Other trees and benches celebrate births, graduations and special events in the lives of the campus family.

"Just a few years ago this area was only sod, now the plants are full-grown and the trees are tall," said Huckshorn. "It's really incredible to see how the arboretum has matured."

Each year the campus celebrates Arbor Day, an event established in 1872 to encourage the planting of trees and honor their importance to human life. On April 23, students, faculty and staff, along with members of the community, gathered to plant a dahoon holly in honor of the MacArthur Campus's 10th anniversary. The tree was purchased through campus donations as a growing example of how far the Jupiter campus has developed in its short history.

"FAU is proud of our Jupiter campus, and the Arboretum is a special place for people to enjoy nature in peaceful surroundings," said Dr. Joyanne Stephens, Vice President and Associate Provost for Regional Campuses. "We invite the community to visit the Arboretum and experience our wonderful legacy in honor of Bob Huckshorn." 

For more information on the Robert J. Huckshorn Arboretum, go to www.ces.fau.edu/education/jupiter/arboretum. For more information about Florida Atlantic University, visit www.fau.edu.





THE CLEANSING BREATH

by Cheryl Alker

We take many things for granted in life; however, without a doubt breathing has to be in the top five. Oxygen is the most vital nutrient for our bodies. It is essential for the health of the brain, nerves, glands and internal organs. We can do without food for weeks and without water for days, but without oxygen we will die within minutes.

One of the major secrets of vitality and rejuvenation is a purified blood stream. The quickest and most effective way to purify the blood is by taking in extra supplies of oxygen from the air we breathe.

By purifying the blood stream, every part of the body benefits, as well as the mind. Your complexion will become clearer and brighter and wrinkles will begin to fade away. In short, rejuvenation will start to occur.

The average person reaches peak respiratory function and lung capacity in their mid 20s then they begin to lose respiratory capacity between 9% and 25% for every decade of life. So, unless you are doing something to maintain or improve your breathing capacity, it will decline, and with it, your general health and your life expectancy.

The respiratory system should be responsible for eliminating 70% of your metabolic waste. The remaining 30% should be eliminated through defecation – 3%, urination – 8% and perspiration – 19%. So, if you think that going to the bathroom everyday is important, or that working up a good sweat is healthy, think again – start to value the quality of a simple breath.

Of course, we all know how to breathe. It is something that occurs to us automatically, spontaneously, naturally. We are breathing even when we are not aware of it. So it seems foolish to think that we should take time to learn how to breathe or focus on the quality of our breath. Yet, our breathing often becomes modified and restricted in various ways, not just momentarily, but habitually. We develop unhealthy habits without being aware of it. Our posture can greatly affect our capacity to breathe efficiently. Therefore, it is vital for us to address good postural alignment. A slouched position will reduce the ability of our diaphragm (the main breathing muscle) to work efficiently and will diminish lung capacity.

Many of us have become habitual “chest breathers” (i.e., rapid shallow breathing). Chest breathing is inefficient and can result in an approximate 25% decrease in oxygen being transferred to the blood, resulting in



“Breathing exercises such as this one should be done twice a day or whenever you find your mind dwelling on upsetting thoughts or when you are experiencing pain.”

poor delivery of oxygen and nutrients to the heart, brain, skeletal muscles, organs and tissues. Chest breathing also utilizes the neck and shoulder muscles. If you think how many times you inhale in one day, no wonder fatigue, pain and discomfort in this area is so common. You can test if you are a chest breather by placing your right hand on your chest and your left hand on your abdomen. As you breathe, see which hand raises more. If your right hand raises more, you are a chest breather. If your left hand raises more, you are an abdomen breather.

Abdominal breathing is also known as diaphragmatic breathing. Good diaphragmatic breathing will lead to an improvement in stamina for both fighting off disease and athletic activity. Like blood, the flow of lymph, which is rich in immune cells, is also improved. By expanding the lungs' air pockets and improving the flow of blood and lymph, abdominal breathing also helps prevent infection of the lung and other tissues. Most of all, it is an excellent tool to stimulate the relaxation response that results in less tension and an overall sense of well-being.

Abdominal Breathing Technique

Breathing exercises such as this one should be done twice a day or whenever you find your mind dwelling on upsetting thoughts or when you are experiencing pain.

- ↓ Place one hand on your chest and the other on your abdomen. Breathe in through your nose. When you take a deep breath in, the hand on the abdomen should rise higher than the one on the chest. This insures that the diaphragm is pulling air into the bases of the lungs.
- ↓ After exhaling through the mouth, take

a slow deep breath in through your nose imagining that you are sucking in all the air in the room, and hold it for a count of 7 (or as long as you are able, not exceeding 7).

- ↓ Slowly exhale through your mouth for a count of 8 to 10. As all the air is released with relaxation, gently contract your abdominal muscles to completely evacuate the remaining air from the lungs. It is important to remember that we deepen respirations not by inhaling more air but through completely exhaling.
- ↓ Repeat the cycle four more times for a total of 5 deep breaths and try to breathe at a rate of one breath every 10 seconds (or 6 breaths per minute). At this rate our heart rate variability increases, which has a positive effect upon cardiac health.

Abdominal breathing is just one of many breathing exercises, but it is the most important one to master before exploring other techniques. So the next time someone tells you to “take a breather,” take it. It may be the most important thing you do for your well-being that day! 🌍

Cheryl Alker specializes in flexibility training and postural alignment, working with a select clientele across Palm Beach County. Her company, Stretch Results International, certifies health professionals in her results-based stretching program, educates consumers through public speaking and offers private or class consultations to clients who wish to lose their muscular pain and gain flexibility to achieve full and active lifestyles. For information, call (561) 889-3738 or visit www.stretchresults.com.



SOMETIMES... THE GRASS IS GREENER

by Sean Herbert

I must first say that after graduating college and working several years in Real Estate Management, I never dreamed I'd be doing what I am today. I just knew the GOOD LORD has put me where he needs me, and I am grateful. Now when I tell people that "I sell grass legally," I get a lot of different reactions...but knowing I am helping people improve their health and lives makes this job worth doing. So, at my last networking meeting I proudly stood up in front of 100 people and announced: "My name is Sean and I sell grass...Wheatgrass that is, Sunflower Sprouts, Pea Greens, Sprouted Beans, all types of seeds, growing supplies and of course Juicers!" I grow and sell these sprouts to people who are experiencing a variety of health challenges and to people who want to challenge themselves to better health!

This all began seven years ago when my friend Sharon and I attended a lecture from Master Grower Michael Bergonzi at Hippocrates Health Institute in West Palm Beach. There we learned the health benefits of eating a Raw Vegetarian diet, and Juicing "Super Foods" like Wheatgrass, Sunflower, Pea and Buckwheat Sprouts. All of

these sprouts provide a literal alphabet of Vitamins and Minerals. Wheatgrass in particular is said to oxygenate and purify the blood, boosting the immune system and thwarting disease. A simple two ounce shot of wheatgrass in the morning on an empty stomach and energy all day! I know what you are saying... "You're drinking grass?" And I say to you the GOOD LORD put the answer to healing ourselves under our own feet! 🌍

Sean and Jody Herbert own and operate GOT SPROUTS? located at 1880 West 10th St. in Riviera Beach just south of Blue Heron Blvd on Congress. The store phone number is (561) 689-9464 or you can visit GotSprouts.com. They deliver from Jupiter to Boca Raton and ship throughout the continental United States.



THE ART OF LIVING WELL

Envy's Green...and So Am I
by Rev. Lindsay Babich

Envy, the other side of Green – dark green, very dark green. Who among us hasn't turned green with envy? The source may be different for all of us. For example, big boobs, a Ferrari, a Swiss chalet, a loaf of bread, a roof.

Envy is a human emotion and why this one was colored "green" in our lexicon is out of my reach. So, don't be envious. Americans usually relate the color to money. What I do know is that our nature as humans is to be emotional and sometimes that's green.

Now here's my scientific conundrum — I went green and no longer "turn green."

I have discovered, quaintly enough, that there is a "natural, 100% pure-beyond-organic distilled product that can change my color to rosy-cheeked and healthy. These green elixirs are so important to life that they are actually called "Essential Oils."

Used for thousands of years by humans, millions by animals and millennia as self-protective plant aids, essential oils share their complex, beneficial properties with us now – if you smell the truth.

Only 3.6% of all plants have

essential oils – that's 18,000 out of 500,000 (roughly). They serve their green Masters (yes the capital is intentional) as anti-bacterials, anti-virals, anti-fungals, insect repellents, tissue rejuvenators, sexual attractants, aphrodisiacs, micro-environments, entertainment and more. I don't know if plants require entertainment, but according to my friend, Lisa Black, of the Fields of Gold project in Hendersonville, North Carolina, bio-dynamic farm plays classical music to very happy, healthy organic vegetables.

Which brings me to the green hero: LEMON OIL. Just two drops in a very big stainless steel or glass bowl full of water, washes clean romaine, spinach, cukes, kale, cilantro, tomatoes, etc., etc. Simply, cleanly, non-toxicly, cheaply in both cost and environmental impact, Essential Oil of Lemon cleans the food you eat killing bugs, bacteria and fungi and leaving you healthy — not poisoned. No expensive questionable commercial veggie washes to buy. Goodbye e-coli!

Lemon oil also delightfully flavor drinking water into a delicious, healthful and refreshing alkalizing drink that can help balance stomach acids. One drop will do. The concentration of the oil is equivalent to approximately 25 squeezed lemons – without the pucker-up need for sugar.

Lemon Oil shares the sheets, so to speak, with over 200 other single and blended essential oils, all of which I have at my fingertips – no kidding. Your essential oil friends can help you go to sleep, wake up, satisfy hunger, drop your bloodpressure, tame stress, raise your consciousness, find peace and kill a wicked hospital-acquired bacterium before it kills you. These are just a few of the Living Green ideas to consider when thinking of essential oils. And, speaking of sheets, there are

oils to kill bedbugs, too. I travel savvy and bite-free with my Thieves spray.

Like most other products, it's important to know what you're getting. Do the work. Don't believe everything you read. And, don't go sniffing any adulterated oils. Therapeutic-grade (yes, that's right, therapeutic – as in "therapy") oils cannot be effective when grown, distilled or bottled with shoddy capital-intensive methods or when adulterated with odorless, tasteless toxic chemical diluters. If you put it in or on your body, you had better get it right. Otherwise, don't call me. Okay... you can call. I love teaching the eager ignorant.

Excuse me while I anoint my feet with oil – Lavender precisely. In ten minutes I will drift off into a non-intoxicated, gentle, healing sleep. And now I lay me down to...sigh...🌍



Lindsay Babich is an author, marketer, public television and international film producer, radio personality and Rockette. A "green lover" who walks her talk, a Minister to the planet and all her inhabitants. On

Air: The Art of Living Well – Radio to Inspire Enlightened Living. Monday through Friday at Noon. Check the schedule for exciting guest interviews at www.theartoflivingwell.tv.

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Next month: "When Green Turns Red You're Ripe" – ripe is mature and delicious but watch out because decay can't be far behind. Inflammation as the source of disease and how to stop it naturally – uhh, stay green!

THE ART OF LIVING WELL

2012 IT'S YOUR CHOICE

The Green Heart Solution

by Charlotte McGinnis

Once upon a time, we knew who we were in truth. Once upon a time, we loved one another. Once upon a time, we were not afraid. Once upon a time...

What happened?



Now we live in a world where people are afraid, a world where we feel the need to engage in war. We live in a world in which people think that there is not enough. We have been asleep, living in a dream of fear. Now it is time to wake up!

As we move to 2012, there are as many theories about what lies ahead as there are people on the planet. Here is another one! I envision a world of infinite possibilities where every man, woman and child can be, do and have everything they desire! I envision a world of peace. I envision a world where only love exists. Although these visions may seem lofty to some, I know they are possible. Possible, yes, but we have some work to do.

A Course in Miracles states in the introduction that "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God." How wonderful this truth is. Yet we continue to buy into the illusion of fear. It's time we create a new paradigm; one of unity, collaboration and love.

Our old BS (belief systems) tell us that the world pie is only so big and that if you get a piece, then there is less for me.

Here's the truth. We are all created in the likeness and image of God. There is no limit in God, therefore there is no limit in you! The universe is continually expanding to meet your needs in all ways.

How can we make this shift from fear to love? We must be willing to let go of our old ideas and be willing to open ourselves up to bigger ones. There is no separation between us and anything or anyone and it is time to live from that premise. Rather than approaching life with the what can I

get attitude, it is time to ask ourselves: how may I be of service?

Our ego can see only through a limited scope. Our spirit, however, sees a world of infinite possibilities. Our spirit has the ability to lead us to an outcome where everyone wins. Our spirit sees our brothers' needs as our own. Our spirit will lead us to Heaven.

Every moment you decide for peace or conflict, health or sickness, separation or oneness. Only you can make the choices that will lead you to love and eventually heal the world. Since we are not separate from one another, each decision for love is touching everyone and transforming our world. You are powerful beyond measure and what a better time to realize it.

Ask yourself, will this action/decision bring light or darkness to the world? Will it serve everyone? If the answer is yes, then do it! 2012 is upon us. The choices we make today will determine the outcome for tomorrow. "You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will live as one!" (John Lennon, "Imagine") 🌍



Charlotte McGinnis is an interfaith minister, golf professional and co-host of The Art of Living Well radio show. She has been a student and teacher of A Course in Miracles for 30 years and is a life strategist for

"Living Life Well!" You can contact Charlotte at (561) 386-5963 or at charlottemcginnis@gmail.com. www.theartoflivingwell.tv and www.charlottemcginnis.com

GARDENING

PEARLS OF WISDOM FROM THE GREEN GODDESS

from Sharon Quercioli

Quote of the Month: “Sing like nobody’s listening; love like you’ve never been hurt; dance like nobody’s watching.”

After the cold winter frosts melts away, the earth is renewed with life. Landscapes are lush and green, and springtime inspires feelings of being alive again. It’s the perfect time to rekindle a relationship with a friend or discover a new outdoor hobby, such as gardening.

Whether you grow flowers or herbs, the most important tip is to keep harsh chemicals away from your plants because they not only harm the environment, but your family and home as well. A great alternative to hazardous chemicals are therapeutic-grade Essential Oils. The following tips come straight from the experts at the Young Living Lavender Farm in Mona, Utah and will help you learn how to use essential oils in your own garden.



Putting 1-3 drops of oregano, basil, or thyme essential oil in a 24-ounce spray bottle full of water can be effective as a bug repellent. For an even more effective solution, blend a clove of garlic and add it to the solution along with 2 teaspoons of insecticidal soap, which can be found at a garden store. Spray solution on or near infected plants. (Note: For best results put the soap in as your final ingredient.)

Lavender Essential Oil works as a soil amendment to improve growing conditions for your plants. At the Young Living Farm in Mona, they have found that lavender is a great compost material. The late winter, during the dormant period of a plant’s life, is a great time to prune and put out compost. In the early spring, it will be easier to incorporate the compost into the soil.

Cinnamon and Thieves® Essential Oils act as organic alternatives for getting rid of weeds. Take care to apply them only to the weeds, as these powerful and potent oils may harm your valuable plants.

Remember that gardening is hard work, yet fun and rewarding. Be willing to sweat in the heat, dig through the dirt, fight weeds and bugs, but also remember to enjoy the warmth of the sun, the richness of the soil, and the splendor of life and beauty. 🌍

To purchase Essential Oils and other natural, health-related products, go to www.youngliving.org/owwmedia.

The Essential Oils (Lavender, Peppermint, Cinnamon, Oregano and Thyme) can be found by scrolling down to the bottom of the page.

THE VANISHING HONEYBEE

SPROUTS! WORKING TO REVERSE COLONY COLLAPSE DISORDER

by Dawn Dodenhoff

Colony Collapse Disorder (CCD) (a.k.a. Honey Bee Depopulation Syndrome or HBDS) is a phenomenon in which worker bees from a beehive or European honey bee colony abruptly disappear. While such disappearances have occurred throughout the history of apiculture, the term colony collapse disorder was first applied to a drastic rise in the number of disappearances of Western honey bee colonies in North America in late 2006. Colony collapse is economically significant because many agricultural crops worldwide are pollinated by bees.

The cause or causes of the syndrome are not yet fully understood, although many authorities attribute the problem to biotic factors such as Varroa mites and various insect-related diseases. Other proposed causes include environmental change-related stresses, malnutrition, pesticides and migratory bee-keeping. More speculative possibilities have included both cell phone radiation and genetically modified (GM) crops with pest control characteristics, though most experts say no evidence exists for either assertion. It has also been suggested that it may be due to a combination of many factors and that no single factor is the cause.

After learning about Colony Collapse Disorder, Sprouts! launched its “Bee Kind” campaign in 2008 by implementing one of its most successful product innovations ever – the development of plantable seeded “bee friendly” paper that contained 100% pollinator-friendly flower seeds. When the paper is planted in the earth, the flowers that bloom forth will attract honeybees as well as a variety of native bees. Individuals who plant Sprouts! bee

friendly paper can create a haven of sustainability for a diverse population of pollinators, including the vanishing honeybee.

“What few people realize is that we are dependent upon the tiny bees to pollinate our crops, everything from fruits and vegetables to grains. In fact, every third bite we consume in our diet is dependent upon the honeybee to pollinate the food,” said Sprouts! owner and founder, Sharon Quercioli.

The Sprouts! initiative to help save the planet for future generations by manufacturing plantable paper products embedded with bee-friendly flower seeds was seized upon by Haagen-Dazs, which utilized the paper for a marketing piece that was inserted into Newsweek magazine. Shortly thereafter, the Sprouts! “Bee Kind” initiative garnered considerable media attention. NBC’s West Palm Beach affiliate, WPTV Channel 5, featured Sprouts! for its Earth Day Story and independent television station, KUSI Channel 9 in San Diego also provided considerable coverage. The company garnered additional attention in USA Today as well as the Palm Beach Post, Sun-Sentinel, Awakenings magazine, Metro Woman magazine and the Jupiter Courier.

“Sprouts! is always looking for eco-conscious, ‘green’ solutions to help our planet,” Quercioli added. 🌍

For more information about Sprouts! and its bee friendly plantable seeded paper products, please visit www.sproutem.com or call (561) 840-8089.

RECYCLED INK & TONER CARTRIDGE COMPANY ANNOUNCES GREEN VIDEO CLIP

— Features Eco Activists

by Valerie Jennings, CEO of Jennings Social Media Marketing



grēnkTM
remanufactured cartridges

Grēnk, a line of recycled ink and toner cartridges produced by InkCycle, recently released a video featuring InkCycle's eco-activists. The video is part of a series of green-educational Web videos for consumers, corporations and the media about recycling electronic waste, eliminating over-consumption and lessening individual and corporate carbon footprints.

One of the company's activists, who is responsible for recycling, is also involved with green organizations. Jerry Hartenbower, trainer of the toner department, explained, "Outside of here, I speak for a company called Bridging the Gap, which teaches people how to create a more sustainable planet for us to live on. We talk about lighting, we talk about recycling, and we talk about keeping our areas clean of trash."

Brad Roderick, Executive Vice President of InkCycle, highlights the importance of a greener future.

"Our Director of Supply Chain Management, Chad Seal, has four kids, so during the Christmas season he kept all of his packaging, outer box material and kept it sorted so that he could recycle it. But he also wanted to weigh it. He wanted to see how many pounds of Christmas wrap, plastic packaging and cardboard corrugated material that he was getting before he recycled it. He wanted to take the practice home to his kids and get them thinking about what's going on at landfills and how many things we are buying."

To Roderick, there's not one defining moment leading the company to a greener future.


"There is not a single defining moment for me there has been a series of them. It's kind of a journey or an evolutionary process. Some of those moments have become heightened because of having kids. The environment is something that I want to take seriously, and I want to instill this upon my children."

About InkCycle

InkCycle is an industry leader in toner and inkjet print cartridge technology. Since the company's creation, quality has been and continues to be the focus of every activity. The company believes that consumers want two things from their after-market purchase: true cost savings and cartridges that print great the first time and every time. With these guiding beliefs, InkCycle continues to be the partner of choice for companies that are both desirous and capable of reselling premium quality aftermarket cartridges.

About grēnk

Grēnk is a new line of remanufactured ink and toner cartridges designed to leave the smallest environmental footprint possible.

Like all remanufactured InkCycle products, grēnk delivers brand name quality at a fraction of the cost. But grēnk is revolutionary in that it's not just a recycled cartridge. It's a new process. A new way of thinking. 

Blog: www.grenkblog.com

Twitter: @GrenkInk

Facebook: GrenkTM print cartridges

Click here for a video all about this exciting green company: www.youtube.com/watch?v=16UQAscXows

LOST IGUANA RESORT & SPA

ESCAPE TO PARADISE

by Glenn R. Swift Photography by Elaine Knight and Sharon Quercioli

Ever dreamed of being in the middle of a tropical Garden of Eden with exotic flora and fauna all around you while gazing up at the peak of an active volcano?

Well...Dreams can become reality.

Located just a few miles from the Arenal volcano on 120 acres of a primal Costa Rican rainforest is a vacation destination that has to be experienced to be believed — the Lost Iguana Resort & Spa. The brainchild of Elaine Knight, a savvy, meticulous entrepreneur originally from Dearborn, Michigan, Lost Iguana was many years in the making. Knight wanted to get it just right.

She did.


“I wanted people to experience what it was like to be totally immersed in nature.”

Knight certainly picked the right spot.

Costa Rica is one of the most bio-diverse regions in the world. In fact, this small Central American country that's smaller than the state of West Virginia has more bio-diversity than the entire continent of North America — and 5% of the world's animal and plant species. While blazing one of Lost Iguana's hiking trails, don't be too surprised if you see a three-toed sloth, white-faced Capuchin monkey and a macaw in the same afternoon.

As for the volcano, the 5,358-ft. Arenal is one of the ten most active in the world. This incredibly fascinating natural wonder spews lava on almost a daily basis, with red-hot rocks regularly crashing down its steep slopes as powerful volcanic rumbles produce huge ash columns above the crater.

Now don't panic...



Madman's Maze, a 80' X 80' hibiscus maze with enough twists and turns to make a sane person crazy.

Not only is Arenal closely monitored, but Lost Iguana is located a safe distance on the other side of a lake. Nevertheless, the volcano is spectacular and in itself worth the trip.

So what prompted Knight, a city girl whose familiar trappings were the urban environs of Dallas and Detroit to build a resort in the middle of a tropical rainforest?

"I had always wanted to build a resort some day, but didn't know just where. But while on vacation to Costa Rica 17 years ago, I fell in love with the country and said to myself that this was where it should be."

Three weeks after her vacation Knight returned to Costa Rica — with a plan.

"I hired a driver with a wealth of experience as to what properties were available and for what they could be purchased."

Knight didn't waste any time. Three days after returning, Knight closed on the 120 acres that would eventually become Lost Iguana Resort & Spa.

"I could have purchased a few acres on the ocean, but I wanted to really create something — an experience. So, I opted for the larger tract."

Knight's dream resort was still years in the making.

"I wanted to have everything completely mapped out in my mind before I broke ground," said Knight who did not begin construction on the resort for nearly ten years.

A year after the first spade drew earth, some six years ago, Lost Iguana was a reality.

Featuring 42 uniquely appointed, Balinese-style rooms and suites, all with a perfect view of the volcano, Lost Iguana gives you the feeling of being "one with nature," while spoiling you with the creature comforts of a fully modern resort.

Blue Hibiscus Restaurant

This romantic open-air restaurant features a number of mouthwatering signature dishes, an impressive wine list and of course a magnificent view of the volcano. As for the service, a European prince would be envious. The staff is not only courteous, but knowledgeable and eager to explain the intricacies of the eclectic menu. In English that is!

Palapa Bar

This thatched-roof tropical bar adjoins a sparkling fresh water pool and hot pool with swim up.



*The nearby Tabacon
Springs feature water
heated up to 100 degrees
by the Arenal volcano.*



*The magnificent 5,500 ft.
Arenal volcano.*



Golden Gecko Spa

Christians call it Heaven; Hindus call it Bliss; and Buddhists call it Nirvana. But whatever the next dimension is for those souls so destined, perhaps the closest you will ever get in this world is Lost Iguana's Golden Gecko Spa. For many resort visitors, a session at the Golden Gecko is the highlight of their trip. Once you've been there, you'll need no explanation.

Located on three acres adjacent to a beautiful cascading river, the Golden Gecko transcends you to another world with spa services only a Pharaoh would be accustomed. Featuring a wide variety of therapeutic exfoliation and massage packages seductively titled Rainforest Rejuvenation, Jungle Whisperings, Pura Vida Natural, Volcanic Energy and Riverside Romance, the Golden Gecko offers the ultimate form of relaxation and rejuvenation.

Gymnasium

Equipped with state-of-the-art elliptical bike, weight training and cardiovascular equipment.

Gift Shop

A short walk down the hill, the gift shop features treasures from Costa Rica as well as Bali and other exotic islands at very reasonable prices.

Madman's Maze

A 80' X 80' hibiscus

maze with enough twists and turns to make a sane person crazy.

Activities

RAFTING: Set in the lowlands of the rainforest with breathtaking views of tropical birds and lush jungle landscapes, both safari floats and exciting white water rafting is available just 15 minutes from the resort. The river offers a wide range of options for first-time and experienced paddlers.

HANGING BRIDGES: Only a walking path away from the resort lies a two-mile trail through 618 acres of virgin rainforest with a panoramic view of the lake and volcano. The trail loops around and includes a number of impressive bridges ranging from 16 to 330 feet long.

LA FORTUNA WATERFALL: If your legs are in condition for a steep climb, this is arguably Costa Rica's most beautiful waterfall and should not be missed. It is a 15-minute climb down to the base of the waterfall and a 30-minute climb back up. A short ways down the river is a beautiful, clear spot for bathing.

TABACON SPRINGS: Featuring a mineral river heated by the volcano to nearly 100 degrees, this natural wonder divides into a number of natural pools and waterfalls where guests can soak in beautifully landscape hot pools.

SKY TRAM CANOPY TOUR: The most popular adventure tour in the area, the Sky Tram offers amazing views of Lake Arenal and the volcano.

The three-toed sloth is just one of many bizarre creatures thriving in the primal Costa Rican rainforest.



For the brave hearted, there are two short zip lines offering the jungle adventure of a lifetime.

Additional Side Trips:

- Arenal canopy tour
- Fishing, kayaking, windsurfing
- Arenal volcano hike
- Venado Caves
- Cano Negro Wildlife Refuge

More About Costa Rica — Elaine Knight, Owner/Founder Lost Igua-na Resort & Spa

“Costa Rica is a beautiful country with happy, friendly people affectionately known as Ticos. The name originated from their frequent use of momentico (in a short moment). Now for those travelers who are expecting Costa Rica to be like Mexico, you will be pleasantly surprised. Ticos are well dressed, well educated, and most have modest homes with a simple garden. Outside of San Jose, you will not see poverty or beggars. People will sell things along the street, but they are rarely pushy. Ticos are proud of their country and happy to have you visit.”

Traveling within Costa Rica

“You can easily travel anywhere in Costa Rica by plane, bus, taxi or rental car. There are small tourist busses that are inexpensive and go directly from main tourist cities and

pick up or drop you off at your hotel. Rental cars are expensive, but fun for exploring the country. It is still easy to get lost since there are no road names, but many of the roads, unlike a few years ago, are in fairly good shape.”

Safety

“There is violence in parts of San Jose, but it is almost unheard of in the rest of the country. Petty theft, however, has increased dramatically as tourism has changed from mainly surfers and nature lovers to high end resorts and well-to-do travelers carrying expensive electronics and jewelry. It is very important to protect your valuables at all times.”

Food

“You can stop at any local restaurant and feel welcome. Most menus are in Spanish and English. The local food is simple and not spicy. (We jokingly refer to it as ‘hospital food.’) When in doubt, order arroz con pollo (seasoned rice with chicken pieces). Prices in all non-tourist restaurants and stores will be in Colones, but everyone will take dollars.”

Money & Tipping

“The small difference in the bank’s exchange rate is not worth the long lines, and it’s much easier using dollars. Credit cards are always accept-



*Another world awaits you at
Lost Iguana's Golden Gecko Spa.*



The thatched-roof Palapa Bar adjoins a sparkling fresh water pool and hot pool with swim up.

ed and there are ATMs around tourist areas. As for tipping, the practice is not customary for locals, but expected from tourists. A 10% service charge is customary.”

Weather

“Costa Rica is very different from coast to coast and changes dramatically from one zone to the next. The Pacific Coast gets extremely hot and dry. The Arenal area gets more rain, is always green, and the temperatures rarely get very hot or cold. You can travel all over Costa Rica with two pairs of jeans or comfortable slacks, shorts, a few T- shirts, sleeveless or hot weather tops and good hiking shoes or tennis shoes. Don’t forget a bathing suit and light weight rain jacket.”

With regard to the weather around Arenal and the volcano, Knight had this to say:

“The weather around the volcano is completely different than the rest of Costa Rica. The end of November is not the dry season. March and April are the only two months that I consider too hot and dry to plant. All other months usually have some rain.... The only thing I can say for certain is that Arenal has extremely unpredictable weather and no weather forecast that is ever correct. December and January usually have light rain with less sun. February is a transitional month when at some point we go into the dry season, which is hot, sunny and with very little rain. Generally, May is the transitional month that starts the rainy season with a mix of sun and light rain. June through the end of October features a mix of sun and outbursts of rain that last from 10 minutes to hours.”

Bugs

“We have surprisingly few biting insects considering we are in a jungle. You may want insect repellant for trails, and you will definitely need repellant if you are going to the coast where the mos-



Volcanic Yoga & Spa Retreat

September 16 - 22nd, 2010

Relax, Renew and Rejuvenate in Paradise
6 Nights Standard Deluxe Room \$800 Per Person Double Occupancy.
\$1,600 Double | \$950 Single Occupancy

Package includes:

RT Group Transportation between SJO Airport and Resort, Daily Breakfast & Dinner, \$300 Spa Treatment Credits Per Guest, Daily Yoga (Beginner — Intermediate Level), Water Fitness Classes, Guided Nature Hike
Additional Tours and Activities Available

quitoes can be irritating. For those who find bugs intriguing, you will be in paradise. There is an array of very unique bugs. We do our best to keep to keep them outside.”

Water

“I have never heard of anyone becoming ill drinking the water in Costa Rica. However, their health regulations are lax, if not lacking, so if you are concerned there is always bottled water available. At Lost Iguana, we have a 400’ artesian well with excellent water. The waiters will still try to sell you bottled water, but I would ask agua mineral.”

Snakes

“There are a number of poisonous snakes in Costa Rica, but I have hiked through the jungle for years and only encountered a couple of harmless ones who were successfully hunting frogs.”

Departing Costa Rica

“The airlines ask you to be at the airport two hours before departure time. If you arrive less than one hour ahead, you will most likely not be allowed to board. Be prepared to pay a \$26 for person departure tax prior to going to your airline. You can pay in Colones, Dollars or use a credit card.”

Green/Charitable Commitment

“We want to make as little impact upon the environment as possible. We have implemented a number of recycling and green initiatives, making our carbon footprint minimal.”

Knight is also committed to the local community.

“We are involved with a number of local charities and schools in the La Fortuna area and donate a percentage of our revenue to the local organizations with which we have partnered.”

Knight is the kind of entrepreneur with whom you can be proud to be associated.

So now you know the secret. There is a Garden of Eden...and it's not all that far away. Better yet, there's a beautiful resort there with a room just waiting for you. 🌍



*Here's a video of the
Lost Iguana Resort & Spa*

*For more information about Lost Iguana Resort & Spa, go to
www.lostiguanaresort.com.*

*To make reservations, call
 011 (506) 2267-6148 or e-mail
maritzalostiguana@mac.com.*



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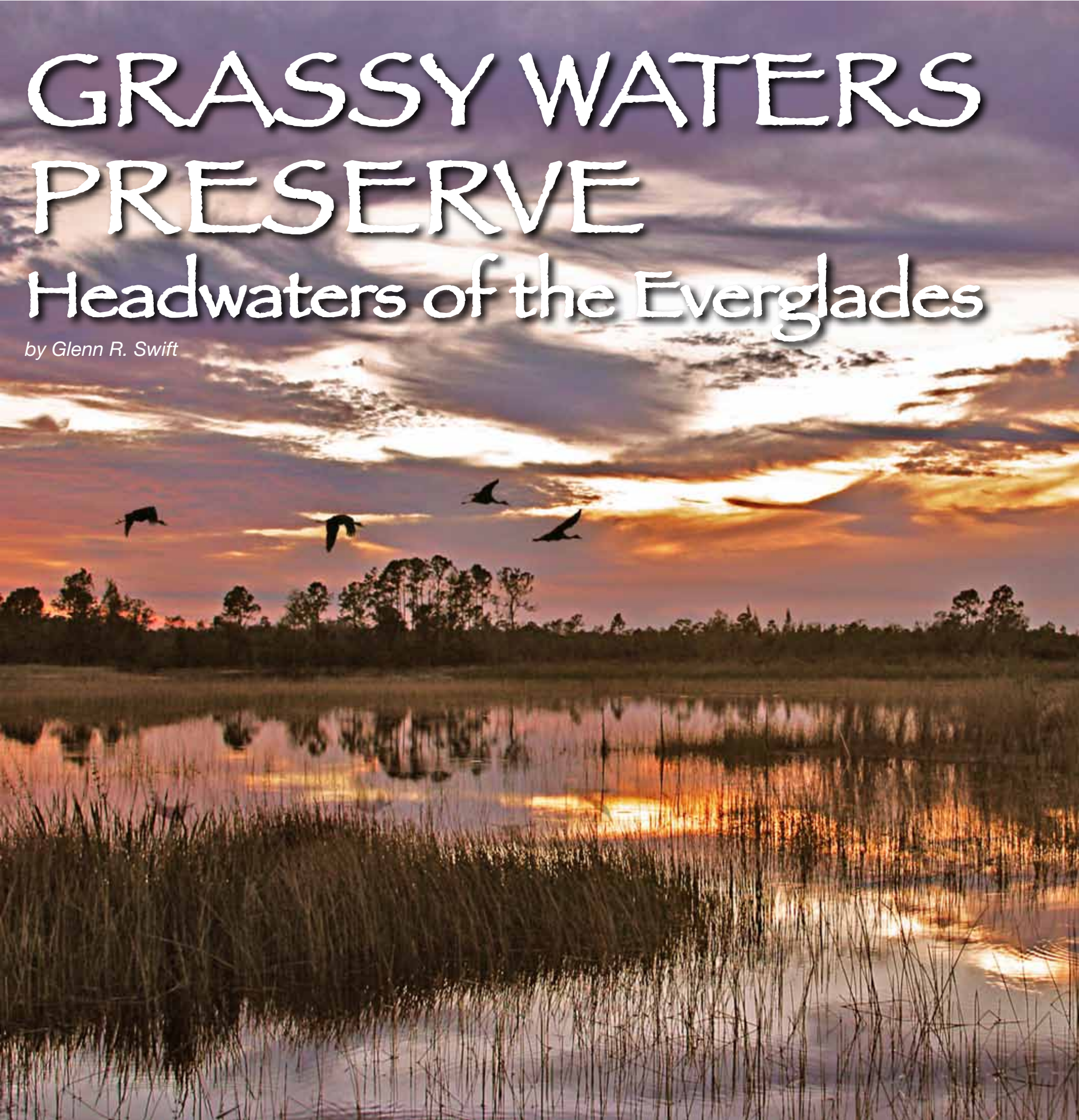
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GRASSY WATERS PRESERVE

Headwaters of the Everglades

by Glenn R. Swift



Providing fresh drinking water to more than 130,000 people in Palm Beach County and encompassing half of the land mass of the City of West Palm Beach, the Grassy Waters Preserve (GWP) is a 20-square mile wetland nature preserve located along Northlake Blvd. immediately west of the Turnpike. The Preserve's affiliated nonprofit foundation (Grassy Waters Preserve Nonprofit) is dedicated to the promotion of environmental education and recreational programs, as well as the pursuit of funding in the form of fundraising events and grants from public, private and foundation sources.


As for the history of Grassy Waters, that in itself is a fascinating story.

An important part of the Loxahatchee Slough wetlands, the rainwater-fed area is the edge of Florida's most amazing natural wonder, the Everglades. Abundant in wildlife and containing countless different species of flora and fauna, the area was traversed for centuries by Native Americans and later on by South Florida pioneers.

In 1894, soon after Henry Flagler extended the Florida East Coast Railroad to West Palm Beach, Flagler's partner, Charles W. Bingham, identified the area known as Grassy Waters Preserve as a freshwater resource. The Flagler Water System then incorporated that portion of the slough as part of its potential water source. Decades later, the county's steady population growth spurred efforts to build the M-Canal from Lake Mangonia to Grassy Waters to provide greater water supply to Palm Beach, West Palm Beach and surrounding areas.

In 1955, the City purchased the tract from the Flagler Water System for its water department. Nine years later, a special legislative act officially created the Water Catchment Area, known today as the "Grassy Waters Preserve," giving it special use as a water supply and environmental education area. In 1995, the Preserve's first building, the "Wilderness Pavilion," was completed to further the GWP's goal to provide public conservation education. A year later, the nonprofit division of Grassy Waters was formed to support the Preserve's mission of encouraging water-based conservation through enjoyable nature-based education and creative activities for all ages.

By virtue of its long established hydrologic integrity, contrasted against the hyper-drained region, Grassy Waters Preserve remains one of the few year-round wetland refuges for the Everglades Snail Kite, Limpkin, Southern Bald Eagle, Great Blue Heron, Short-tailed Hawk, Snowy Egret, Glossy Ibis, White Ibis and a host of other avian species. The Preserve's vast size permits the interplay of top predator and prey to continue uninterrupted between Bobcat and White-tail Deer, Alligator and Wild Hog, Eagle and Bass and is supportive of a myriad of food chains that have existed in these subtropical wetlands long before man was part of natural selection.

With over 30,000 visitors a year, Grassy Waters Preserve furthers a long-term legacy of stewardship by providing the public access and exposure to these vital public resources. 

For more information about Grassy Waters Preserve, go to www.grassywaterspreserve.org.



DBFF Master of Ceremonies, Glenn Swift, hosting the Festival's kickoff event, the Battle of the Bands.



Sharon Gless receives the DBFF Lifetime Achievement Award from Festival President, Dr. Michael Posner



Actor/Director Jerry Van Dyke



Emmy-Award winning actress Jessica Walters

Photos provided by Cyndi Lenz
www.tdgr2productions.com

5TH ANNUAL DELRAY BEACH FILM FESTIVAL MARKS HUGE SUCCESS

by Glenn R. Swift

Drawing over 5,000 people and screening nearly 300 independent films, the 5th Annual Delray Beach Film Festival soared to new heights and became the Talk of the Town for Palm Beach County. With dozens of filmmakers from all over the world and a host of celebrities, the DBFF clearly established itself as one of the premiere film festivals in the Southeastern United States. Needless to say, the event provided a unique cultural experience for thousands of Palm Beach locals.

The Festival kicked off Monday, March 22 with a Battle of the Bands organized by Paul Green's School of Rock (www.schoolofrock.com) and ran through Sunday, March 28, boasting an impressive lineup of events. From free workshops lead by industry leaders such as Ellen Jacoby of Ellen Jacoby Casting International, Steve Menkin of WDYAPro, Adam Montgomery, Programming Manager of the Sundance Institute and Emmy-nominated Casting Director, Lori Wyman, to a one-of-a-kind Script to Reel contest, the Festival featured an event for everyone.

In addition to the eclectic calendar of events, the Festival welcomed a number of big time screen stars: Barry Bostwick, best known for his role as

Brad Majors in *The Rocky Horror Picture Show*, served as the Creative Chair of the Festival; Jerry Van Dyke, who is setting out to redefine himself as both a director and a dramatic actor after a lifetime of comedy, made cameo appearances at Monday evening's awards ceremony and at the screening of *What's Eating Jerry Van Dyke*; Emmy-Award winning actress Sharon Gless, best known for her role as Christine Cagney in *Cagney & Lacey*, and Jessica Walters of *Play Misty For Me* and more recently *Arrested Development*, were on hand to receive the event's coveted Lifetime Achievement Awards.

Despite the Festival's stellar success, Festival President Dr. Michael Posner is already working diligently with a host of volunteers to make next year's event better than ever. 🌍

For more information about the Delray Beach Film Festival, visit www.dbff.us or call (561) 213-5737.





THE HEALING TOUCH

THE MIND, BODY & SPIRIT CONNECTION

by Linda Mazziotti

Sometimes we just need a hug or a pat on the back to get us through a difficult time. The comfort of another person extending a hand can change our sad feelings into positive thoughts. When stress and fear overwhelm our minds, we can reach for another person for support. What happens when we receive devastating news of a cancer diagnosis? Can a fleeting human connection uplift our soul from an abyss of emotions and pain?

A strong bond does exist between our emotional health and our physical selves. An individual can transfer positive energy to a person in a weakened state. The power of the healing touch enforces the connection to the mind, body and spirit. A local organization of volunteers uses this human connection to help women treated for breast cancer navigate their journey to a cure.


Healing Touch Buddies, Inc. (www.healingtouchbuddies.com) is a nonprofit network of practitioners certified in the healing touch techniques. The certified volunteers assist women in relaxation and support before surgery and directly afterward. Education and instruction are provided to women to sustain themselves with the benefits of healing touch therapy through the radiation and chemotherapy treatment.

The healing touch is considered complimentary care to standard medical practices. A form of energy medicine, healing touch helps restore harmony and balance to the mind body and spirit. The whole body is treated with the goal of increasing the body's ability to self-heal and to cope with stress when weakened by trauma. Imbalances occur when the body is subjected to the stress of a cancer diagnosis; the subse-

quent trauma of surgery; and the companion treatment of radiation and chemotherapy.

On a technical level, the imbalances disrupt the human energy field or chakras. A chakra is a focal point for the reception and transmission of energies in traditional Indian medicine. The healing touch is used on and around the chakras and major organs in the body to manipulate the energy into a balanced state. An imbalance in the human energy field can produce anxiety and depression. In Western medicine, we know that adverse physiological changes can lead to impaired immunity, increased pain levels and ultimately a slowed recovery.

Fundraiser

The Second Annual "What Women Want Business Expo™ & What Men Want Too™" will be held June 8, 2010 at the Hilton Garden Inn, 3503 Kyoto Gardens Dr. in Palm Beach Gardens from 4pm-8pm with doors opening at 3:45pm and speakers starting at 4:00pm. Join this extraordinary event to Network, Shop and Learn. 100% of net proceeds will go to Healing Touch Buddies. 

For information on the upcoming holiday fundraiser, go to www.whatwomenwantbizexpo.com. For information about Healing Touch Buddies, contact Executive Director Betty Ann Baker at (561) 741-1671 or visit www.healingtouchbuddies.org. For additional information on the power of the healing touch, please visit www.healingtouchinternational.com and www.beyondsurgery.net.

GREEN GOODIES

With untold numbers of sea turtles in jeopardy in the Gulf of Mexico due to the recent catastrophic oil spill, Loggerhead Marineline Center of Juno Beach, Florida is gearing up to meet the challenge. A 501(3)(c) nonprofit corporation, LMC's mission is to promote conservation of Florida's coastal ecosystem through education, research and rehabilitation, with a special focus on threatened and endangered sea turtles.

One way you can support this leading oceanographic research institution is through the purchase of Sprouts plantable seed paper notecards that have been custom designed for LMC. These beautiful cards feature the images of actual sea turtles that have been rehabilitated at the Center during the past year. Sprouts! Inc.,

the West Palm Beach-based manufacturer, donates a portion of the proceeds from the sale of each box of cards back to the Center.

One of the sea turtles depicted below is Morgan, a loggerhead sea turtle who was released from the LMC on March 27, 2010. Morgan is LMC's first sea turtle patient to be equipped with a satellite transmitter, which provides valuable data such as water temperature and Morgan's location. You can track Morgan by going to the Home Page of www.marinelife.org.

For more information about the partnership between Sprouts! and the Loggerhead Marineline Center, go to www.sproutem.com/category/Loggerhead-MarineLife-Center.

Here are some of the beautiful notecards designed by Sprouts! for the Loggerhead Marineline Center:



To purchase these cards and support Loggerhead Marineline Center, go to www.sproutem.com/category/Loggerhead-MarineLife-Center.

Eco-Friendly Plantable Seed Paper Products That Grow Flowers!

Sprouts 100% recycled handmade plantable paper is filled with flower seeds. When the paper is planted, your message is remembered for months as the recipient watches easy-to-grow Sprouts become beautiful flowers!

Send a Message that Grows Flowers!



Plantable Seed Paper Products

Custom Products

Greeting Cards

Holiday Cards

Bookmarks

Memorial Cards

Promotional Items

Favors & Tags

Invitations

Fundraising Programs

Marketing Materials



GOING GREEN

A Sound Investment Strategy

provided by Ernesto Keaney RFC

Automobiles, airplanes, baby boomers and the Internet... what does each of these things have in common? They all qualify as catalysts for what you might call a megatrend: a trend that revolutionizes our lives and offers long-term opportunities for investors.

Take the Baby Boom generation, for example. As that generation got married and had families post WWII, there was a housing market boom. As the kids grew up, there was a boom in family-oriented entertainment. And now, as the boomers get older, sectors that involve health care, retirement services and leisure pursuits are experiencing growth.

Similar to the boomer generation, the world's increasing focus on the environment and green living represents an emerging megatrend that is likely to drive investment opportunities for years to come. In fact, many people feel green

may evolve into an accepted standard against which portfolio investments will be measured in coming years. That emerging standard being: "How green is it?"

The Green Engine

There are four underlying factors that should help drive the long-lasting viability of green investing well into the future. The first of these drivers has to do with the emergence of greener economies worldwide. As standards of living rise globally, the accelerating growth within emerging economies is steadily intensifying the competition for the earth's limited resources. And while demand is burgeoning, global supply faces severe constraints. From production to refining, the widely accepted opinion is that fossil fuel prices will increase over time. In a long-term environment of rising and volatile energy prices, astute investors should be looking for attractive companies engaged in providing renewable alternatives or creating efficiencies in resource usage.


A changing policy perspective at home and abroad is the second driver behind the green theme. While there is still some debate about the exact causes of climate change, there are very few people who do not acknowledge that the earth is warming. Given the likelihood of regulation in support of a clean-energy economy and green technology, certain industries, such as infrastructure, energy, technology, transportation and manufacturing should see a boost.

Driver number three is the emergence of greener businesses. The way a company is positioned against a variety of environmental factors can impact its long-term financial performance and viability. Smart management teams have known for some time that adopting green corporate

practices can ease bottom-line pressures and lead to product innovations. Professional money managers should be seeking to identify those companies that are leading on both the cost reduction and innovation and product development sides of the green equation.

The final driver is the increasing tendency for individuals to lead greener lives. From using more energy-efficient light bulbs to making major purchasing decisions like appliances and cars, environmentally-sensitive choices are becoming a way of life for many people. And as green becomes the favored option in the home, it's likely to be sought out in more investment portfolios as well. Just consider that in 2008 The National Marketing Institute projected that sales of green products would be almost double in 2010 (from \$209 billion to \$400 billion).

However one sees opportunity — changing consumer attitudes and behavior, higher long-term energy cost efficiencies, risk management, environmental improvement, or an attempt to satisfy the rising demand for scarce resources — this convergence of trends is expected to create a wealth of opportunity for investors savvy enough to recognize them.

Going green, it would seem, is a sound investment strategy worthy of further investigation. 



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A woman with blonde hair is shown in profile, looking at a laptop screen. She has her hand on her chin, appearing thoughtful. The laptop is silver and open, sitting on a green surface. The background is a bright, out-of-focus window.

THE BASICS OF A NEW WEB SITE

by Sean Reed

Answer this question honestly: when you hear about a business for the first time, do you open a phone book and look them up, or do you browse to your favorite search engine and plug in the company name?

A Web site is one of the first places new customers will check when hearing about your business. As the technology behind them is evolving, the barriers that once existed are being demolished. There are a few things you need to know to get started:

Domain Name

A domain name is your .com/.net/.org address on the Web. To register your own, or just to see what's currently available, head over to any of the popular domain registrars and run a search. (GoDaddy makes searching for a name easy.)

Web Host

Once you've got the domain name locked down, you'll need a place to actually store the Web site's files. There are a lot of hosts and hosting plans available today. For my personal and business use, I use GoDaddy. They're relatively easy to use, and things are easy to manage if you use them for the domain name also. Web hosting plans can range from \$5/month to \$100/month, depending upon things like how much space you need.

Web Site

Once you've got the name and host, you'll need the actual Website. This generally involves hiring someone to design and develop the site, but there are a lot of free options out there. As another GoDaddy example, you can manage "quick-install" applications that will allow you to install, for example, blogs, message boards, and other content management systems with just a few clicks of your mouse. 🌐

For information on any of these topics, or for help setting up your very own site, contact Sean Reed at website@seanreed.org or visit www.seanreed.org.

Executive Women of the Palm Beaches Presents LEADERSHIP AWARDS

by Elaine Meier



Karen Clark, Maria Vallejo, Barbara Corcoran, Christine Oberlink



Gigi Fisher and Nominee Sharon Quercioli



*The Honorees and Nominees for the
EWPB 2010 Leadership Awards*

On May 6, 2010, the Executive Women of the Palm Beaches (EWPB) presented the 2010 Women In Leadership Awards (WILA) at an annual luncheon held at the Palm Beach County Convention Center. The event also featured an inspirational keynote address by real estate mogul, author and media personality, Barbara Corcoran.

Each year, three outstanding women are presented at the event and honored for their contribution to the community in the private, volunteer and public sectors. This year, Karen Clarke, Agency Principal at Marketing Concepts, Inc. is the honoree for the private sector; Christine Oberlink has been recognized for the volunteer sector; and Maria Vallejo, PhD, Campus Provost/Chief Executive Officer at Palm Beach State College is the public sector recipient.

WILA luncheon proceeds benefit the scholarship and grant programs of Executive Women, through its charitable foundation Executive Women Outreach. Executive Women's mission is the professional and personal advancement of women through networking, sharing resources, and encouraging leadership. 🌍

For more information about Executive Women of the Palm Beaches, call (561) 684-9117 or visit www.ewpb.org.

SPROUTS, INC. SPONSORS Healing Touch Buddies Benefit Concert

by Glenn R. Swift

An enthusiastic crowd clapped, sang and danced in the aisles at downtown Lake Park's Mosart Theatre on Saturday, March 27 while grooving to the beat of two of South Florida's premiere acoustic acts, Scott Benge and Acoustic Remedy. Performing the classic rock of the '60s and '70s, a kaleidoscope of hits featuring the ageless music of the Beatles, James Taylor and Cream to the Allman Brothers, Grand Funk Railroad and Crosby, Stills, Nash & Young, Benge and AR played their hearts out for over two hours in the first-ever Healing Touch Buddies Benefit Concert. The event was sponsored by Sprouts, Inc., the West Palm Beach-based manufacturer of handmade, 100% recycled seed paper products. Sprouts is a strategic partner with Healing Touch Buddies, which uses the innovative company's plantable seed paper products to raise funds. For more information about the Sprouts/Healing Touch Buddies partnership, go to <http://sproutem.com/category/Healing-Touch-Buddies>.

"The response from the concertgoers has been overwhelming, and we're definitely going to do this again," said Betty Ann Baker, Executive Director of Jupiter-based HTB. "I want to thank everyone who helped to make this wonderful event possible." 🌍

Healing Touch Buddies, Inc. is a non-profit health and education organization dedicated to improving the quality of life for those with breast cancer, providing them with free Healing Touch for up to one year. If you are living with breast cancer or interested in becoming a volunteer for those who are, contact Healing Touch Buddies Executive Director Betty Ann Baker @ htbuddiesinc@cs.com or at (561) 741-1671. For more information, visit www.healingtouchbuddies.org.



Sharon Quercioli, Jody Herbert and Sean Herbert



Sharon Quercioli and Brenda Ammon



Acoustic Remedy, Glenn Swift, Betty Ann Baker, Sharon Quercioli and Scott Benge



Dr. Art Katz and Pam Wooten



Sharon Quercioli and Lori Katz



Judy Lynne Ray (left) Betty Ann Baker (front), Sharon Quercioli (right), Janice DiPaola (back)

TURTLEFEST 2010 DRAWS

Over 20,000

by Glenn R. Swift
Photography by Penelope Petkas Taylor

Over 20,000 patrons turned out on April 10 for one of the biggest events of the year in Palm Beach County TurtleFest 2010. Held at the Loggerhead Marineline Center in Juno Beach, the fun-filled, family event encompassed the entire Loggerhead Park grounds and raised thousands of dollars to help build awareness about marine conservation and endangered sea turtles. The day featured a number of marine-themed children's activities and interactive games, "Vet for a Day," a market-place with more than 40 vendors, food, drinks and live entertainment.

For more information about Loggerhead Marineline Center, go to www.marineline.org.





Our Wonderful World

The Art of Living Green



**Sharon Quercioli,
Co-founder &
President**

Sharon Quercioli is a highly successful entrepreneur with over 20 years in the recycle industry. The former Vice President of Static Control components, Inc. and four-time president of her own companies, Quercioli is widely recognized as a market-

ing guru and has consulted numerous companies across the United States. In 2004, Quercioli founded Sprouts, Inc., an innovative company that uses 100% recycled paper embedded with flower seeds to create a diverse array of eco-friendly products including greeting cards, bookmarks and unique marketing pieces that grow flowers when planted. In 2009, Sprouts was named Small Business of the Year by the Northern Palm Beach County Chamber of Commerce, and in 2010 the company received recognition by the U. S. Chamber of Commerce for being one of the leading small businesses in the country.



**Glenn Swift,
Co-founder
& Editor in Chief**

Mr. Swift has written for a number of high-end publications across the United States and over the past decade has established himself as one of South Florida's leading journalists. Winner of the Florida Magazine Association's Bronze

Award for Excellence in Writing, Swift hosts his own radio show, 24Seven Palm Beach Live, on WPBR 1340AM, which is heard every Friday from 9am to 10am along Florida's East Coast from Palm Beach Gardens to Ft. Lauderdale and streams live at www.wpbr1340am.com. Swift is also the Co-founder of 24Seven Digital Media, LLC and the former Managing Editor of California-based Advisys, Inc. — one of the nation's most highly respected e-publishers for the financial services industry.



**Dori Beeler,
Art Director**

A native Southern Californian, Beeler graduated with a BFA from Cal State University Fullerton in 1995. Since graduating, Beeler has worked professionally in the graphic design indus-

try for numerous companies and ten years ago founded her own firm, where she serves as operating project manager and senior graphic designer. Her vast experience ranges from developing Web sites to designing high-end craft books. Beeler is also the Graphic Designer for 24Seven Digital Media, LLC.



**Rev. Lindsay Babich,
Columnist**

Teacher, explorer and trusted guide to alternative medicine and New Age therapies, Lindsay Babich is the engaging and inspiring co-host of The Art of Living Well with Charlotte and Lindsay," a daily radio talk show on Lake Worth's WPBR 1340 AM.

An interfaith minister, Healing Touch and aromas- science practitioner, Babich is the Dean of the College of Metaphysics and Spirituality of the UHSS, a soon-to-be-launched virtual university. She has a

longstanding interest in holistic practices and has been involved in the development and dissemination of many integrative products and services. Babich studies with the world's foremost expert on essential oils and healing, D. Gary Young, and received her certification as a Healing Touch Practitioner from Healing Touch International.



**Charlotte McGinnis,
Columnist**

Charlotte McGinnis, a personal development counselor, interfaith minister and expert on holistic health and wellness, is the co-host of a daily radio show, The Art of Living Well with Charlotte and Lindsay, on Lake Worth's WPBR

AM 1340. McGinnis is a success strategist whose passion and purpose is to help people solve problems, define their goals and create a plan to make it happen.

McGinnis enjoys sharing her insights with others and has lectured in the United States, Canada, the Caribbean and South America. In the spring of 2009, she became a certified LifeSuccess Consultant, which has enabled her to combine spiritual thinking with practical coaching to reach greater audiences with more pertinent and actionable advice. She offers seminars and individual sessions in Zen Golf, A Course in Miracles and life and business strategies.