



Our Wonderful World

June, 2010
Volume 1 :: Number 2

The Art of Living Green



Morikami
Gardens
A Must-See in Florida

A Tale of
Four Thieves
*Medieval Remedy
Brought to Life*

Pearls of
Wisdom from
the Green
Goddess

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Our Wonderful World

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President & Co-Publisher

Sharon Quercioli

Editor in Chief & Co-Publisher

Glenn R. Swift

Art Director

Dori Beeler

Contributing Editor

Dawn Dodenhoff

Contributing Photographers

Sharon Quercioli and Penny Sheltz

Webmaster/IT Coordinator

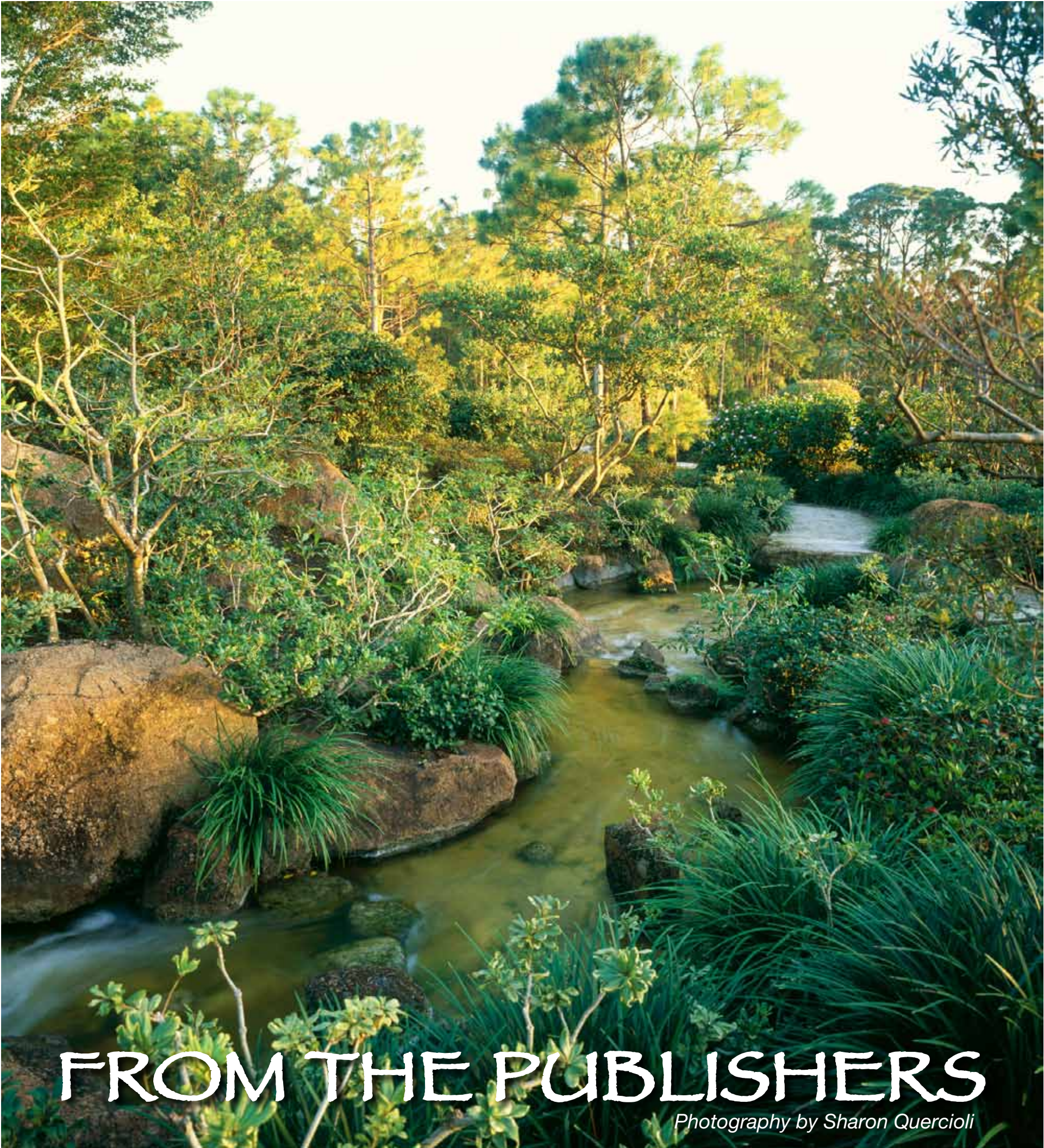
Sean Reed

Contributing Writers

Brenda Ammon, Rev. Lindsay Babich, Marilyn Coleman, Sean Herbert, Valerie Jennings, Charlotte McGinnis, Roberta Modena, Sharon Quercioli, Sean Reed and Glenn R. Swift

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FROM THE PUBLISHERS

Photography by Sharon Quercioli

The positive feedback has been nothing short of overwhelming following the launch of the premiere May issue of Our Wonderful World. So much so, that we were a tad nervous as to how we would go about putting together our June edition. After all, the May issue was truly a tough act to follow. Well, we're confident that there's no sophomore jinx with Our Wonderful World. Of course, you'll be the ultimate judge of that, but when you flip through the pages we're confident that we've continued to step over a very high bar.

Our cover story of the Morikami Gardens & Japanese Museum features some spectacular imagery in addition to a really neat story describing the history and purpose behind this amazing attraction. Then again, our fabulous twosome, Lindsay and Charlotte, of The Art of Living Well radio have done another great job, covering some really "heady" science about the color red, the synergy between Zen and great golf — and (as usual) a whole slew of stuff in between!

Speaking of some great information, the Green Goddess herself brings forth her Pearls of Wisdom along with a potpourri of colorful, pithy articles, all of which are intended to help us live healthier, happier, greener lives.

Our travel story covers what has truly become an exciting new trend in that industry — volunteer vacations. Thanks to the folks at Globe Aware for their expert assistance with this very important story.

We've got more great columns along with a few surprises along the way. So grab a cup of coffee (or tea if that's your preference) and cozy up to your computer.

Until next month,



Sharon
Sharon Quercioli
President



Glenn
Glenn Swift
Editor in Chief

sharon@ourwonderfulworldmedia.com
glenn@ourwonderfulworldmedia.com

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MORIKAMI GARDENS

The Essence of Japan in Florida

by Glenn R. Swift



Since its opening in 1977, The Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture in South Florida, with rotating exhibitions in its galleries, tea ceremonies performed monthly in its Seishin-an tea house, an educational outreach program with local schools and organizations and Japanese traditional festivals celebrated for the public several times a year.

The original building, named the Yamato-kan, is modeled to suggest a Japanese villa. It features a ring of exhibition rooms embracing an open-air courtyard with a dry garden of gravel, pebbles and small boulders. The Yamato-kan offers a permanent exhibit chronicling the history of the Yamato Colony, a Japanese farming community in South Florida 100 years ago.

The principal museum building opened in 1993 to meet a popular demand for more programming, more versatile facilities and to satisfy the needs of a growing community. The museum's architecture is inspired by traditional Japanese design. The building features exhibition galleries, 225-seat theater, authentic tea house with viewing gallery, library, classrooms, museum store, cafe and lakeside terrace with Japanese courtyard garden.

The Morikami Museum Collection houses 5,000 Japanese art objects and artifacts, including a 500-piece collection of tea ceremony items, more than 200 textile pieces and recent fine art acquisitions. The 200 acres that surround The Morikami's two museum buildings include expansive Japanese gardens with strolling paths, resting areas, tropical bonsai collection, small lakes teeming with koi and other wildlife, nature trails, pine forests and park and picnic areas.





In 2001, The Morikami completed a major garden expansion and renovation. The new gardens reflect major periods of Japanese garden design, from the eighth to the 20th century, and serve as an outdoor extension of the museum. The Morikami Gardens consists of shinden islands, paradise garden and contemporary garden. According to the garden designer, Hoichi Kurisu, each garden is intended to express the character and ideas of a unique counterpart in Japan without attempting to duplicate those gardens, and seamlessly flow together as one garden.

The Morikami Museum and Japanese Gardens, with its unique gardens and collections, is one of Palm Beach County's most treasured cultural attractions. Located in a tranquil natural setting, The Morikami invites visitors to explore its many facets and to discover Florida's heritage and its connection with Japan.

Since the opening of the original Museum in 1977, Palm Beach County and the Board of Trustees of the Morikami, Inc. have been partners in bringing The Morikami Museum and Japanese Gardens' services to the public. The park and building are the property of Palm Beach County. The Morikami Inc., a non-profit corporation, provides financial and volunteer support from membership, donations, grants and other revenue-producing activities.

The Morikami Gardens, named Roji-en ("Garden of the Drops of Dew"), are ranked 8th among more than 300 Japanese Gardens outside Japan








by the Journal of Japanese Gardening. (See www.rotheien.com/topics/na-survery.htm for more information.) The Morikami includes a series of six diverse gardens, each inspired by a different historical period and type of Japanese garden. This is the only venue in the world to include a sweep of historical garden design, a conceptual theme that is unique to a cultural museum.

“The Museum’s mission to promote understanding of the Japanese culture is carried through to the gardens, which illustrate the Japanese approach to nature over the centuries,” said Larry Rosensweig, past Museum Director.

While botanical gardens are intended to provide knowledge and information about specific plant

species, The Morikami Gardens are authentic Japanese-style gardens. They were intended to be experienced through nature as a whole by becoming in tune with a sense of space and rhythm, light and shade, texture and sound.

Our Wonderful World invites you to visit this amazing natural wonder and to stroll the garden with an open mind and relaxed senses.

Experience the essence of Japan in Florida. Discover The Morikami. 

For more information about The Morikami Museum and Japanese Gardens, please visit www.morikami.org.



Designer's Statement

Immersed in society's materialism, increasingly boxed into a systematized world, we have become immune to a simpler, more natural way of living and thinking. It is difficult if not impossible under such circumstances to experience and know reality. Despite our accomplishments and possessions, our deeper desires often remain unfulfilled. We find ourselves preoccupied with modern society's demands, drawing us away from cultivating a more fundamental relationship with Life.

The development of the Cornell Japanese Gardens at Morikami Park offers rich potential for thought and experience. They are an invitation to stop momentarily and ponder anew what we are, where we have been and where we are heading. My hope is that visitors will let the gardens speak to them of timeless truths and rhythms which can provide therapeutic insights for today. I hope visitors will listen to, cherish and act upon the inspiration the gardens impart to them individually.

Strolling through pine forest or bamboo grove, viewing the rock formations, arrangements of plants and cascading waterfalls, pausing to ponder the quiet surface of the lake and shoreline, little by little we are encouraged to lay aside the chaos of a troubled world and gently nurture the capacity within to hear a more harmonious, universal rhythm. We exchange burden, boredom and despair for renewal, inspiration and hope. Or, from the joy we already feel, we discover an even greater capacity for good. This is the tremendous power the Japanese gardens at Morikami Park hold for us.

My hope is that a visit to the gardens will genuinely and deeply touch each individual's life. My hope is that progressive ideas will be born and that action will take root here, that the intuitive conviction of such enduring qualities as beauty, love, health and wholeness, integrity, creativity, renewal and selflessness will be strengthened.

I will have accomplished my goal if visitors to the gardens come away refreshed and feeling better about themselves and their world while looking forward to sharing their experiences here with others.

~ Hoichi Kurisu



WONDERFUL WHEATGRASS!

by Sean Herbert

Here at Got Sprouts? we just love growing high quality, delicious wheat grass for your vibrant health and well-being. Here's why... Wheatgrass juice is one of the richest sources of vitamins, minerals, trace elements and super-powerful chlorophyll. So why not consume it every day like we do? Just two-ounces twice a day will get your cells literally glowing with pure light and energy. It's like getting a shot in the arm of pure sunshine!

We know now that consuming synthetic vitamins and minerals is not beneficial to our body. To properly assimilate those important building blocks of health, they need to be in a whole food form, with the synergistic value of the elements working together to provide their vital energy to every cell in our bodies.

Wheatgrass juice and sprouts of all kinds provide the most intense and pure form of supplemental nutrition you can find — more so than any fruit or vegetable in your market. That's because wheatgrass and sprouts are literally still growing when we consume them.

Their vital, electrical life-force is then imparted directly into our cells so that they perform to their highest potential. This living energy then helps to prevent illness and will begin to reverse those weaknesses that have taken hold in our tired and nutritionally depleted bodies.

Healthy, oxygenated and happy cells will ward off all sorts of troublesome health issues, from the benign to the more difficult. In fact, did you know that wheatgrass contains a full, balanced spectrum of readily assimilated B vitamins?

Here's more reasons why wheatgrass juice should be a part of your daily routine:

- Wheatgrass juice is a rich source of natural, whole food vitamins A and C.
- Wheatgrass juice provides high-quality, organic, plant-based calcium (no hard rocks or oyster shells please for the body to try to assimilate!), as well as phosphorus, magnesium, sodium and potassium in a naturally balanced ratio.
- It provides organic iron and oxygen to the blood to improve circulation.
- It contains a whopping 92 of the 102 trace minerals recognized as available to plants from the soil. Here at Got Sprouts? we have a very

rich soil that we grow our greens in for a maximal nutritional profile.

- Wheatgrass provides the purest source of living, sun-filled chlorophyll, which is very similar to the chemical molecular structure of your red blood cells, enhancing the blood's capacity to carry oxygen to every cell of your body. You know that we all need more cellular oxygen!
- Wheatgrass is also noted to assist in washing out drug deposits from the body, counteracts metabolic toxins in the body, helps cleanse the liver, and if applied topically helps to quickly heal sores and wounds.
- And to top it off, wheatgrass juice is considered a complete food by many authorities!

So there you have it! If you have adopted wheatgrass juice and sprouts as part of your healthy regimen — BRAVO! Let us be your provider of the highest quality sprouts around. If you haven't begun your vital transformation, please give us a call. We'll be delighted to help you decide the best way to get started and with a plan that will work for you. We make it easy for you to be the best you can be. 🌍

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 www.GotSprouts.com. They deliver from Jupiter to Boca Raton and ship throughout the continental United States.



ARE YOU GOING BANANAS? YOU SHOULD!

by Sharon Quercioli

A psychology professor at CCNY recently told his students that the expression “going bananas” is from the effects of bananas upon the brain. Well...he’s right! So, let’s take a look at some basic facts about this wondrous fruit. Believe me, after reading this you’ll never look at a banana in the same way again.

Bananas contain three natural sugars (sucrose, fructose and glucose) combined with fiber. A banana also gives an instant, sustained and substantial boost of energy. In fact, one recent study showed that just two bananas provide enough energy for a strenuous 90-minute workout.

No wonder the banana is the number one fruit with the world’s leading athletes.

But energy isn’t the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Brain Power: In response to research that has shown that the potassium-packed fruit can assist learning by making pupils more alert, 200 students at a school in Twickenham, England were helped through their

exams this year by eating bananas at breakfast, break and lunch. Yes, the school has reported positive results!

Depression: According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. Why? Because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit’s ability to reduce the risk of blood pressure and stroke.

PMS: Forget the pills — eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

So there you have it. Do yourself a favor and go bananas! 🍌

RED LIGHT, GREEN LIGHT...

by Rev. Lindsay Babich



With all the focus on green, I keep thinking that the other colors may be feeling ignored. Let's take red, for example, the color of my ruling planet, Mars. Red conjures up some good thoughts for me and some not so good. Heirloom beefsteak tomatoes, strawberries, apples, red roses and valentine hearts — all good. Fire, blood and cayenne peppers — good and bad depending upon the circumstances and quantities. Inflammation — always bad!

Even the American Medical Association cried uncle a few years ago and admitted, however belatedly,

that inflammation is the source of most diseases. Inflammatory cytokines, which are destructive cell-signaling chemicals, contribute substantially to the advance of many degenerative diseases. Chronic systemic inflammation increases with aging and plays a major role in the infirmities of the “golden” years.

Among the diseases related to chronic inflammation are: Allergies, Alzheimer's, Anemia, Arthritis, Cancer, Congestive Heart Failure, Diabetes, Fibromyalgia, Fibrosis, Kidney Failure, Lupus, Pancreatitis, Psoriasis, Stroke and even surgical compli-

cations (blocking the healing process), to name just a few. This is by no means an exhaustive list.

I think of inflammation as “red” and oddly enough have found a healing tool to mitigate inflammation that is also red — specifically FAR INFRARED LIGHT. Not light that we can see but we can feel it, and it can benefit our bodies. This non-visible red spectrum of light is so special it is described by Richard Gerber, PhD of Harvard and author of Vibrational Medicine, as negative entropy — okay — too much science, but, in short, an organizing force rather than a “decaying” force. In other words, it assists in re-forming you and your DNA in your Divine blueprint.

You know this red-on-red interaction makes perfect sense to me as it fits into my knowledge of homeopathy, “like cures like.” Allopathy, known by most as contemporary medicine, represents “opposite cures like.” This pervasive system has led us to a system that is often wonderful and very often a flawed system of symptom treatment rather than any actual curing.

So here's the good news. There is an FDA cleared medical device called a *BioMat* which supplies that delicious red far infrared light. This is a very special device that harnesses crystal energy of amethyst (purple = half blue and half red) to transfer its energies and negative ions to the body. Negative ions, despite the sound of their name, are very good for you. They are the molecules fed to you by waterfalls, lightning-charged air, sea breezes, mountain mists, and natural fabrics (cotton, wood, silk). All feel-good stuff.

The far infrared light from the mat can penetrate into the body and make available the “organizing” forces of life, impacting cellular health, detoxifying tissues and reducing inflammation. The heating power of the mat can initiate the production of “Heat Shock Proteins” which fire up the natural immune response inherent in our “self-healing” systems.

So, red is really good too! I'm eating a beautiful, lycopene-rich, tomato salad for dinner tonight with fresh basil (home grown actually) and organic extra virgin, first-press, cold-pressed olive oil with a dash of sea salt. I'll have a glass of sulfite-free, organic, bioflavonoid-rich red wine and lounge in my organic cotton nightshirt. A healthy day's work done, excellent personal choices made, peace and contentment and no trace of the dread-red, inflammation. It's so simple really.

Next month: Who's Blue? Get the Green Sniffing Solution. 🌍



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.

Email: Lindsay@theartoflivingwell.tv
Website: www.youngliving.org/lindsayb
Phone: (561) 596-2727

ZEN GOLF

"LIFE AND GOLF IN BALANCE"

by Charlotte McGinnis

If you are a golfer or know someone who is a golfer, then you know how addictive the game can become. It's amazing! Once you hit that first shot on the "sweet spot," you're hooked. Golf has become the center of your universe. You think of ways to scoot out of work early to get to the course for a quick 9 holes, or you want to get to the driving range to work on the latest tip you read in Golf

Digest or heard on the Golf Channel. Then it's off to the golf megastore to buy the latest technology that guarantees to add 30 yards to your drive and make 90% of your putts go in the hole!

After spending thousands of dollars and countless hours on equipment, lessons and swing aids, for many the game does not reflect the time and money put into it. You still have a monster slice, water terrifies you and you have a "yip" with the putter that just won't give up. What is a golfer to do?

Having been a teacher of the game for 30 years and given literally thousands of lessons to men, women and children with the dreams of becoming everything from a respectful golfer to a professional caliber player, the results they were seeking were not always found on the driving range!

As a student and teacher of spirituality and metaphysics, I was always aware that there was a bigger issue that needed to be addressed to obtain optimal results on the course. In 1996, I founded the Zen Golf Center, a mind/body/spirit approach to golf, in Palm Beach Gardens.

If you want to be a better golfer, you must learn to take control of your mind. Your dominant thoughts create the feelings in your body, thus dictating the actions that follow those feelings, creating the results. Positive or Negative!


Richard Behrens, a Grand Master in Martial Arts who works with golfers to lead them to their inner

game, makes the simple yet powerful statement, "good golf is in the mind." If you are willing to play with this idea, you will not only see better results on the course, but in your life as well.

What is your goal? You need to get a clear picture in your mind of your desired outcome. Once you have that picture, tune into it; allow yourself to see yourself as if you have already attained it.

Add the emotions and feelings of accomplishing your goal. Bring into your heart a feeling of when you felt like a million dollars, you had accomplished something great. Take that feeling into every cell of your being and integrate it with the picture of your perfect shot.

The more you allow yourself to practice this simple exercise, the more at ease and confident you will become both on and off the course. Life and Golf are meant to be enjoyed. Only YOU can make the choices to make it so.

Wishing you birdies and pars both on the golf course and the course of life. 



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. For more information, visit theartoflivingwell.tv and www.charlottemcginnis.com.

CHOOSE YOUR ATTITUDE

PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

Let's be honest... Most people have at least one thing they'd like to change about their bodies, careers, personality or even spirituality. Continually striving for self-improvement is a wonderful and necessary thing, but more often than not we find ourselves becoming discouraged and thinking negatively when we don't see the results we want. These thoughts have power, and it's about time we change our thinking, take time to reflect upon our accomplishments and appreciate ourselves for who we are.

Be Accepting One of the most important things to remember when undertaking any type of self-improvement project is first to accept yourself for who you are. It's wonderful if your ultimate goal is to lose 50 pounds, but you're more likely to stay positive and motivated if you love yourself for who you are — any weight loss is just icing on the cake.

Instead of thinking negative thoughts about your appearance, diffuse Joy™ essential oils blend and focus upon the amazing things your body gives you every day. Think of all the difficult things you've been through and all the happy times you've had. You and your body experienced every one of those challenges and triumphs together, and without it there to unfailingly support you, none of those things would have been possible.

Quote of the Month: **"Attitude is everything."**

Every single day your heart continues to beat and your lungs continue to breathe — being appreciative of what your body is right now and accepting yourself whole-heartedly can make all the difference in your attitude!

Focus upon the Positive Setting your goal is important, but more crucial than the end result is to take time to value yourself along every step of your journey. It's so easy to slip into a self-destructive pattern, start feeling discouraged, and give up.

Focusing upon the positive is a great way to keep perspective. Eating a balanced diet, getting enough sleep and using the right supplements — like energizing, fortifying, and replenishing NingXia Red® — can work wonders for a positive attitude! It's all about realizing that you may not yet be where you want, but you're certainly stronger — mentally and physically — than you were when you started. And that's extraordinary.



drop over the solar plexus (area above the belly button).

Need a Little Pick-Me-Up?

Valor® — Apply to the bottoms of the feet or place a single drop on one wrist and hold the other wrist to it for a few moments to balance the entire system.

Harmony™ — Place a single

Joy — Apply a single drop over the heart.
White Angelica™ — Place a single drop in one hand, rub hands together, and brush over the head, face, chest, shoulders, down the body, and right over the clothes as though applying an angelic shield.



Take Time for You A lot of times the goals we set for ourselves are challenging, and that alone can lead to negative thoughts. It's important to take time off and treat yourself with an activity that has absolutely nothing to do with your goal.

Self improvement is important, but it's more important to appreciate yourself for who you are. Don't get caught up in what magazines say the perfect physical form is or feel bad about yourself for not being as financially successful or well-traveled as others. You are wonderful — always remember that. 🌍

For all the above products, go to www.youngliving.org/owwmedia and simply scroll down until you find the product you are looking for.

GET CRACKIN' TEN THINGS YOU NEED TO KNOW ABOUT EGGS

by Sharon Quercioli

I care about what I put into my body and don't have a lot of time (or patience) to cook with complicated ingredients. But I've been doing some research and found that eggs are a great food to build meals around. Hey, even I can make eggs! Here's what I've learned about them:

Eggs contain all nine essential amino acids, making them a complete-protein food.

Eggs are one of the few foods that naturally contain vitamin D.

1 large egg contains approximately 80 calories. (The white has approximately 20 calories, and the yolk has approximately 60 calories).

While soft-boiled eggs got a bad rap for a while, a soft-boiled egg is safe to eat as long as it's cooked for at least 3-1/2 minutes. This should raise the temperature of the egg to approximately 140 degrees and pasteurize it.

To reduce calories, fat, and cholesterol in recipes, use more egg whites and fewer egg yolks — you won't taste the difference.

To lighten up your omelet or scrambled eggs, try adding a small amount of water instead of cream or milk when you're beating the eggs. Milk products tend to harden the yolk and add calories you don't need.

Eggs should always be cooked over low heat — high heat makes eggs rubbery.

To beat egg whites more quickly and make them fluffier, add a pinch of salt, let them come to room temperature, then beat.

For a good plant fertilizer, dry eggshells in the oven, then pulverize them in a blender to make bone meal.

To tell how old an egg is, place the egg in a pan of cold water. If it lies on its side, it's fresh; if it tilts on an angle, it's approximately three to four days old. If the egg stands upright, it's probably about 10 days old; if the egg floats to the top, it's old and shouldn't be used.

OK...Get Crackin'! 🌍

SPROUTS! LAUNCHES “GROWING GREEN PACKAGING”

by Glenn R. Swift



Sprouts! Inc., an innovative West Palm Beach-based company that uses 100% recycled paper embedded with flower seeds to create a diverse array of environmentally friendly products, recently teamed up with Laser Monks, an environmentally conscious company owned and operated by Our Lady of Spring Bank Abbey, a Cistercian Benedictine monastery in Sparta, Wisconsin, and Moosedreams Lavender Farms of Sequim, Washington to develop environmentally friendly product packaging.

The combination of the two companies is truly (pardon the pun) a match made in Heaven!

Laser Monks turned to Sprouts! cutting-edge design team to create custom wrappers for its certified organic Benevolence Soaps. These soaps can be purchased from the Laser Monks Web site, www.LaserMonks.com. As is typical of so many organizations that utilize Sprouts! 100% recycled handmade seed paper, a significant portion of the profit from the sale of the special soaps goes to charitable works throughout the world.

For Moosedreams Lavender Farms, Sprouts! created a custom box made from plantable seed paper for the firm's all natural organic Lavender Goat Milk Soap. This and other Moosedreams products can be purchased at moosedreamslavender.com.

This kind of product innovation is nothing new for Sprouts!, which jumped onto the national stage two years ago after launching its “Bee Kind” campaign with the creation of a paper embedded with 100% pollinator-friendly flower seeds. Haagen-Dazs utilized this paper for a marketing piece that was inserted into Newsweek magazine. This year the innovative company announced a new product line, “Growing Green Packaging.” Made entirely from 100% recycled paper embedded with flower seeds, Growing Green Packaging meets the needs of eco-conscious companies looking for a green product packaging alternative.

“Unlike traditional product packaging, when our Growing Green Packaging is planted in soil, it naturally biodegrades and beautiful flowers grow,” said Sprouts! President and Founder, Sharon Quercioli.

Are you looking for an eco-friendly way to package a customized, eco-friendly product that will capture the public's attention?

If so, visit www.sproutem.com to learn more about how Sprouts! can create custom boxes or packaging for your unique product. 🌱

Sprouts! was named the 2009 Small Business of the Year by the Northern Palm Beach County Chamber of Commerce and a Free Enterprise Honoree by the U.S. Chamber of Commerce in 2010.

RECYCLED INK & TONER CARTRIDGE COMPANY RELEASES GREEN VIDEO — How to Green up Your Office and Reduce Electronic Waste

by Valerie Jennings, CEO of Jennings Social Media Marketing



g r ē n kTM
remanufactured cartridges

A recycled ink and toner company, InkCycle, recently released a new green video about how businesses can green up their offices and reduce electronic waste by utilizing best green practices.

According to Brad Roderick, Executive Vice President of InkCycle, employers can instill eco-excitement and inspire employees to adopt a greener office experience to get green-commitment.

“You have to have ‘buy-in’ at the top and a long-term strategy. I think this is where a lot of people struggle. You can’t have a fad of the week or a fad of the quarter. The beautiful thing is that those key members, those employees, start coming up with all the solutions,” said Roderick. “We’re constantly looking at what the next evolution is to be leaders within the industry.”

InkCycle’s best practices are incorporating energy saving lights, eco-friendly flooring, printing on

recycled copier paper and replacing company vehicles with hybrids. Additionally, the company suggests utilizing recycled ink and toner cartridges available at www.grenk.com/blog.

InkCycle is a Kansas City-based company with a green line of remanufactured ink and toner cartridges known as grenk (www.grenk.com/blog). The company recently produced 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. 🌍

Click here for a video all about this exciting green company:
www.youtube.com/watch?v=iGgagQXhaD8&feature=related

THE BEAUTY OF BAMBOO

by Roberta Modena

Bamboo is probably one of the most talked about new materials making it hard for “non-green” enthusiasts to ignore. Pick up any newspaper or magazine and you’ll read about another wonderful creation made from natural bamboo. One of the biggest misconceptions is that bamboo is a type of wood because of its strength and durability since it has historically been used in framing structures, furniture-making and even flooring.

However, bamboo actually belongs to the giant grass family and is one of the fastest-growing known plants on Earth, reaching its full height in just 3-4 months.

For a society that thrives on quick results, bamboo delivers in a big way!

While many of us grew up believing “cotton is the fabric of our lives,” bamboo is quickly stealing the limelight from masterful manufacturers creating some of the softest, most luxuriously-made apparel, yoga wear, bedroom sheets, bath towels and more. That’s because bamboo is not only super absorbent, more than cotton, but this all-season fabric will breathe in the summer and keep you warm in the winter. Its thermo-dy-

namic properties literally keep you cool on hot days and warm on cold days. And one of the main reasons environmentalists rave over bamboo is because it’s grown without the use of pesticides and harsh chemicals.



Once you experience how soft and comfortable it really is, you’ll find you won’t want to wear or sleep in anything else.

One of my favorite new “stylish and sustainable” favorites that really captures the essence of this versatile fabric is from Naturally Knotty. Their super-soft wraps are made of 100% bamboo and beautifully packaged in a reusable and biodegradable bamboo cylinder with a colored ribbon to match the color of the wrap.



These all-season wraps (28” x 70”) are machine-washable and come in black, ivory, steel grey, espresso and red, making the perfect gift for Mother’s Day. Now you can celebrate Mom and Mother Earth! 🌍

Look for these wonderful wraps and other blissful bamboo products at www.worldofgreen.com.

Naturally Knotty 100% Bamboo Wrap in a handmade bamboo container available in 5 colors at www.worldofgreen.com

A TALE OF FOUR THIEVES

by Glenn R. Swift

The Black Death (or Great Plague as it is sometimes referred to) was one of the deadliest pandemics in human history, peaking in Europe between 1348 and 1350. It is widely thought to have been an outbreak of bubonic plague caused by the bacterium *Yersinia pestis*, but this view has been challenged in recent years. Usually thought to have started in Central Asia, the Black Death had reached the Crimea by 1346. From there it spread rapidly throughout the Mediterranean and Europe, most likely carried by fleas residing on the black rats that were regular passengers on merchant ships.

The lethality of the Black Death is nearly unimaginable. It struck indiscriminately and from 1348 to 1400 is estimated to have killed 30% to 60% of Europe's population, thus reducing the world's population from an estimated 450 million to be-

tween 350 and 375 million. The Black Death is viewed by many scholars as creating a series of religious, social and economic upheavals that had profound effects upon the course of history. Incredibly, it took 150 years for Europe's population to recover. Although the plague returned at various times and resulted in a large number of deaths, it never wielded the virulence of the Middle Ages and Europe has not witnessed another outbreak for over 200 years.

During the most dreadful outbreaks of the Black Death, a few people found a way to survive through the use of herbal remedies. Among the more colorful of these fortunate individuals were four thieves from Marseilles, who while plundering for treasures among the dead and near dead protected themselves with garlic and a concoction of herbs extracted in vinegar. Although the

story sounds like little more than a fairy tale, there is credible evidence to substantiate the story, including the archives of the Parliament of Toulouse (1628-1631).

So what happened to the four thieves? Well... they got caught! But as Paul Harvey used to say "there's more to the story."

Faced with being burnt at the stake, the infamous four were offered the milder sentence of death by hanging if they chose to divulge their secret. Seeking a quicker form of execution, the four revealed their inner knowledge to the court.



What was the secret? In a nutshell, the mystical potion was a combination of five essential oils: clove, lemon, cinnamon bark, eucalyptus and rosemary. Now for the really good news. Young Living has a product specifically based upon this centuries-old formula.

Thieves Essential Oil Blend

Clove Oil — Nature's richest source of eugenol is the highest-scoring single ingredient tested for its antioxidant capacity on the ORAC scale. Clove is also known for its immune-enhancing properties.

Lemon Oil — With 68% d-limonene, lemon oil is a powerful antioxidant known for its ability to act as a natural solvent and cleanser.

Cinnamon Bark — High in antioxidants, Cinnamon Bark has a reputation for relieving discomfort during the winter season and sup-

porting the digestive system.


Eucalyptus Radiata — As one of the most versatile of the eucalyptus oils, Eucalyptus Radiata has many health-promoting properties. This powerful essential oil contains eucalyptol as one of its major elements, which in laboratory tests has been reported as being effective against bacteria in topical applications.

Rosemary Oil — Rosemary oil is naturally energizing and may be beneficial for helping to restore mental alertness when experiencing fatigue.

This revolutionary blend combines the pure essential oils of rosemary, cinnamon, lemon, eucalyptus and clove, all known for their clinically-proven germ-fighting power. Unlike many products that rely heavily upon harsh chemicals, these natural plant solutions are powerful yet safe enough to be used daily. In fact, Thieves has been proven to be up to 99.9% effective against airborne bacteria.

Apply on the feet for internal benefits, or diffuse throughout the home to kill dangerous airborne bacteria and black mold. Better yet, you can arm yourself with the power of Thieves in an entire line



of Young Living home and personal care products, including household cleaner, toothpaste, hand soap and more. 

To purchase Thieves and other Young Living Products, go to:
www.youngliving.org/owwwmedia.



EXECUTIVE MEETING CENTE


RELAX, ENJOY AND MAKE SOME MEMORIES DoubleTree Palm Beach Gardens

by Marilyn Coleman

Arrive at a place that embraces you in its serenity. Our newly renovated hotel with a boutique feel features 279 guest rooms and is infused with natural materials, space and light – perfect for your corporate meeting or long awaited vacation. We offer 10,000 sq. ft. of banquet facilities and provide superior service. A brand new IACC-approved, LEED Certified and PURE air Executive Meeting Center opened in March of 2009, adding an additional 10,000 sq. ft. of dedicated meeting space. We are ideally located off I-95 and just minutes from the Florida Turnpike.

The Executive Meeting Center offers an exclusive business meeting venue. The modern functionality combined with cutting-edge technology in a completely green environment offers meetings that will long remain in the minds of your attendees. Part of the experience is the fun of recognizing re-purposed items such as bar stools made of recycled seat belts, hanging lamps made from stop lights and comfortable chairs made from bicycle wheels.

Relax at our resort-style pool complete with cabanas and our new “Grotto Bar.” The pool is encircled by the hotel and its lush gardens offering the tropical experience that completes your vacation. The Grotto is open serving both frozen and chilled beverages with a grill for hot dogs, burgers and chicken sandwiches. Every room boasts a balcony, Tempurpedic mattress and flat screen TV for your comfort and enjoyment.

So come see us soon – relax, enjoy and make some memories. 

For reservations or more information, please visit www.doubletreewestpalmbeach.com or call (561) 622-2260.

GOING GREEN



TRAVELING FOR GOOD

VOLUNTEER VACATIONS

by Glenn R. Swift

With summer nearly here leisure travel is high on the to-do list, but some vacationers are doing “good” while they get away.

In the 1990s, organizations like Earthwatch offering “volunteer vacations” added a new dimension to the charity-based travel that began in the 1960s with organizations like the Peace Corps. A number of establishments took notice and began offering their own tailored itineraries combining travel with volunteer service. But things changed after September 11.

“Following the terrorist attacks of September 2001, there was a realization upon the part of many Americans that we were not isolated from the rest of the world. As a result, a whole new generation of ‘hands-on helpers’ quickly emerged,” said Kimberly Haley-Coleman, executive committee member of the International Volunteer Programs Association (IVPA), an alliance of non-profit, non-governmental organizations involved in international volunteer and internship exchanges based in North Bergen, New Jersey. She also acknowledged that interest in volunteer vacationing increased markedly following the devastating tsunami in December of 2004 and the catastrophic Kashmir earthquake ten months later, adding, “This type of activity reflects not only a different outlook toward the world, but a changing attitude about travel.”

Jeanne Brown, a Long Beach resident who has participated in four trips with Global Volunteers, a not-for-profit organization based in St. Paul,



had this to say: “It’s time to give back. We all have too much.” Brown has worked on the Blackfoot Reservation in Montana, and also traveled to Minnesota and to Beards Fork, West Virginia, deep in Appalachia, where she and others on her trip helped a coal-mining community build and repair homes.

“It’s a test of yourself — to see who you can get along with, what really bothers you and what’s really important,” Brown added.

Trip Roster

“Traveling for good” is most definitely a growing trend. According to the Travel Industry Association of America, more than 55 million Americans have traveled to other countries on vacations that included some form of volunteering. The growing desire to “give back” is also reflected in a U.S. Bureau of Labor Statistics study, which reported that nearly 30% of those 16 and older participated in some kind of community service project last year.

So what exactly is a volunteer vacation? There is no simple definition. Some volunteers work in remote mountain villages after traveling for miles by horseback, while others teach local children how to read and write English in the morning, before retiring to five-star oceanfront hotels on a tranquil Caribbean island. Despite this wide variation in activities, the goal is the same. “This type of travel is designed for people who want to become directly involved in the communities

they visit so they can make a positive impact, not just act as observers,” Haley-Coleman said.

“I’ve always had this desire to be a foreign missionary,” said Nancy Murphy of West Hempstead. “I’ve always had this interest in traveling to far-off places. When you’re just a tourist you’re just looking but when you do this sort of thing, you become immersed in the community for a while, and it becomes like being part of the local scene. It’s very sustaining,” she said. “I guess I was looking for a little adventure,” Jeanne Brown laughed as she described her experiences painting the reservation’s juvenile detention center and a “never-ending fence.” Brown’s work in Appalachia was more than adventurous; it was labor-intensive and included home repair, planting, spackling and painting, along with some daycare there and interaction with younger kids.

The U.S. government has also teamed with a number of organizations worldwide to expand opportunities for Americans to serve overseas. The campaign is led by Colin Powell and is part of an effort originated by the Brookings Institution, a center-left think tank in Washington D.C., to develop a new global approach to enhance security and promote national interests, while improving our standing in the world. “The idea is to promote ‘soft power’ instead of ‘hard power’ throughout the world,” said Haley-Coleman, who also serves as Executive Director of Globe Aware,



a Dallas-based non-profit organization currently offering volunteer vacations in a number of underdeveloped locales.

A study released in April of last year by the Congressional Research Service (CRS), a public policy research arm of the United States Congress, vividly illustrates the exorbitant cost of having to rely upon military muscle alone to protect U.S. national interests. The study calculated that it costs an average of \$361,000 annually to put a soldier, Marine, airman or sailor in Iraq or in the region. Needless to say, the soft-power approach of fostering goodwill by sending volunteer travelers abroad is significantly less expensive.

Among the major players working hard to help foster that goodwill is Globe Aware (www.globeaware.org). This group offers volunteer vacations in Peru, Costa Rica, Thailand, Cuba, Nepal, Brazil, Cambodia, Laos and Vietnam. One-week trips focus upon cultural awareness and sustainability, and are often compared to a “mini Peace Corps.” Globe Aware is a 501(c)(3) tax-exempt charity and all program costs, including the cost of airfare, are tax-deductible. No special skills or ability to speak a foreign language are needed. “Our trips are primarily designed for working professionals who can’t afford to take three weeks or more off at one time,” said Haley-Coleman. Costs vary depending upon the country visited and range from just over \$1,000 to around \$1,400 (exclusive of airfare).

Could You Be a Volunteer Vacationer?

The Answers to These Questions Will Help You Decide



If you're wondering whether or not you're a good candidate, most operators will tell you that there are so many options available that's it's more a question of finding the right program, one tailored to your skills and interests. Here are some questions you should ask yourself:

What kind of conditions am I willing to live in?

How long am I willing to give?

What skills do I have to offer?

How much can I afford?

Remember, the greatest need isn't always the safest. There are war-torn countries in Africa desperate for help, but they're not necessarily open to outsiders. Take the time to evaluate all your options. Here are some basic questions that you need to ask your tour operator when choosing which itinerary is best for you.

Are the host organizations faith-based or secular?

What is the level of interaction that you will have with local residents?

How much guidance and supervision will I receive?

What type of physical labor/strenuous activity is involved?

Is there a backup plan in case of an emergency? (If you're staying in a secluded mountain village in the Andes, you need to know what happens if you break your leg.)

What exactly is included in the price?

Do you offer travel insurance?

How much free time will there be and what types of sightseeing options are there?

What types of immunizations are required?

What is the climate?

How safe is the locale?

What percentage of the trip is tax-deductible?

So, if you're looking for a way to help make the world a better place the next time you travel, maybe an "adventure in service" is just what you're looking for. 🌍

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www.lostiguanaresort.com



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Marketing Materials

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.



SEARCH ENGINES BASICS AND WEB BROWSER ALTERNATIVES

by Sean Reed

Search Engine Basics

A search engine can be the greatest tool you have at your fingertips or it can be the biggest waste of time, leaving you to scroll through page after page of results that are irrelevant to what you're looking for.

To properly utilize a search engine, here are a few basic pointers:

Searching for a phrase.

If you're interested in finding results that only have to do with an exact phrase, such as a full name, enclose the search terms in quotes. For example, to search for pages about Diet Coke, put "Diet Coke" into the search box. This would eliminate any pages that discussed diets in general, with perhaps a reference to Coke, and only return pages that had "Diet" and "Coke" next to each other.

Searching within a certain Web site.

Google's search engine allows you to specify the site you want to search in. If you're looking for anti-virus solutions, but only want to see what I've included on my Website, the search would look like this: `site:seanreed.org anti-virus`.

Forcing a keyword to be used.

By putting a plus sign (+) in front of any search term, you can let the search engine know that the particular search term must be included in any results to be found. If you're looking for information about dolphins (the animals), and not the football team, your search could look like this: `dolphins +animal`. Similarly, a minus sign (-) will force the search engine to exclude any results with a


term. To find similar results about dolphins, you could use: `dolphins -football`.

To find more information about search engines and their search techniques, click on any of the following:

- Google Search Basics
- Yahoo! Search Tips
- Bing Operators Explained

Web Browsers: Know Your Alternatives

When most people think about "the Internet," they're actually thinking about a single piece of software: Internet Explorer – the pre-installed and default Web browser on modern PCs. When you want to visit a Web site, odds are you first open Internet Explorer. While Internet Explorer may dominate simply because it's there by default and easy to use, there are many other Web browsers that offer better features and more security. The list below is not exhaustive, but includes some of the more popular browsers in development today. I encourage you to download and try them all. You may find yourself to be much more productive, faster, or just more comfortable in one of the alternatives.

- Mozilla Firefox
- Opera Browser
- Safari
- Google Chrome 

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

Blue Martini/What Women and Men Want Biz Expo HOLD FUNDRAISER

by Brenda Ammon
Photography by Sharon Quercioli
and Penny Sheltz

Over 150 women were beaming with excitement at Blue Martini and Muvico on Friday, May 28 at City-Place in downtown West Palm Beach. The spirited evening celebrated the release of *Sex and The City 2* and was sponsored by the 2010 What Women Want Biz Expo™ and What Men Want Too™ as a fundraiser for the benefit of Healing Touch Buddies — a Jupiter-based nonprofit organization offering Healing Touch therapy free of charge for up to one year to women challenged with breast cancer.

The festive ladies enjoyed makeovers from the Saks Fifth Avenue PBG Dior Team, Best Dressed and Best Shoes Contests, a number of top-shelf prizes, and great food and drink before the anticipated movie premier. After the showing, guests returned to enjoy their complimentary Sex and the City Martini at the posh night spot. 🌍

For more information about the 2010 What Women and Men Want Business Expo™ and Healing Touch Buddies, Inc., visit www.whatwomenwantbizexpo.com and www.healingtouchbuddies.org.



Cheryl Abrams, Sharon Quercioli and Candace Paradeau



Ronit and Ena Roseman



Ena Roseman, Sue Chieco, Cheryl Abrams, Candace Paradeau and Irene Eisen



Judy Jaross, Ellen Dressler, Lindsay Babich and Charlotte McGinnis



Tim Byrd, Brenda Ammon and Brie Wolf



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.