



Our Wonderful World

July, 2010
Volume 1 :: Number 3

The Art of Living **Green** 

Tabacon Resort & Spa


Tropical Wonderland

Dr. Arthur Katz

The Rock Doc

2012

What Does It Mean?

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Our Wonderful World
Volume 1 Number 3



Tabacón
Grand Spa ★★★★★
Thermal Resort



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Our Wonderful World

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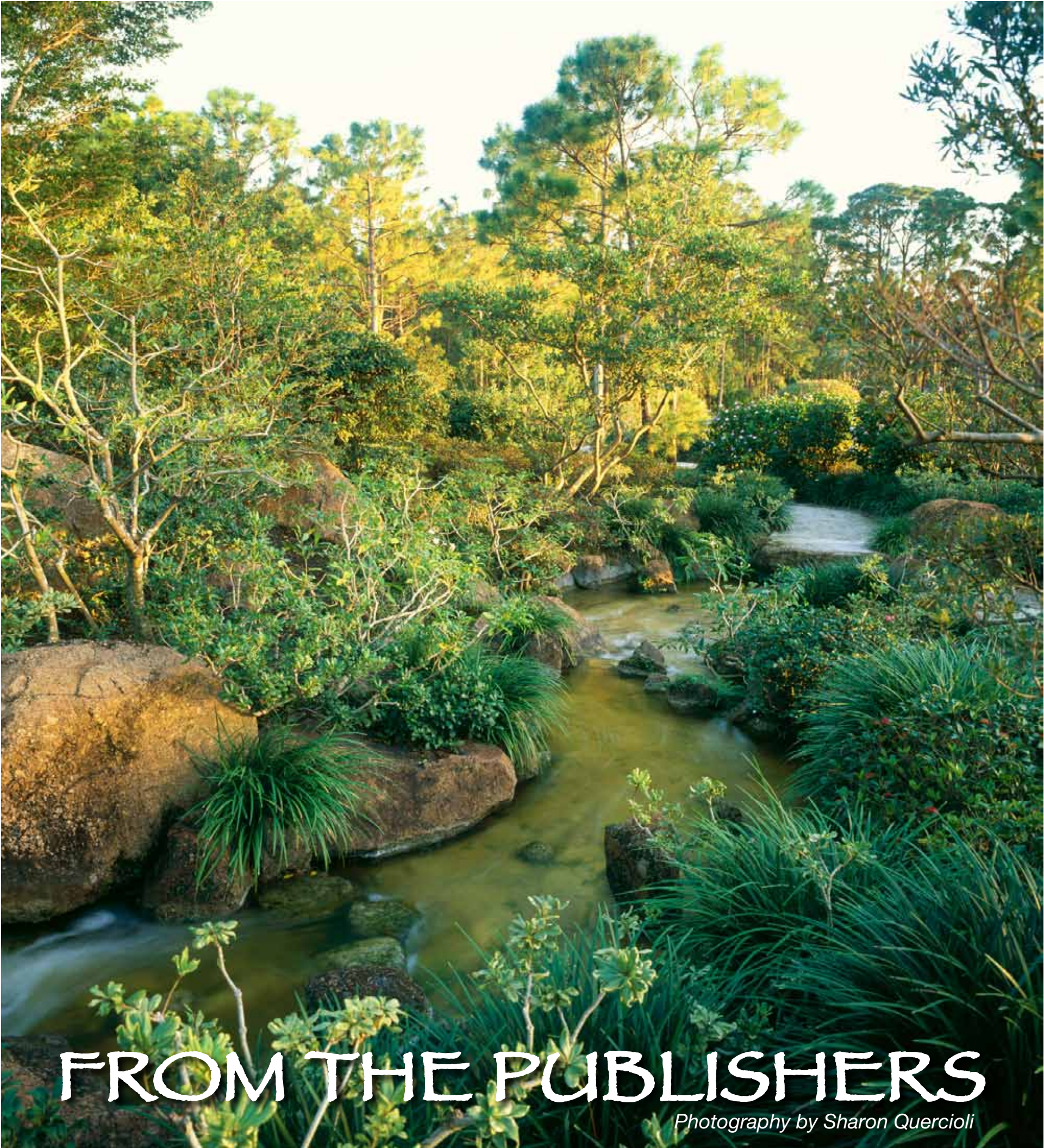
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FROM THE PUBLISHERS

Photography by Sharon Quercioli

In this issue of *Our Wonderful World* we bring you two in-depth stories that are sure to intrigue you. Our cover story features one of the greenest resorts on the planet, Tabacon Grand Spa Thermal Resort in Arenal, Costa Rica. Just a few days prior to publication, Tabacon received the Luxury Eco Certification Standard (LECS) — only the second hotel in the world to pass the intensive desk audit and onsite inspections required for certification. Tabacon was certified 100% carbon neutral in May, 2009 and continues to forge ahead with new and exciting eco-conscious initiatives. Our story and our breathtaking photography should keep you glued to your screen!

Our other feature story, “Dr. Arthur Katz — The Rock Doc” introduces a most unordinary fellow. This brilliant Palm Beach Gardens cardiac surgeon utilizes the very latest modern medicine has to offer combined with alternative holistic and herbal treatments — a powerful combination designed to treat the physical, emotional and spiritual components of a human being. Recently, Katz utilized his venerable gifts to save someone who had no financial resources and for whom bureaucracy and indifference threatened to win out. Katz not only serves as a role model, but as a constant reminder that this truly is a wonderful world.

Our fabulous twosome, Lindsay and Charlotte, of *The Art of Living Well* radio, have done another great job. In her own special way, Lindsay offers her profound insight as to the significance of 2012 and what it means for our planet. Charlotte switches gears and asks, “How “green” is our golf course?” (You’re going to have to read the story.!)

Speaking of some great information, the Green Goddess offers her Pearls of Wisdom along with a nifty piece, “The Awesome Avocado.” For all you non-avocado eaters, you might find this enlightening.

In closing, we wish to extend our personal congratulations to Joey Fago of Jupiter (not the planet). Joey was recently named the Leukemia and Lymphoma Society’s (LLS) Man of the Year’s after raising nearly \$67,000 for this great cause in just 90 days. Particularly touching was this young man’s motivation for doing so.

In closing, we ask that you keep those emails coming. The feedback continues to be amazing, and we are honored that so many of you have taken the time to show us your appreciation. Remember, we’re always open to new ideas.

Well... it’s time to start clickin’!



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TABACON GRAND SPA THERMAL RESORT

by Glenn R. Swift

Photo courtesy of Sharon Quercioli.

It's not too hard to think "green" when you awaken each morning in a rainforest alongside mineral springs in the shadow of a volcano. But that's exactly what you get at this luxurious 114-room resort and spa located at the base of the Arenal volcano just outside of La Fortuna, Costa Rica. Of course, Tabacon isn't exactly a secret anymore. In the last few years, this Five Star luxury resort has been named one of The Leading Hotels and The Leading Spas of the World by the esteemed Leading Hotels of the World, Ltd. That's not all. Tabacon is a Signature Travel Group Preferred Hotel and has received numerous accolades from a wide selection of highly respected publications: Luxury SpaFinder's Favorite Spa in Central America and World's Ten Best Mineral Spring Water Spas; Conde Nast Johansens' List of Recommended Hotels; SpaFinder Magazine's Readers' Choice Awards; Modern Bride Magazine's Top Five Worldwide Honeymoon Destinations; and National Geographic's World's Top Ten Eco-Spas.

Then again, if you're talking green...there's a whole lot more to talk about.

Just last month, Tabacon received the Luxury Eco Certification Standard (LECS) — only the second hotel in the world to pass the intensive desk audit and onsite inspections required for certification. The innovative program, developed by The Leading Hotels of the World, Ltd. in partnership with Sustainable Travel International, awards LECS based upon high marks in policy and documentation, energy conservation, water conservation, recycling and community. (Tabacon was certified 100% carbon neutral in May, 2009.)

LECS is the first global certification program of its kind for luxury properties and was created through a partnership between sustainable Travel international, the global nonprofit leader in sustainable travel solutions, and Leading Quality Assurance, a joint venture of Leading Hotels that specializes in quality assurance, benchmarking and training to the luxury hospitality industry. The program focuses on Triple Bottom Line management achievements where people,



The mineral-rich waterfalls and pools are kept warm naturally — anywhere from 80 to 104 degrees — courtesy of the active Arenal Volcano. The minerals in the healing waters also vary from pool to pool.



planet and profit are all part of the property's business objectives.

Brian T. Mullis, President of Sustainable Travel International had this to say: "By achieving the Luxury Eco Certification Standard, Tabacón has demonstrated its superiority not only in quality and service but also in the resort's commitment to safeguarding the natural and cultural heritage of our planet for future generations."

What's their secret? Well, much of Tabacon's energy-saving savvy is derived from the wondrous healing waters of the springs themselves.

The amazing springs run through a maze of well maintained tropical gardens. While there is a beautiful pool with a swim-up bar, most guests enjoy wandering through the gardens along the paved path to explore the maze of springs. The floor of the springs consists of authentic lava rock and the springs have varying temperatures based upon their proximity to the Tabacon River.

Now for the kicker...

That same water ends up in all of the resort's showerheads and taps, eliminating the need for artificial heating systems!

There's more to the story...

All outdoor and guest-room lights have low-energy bulbs and operate via sensors that automatically click off when not in use. These initiatives combined with the development of hydroelectric power systems and the planting of trees to offset emissions are what have allowed Tabacon to be carbon-neutral.

With regard to accommodations, you don't get named one of the world's leading resorts for nothing. All rooms are first-rate, air-conditioned and feature top-notch amenities not always so easy to find in Costa Rica (cable TV, safety box, coffeemaker, room service and much more). In addition, the rooms offer incredible views of the volcano and surrounding rainforest and



The magnificent Arenal volcano.

The Tabacon Hot Springs... Unlike Any Other

There are numerous naturally occurring hot springs around the world, many affiliated with volcanic activity. In Costa Rica there are hot springs of different temperatures, flow volumes and mineral content found in the regions around the Arenal, Irazu, Miravelles and Rincon de la Vieja Volcanos, as well as others in the Orosi Valley and near Ciudad Quesada in San Carlos. But the perfect combination of volume, temperature and mineral content (low sulfur to prevent odors) that is present in Tabacon Grand Spa Thermal Resort is unique in the world.

Hot springs are considered a natural expression of the Earth's inherent energy. Geologically, Tabacon Resort's thermal natural springs are 97% rain-based and 3% magma-based. Rainwater enters the earth through fissures on the surface and heated by magma found in the Earth's core. Once heated, the waters rise to the surface, taking with them minerals found in the earth's rocky stratus.

There are three thermal springs that naturally surface and flow at Tabacon at 122 degrees Fahrenheit. Total volume generated by the three springs is 20 gallons per second. In total, there are five different springs that exist throughout the resort with temperatures ranging from 77 degrees to 122 degrees Fahrenheit. There are two main branches to the thermal river that flows through the gardens and one cold river spring that flows down from the rainforest in the back area of the Temaczal. Two more springs are captured for cold water consumption for guest use in the resort.

Many hot springs in the Arenal volcano Region and around the world drill for underground wells and de-

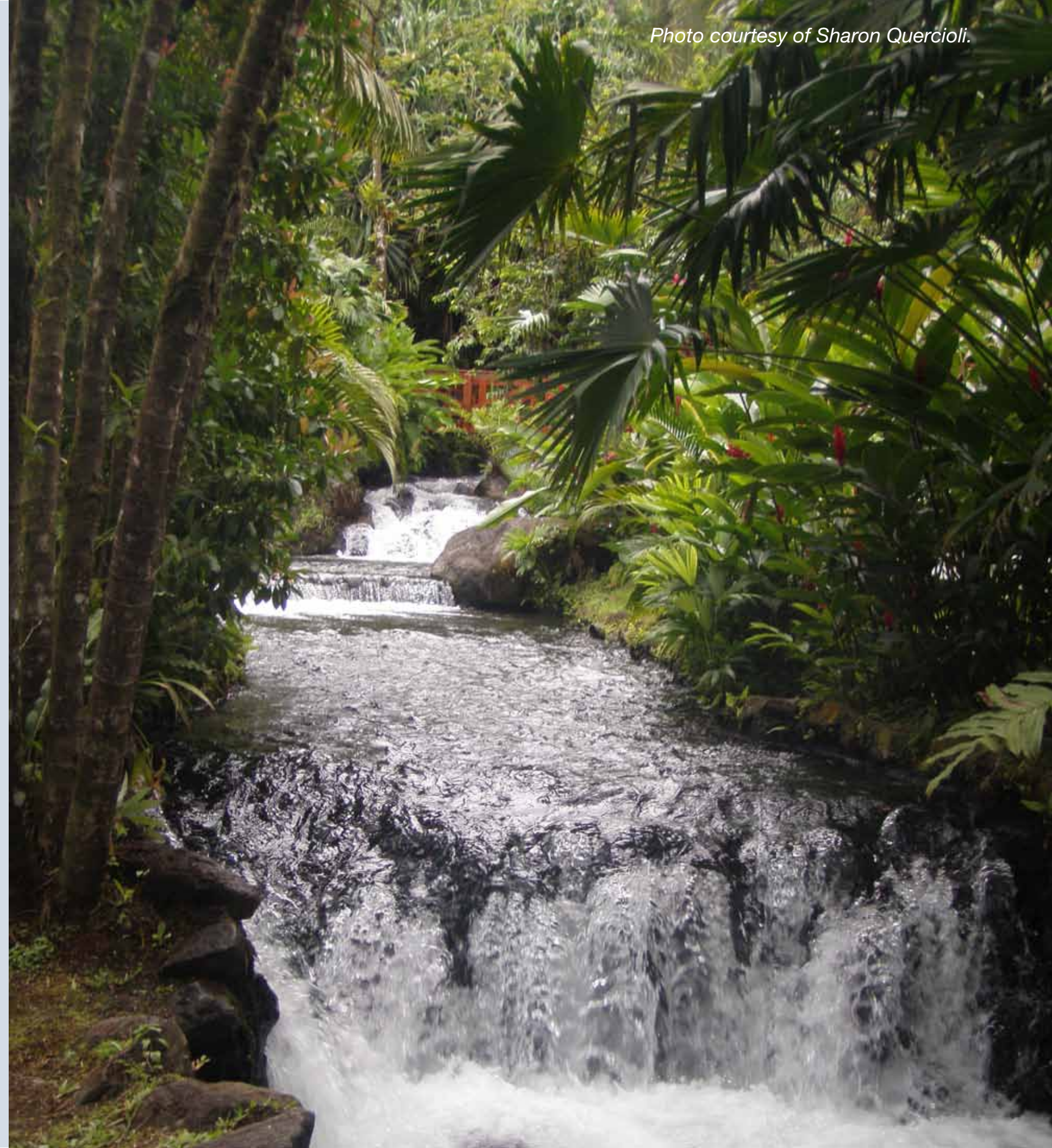
pend upon pumps and other mechanical systems to fill their pools. Others re-circulate the water and re-heat with gas or other energy-consuming means. Tabacon is COMPLETELY natural. Water flows by gravity throughout the property, forming in-river pools, waterfalls and cascades that fill pools with warm healing water. An eco-friendly and carbon neutral resort, Tabacon places a major emphasis upon turning the guest experience into a close encounter with nature. These characteristics are what make Tabacon the best known luxury hot springs resort in Costa Rica.

As the underground Tabacon river flows through the magma in the volcano, the springs absorb minerals. Hot springs provide many benefits stemming from various chemical, physical and biological effects, the most notable is relaxing tense and tired muscles. Other medical benefits from visiting hot springs include:

Chemical effects are related to the minerals and other substances in the water, which are transferred to the skin and throughout the bloodstream through osmosis. The physical effects are due in large part to the water temperature, which helps dilate the skin, thus improving oxygen flow in the tissues that are being treated. The heat also encourages the flow of natural sedating substances in the body, encouraging muscle relaxation. Altogether, these effects create a sense of well-being.

The biological effects are produced by the hydrothermal flora and fauna, integrating micro and macro organisms in a complex union. This effect is called bio-gleas and is composed of thousands of different species that strengthen the skin's defense systems, helping it to repair itself from external attacks such as aging.

Photo courtesy of Sharon Quercioli.





*Tabacon's accommodations
are spacious and luxurious
with eye-catching views.*



Tabcon's Grand Spa offers an array of massage and aromatherapies.

are furnished with handcrafted pieces from local artists. Suites include bedding to befit a king as well as a personal Jacuzzi. Of course, all resort guests have free and unlimited access to the hot springs — a must-see and experience.

As for the Grand Spa, it is just that. All treatments (deep tissue, Swedish, aromatherapy, Shirodhara, reflexology, Watsu, hot stones, Thai and four hands) are performed in outdoor pavilions amid the privacy of dense greenery to a real-life soundtrack of rushing water, twittering birds and howler monkeys. The spa includes locally grown coffee, sugar, coconut and chocolate in some treatments, but its main focus is mud. The near-endless supplies of naturally warm, mineral-rich volcanic mud has long been favored by locals to soothe aches, improve circulation and soften skin; the spa incorporates it into soothing massages and body wraps. The onsite springs provide additional therapy, relaxing muscles and boosting oxygen flow through the skin.

Be sure to experience the Grand Spa's signature Tabacon treatment — guaranteed to improve one's physical and emotional balance. This 75-minute massage begins with a series of bends and stretches to regulate energy flow, prepare the body and promote flexibility. A medium pressure massage is then applied to the entire body, culminating with a volcanic mud massage to detoxify skin and improve circulation. The treatment concludes with a relaxing time and rinsing in a private mineral pool.

In terms of service, Tabcon's staff is as knowledgeable and courteous as they come. Special thanks to Jose Miguel, Events Manager, and Melania Lopez, Assistant Director of Public Relations and Marketing. Their professionalism was exceeded only by their kindness.

So there you have it...the ultimate vacation getaway. Tabcaon's lush, well manicured gardens are nearly surreal in their beauty — enough to make Adam and Eve jealous. Then again, sitting



Tabacon Grand Spa Thermal Resort

Near the base of the active Arenal Volcano in the north side of Costa Rica, the world renowned Tabacón Resort provides you a relaxing and unparalleled experience with its natural hot spring and thermo mineral water pools, tropical and exuberant surroundings and uncompromising Grand Spa.

Facilities/Activites

Pool/Jacuzzi

Day Spa

Hanging Bridges

Hike to Arenal Volcano

Canyon Tour

Horseback Ride to the La Fortuna Waterfall

Kayaking in Lake Arenal

Tour to the Danaus Eco-center

Wildlife Float Trips by Canoe

Sky Tram & Sky Trek Arenal

Zip Lines

Mountain-bike Tour

Sport Fishing

Venado Caverns

Rafting

Endurance Hike to Chato Hill

Horseback Ride to Monteverde

Combination Hanging-Bridges Tour

Combination Tour

Caño Negro Boat Tour

Bird Walk Tour

Night Tour Rain Forest

Restaurants & Bars

Los Tucanes, located adjacent to the hotel's cascading water-fall pool and swim-up bar, is the signature restaurant, combining local tropical flavors with international fare, inviting guests to enjoy a memorable fine dining experience.





in a hot spring and watching the red glow of the volcano light up the deep blue of the rainforest at dusk is a once in a lifetime experience you will want to relive again and again.

At Tabacon Grand Spa Thermal Resort, the four elements of nature are tantalizingly present: the heat of the volcano, the flowing waters of the hot springs, the pure air of the rainforest and the fertile earth the Fortuna de San Carlos Region — all of which mystically blend into a paradise on earth. 🌍

To make reservations or for more information about Tabacon Grand Spa Thermal Resort, call (877) 277-8291 or go to www.tabacon.com.



Sharon Quercioli, President of Our Wonderful World, planting a tree as part of Tabacon Resort's 2010 Earth Day Celebration.

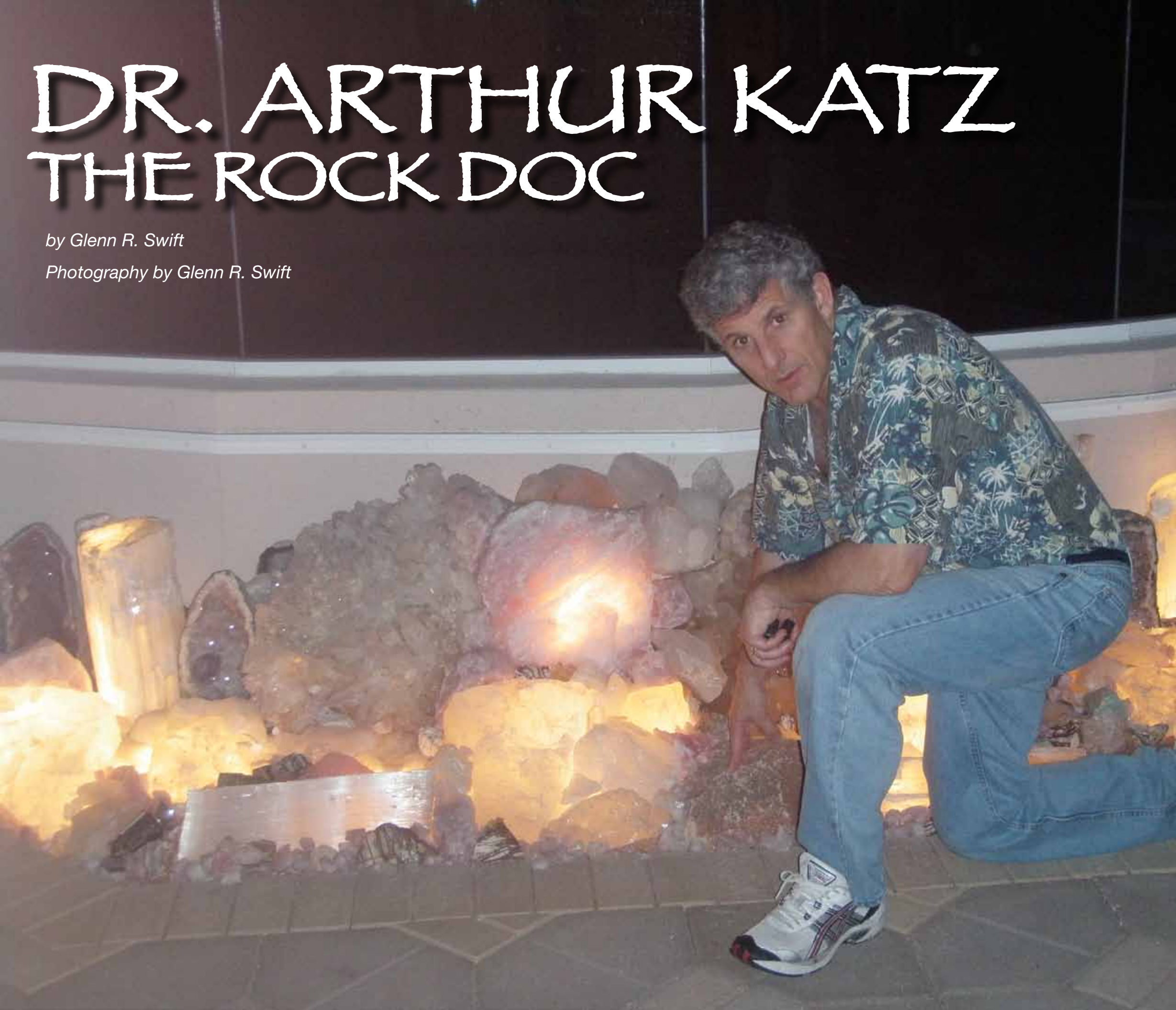
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DR. ARTHUR KATZ

THE ROCK DOC

by Glenn R. Swift

Photography by Glenn R. Swift

Too often we find ourselves focusing upon those who let us down, when all around us are amazing people reaching out and sharing their wondrous gifts with others. Then there are those who no matter the risk involved or sacrifice required are always there, ready willing and able. They are the giants among us, larger than life, the true superstars who inspire us and call us to a higher level. Most importantly, they serve as constant reminders that with all its shortcomings this is still a wonderful world.

Dr. Arthur Katz is one of those people.

A native of Westchester County, New York, the Palm Beach Gardens-based physician has garnered the reputation of being one of the finest cardiothoracic surgeons in South Florida. Specializing in a number of sophisticated cardiac surgeries (off-pump/beating heart bypass surgery; ablative surgery for atrial fibrillation; mitral valve repair and reconstruction; ventricular reconstruction; aortic aneurysm surgery and redo cardiac surgery), Katz utilizes the very latest techniques in his field.

He also does something else.

“When treating the human being, you can’t just treat the mechanical aspect, because not everything is cured with an operation or a pill. You must acknowledge the emotional and spiritual component of the individual,” says Katz.

Katz’s approach draws an occasional ribbing from his colleagues.

“Unfortunately, the majority of American-trained physicians don’t acknowledge complementary and alternative forms of medicine as viable treatment options to be used in conjunction with other Western techniques. Part of their hesitation to embrace the alternative modalities is that we are not advanced enough yet to understand scientifically how a lot of energy-based, herbal techniques work...but it doesn’t mean they don’t work.”



Each of Katz's patients are asked to choose their own heart-shaped mineral following their final post-op visit.

Katz's desire to look "beyond the stethoscope" when treating a patient stems from an innate desire to heal — something that has been with him since childhood.

"My five-year old brother fell when I was 8 years old. He had a big bruise on this head with a laceration that was bleeding profusely. Instinctively, I knew to take a towel and apply pressure to the wound. My reaction was instinctual."

That Katz would become a surgeon appears to have been the result of a carefully prepared plan.

"Ever since I can remember I have always had a love for biology and wildlife. When I was 16 I took the EMT class and volunteered on an ambulance crew. That same summer I took a job making deliveries for a meat company to a teaching hospital in New York. I asked the shift supervisor about volunteering at the hospital. My first assignment was in the operating room holding area wheeling patients into the operating room. I befriended one of the anesthesiologists, and before long I was in the operating room observing surgeries. The first surgery I witnesses was for a hernia. I knew right then that this was what I wanted to do. I was fascinated by the anatomy of the human body and even more so by the surgeon's ability to identify and correct the problem."

After excelling in his pre-med studies at the State University of New York at Stony Brook and scoring highly on the Medical College Admission Test (MCAT), Katz began to prepare for his life as a physician.

"In between college and medical school I served as an anesthesia lab technician and witnessed several open-heart surgeries. I was hooked on the heart at that point."

Katz has some fascinating things to say when discussing the heart, something known as "heart math." Once again, his thoughts are a unique blend of the scientific and the metaphysical.

"For centuries, the heart has been considered the source of emotion, courage and wisdom. The Institute of Heart Math (IHM) Research Center has done some amazing research exploring the physiological mechanisms by which the heart communicates with the brain and influences information processing, perceptions, emotions and, of course, health. Most intriguing are the dramatic positive changes that occur when techniques are applied that increase coherence in rhythmic patterns of heart rate variability. These include shifts in perception and the ability to reduce stress and deal more effectively with difficult situations. Amazingly, the heart acts as though it has a mind of its own, profoundly influencing



the way we perceive and respond to the world. In essence, it appears that the heart directly affects intelligence and awareness.”

Katz’s quest for holistic and spiritual knowledge has had a profound effect upon him psychically. “I try not to think and act impulsively. Heart Math is all about being able to ground ourselves so that instead of reacting emotionally we catch ourselves and think with our heart.”

Katz has also enjoyed a fascination with something else since his childhood days.

“I have always loved rocks, too,” joked Katz, whose fascination with minerals and fossils is so intense that his personal collection has transformed his home into a quasi museum of natural history. In fact, a portion of Katz’s collection is on display at The Hibel Museum of Art in Jupiter.

What is it about rocks that fascinates the doc? Katz draws an interesting parallel with his work as a cardiac surgeon.

“I have an eye for detail.... Everything I do is in detailed order, both at the micro and macro level. And with minerals I do a lot of things...same as in surgery. You see, with a mitral valve I start with something that’s totally different. I have to envision what it will look like before I begin the reconstruction.”

Katz also enjoys studying the energy fields given off by his fancy rocks. In fact, some of them fluoresce beautiful and bright colors when exposed

to an ultra-violet lamp.

“Energy and matter are interchangeable. Then again, what attracts a person to a particular stone is part of the mystique. People are tied to different stones as a result of a physical, energetic and mental attraction,” Katz said as he took a 60-second break to make a bid on e-Bay for yet another stone he couldn’t live without.

Although Katz routinely works 60+ hour work weeks, he finds time to run a part-time business, A. K. Collectables (www.akcollectables.com).

“There is a broad spectrum of items on the site, all of which encompass a common theme: intricacy, detail and quality.”

Interestingly, Katz would like to do more with the company when the time is right.

“When I retire I’d like to make my part-time gem rock business full time.”

As for the inspiration behind the business, that’s a story in itself.

“My passion for mineral and fossil collecting began 40 years ago during a picnic one unseasonably warm Thanksgiving Day in Binghamton, New York. Glancing at the ground, I noticed what appeared to be pieces of shell embedded in a mud-like stone. Fossils!...From that point on, I was hooked.”

The minerals and fossils displayed on Katz’s



Dr. Arthur and Lori Katz.

website are mined and collected from all over the world. All of the specimens are handpicked for their beauty and uniqueness, some of which are extremely rare and of museum quality. They are magnificent for use in interior design or as distinctive cabinet specimens. The various pieces are categorized by color or by name to meet everybody's needs.

Now don't go thinking that Katz does his rounds donned in sandals with crystals and turquoises dangling around his neck quoting the Bhagavad Gita. Far from it...

"There needs to be a balance of traditional and alternative modes of treatment. In fact, there are times when I have to tell my patients to get off of all alternative treatments when preparing for surgery because they can complicate matters dramatically."

When meeting Katz, it becomes readily apparent as to why he deals so effectively in emergency situations and how he can maintain focus in delicate surgeries that sometimes last up to eight hours. His demeanor is warm, calm and reassuring. And while his intellectual capacity is most impressive, Katz's ability to communicate the most sophisticated of medical procedures to a layperson in a coherent, easy-to-understand, empathizing manner is what places him among a select few.

His wife Lori says it best.

"People come from everywhere looking for Dr.

Katz. They don't care how far they have to travel. And Art goes to the nth degree to make someone feel comfortable – and often to their extended relatives as well. Only a handful of surgeons have that quality."

Lori explained how her husband heals in far more ways than with his scalpel.

"His patients are different people when they walk out, because he practices from the heart."

Katz has received all that comes with a successful career. Yet, he is every bit as motivated today as he was his first day in clinical fellowship at NYU Medical Center. The reason is simple.

"There's a connection that I develop with my patients that is very special. And as important to me as having the gift of being able to save people's lives is receiving back from those I've helped," said Katz who pulled out a box of cards and gifts, ranging from an old watch to a crystal wine tasting glass — all tokens of gratitude from those he's helped to heal. "I keep a record of everything."

Recently, Katz volunteered his talents in dramatic fashion.

Confessor Correa, of North Miami, was desperately in need of the repair of an aortic dissection, but he was being denied the life-saving surgery because hospitals and surgeons near his home believed he had no health insurance. He did, but he could not speak for himself — he was un-

Dr. Arthur Katz | Surgical Specialties

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- Mitral Valve Repair/Reconstruction
- Ablative Surgery for Atrial Fibrillation
- Surgical Ventricular Remodeling/Restoration for Congestive Heart Failure, ventricular aneurysm repair
- Aortic Valve Replacement
- Aortic Root Replacement
- Reoperative Surgery
- Surgery of The Tricupid Valve

Medical Education

New York Medical College, Valhalla, M.D. 1985

Internship and Residency Training

NYU Medical Center, Gen. Surgery, 1985 – 1990

Clinical Fellowship

NYU Medical Center, Cardiothoracic Surgery, 1990 – 1992

Memberships

- Society of Thoracic Surgeons
- Alpha Omega Alpha, The Honor Medical Society

Hospital Affiliations (Palm Beach County, FL)

- Palm Beach Gardens Medical Center
- Good Samaritan Medical Center
- Wellington Regional Medical Center

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conscious. Correa needed to be transferred to a hospital that performed open heart surgery to repair an aortic dissection. But without coverage, no hospital or surgeon could be found in Miami-Dade County that was willing to take him on as a patient.

After hearing about the desperate situation, Katz and Tenet Health Corporation arranged to have the man airlifted to Palm Beach Gardens Medical Center where he performed the seven-hour life-saving surgery.

You see...some things are meant to be.

This past year Katz implemented a new protocol at his office at the Palm Beach Gardens Medical Center, albeit at the recommendation of his office manager, his wife Lori.

“When it’s time to say goodbye to a patient, when the post-op visits and all the other follow-up is over, we bring out a box of ten heart-shaped minerals and ask them to choose one as a souvenir so that they never forget their heart surgeon. Each mineral has a write up that goes along with it so that the patient will know what each stone represents. Some, such as bloodstone and agate, are known for their healing qualities. Interestingly, every single week nearly everyone picks the same type of stone. Maybe it’s a certain energy or the weather, I just don’t know.”

Maybe that’s because there’s something more to the story — something beyond human comprehension. Even Katz has learned not to question everything.

“Everything happens for a reason and for the best. We all need to extract the good from the bad. You can’t appreciate the good unless you experience the bad, and learning from the bad is how we become a better person.” 🌍



JOEY FAGO

**Leukemia and Lymphoma Man of the Year
Local Marketing Professional Raises \$67,000
in 90-Day Quest**

by Elaine Meier

The Leukemia & Lymphoma Society (LLS) announced that Joey Fago, Marketing Associate at Jupiter-based Palm Health Partners, is their 2010 Man of the Year. The announcement was made at the LLS Man & Woman of the Year

Grand Finale held June 4 at the Kravis Center for the Arts in downtown West Palm Beach. Twenty-eight-year-old Fago raised nearly \$67,000 in the 90-day fundraising effort to benefit the research and programs of the organization.

Fago and nine other candidates utilized their leadership abilities to conduct their own fundraising campaigns for LLS in a 90-day time period. Every dollar raised counted as one vote. The male and female candidates with the most votes were then named the chapter's Man & Woman of the Year. The LLS Woman of the Year was Valerie Fiordilino, who raised nearly \$23,000.

When asked why he decided to take on the challenge, Fago had this to say: "My number one reason was Daisy Healey, a young lady who has been a friend of the family for years. I have watched her bravely fight leukemia for a long time...she was my inspiration. I wanted to increase awareness of LLS and the programs they offer."

How did Fago raise the money? He created a website that eventually generated \$20,000 and orchestrated a number of fundraising events, including one at 251 Sunrise, a nightclub in Palm Beach, and at Saks Fifth Avenue in Palm Beach Gardens. Fago called on people to help and they did. His mother, successful entrepreneur Elizabeth Fago, encouraged him to never give up and insisted he must do it on his own.

"I made cold calls," Fago said. "I'd call CEOs and explain what I was doing and why and they


wanted to help. I learned how compassionate people are and that they genuinely want to help others."

Fago also "tackled" the vendors who came into the offices at Palm Health Partners where Joey works. The company is building three state-of-the-art, skilled nursing and assisted living facilities in Florida the Jupiter facility collaborating with Scripps Florida Research Institute. At Palm Health Partners, Fago had a captive audience to his pleas for support.

Coming into the Kravis Grand Finale, Fago was not aware of who won until it was announced and was totally "shocked" to hear his name.

"I was hoping for the best, but I really didn't know," added Fago whose friends and family cheered when his name was called and joined him on stage in excitement.

Fago intends to continue his efforts for the organization in some way, but for now he is looking forward to just concentrating on his work.

"I have a new respect for those who fund raise for organizations all the time...it is hard work." 

For more information about The Leukemia & Lymphoma Society, call Darby Collins at (561) 775-9954. The LLS mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and to improve the quality of life for patients and their families.

WHEATGRASS RECIPE FOR HEALTHY LIVING

by Glenn R. Swift



There are a multitude of health benefits from drinking wheatgrass juice, far too many to list them all, but here are just some of the many benefits: wheatgrass juice is a natural source of antioxidants, which helps repair damaged cells, rejuvenate aging cells, tighten loose and sagging skin. It's also good for skin problems and improves complexion. Then again, wheatgrass juice increases red blood-cell count and lowers blood pressure. In a nutshell, wheatgrass is one of the best things you can put in your body.

The best way to reap these benefits of this juice is to drink it on a frequent basis, but drinking the same old thing can get boring after a while. To overcome this dilemma Got Sprouts would like to share several recipes we enjoy to jazz-up your juice.

"California Dreamin" Wheatgrass Smoothie

1½ cups of water
2 servings of wheatgrass juice, shots, rounds or cubes
1 teaspoon of raw agave nectar
1 teaspoon of pure maple syrup
1 cup of baby spinach
½ cup of deveined kale
1 orange
2 bananas
1 cup of frozen peaches

Add all ingredients to blender and blend on high for 30 seconds or more. If desired, garnish with edible flowers for a little pizzazz!

Green Juice

3 stalks celery
2 medium cucumbers
5 fresh spinach leaves
½ cup fresh parsley
3-inch round wheatgrass
water as needed

Cut up celery and cucumber into chunks small enough to fit through your juicer

Juice and dilute with water as necessary for texture and/or taste.

One of the best things about nature's wonder grass is that it's one of the easiest plants to grow yourself! In fact, Got Sprouts offers an easy to grow wheatgrass blooming box garden kit for just \$4.95!

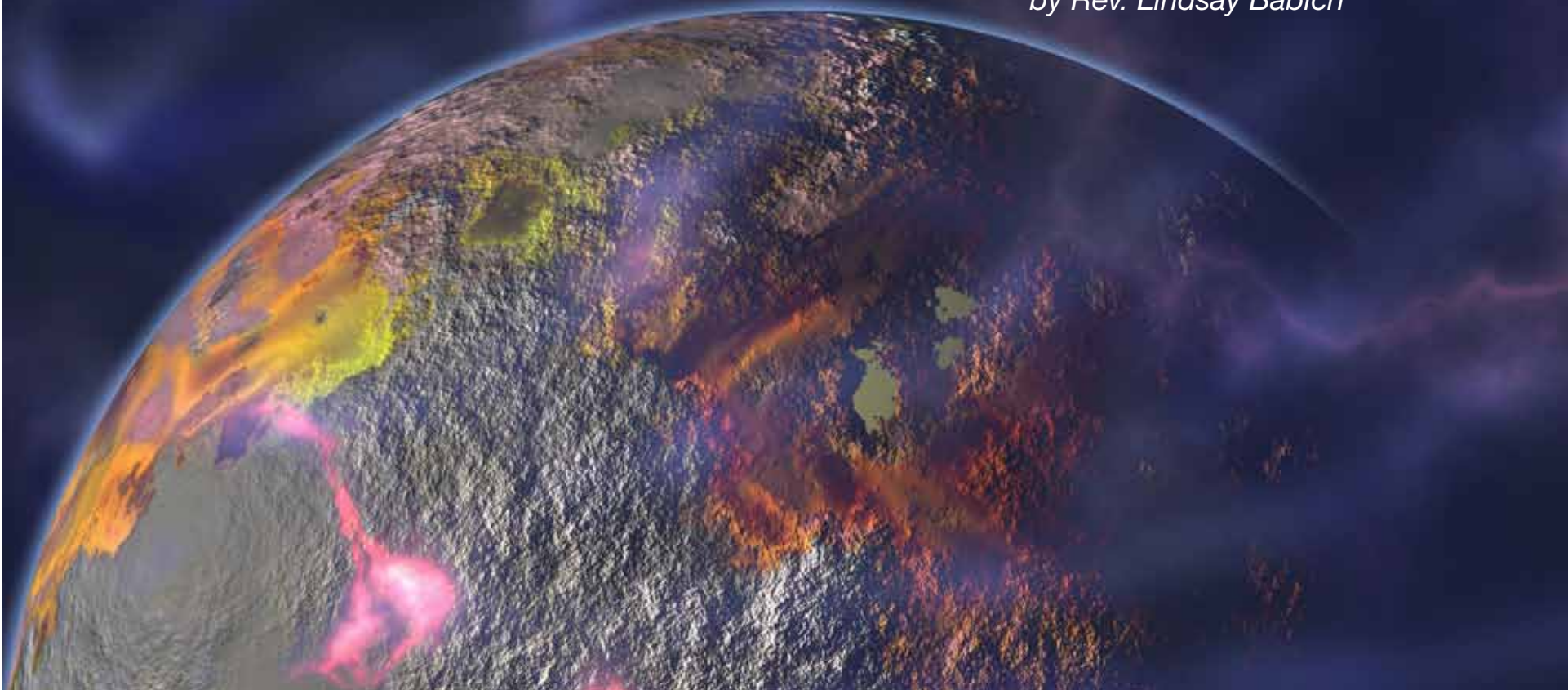
Sean and Jody Herbert own and operate GOT SPROUTS? located at 1880 West 10th St. in Riviera Beach just south of Blue Heron Blvd on Congress.

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.

2012 WHAT DOES IT MEAN?

by Rev. Lindsay Babich



Last month we explored the healing red light and purple amethyst crystals of the BioMat. The BioMat represents high tech healing and many, including the renowned Dr. Oz, believe that energy and vibrational healing are the future of medicine. Richard Gerber, M.D., author of *Vibrational Medicine* claims that Harvard has the textbook ready.

At the close of this first decade of this new century – the 21st of the Gregorian Calendar – the

ultimate question we may ask is: Will we be here to enjoy the benefits of this shift to quantum medicine? That question is prompted on one hand by our excessive exploitation of our planet and its resources and alternately by the Maya Sacred Round and Long Count calendars. The exact mathematic calculations are scientific marvels tracking not only solar years but the rotations of Venus and other planets to shape grand cycles. We can only guess at how these so called primitive peoples were able to map so accurately the movement of the planets,

the pitch of our earth's axis and project the import of the portentous date of 12/21/2012.


The exploration of 2012 – manifest by virtue of the “end” the ancient Mayan calendar – the ominous phenomena has been described by various camps as the end of the world or the beginning of a bright new future. So what's it going to be and how do we know?

I was one of the ignorantly confused until I heard Gregg Braden's lucid explanation of the events to come. A scientific expert in many fields, including geology and an explorer of ancient texts and spiritual traditions, Braden satisfied both hemispheres of my brain's desire to know. It is remarkably simple. Our planet is crossing its galactic equator. It happens every 26,000 years.

But, you say, “What about the Mayan end of time?” It is not necessarily the end of time but the end of an era. It is the end of a cycle – a very long cycle. If you've ever seen a picture of the Mayan calendar, you know that it is round. All of us know about cycles of life: the seasonal procession, night into day, birth and death. From the Bible to Disney we are reminded of our seasons to sow, to laugh, to cry – there is every season under Heaven available to each one of us.

What Braden has so brilliantly mapped for us in his book *Fractal Time* is the formula for tracking what he defines as “choice points.” These points in time are the brief, unstructured gaps of potential at the end of one era and before the beginning of the next. The key word is “potential.” It

turns out that we have a lot to do with what the next era will hold in store for us – if we are aware that we are choosing.

The big message here is that individually and collectively we are facing choice points daily. The next time I am faced with a recycling of a life challenge, I will choose joy. And I will know when it is coming by referring to the Fractal Time – Time Code Calculator. I want to believe that as world citizens we are aware of the end of our era on December 21, 2012 and are choosing now through our daily actions a heart-centered, verdant, healthy, and peaceful planet. That's the future I see. 



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.

See Gregg Braden Live! An Evening with Gregg Braden, presented by Charlotte McGinnis and The Art of Living Well, July 20, 2010, Blue Ridge Community College, Flat Rock, North Carolina. Go to www.charlottemcginnis.com for details and tickets. Fractal Time and an archive audio of Gregg Braden's interview on The Art of Living Well Radio can be found on www.theartoflivingwell.tv For more information, call (561) 386-5963.

HOW GREEN IS YOUR GOLF COURSE?

by Charlotte McGinnis

The majority of golfers thinks that being on the golf course, in the fresh air and in the midst of nature, is a healthy way to spend the day! I too, was under that impression.

Hang with me...

About 10 years ago, I took an online health test which was designed to find out the magic number of how long I would live. One of the questions was, "How many times a week do you play golf?" Proudly, I responded 3+ times a week thinking that would add years to my life! I found out later that my answer took away years.

How can this be? The answer was not so obvious at the time as it is now, but definitely got my attention. Toxicity! I should have gotten the message when I used to show up on the driving range early in the morning ready to greet my students, waiting to set up my teaching area as the maintenance crew sprayed the practice tee, WEARING GAS MASKS! They were spraying pesticides and chemicals.


But you know us golfers! We don't want any bugs in our way — and we want our course pristine! Not only do the chemicals create a topical toxin, the runoff into the water source has become an even greater problem. And that brings up another important issue...

Do you have any idea how much water is used to keep a course maintained?

I'm not choosing to stay in the negative, but I did want to get your attention. The good news is that there is a movement to shift from toxic to "green" golf courses. The USGA has partnered with the Audubon Society to create Golf and the Environment. They are seeking solutions by creating educational programs to remedy the problems and move forward with environmentally friendly ap-

proaches to building and sustaining golf courses.

Justin Timberlake, former "Mousketeer" and entertainment icon built the first golf course in the Americas to receive the International GEO Certification for Environmental Sustainability. The course is appropriately named "Mirimichi," which means "a place of happy retreat." Kudos to you Justin! May we all follow your lead.

We cannot continue to poison our environment and ourselves. There are solutions, but we must become aware, educate ourselves and demand change. Go to the USGA website, www.golfandenvironment.com and www.golfenvironment.org/mirimichi to begin your quest to learn more. Let's commit to making our golf courses a healthy place to be. A retreat with nature and a place where the animals are safe. The future is in our hands. Let's choose to make our greens truly green! 



Charlotte McGinnis has been a golf professional for 30 years and founder of the Zen Golf Center, "Life and Golf in Balance." She is also co-host of The Art of Living Well radio show, "Inspiring Enlightened Living." For more information, go to www.theartoflivingwell.tv.

You can contact Charlotte directly at: charlottemcginnis@gmail.com or (561) 386-5963.

GOOD NIGHT!

PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

A recent study by ABC News revealed that 65% of American adults get less than eight hours of sleep each night. If you're one of them, there's a good chance you weight more, have higher stress levels and suffer greater dissatisfaction with your personal relationships than your more sleep-savvy counterparts.

With our busy schedules, more and more people forsake a couple hours sleep to work more or get more done throughout the day. Recent evidence suggests this may contribute to more than just a bit of drowsiness. Some additional effects of sleep deprivation include: impaired memory, decreased concentration, depression, heart disease, hypertension, irritability, slower reaction time, slurred speech and tremors.

Not only does lack of sleep have detrimental effects, but getting your eight hours can lead to positive physical changes, including weight loss. A recent experiment conducted by sleep and medical experts Michael Breus, PhD, and Steven Lamm, MD, found that getting seven and a half hours of sleep per night, without changing diet or exercise habits can lead to weight loss. The experiment took place over a ten-week period, with one participant losing fifteen pounds as a result of disrupting her sleep habits.

Not convinced? The folks at webmd.com did some research on this phenomenon and found that sleep deprivation causes an increase in the hormone ghrelin — an appetite stimulate — and a decrease in *leptin* — a hormone that signals your brain when you're full, meaning that when

Quote of the Month: **"A good laugh and a long sleep are the best cures in the doctor's book." (Irish Proverb)**

you sleep less you eat more. Given the variety of risks associated with an unhealthy body weight, such as diabetes and heart disease — there's no doubt that increased importance should be placed upon getting adequate rest.

Expertly formulated, Young Living's SleepEssence contains lavender, valerian, vetiver and ruta essential oils, each with a rich history of promoting a restful night's sleep:

Lavender: Numerous studies have shown that lavender affects the body similarly to powerful sedatives.

Valerian: Has one of the longest histories of reducing stress and mitigating anxiety.

Vetiver: One of the most studied herbal sedatives, this oil has been shown to improve sleep quality.

Ruta: Gary Young has used the essential oil *Ruta graveolens* at the Clinica Nova Vita in Ecuador and found that it has properties that may help promote the onset of sleep.

MD, author of the physician's textbook *Program 120 — A Physician's Handbook on Proactive Preventative Medicine*, consulted with Young Living when SleepEssence was in the development stages. Purser feels that "Natural solutions should always be a first choice." And according to Purser, *melatonin* — one of the ingredients in Sleepessence — and a chemical made by the brain — not only naturally encourages sleep, but also works in conjunction with the essential oils in this supplement to do more than just help you get some rest.

"Melatonin can decrease the risk of breast cancer, lower blood pressure, cure insomnia, and is safe to take and doesn't interact with anything," Purser says. "It's also good for restless leg syndrome, especially in conjunction with valerian root, and is great for people under stress when combined with lavender and valerian."

Containing a mixture of Young Living essential oils renowned for their sleep-enhancing benefits and naturally occurring melatonin, SleepEssence is the natural, essential oil-infused way to ensure you're getting the rest your body needs. 🌍



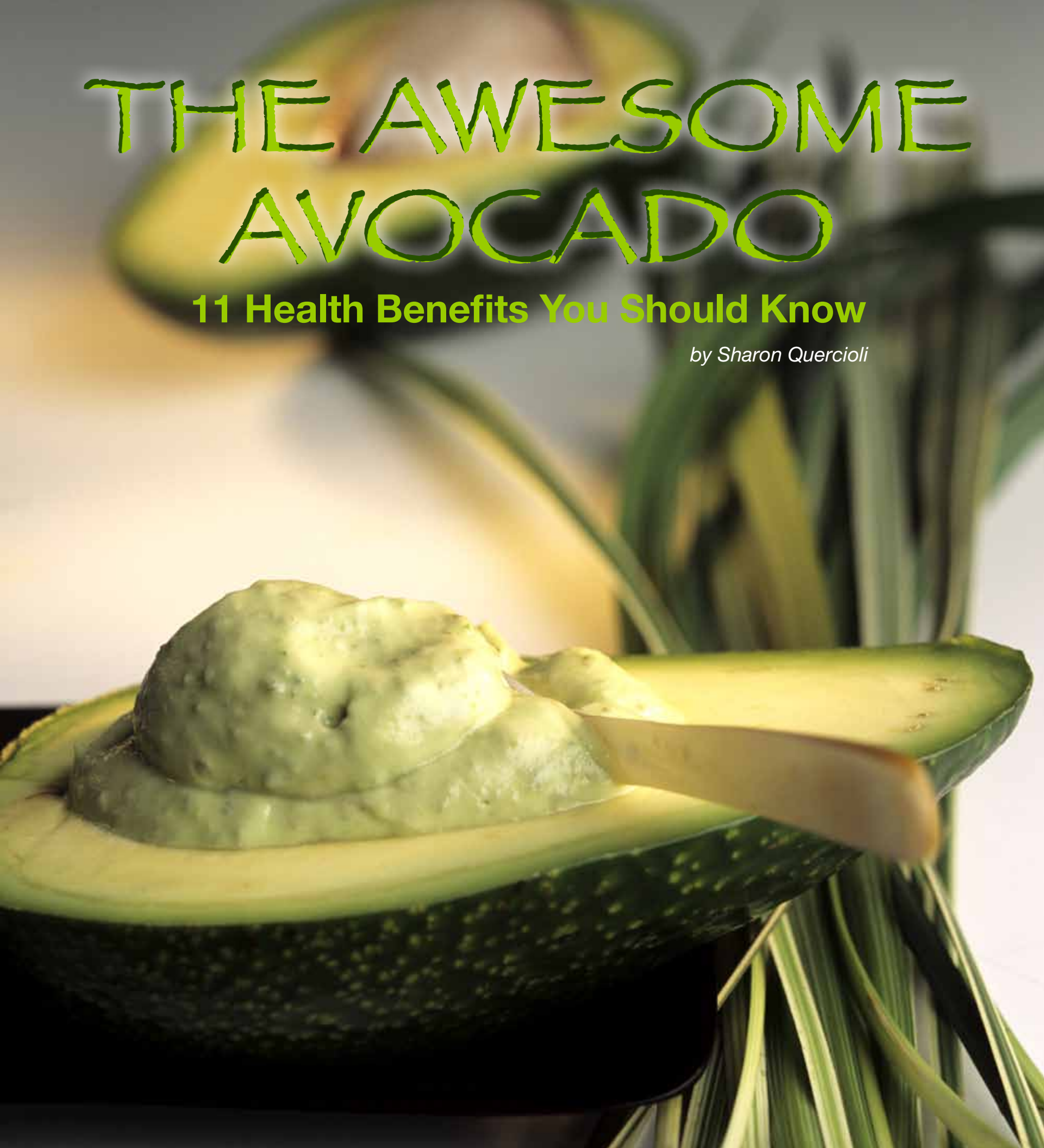
In addition to Young Living therapeutic grade essential oils, SleepEssence contains melatonin, another natural sleep aid. Dr. Dan Purser,

For all the above products, go to www.youngliving.org/owwwmedia and scroll down toward the bottom of the page.

THE AWESOME AVOCADO

11 Health Benefits You Should Know

by Sharon Quercioli



One of my favorite fruits, the avocado, has been cultivated for thousands of years. Native to Central America, avocado is not only delicious, but an important component of a healthy diet. In fact, some consider this amazing fruit to be an almost complete food – so much so that in certain parts of the world babies are weaned using mashed avocado.

Here are 11 good reasons why you should be eating the awesome avocado:

- 1 Reduces the risk of cardiovascular disease.
- 2 Helps in the prevention and treatment of prostate and breast cancers.
- 3 Contains a number of vitally important minerals like potassium, calcium, Vitamin C and K, folic acid, copper, sodium and dietary fibers.
- 4 Contains oleic acid that has been shown to lower LDL cholesterol levels.
- 5 Been shown to reduce the risk of high blood pressure and stroke.
- 6 Improves the ability of the body to absorb carotenoids.
- 7 Used to help people who have sexual problems.
- 8 Is a good antioxidant.
- 9 Used in the treatment of skin disorders.
- 10 Used to heal people who suffer from digestive and circulatory problems.
- 11 Pulp is believed by many to be anti-bacterial and anti-fungal.

Let me share with you one of my awesome avocado recipes!

Avocado and Corn Salsa Recipe

Ingredients:

- 3 ripe avocados, peeled, pitted and diced into large cubes
- 3 ears of corn (about 2 cups of kernels), husked
- 1 red onion, finely diced
- 1 red bell pepper, finely diced
- ½ cup of olive oil
- ½ cup of lime juice
- ¼ cup of freshly chopped oregano
- ¼ cup of red wine vinegar
- 1 tablespoon of minced garlic
- 1 tablespoon of ground cumin
- 1 teaspoon of chili powder
- 1 teaspoon of Tabasco
- Salt and pepper, to taste

Preparation Instructions:

- 1 Blanch the corn in boiling water for 3 minutes, then drain and cool under cold water.
- 2 Cut the kernels off the cob and mix together with all the remaining ingredients in a suitably sized bowl.
- 3 Cover and refrigerate for up to 3 days.
- 4 Serve as desired (goes well with seafood such as shrimp). 🌎

Don't forget that one avocado a day keeps the doctors away!



UNDERSTANDING THE BOUNDARIES OF HEALING TOUCH

by Rev. Lindsay Babich



There is something magical about the walls of green sculpted ficus hedges of Palm Beach that provide the privacy made desirable by the close quarters of island living — easy living inside the verdant wall as the world passes by unseen. Their sizes, shapes and density worthy of awe. Farther north in New England, neighbors are no strangers to fences and walls, but they are fashioned from the

rocks, small bedrock boulders really, that litter the land and make digging a garden a painstaking effort.

Robert Frost’s poem “Mending Fences” says, “Good fences make good neighbors.” One can interpret

that he saw highly functional social boundaries as healthy. A significant chapter in the training of a Healing Touch Practitioner is boundaries. The boundaries are taught to a professional standard relevant to the practitioner and client relationship. Appropriate boundaries necessary to maintain a clinical attitude seem at times to be highly out of place in the heart-centered energy work of Healing Touch. Yet, it is those very boundaries that provide for a very practical safe space.

Healing Touch Practitioner “Buddy” and client relationships grow deep and loving over the one-year course of the work, but there is a space within for the client to have free expression of ALL the energy that is born out of and through the struggle with cancer and progress toward healing. While the client may be surrounded by loving and supportive family and friends, those relationships are often fraught with fear and concern. Cheerleaders lovingly dismiss any negative or pessimistic thoughts – that’s just not allowed – everything’s great, you’re healing. There is an unwritten contract to support positive thought and keep a stiff upper lip. The one with cancer doesn’t want to be seen, or to see loved ones, sad with waning hope.

Those waves of despair that come up, the haunting feelings that come and go with treatment ups and downs, get walled off by the brave face for those too close. In the exchange of Healing Touch, the warm and heart-centered relationship focuses upon the energy fields and support of ALL the energy in the physical, mental, emotional and spiritual fields. This relationship honors all

physical sensations, all feelings, all emotions and all thoughts as simply energies to be acknowledged, perhaps uncongested, balanced, and released if and when it serves the highest good of the client. The release is not mental but calms the mental realm. It also soothes and promotes healing in the physical. It connects to the personal spiritual core. Energy received in a Healing Touch session is a source of strength and comfort in all the fields. It is given free of charge in every sense of the concept: no fees, no needs, no regrets. The client owes the buddy nothing but self-honoring. Sometimes locating and opening the door in this fence can be a Divine Awakening.

The wall of the professional boundary is a safe space to practice just being in perfection, whatever that may look or feel like at the time. Kinda like “mending fences” for good neighbors. 🌍

Rev. Lindsay Babich, CHTP, Certified Healing Touch Practitioner, Vibrational Health, BioMat Amethyst Crystals — High Tech Health, (561) 596-2727; laflorastar@gmail.com, www.bionic-woman.thebiomatcompany.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.

ECO-CONSCIOUS TRENDS IN FUNDRAISING SPROUTING UP IN THE COMMUNITY

by Dawn Dodenhoff



Grassy Waters Photo "Birds in Sunset" Courtesy of Dennis Jordan

A growing number of organizations are replacing their current fundraising programs with new fundraisers that offer unique environmentally responsible products. This trend toward eco-conscious fundraising is sprouting up nationwide because it is an effective way to raise much needed funds while spreading environmental awareness.

Many Greater West Palm Beach area non-profit organizations, including Northern Palm Beach Chamber of Commerce ArtiGras Art Education Fund, Grassy Waters Preserve, Forgotten Soldiers Outreach, Loggerhead Marinelife Center and Hospice of Palm Beach County, have turned to eco-conscious companies such as Sprouts to help with their fundraising needs.

"Charities and nonprofit organizations are faced with the reality of raising additional funds or cutting programs and services," says Sprouts founder, Sharon Quercioli. "Sprouts is proud to offer an easy, fun and eco-conscious alternative to traditional fundraisers."

Instead of using wasteful print catalogs, Sprouts and partnering organizations use a web-based approach to raising funds by selling Sprouts 100% recycled, Plantable Seed Paper Greeting Cards. "The program is simple," says Sharon. "We work with each organization to select existing Sprouts products or create a custom line of products that they wish to sell to supporters. Then we create a personalized Web page featuring the items. The organizations receive a portion

of the proceeds from each sale placed on the Web site."

In addition to Internet sales, Sprouts also assists organizations launch and publicize their fundraisers through special events and media outlets. Sprouts routinely takes part in local events, including ArtiGras and TurtleFest, by selling fundraiser items at exhibit booths and donating a portion of the proceeds to the organization. Sprouts also sends out press releases, utilizes social media and e-mail marketing to help each fundraising campaign build momentum.

The Loggerhead Marinelife Center, located in Juno Beach, carries a customized line of Sprouts Plantable Seed Paper Cards in its gift shop. "Visitors to our gift shop love the Sprouts cards featuring images of our rescued sea turtles, and the money we raise helps fund the Center's many programs. We are excited to partner with Sprouts and offer our supporters a unique environmentally friendly product," says Nanette Lawrenson, LMC Executive Director. 🌍

For more information about Sprouts! and its Eco Friendly Plantable Seed Paper Products, please visit www.sproutem.com or call (561) 840-8089.

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Together we'll go far



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CONSUMER ELECTRONIC WASTE HAZARDOUS TO OUR ENVIRONMENT

by Valerie Jennings, CEO of Jennings Social Media Marketing



grenk™
remanufactured cartridges

Electronic waste, also known as e-waste, has become an issue due to increased disposal of consumer electronics such as computers, ink and toner cartridges, printers and home television theaters, which are not biodegradable and contain toxic materials. E-waste is growing in terms of quantity, with computer monitors and home theater equipment being the two biggest contributors. According to greenbiz.com, approximately 400,000 tons of e-waste is dumped into landfills each year, with more than 80 percent sent overseas (grenkblog.com).

Brad Roderick, Executive Vice President of InkCycle, confirmed these issues in a recently released educational outreach video about the hazards of electronic waste and raised the question: "What do we buy anymore that doesn't have some electrical or electronic component to it? E-waste is an important issue, not just in the U.S. or North America, but globally. It's an important issue on a number of fronts. It has to be handled in an environmentally appropriate way. It can't just be thrown into the garbage. Most people are unaware that virtually every major city had its landfills closed, and they're at maximum capacity. So where does excess landfill material go? It has to be shipped somewhere." In less scrupulous en-

vironments, e-waste is typically sold and bought by the pound and goes off shore. In Hong Kong, there are days when you can't breathe outside. The air is that thick it makes you choke, it's so brown, so black."

The issue of electronic waste is only going to get worse, unless we find environmentally conscious ways to recycle old electronics.

Roderick added: "We have to find environmentally responsible ways to be able to deconstruct that material to be able to truly recycle it in ways that are not just preferable, but environmentally safe." 🌍

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.

COMMITTED TO GREEN

DoubleTree PBG

by Glenn R. Swift

The DoubleTree Palm Beach Gardens Hotel and Executive Meeting Center is aware of the importance of environmental stewardship and energy conservation. The DoubleTree is strengthening its already solid commitment to the environment by promoting the concept of sustainability through the construction of the first LEED certified meeting center in Florida!

What is LEED? Leadership in Energy and Environmental Design, a Green Building Rating System which encourages and accelerates global adoption of sustainable green building and development practices through the creation and implementation of universally understood and accepted tools and performance criteria. LEED promotes a whole-building approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

What is DoubleTree PBG currently doing? The cutting-edge hotel currently observes the following green and community partnering practices and adheres to the Florida Green Lodging Program: recycling of cardboard, paper, plastic, aluminum, glass, the use of energy efficient lighting in all corridors, linen reuse program, towel reuse program, motion sensory lighting, hybrid parking priorities, shower and sink water savers, green cleaning supplies, unused amenities and old linen donations, PURE water and air programs, composting, purchasing of locally grown foods in support of the local economy and cut backs in the amount of pollution caused by excess transportation, shipping and packaging. 🌍

The DoubleTree Hotel and Executive Meeting Center in Palm Beach Gardens is the nation's only hotel to achieve LEED, IACC and PURE certification. For more information about this remarkable venue, go to doubletreewestpalmbeach.com.

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!

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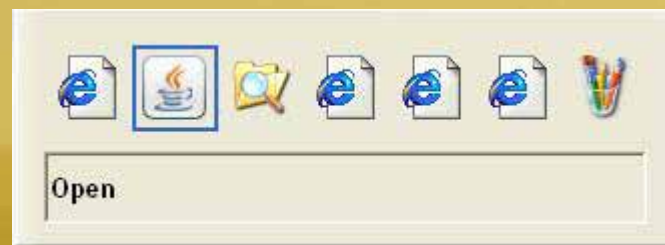
Favors & Tags

Invitations

Fundraising Programs

Marketing Materials

HELPFUL SHORTCUT KEYS



by Sean Reed

I'm not a big fan of using a computer mouse. Whenever possible, I like to keep both hands on my keyboard. With that in mind, I try to use keyboard shortcuts whenever I can. Below are my most commonly used and under-appreciated shortcuts:

Alt+Tab – On Windows PCs, holding the Alt key and pressing Tab will cycle through all the open windows on the screen. For even more productivity, when you have a lot of windows open holding Shift+Alt and pressing Tab will cycle through the open windows in the opposite order.

Control+ESC or the Windows key (looks like a flag, usually located on the bottom left of the keyboard) will open your Start menu.

Control+A will select all text. Depending upon the application you're in, the behavior of this one may change. For example, if you are in My Documents and looking at all your folders and files, pressing Control+A will select all the items within My Documents. If you're in Microsoft Word, this shortcut will select all the text within the current document.

Alt+F4 will close the currently active program. This has the same basic functionality as clicking the "X" to close the window.

Shift+Delete will delete a selected file without sending it to the Recycle Bin. Be careful with this one, as the files will be unrecoverable if you delete them using this shortcut.

Control+F within most programs will open its "Find" window, allowing you to search.

To disable the "Auto Run" feature of CDs and DVDs, hold the left Shift key while you insert the disc. This will prevent the disc from automatically launching any programs. 🌐

For information on computer software and hardware topics, or for help setting up your own Web site, contact Sean Reed at website@seanreed.org or visit www.seanreed.org.

NORTHERN PALM BEACH COUNTY

Chamber of Commerce Hosts 2010 Leadership Awards Dinner

by Glenn R. Swift
Photography by David Randell
www.drrphoto.com

The Northern Palm Beach County Chamber of Commerce held its Annual Leadership Awards Dinner on Thursday, June 17 at The Club at Admiral's Cove in Jupiter. The "Shining Star Gala" themed event was sponsored by Roger Dean Stadium and is North Palm Beach County's Premier Business Event for 2010. Throughout the evening, attendees were treated to cocktails, an amazing spread of food and live entertainment.

The event celebrated the remarkable accomplishments of Leadership in Palm Beach County and honored award winners for Small Business of the Year, Community Leader of the Year, Volunteer of the Year and the Chairman's Award of Excellence.

General Manager of Roger Dean Stadium.

During the dinner the 2010-2011 Board of Directors were inducted and the Chamber's newly formed long range Strategic Plan was presented.

"We were very excited to bring together Chamber Leadership past, present and future to recognize and celebrate the unified voice of Northern Palm Beach County," said Patti Hamilton, event Chairwoman. 🌐

For more information about the Northern Palm Beach Chamber of Commerce, go to www.npbchamber.com.



Dolly Champey, Mark Holmes and Sharon Quercioli, Sprouts!, Inc. President and 2009 Small Business of the Year Award Winner

"We were very proud to honor these deserving individuals and organizations," said Joe Pinto,



Edward M. Eissey (center) 2010 Chamber Award of Excellence



Don Kiselewski, Jr. (second from right) Area Manager for FPL and 2010 Community Leader of the Year Award





Jean Wihbey (center) and Mike Mitrione (right)



Northern Palm Beach Chamber Staff



Joe Pinto, General Manager of Roger Dean Stadium



Donna Towe (left) Owner of FastFrame and 2010 Small Business of the Year Award Winner, Dana Middleton, Sharon Quercioli and Mike Mitrione



Ed Chase, Edward M. Eissey and Greg Leach



Mike Mitrione, Morris "Skip Miller Attorney for Ruden McCloskey and 2010 Volunteer of the Year Award Winner and Marianne Kollmer

NORTHERN PALM BEACH Chamber's Women in Business Council Hold Luncheon

by Glenn R. Swift

Photography by Sharon Quercioli and
Candace Paradeau

The Northern Palm Beach Chamber's Women in Business Council highlighted female leaders in the community during its annual luncheon on Thursday, June 3 at the DoubleTree Hotel in Palm Beach Gardens. The event featured guest speaker Missy Tancredi, eco-consultant and host of WXEL's "Radio Green Earth." Tancredi is a Leadership in Energy and Environmental Design (LEED) accredited professional and holds a certification in Sustainable Business Leadership from Green Mountain College. She offered guidance on green building, sustainable business and corporate social responsibility issues. The luncheon was sponsored by Toshiba Business Solutions. 🌍

For more information about the Northern Palm Beach Chamber and the Women in Business Council, call (561) 746-7111 or visit www.npbchamber.com.



The NPB Chamber's Women in Business Council: (Back row left to right — Jean Wihbey, Charlee Quinlan, Sharon Quercioli, Emily O'Mahoney, Nancy Mobberley and Kay Hicks; Front Row left to right — Salena Smith, Mary Ann Kollmer and Robin Reams)



Radio Green Earth's Missy Tancredi and OWW President Sharon Quercioli



SECOND ANNUAL What Women & Men Want Business Expo Marks Major Success

by Glenn R. Swift
Photography by Sharon Quercioli

The Second Annual *What Women Want Business Expo™* & *What Men Want Too™* was held June 8 at the Hilton Garden Inn in Palm Beach Gardens. The event was an excellent opportunity for local entrepreneurs to Network, Shop and Learn with some of the leading business professionals in Palm Beach County.

Keynote speakers included representatives from a wide spectrum of local businesses, including the Palm Beach Healing Institute, Upside Down Iceberg, Abacoa Golf Club, Jonathon T's Hair Salon and the Law Office of Reese Harvey. Admission was free and included complimentary light hors d' oeuvres and \$5 drink specials. The first 250 attendees received a gift bag filled with goodies.

One of the event's sponsors was Sprouts!, Inc. (www.sproutem.com), the West Palm Beach-based manufacturer of 100% recycled, handmade seed paper promotional products. "We were proud to be a sponsor of this fun event that raised money for one of our favorite charities — Healing Touch Buddies!," said Sprouts! President and Founder, Sharon Quercioli.

Healing Touch Buddies (HTB), Inc., a 501 (c) (3) nonprofit, Jupiter-based organization was the charity of choice for this event as it was for the Sex

and the City event held last month at Blue Martini, which was also sponsored by *What Women Want Business Expo™* & *What Men Want Too™*. For the two events, the Buddies received a check for \$3000.

HTB was established by Betty Ann Baker, local resident and licensed massage therapist (LMT), after she and her mother were diagnosed with breast cancer. HTB treats breast cancer patients by providing gentle, noninvasive, energy-based therapy that complements traditional medical treatment. Services are administered without charge by an especially trained volunteer Healing Touch practitioner to restore harmony, balance and a sense of well-being.

One of the highlights of the event was the auction, which included an Abacoa Golf Package (\$750 value), Style Makeover "Update Your Image" & Hair/Makeup Makeover with Spa Package (\$950 value), Enviro Electric Bike (\$850 value), 3 day/2 night PGA Resort & Golf package (\$700 value), restaurant certificates, gift baskets, golf and several spa packages. 🌍

For more information about Healing Touch buddies, Inc., call Betty Ann Baker at (561) 309-0167 or visit www.healingtouchbuddies.org.



Sharon Quercioli



Sharon Quercioli, Charlotte McGinnis, Ellen Sherman and Lindsay Babich





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**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.