



Our Wonderful World

August, 2010
Volume 1 :: Number 4

The Art of Living Green



Frank McKinney Goes Green


Take a Tour of Acqua Liana

Mango Madness

Why It's a Good Thing!

Food Labels

What Do They Mean?

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Our Wonderful World
Volume 1 Number 4

Photography courtesy of Ed Butera/IBI Designs



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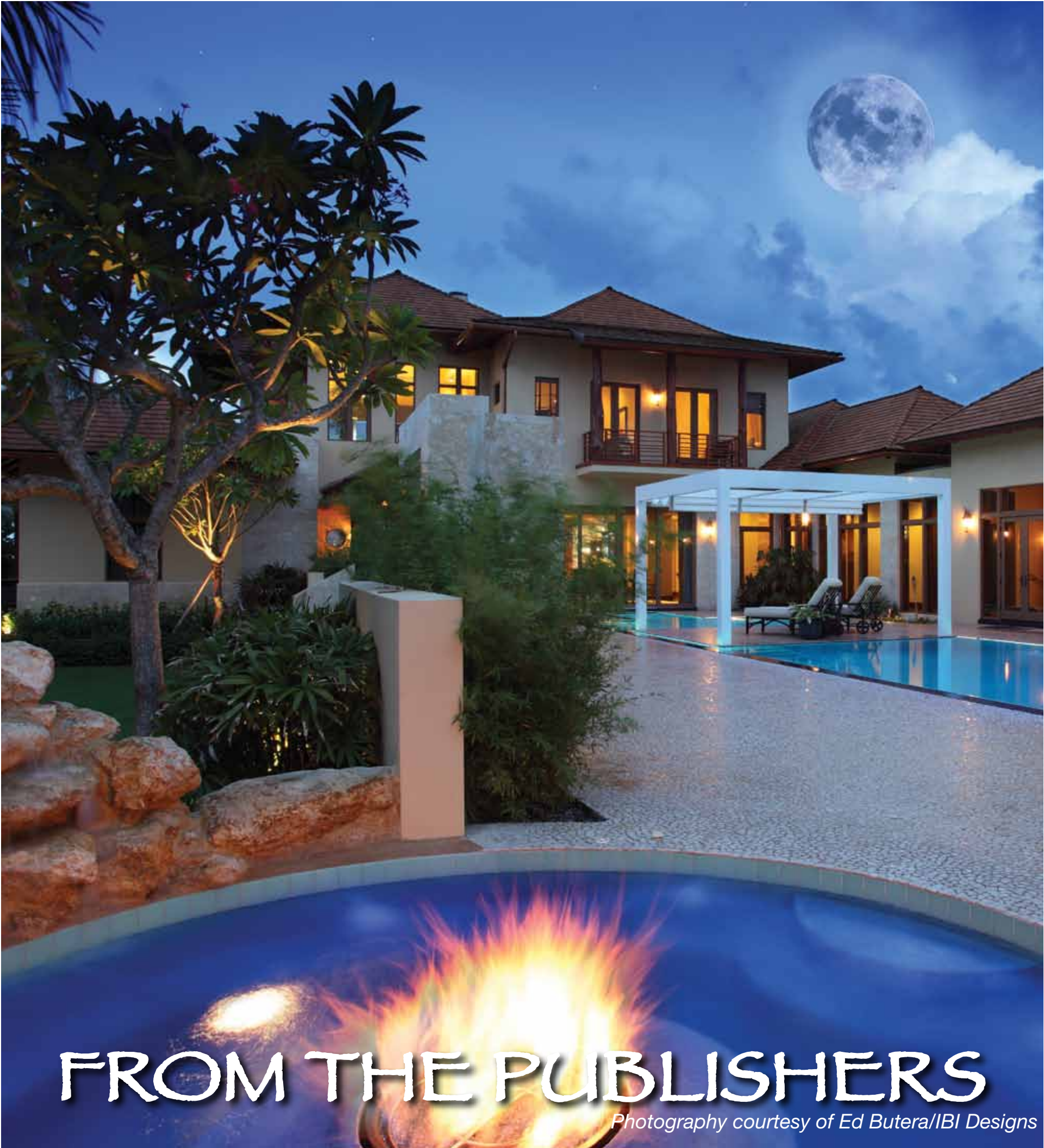
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FROM THE PUBLISHERS

Photography courtesy of Ed Butera/IBI Designs

Our August issue's cover story features one of the most dynamic entrepreneurs in America, Frank McKinney. Best yet, Frank's gone green! And he's done it with style. Read about his magnificent and newest creation, Acqua Liana, the world's largest green certified home — triple certified green at that. It was truly a privilege to meet Frank and take a tour of this amazing estate to do this story, and Ed Butera's stunning photography really brings the feature to life. Speaking of which, we've added a multi-media component to this story through our Community Partner and newest addition to Our Wonderful World's top-shelf editorial team, Radio Green Earth (RGE) (www.radiogreenearth.org).

Radio Green Earth is a weekly environmental program produced for public radio on West Palm Beach's NPR affiliate, 90.7FM. Introduced in January 2009, the show is owned and produced by the Green Earth Environmental Education Foundation, an IRS 501(C)(3) nonprofit corporation and has made quite the splash in South Florida. RGE Executive Producer John Poggi and hosts Missy Tancredi and Jim Jackson bring a wealth of professional experience, and together they will provide Our Wonderful World with in-depth, research focused environmental stories, as well as cutting-edge scientific and engineering expertise. Be sure to check out the new Radio Green Earth section in Going Green and to click on the Radio Green icon in the Acqua Liana story to hear the full interview with Frank McKinney.

We also want to welcome aboard another great partner, Seaview Radio (www.seaviewradio.com). Heard along Florida's east coast from Stuart to Boynton Beach on 95.9 FM/960AM, Seaview and OWW will also be working together with us to bring you even more great stories.

If you're in the Palm Beach area, be sure to attend Seaview's upcoming event, Let the Good Times Roll, on Wednesday, August 11 from 10am to 4pm at the Marriott in downtown West Palm Beach.

We've got a lot more exciting new developments that we'll be able to fill you in on very soon. In the meantime enjoy this great issue, which features a number of colorful and informative articles ranging from Leisa Dargis' courageous cancer recovery to understanding food labels and learning about the wondrous benefits of the "King of All Fruits," courtesy of the Green Goddess herself. Of course, there's a whole lot more.

Time to start clickin'!

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FRANK MCKINNEY GOES GREEN

Famed Real Estate Artist Builds World's Largest Green Certified Residence — Acqua Liana

by Glenn R. Swift

Photography courtesy of Ed Butera/IBI Designs

Gently nestled between the tranquil, mangrove waters of the Intracoastal Waterway and a beautiful soft sand, coconut palm-lined beach in Manalapan, Florida lies Acqua Liana, an oceanfront estate like no other. Set upon 1.6 acres and 23 feet above sea level, the 15,000 sq. ft., 7-bedroom, 11-bath Balinese-inspired contemporary mansion has set a new standard for environmentally responsible, luxury construction practices around the world.

You heard me right — Acqua Liana is green.

Tahitian/Fijian for “Water Flower,” Acqua Liana is the first ultra-luxury home in the United States to obtain triple “green” certification through the U.S. Green Building Council (USGBC), the Florida Green Building Coalition (FGBC) and Energy Star Homes (ESH). And in the world of green construction, these three organizations represent the pinnacle of excellence. In fact, the USGBC’s LEED-H® (Leadership in Energy and Environmental Design for Homes) program is the globally accepted benchmark for the design, construction and operation of high performance green homes.

But can a mansion really be green?

Let’s look at the facts. The USGBC awarded Acqua Liana its LEED Silver Certification by recognizing performance in eight key areas of human and environmental health: innovation in design; sustainable site development; energy efficiency; water savings; superior indoor air quality; environmentally preferable materials; location; and ease of use/homeowner education. This is truly a remarkable achievement considering that USGBC rules required Acqua Liana start with a significant point deficit (24 points to be exact) on the LEED certification scale because of the size

of the home.

Specifically, a few of Acqua Liana’s green features include:

- Basketball court-sized solar panel, state-of-the-art insulative characteristics and ultra-high energy-efficient appliances that reduce electrical consumption by up to 60%;
- Air-conditioning units and purification systems that make the home’s indoor air quality 200% cleaner than the average hospital operating room;
- Water recycling system that collects enough runoff from the cedar roof to fill an average-sized swimming pool every 17 days;
- Use of beautiful reclaimed and renewable hardwoods that saved over 10.5 acres of rain forest;
- An automated “bio-feedback” system that allows the owner to monitor resource consumption in real time.

Then again, during construction over 80% of the home’s 400,000+ pounds of debris and trash was recycled, never reaching a landfill.

But can a mansion really be green?

Of course, there are those who find “green mansion” to be mutually exclusive terms. To this crowd, to even contemplate such an idea is downright sinful. At best, the most they would likely concede is that such a creation would be one of a kind. And for a home to be one of a kind, it could only be built by a one-of-a-kind builder. Meet Frank McKinney.

At first glance this maverick of mavericks looks like a cross between a British rock star and a Southern California surfer. Don’t let his appearance fool you. For starters, McKinney goes to



Acqua Liana is the latest masterpiece of Frank McKinney, who is world renowned for his oceanfront artistry.



On certain days the home will be energy neutral, generating enough electricity to run two average sized homes.

bed every night between 8:30 and 9 (he gets up at 4:30), doesn't drink, doesn't smoke (anything that is) or cheat on his wife.

Sound boring?

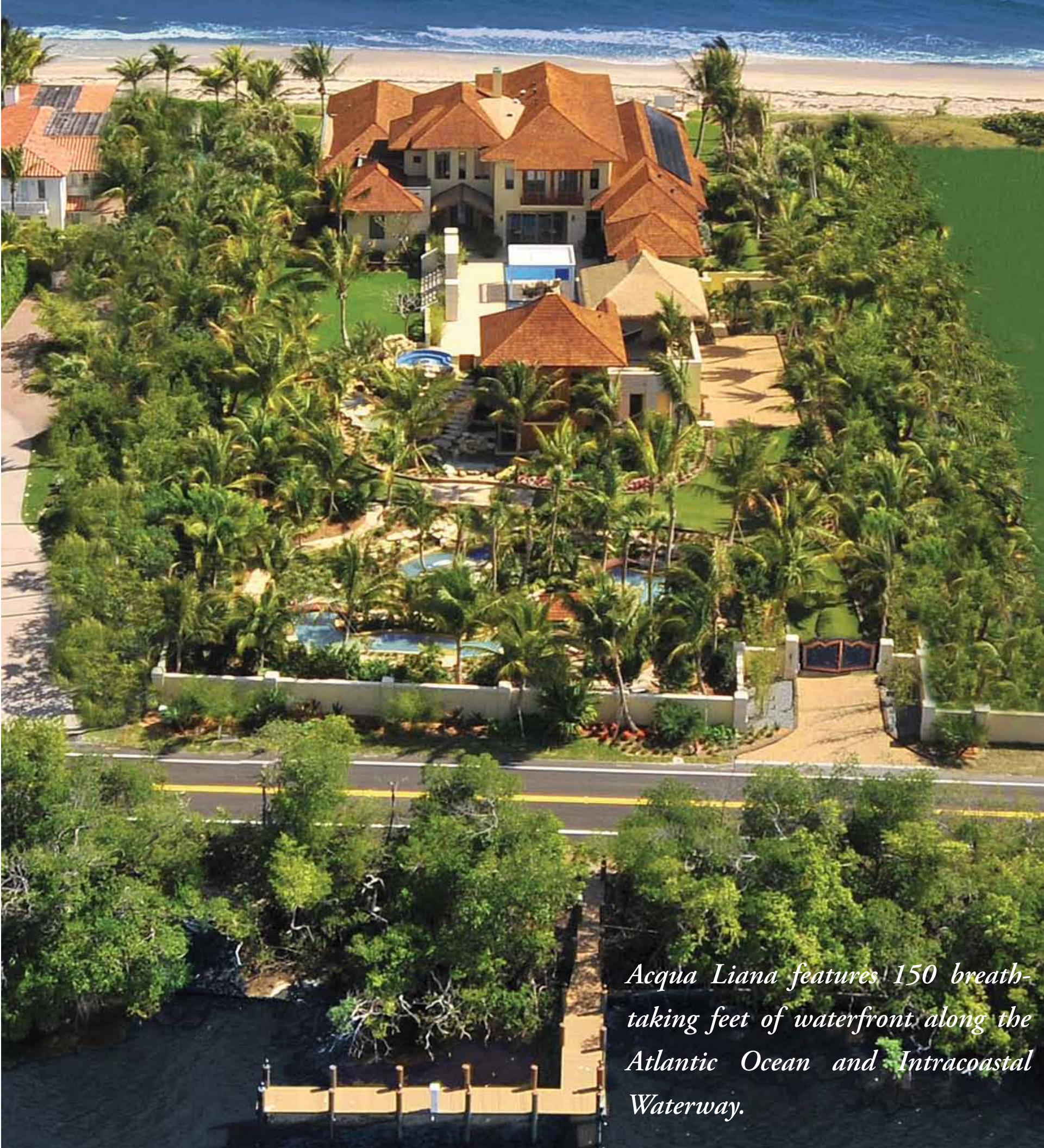
To some maybe... The reality is that McKinney simply doesn't have time for that kind of behavior. He's too busy doing other things, like feeding the homeless out of the back of a van, creating economically viable communities in Haiti and writing five international bestsellers in three different genres. You see, Frank McKinney is as unique as the homes he builds.

"I'm an artist. I'm not good at doing just the building part. My homes are a work of art, and like any form of artistry, it is not a mass produced effort," said McKinney proudly, whose design team travels the world seeking to enhance the creative vision that is brought to designing each beautiful mansion. Exotic locales such as the Italian Riviera, Rome, Venice, Florence, Tuscany, Milan, South of France, Loire Valley, Bali, Fiji, Tahiti and Hawaii are reflected in his homes. McKinney's team also travels the globe to secure the most unique appointments, including rare stones of gem quality, exotic and reclaimed woods, brilliant illuminations, carved carpets, ornate metal and glass work, artistic paintings, fine upholstery and wall coverings, aquatics and aquariums, architectural ceilings, home automation, theater treatments, custom built furniture, priceless accessories and dazzling flora and fauna.

"We do two to three homes a year. Acqua Liana is our 36th and the best so far," said McKinney, who has been creating oceanfront works of art for over two decades.

How did he get started?

"It wasn't all that long ago I came to Florida with \$50 in my pocket and was digging sand traps for a



Acqua Liana features 150 breathtaking feet of waterfront along the Atlantic Ocean and Intracoastal Waterway.

living,” laughed McKinney, who began admiring the lifestyle of the affluent as a tennis teaching professional in his early 20s.

“I asked these folks how they got to be wealthy and most of them said ‘real estate.’ So, I decided to give it a shot. I bought my first home in 1986, a crack house in Riviera Beach, fixed it up and sold it for a profit. A few years later, I was building oceanfront homes.”

If there’s one word that sums up Frank McKinney in virtually everything he does, passion would be at the top of the short list. Of course, his passions extend far beyond his entrepreneurial exploits. First and foremost with McKinney and at the heart of everything he does is his family. Recently, McKinney honored his wife Nilsa of twenty years with a marriage vow renewal ceremony at St. Vincent Ferrer Catholic Church in his hometown of Delray Beach. (In typical McKinney style the special occasion was kept a secret from Nilsa right up until she entered the church.)

At his side and a central participant in the heartwarming service was his beloved and adoring 12-year-old daughter Lindsay for whom McKinney’s love is best expressed by dad himself.

“I am most proud of the fact that I have walked my daughter to school every single school day of her life.”

McKinney is also committed to physical fitness. “I’m in the gym by 6 every morning. That gives me the energy I need to begin the day,” said McKinney, who recently completed the mother of all marathons — the 135-mile, non-stop Badwater run through Death Valley. (The race is widely acknowledged as the toughest in the world and

must be completed in less than 60 hours to avoid disqualification.)

McKinney is also a firm believer in the Gospel of Luke’s powerful mandate, “To whom much is given, much is expected.” A self-proclaimed “philanthrocapitalist” whose guiding mantra is “compassion without action is wasted emotion,” McKinney founded the non-profit Caring House Project Foundation (http://frank-mckinney.com/caring_project.aspx) in 1998 and began building entire communities: homes, medical facilities, orphanages, schools, churches, clean water systems and self sustaining infrastructure in Port-au-Prince, Haiti called Ange Village (Village of Angels).

“The villages we’ve created in Haiti are based upon self-sufficiency with a free enterprise component.”

After spending nearly a decade to improve conditions on the impoverished island, McKinney responded quickly to the devastating 7.0 earthquake this past January. So quickly in fact, that within 48 hours of the catastrophe he was on the runway in a private jet loaded with a world class Search and Recovery team of doctors, firefighters and paramedics — one of the first teams of volunteers to arrive.

“We had no official papers or permission to do anything, and it was total chaos. We landed on the runway and I looked at the pilot and said, ‘Now what do we do?’”

As they say, where there’s a will, there’s a way. Within a few hours, McKinney was walking the streets of Port-au-Prince pulling people out from underneath the rubble.



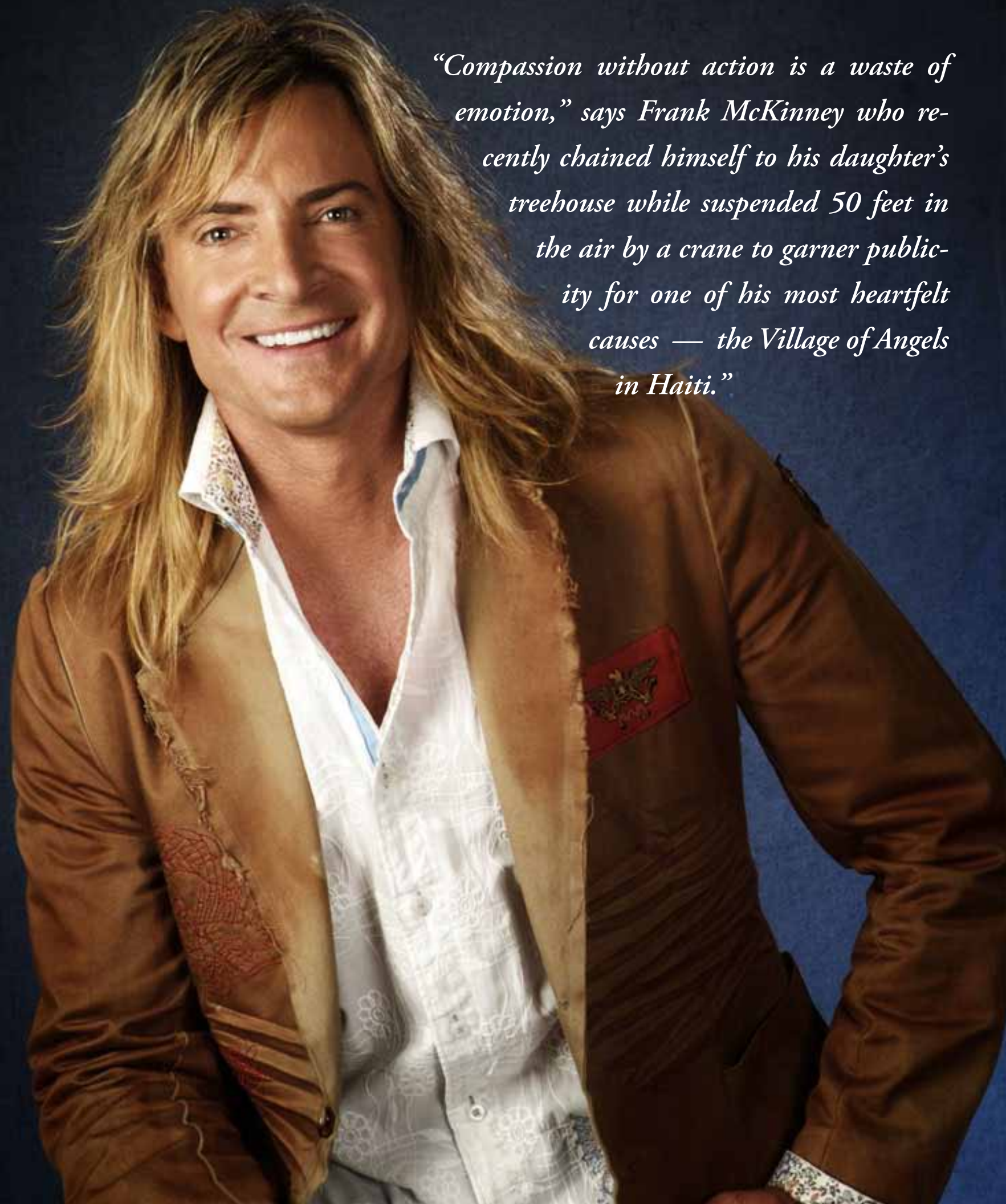
Acqua Liana's state-of-the-art media room.

Of course, McKinney's heart and soul are never far from his work. His homes are in every way a reflection of himself. And like all of his creations, McKinney's thumbprint is on every square inch of Acqua Liana. "There's a tremendous amount of detail in this home and some sort of water view from nearly every window," said McKinney of his green estate, which took 19 months to complete.

Incredibly, this is McKinney's first green project. He said the idea arose during trips to Bali, Tahiti, Fiji and Hawaii while seeking a new architectural style. Inspired by the exotic locations, McKinney settled on a South Pacific motif and then realized the associated natural materials were conducive to building green.

"The polished wood floors are indicative of a Hawaiian bungalow, but they are constructed of reclaimed wood. All those decorative water features inside and the network of ponds and pools outside make the site two to three degrees cooler than neighboring properties."

Widely recognized as an industry leader building on the direct ocean-front, McKinney and his team applied the most rigid construction standards and technologies, including solid poured concrete and steel wall and floor systems, concrete



“Compassion without action is a waste of emotion,” says Frank McKinney who recently chained himself to his daughter’s treehouse while suspended 50 feet in the air by a crane to garner publicity for one of his most heartfelt causes — the Village of Angels in Haiti.”

pilings, hurricane-rated doors, windows and roof systems, ultra-high efficiency mechanical and plumbing equipment, corrosive resistant metals and salt-tolerant landscaping.

What was it like building his first green home?

“It was a learning curve for all of us and vitally important to get over that initial hump,” said McKinney referring to the more than 300 contractors, subcontractors and laborers who worked on Acqua Liana during peak construction. “We had to learn together.”

What was his biggest challenge?

“Getting subcontractors to think out of the box, to get them out of their 9 to 5 cubicle and be willing to do things differently than before.”

Never a man at a loss for words, McKinney had a keen sales pitch to get everyone on board in terms of building in the greenest way possible.

“I told them that they were getting paid to learn,” laughed McKinney.

As for the “can a mansion really be green” question, McKinney did not recoil in the slightest.

“To the purist a green mansion is an oxymoron. To the ultra-purist it’s a blasphemy, but as Bertrand Russell said, ‘Every great idea starts out as a blasphemy,’” cracked McKinney. “The realist recognizes that the wealthy are going to build big houses. So why not take the time to build them in an environmentally friendly manner? Otherwise, when it gets down to it, you’re really passing judgment on a lifestyle. Then again, I don’t build little houses. I build big, beautiful homes.”

McKinney was quick to point out that the mega-wealthy are going green.

“Although the public perception is quite different, the ultra-wealthy are becoming more and more environmentally conscious.”

Green nuances aside, this home is really nice. It is also aptly named for Water Flower’s calming effect strikes you the moment you walk in the door. In fact, the effect is stunning when McKinney activates the 24-foot water wall behind the foyer’s double-helix staircase as the sound of the rushing cascade blends with water dripping from the chandelier and the steady blooping of bubbles escaping the water-filled glass floor.

“It’s really a sensory overload,” said McKinney. “You heighten the five senses to that state of subliminal euphoria. When you come in the front door you become intoxicated. You can feel your blood pressure drop 20 points,” McKinney said as he stood on the foyer’s bubbling water floor one of Acqua Liana’s many firsts.

As for amenities, Acqua Liana features a first-ever glass “water floor” with hand-painted tiles in a Monet-inspired Lotus garden motif brilliantly illuminated below the shimmering surface arched 2000-gallon saltwater aquarium wet bar (walk below with over 100 exotic fish swimming above); 24-foot oceanfront sheeting water wall with 9-foot hand-blown glass chandelier (672 individual pieces) that “melts” into the reflecting pool below; 10-foot kitchen and dining water wall; double helix glass staircase; magnificent oceanfront Hawaiian Koa-wood kitchen; catering kitchen exotic tropical hardwood floors (coconut, bamboo, palmwood, reclaimed teak, etc.); master bedroom suite with sitting room and his/hers

Like a priceless piece of art, Frank McKinney's vivid imagination and painstaking detail are reflected throughout Acqua Liana.





Sunset at Acqua Liana.

oceanview baths – hers with mahogany soaking tub and his with steam shower oceanfront glass; office glass wine room; oceanfront grand salon that opens to the beach; dining room that opens to the pool; Hollywood-like movie theater; air-conditioned and oversized garage with windows peering into pool; 2 glass elevators; 3 laundry rooms; ultra hi-tech home automation with bio-feedback; cocktails bale; oceanfront summer kitchen; meandering and swimmable water gardens; classical lounge; lap pool; serene reflecting pools; waterfall; 16-person spa w/fire feature; floating sun terrace; special golf course grass driveway; mature specimen vegetation; 2-bedroom, 2-bath guesthouse adorned in bamboo with private lagoon plunge pool, and so much more...

Could one man really have done all this? Clearly not! And like they say, behind every good man is a good woman. This certainly holds true for Frank McKinney, whose building artistry does not stop with the completion of the home. Each of his residential masterpieces right down to the European linens on the beds and pillow-soft towels in the closets is fully furnished and accessorized by his wife Nilsa of Nilsa Design Services, a well known interior design firm.

McKinney acknowledged that his motivation for building “big, beautiful homes” goes well beyond a paycheck.

“The true return will be when someone walks in here on a Monday and is sleeping here as the proud owner on Friday.”

McKinney humbly acknowledged that he has had a tad more trouble selling the home than he antic-


ipated. In fact, the current listing of \$22,900,000 represents a reduction in price of over \$6 million dollars from where it was originally offered last October.

“Since building my first home in 1986, the average time it has taken me to sell one of my properties has been 54 and a half days. Acqua Liana has been on the market for 9 months.... It’s easy to blame it on the economy, but I think it’s largely a result of the way we marketed it. We led with green and that was probably a mistake.”

As to whether McKinney will be building green as he goes forward, the real estate artist was quick to respond.

“Absolutely! Once the training wheels are off, you don’t put them back on.”

But can a mansion really be green?

That’s for you to decide. 

Take a video tour of Aqua Liana at:
http://frank-mckinney.com/acqua_liana_tour.html



For the Radio Green Earth interview of Frank McKinney at Acqua Liana, click here: <http://www.radiogreeneearth.org/augspecialmckenny.html>

For more information about Frank McKinney, Aqua Liana and the Caring House Project, go to www.frank-mckinney.com.

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LEISA DARGIS

A LIVING SYMBOL OF FAITH, HOPE AND COURAGE

by Phil Grech

I've never found it comforting for people to aid and comfort me by insisting that things "could be worse" or that others have gone through tougher and more difficult circumstances. Well, one story has helped me to understand that things really could be worse, but that no matter how trying a circumstance may be, no matter how dark the tunnel, with the right mindset light will be at the end.

I realized this when I first learned about Leisa Dargis.

On August 25, 2009 Leisa Dargis was diagnosed with Stage 4 metastatic lung cancer. Her lung cancer was the result of a mutation and not the result of smoking. Shortly after this discovery, tumors were removed from her brain and spine by Treasure Coast neurosurgeon Dr. John R. Robinson, Jr., but one was left in her lung. These tumors were removed by a procedure called CyberKnife, a state-of-the-art form of surgery utilizing pinpoint radiation. Dargis was at Stuart's Martin Memorial for the Kyphoplasty procedure to her T-8 vertebrae that was performed on September 15, 2009. She was released the following day.

Although the tumors were removed from her brain and spine, one remained in her lung. This tumor, she was told, was not worth removing as the cancer had already spread through her blood. During the course of her treatment, she was informed that she had just 18 months to live. In light of such news, Dargis had an idea. She made a deal with her pulmonologist, Dr. Gandhi, that if the cancer had not spread after six months he would remove the tumor in her lung utilizing the CyberKnife. A brazen and idealistic goal, Leisa hired a holistic practitioner/nutritionist who taught her alternative ways of fighting cancer like detoxing the body, cleansing blood, bio-feedback and ozone treatment.

Six months later the cancer had not spread. Dr. Gandhi kept his word and removed the tumor. Today, Dargis continues to live a holistic lifestyle that she learned in the effort to battle her cancer. She also runs a website, www.diseasefreedom.com, which assists others with similar problems and teaches them that there are many available options – and then points the hopeful survivors in the direction of those solutions. You see, Dargis is in cancer remission (to be considered "cured" the body must be cancer-free for two years). Less than a year after Leisa was diagnosed with metastatic lung cancer, I got the opportunity to speak with her and discuss how she made such an amazing and inspiring progression — and how her life has changed.

PG: How are you feeling?

LD: I feel great! I have never been sick from the cancer or any treatment. Since I have changed my diet I have more energy than I ever had.

PG: At what point did you make the decision to seek an alternative, holistic treatment for your cancer?

LD: After I was diagnosed I did extensive research on the topic of cancer and disease in general. The odds of recovery were much greater with those practicing a holistic approach without the horrible side effects of destroying your immune system as our conventional Western medication does. I found that our body's PH levels are a major contributing factor as to whether disease can survive in our systems. If you maintain a balanced Ph level in your blood, disease, including cancer, cannot survive. The amount of oxygen in our blood is also a very important factor in combating and preventing disease.

PG: Would you describe yourself as a serious person?

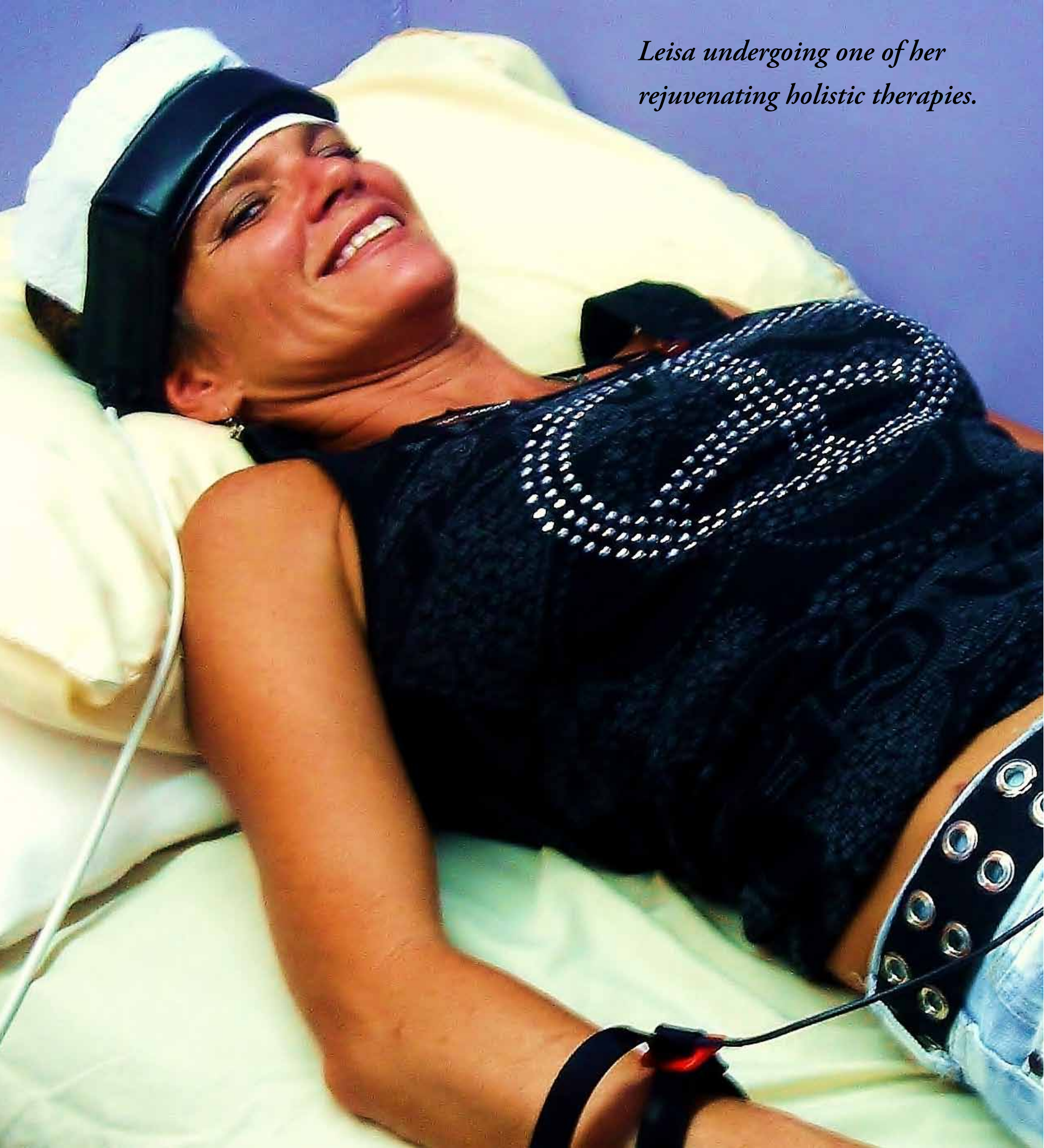
LD: I have a serious side, but I also have a light-hearted side. You have to have a balance when faced with a tragic disease such as cancer. I set my mind to beating cancer and that is exactly what I did.

PG: Have your religious/spiritual views changed since your recovery?

LD: I have become more spiritual.

PG: How so?

LD: Meditation has been very important in my healing process. I believe we can heal ourselves with our mind and positive reinforcement. If you do not believe you can beat cancer or any other disease then you will not be able to. Positive affirmations and gratitude for what we do have on a daily basis is very important.



Leisa undergoing one of her rejuvenating holistic therapies.

PG: How did you get the idea for www.diseasefreedom.com?

LD: I want to help others realize that there is a cure for many diseases including cancer that is natural and not harmful to our bodies, but rather builds our immune systems.

PG: What is your website's primary purpose?

LD: The intention of this website is to provide you with information for you to make an educated decision in your first line of defense against cancer and many other diseases. It also provides a place to learn from and share with others that are in the battle against disease and/or are "survivors."

PG: What are your immediate goals for the site?

LD: I would like to be able to incorporate as a nonprofit organization so that I can raise funds to help those with cancer who cannot afford the holistic approach. Most insurance companies do not cover the expense of holistic therapies.

PG: Have you thought about writing a book about your recovery?

LD: I have thought of writing a book and hopefully that is in my future. My wish is to help as many as I can with the battle against disease.

PG: Do you think everyone can benefit from your approach?

LD: Most definitely! Making diet and lifestyle changes before disease would be beneficial to everyone, especially our children who are eating diets loaded with sugars and preservatives. If we don't make a change, cancer and other diseases will continue to increase at staggering rates.

PG: Describe a regular day for you as it applies to your diet, exercise regimen, etc.

LD: My day is not out of the ordinary. I eat a nutritional breakfast; I do either Pilates or yoga each day. I enjoy walks on the beach for both the exercise and the tranquility. I eat organic foods, only grass-fed meats and try to juice twice a day. I am learning to improve my meditation skills, and I am grateful for every day that I have to share my story with others. Three times a week I detox with a foot bath and have my oxygen treatments. I continue to take Protocol every 5 ½ hours. I take supplements for the vitamins and minerals that my body is deficient in, which was determined by a hair analysis.

PG: What were your initial thoughts upon being diagnosed with cancer?

LD: I was scared, could not believe this was happening to me. That was my initial response, but then I buckled down, did my research and began my healing process. I never believed I was going to die!

PG: Did you have a strong support network around you?

LD: I did have some wonderful friends and family members who were a great support to me. I also had those who had created a lot of stress in my life. I made a decision to remove those people from my life. I am going through a divorce now. 🌍

For more information about Lisa Dargis' courageous battle against cancer and the holistic approach to fighting disease, please visit www.diseasefreedom.com.

GET LOST IN PARADISE

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PLANTING A SEED

by Sean Herbert

I recently attended “Health City’s” Health & Wellness Conference in West Palm Beach and was very impressed by the quality of speakers and raw food prep classes offered.



The first speaker was Paul Nison, (www.raw-life.com, www.paulnison.com), a former raw chef turned “raw food evangelist.” I have had the honor of knowing Paul, his wife Andrea and their 18-month-old daughter Noa through their work at Hippocrates Health Institute (www.hippocratesinst.org). Together, we shared similar stories of battling Crohn’s disease and how through proper lifestyle and dietary changes we have been able to overcome its effects. The Nisons continue to travel the world on speaking engagements supporting Paul’s seven books documenting his raw food lifestyle and spiritual journey.

By looking at Paul you would think he was the second coming of Moses with his long beard and gentle demeanor, but under the exterior lies a person who fiercely believes his mission is to plant the seeds of better health through knowledge in each person he meets.

“We as a species are killing ourselves with the SAD Diet (Standard American Diet),” Nison said. Pointing out the largest and strongest animals on earth survive on a vegan diet. “Think about what we do to our bodies on a daily basis? We wake up and put chemicals on our face (shaving cream). We take a razor and shave off a top layer of skin, allowing these chemicals to enter our bloodstream faster. We jump in the shower and put perfumes (chemicals) all over our largest organ (skin). Then we get dressed in our chemical laden materials (polyester) we call clothes and drive to get breakfast in a box.”

Listening to Nison is like attending *Last Comic Standing*, as he uses humor to make his points, but those points if not heeded may have dire consequences.

“If I can affect one person to change, they can affect many others and the TRUTH will prevail exponentially.”

Nison’s books begin with interviews of some of the pioneers of the modern raw food movement. People like Viktoras Kulvinskas M. S. author and Co-founder of the world famous Hippocrates Health Institute, and doctors Brian and Anna Maria Clement, PhD, LN, Authors and Directors of Hippocrates Health Institute.

Viktoras Kulvinskas, (www.ViktorasLive.org), affectionately called the Grandfather of the Modern Day Raw Food Movement, was one of the keynote speakers over the weekend and filled the room with stories of his vast experiences and scientific studies. Forty years ago he wrote what many call the definitive work on the raw food lifestyle, *Living in the 21st Century*. In the book, Viktoras chronicled the coming advancements of technology, how the body has become disconnected from God’s creation, and how the Earth will suffer without proper nourishment.

“We have to get back to nourishing the Earth and our bodies. Proper use of Green Living foods like sprouts, wheatgrass and green algae will not only boost our immune systems, but help protect us from the electrical pollution we are all receiving from computers, cell phones, satellites, etc.”

Dr. T. Colin Campbell Ph.D., professor at Cornell University and author of the bestseller, *The China Study*, supported Viktoras’ remarks with decades of studies and scientific research on the vast population of China. His research has opened the eyes of millions to the dangers of consuming dairy products and the standard American diet. “We are creating an epidemic in this country. All

“We as a society have gotten so far off track by processing our foods and growing genetically modified plants covered in pesticides that the body cannot digest properly...”

major illnesses are on the rise: cancer, heart disease, digestive disorders and autism to name just a few. Yet, our doctors have little to no proper education on nutrition.”

Campbell concluded his speech promoting the value of green living foods.

“I am proud to say that my family and grandchildren are being brought up on a raw living food diet.”

Next was Dr Brian Clement, Director of Hippocrates Health institute, world renowned as a leader in the field of natural and complementary health care and education. Clement doesn’t like to mince words or take prisoners and began his speech shouting “WAKE UP PEOPLE!” Clement then cited a plethora of scientific data showing what we are doing to our bodies and our planet by eating a meat and dairy-based diet.

“We as a society have gotten so far off track by processing our foods and growing genetically modified plants covered in pesticides that the body cannot digest properly. We shoot our cattle full of hormones and steroids and then consume the meat and dairy products from them. We are like the frog in the heated pot of water and it’s now boiling!”

Then Clement proceeded to ground his points in reality by introducing us to a brain cancer survivor who attended Hippocrates and is now cured through her own actions.

“We at Hippocrates do not cure anyone!,” Clement explained. “By taking responsibility for your own life and health and aiding you with Truth, Care and Knowledge, you can save your life!”

I have seen the miraculous work being done at Hippocrates Health Institute (www.hippocrates-inst.org) as my wife has worked there for the past 8 years as a program consultant, Jody being a 13-year cancer survivor herself. I recommend anyone wanting to learn about the Hippocrates LIFE CHANGE program to attend one of their Saturday graduations. There you will listen to people who have gone through the program. You will witness firsthand the power of perseverance and taking responsibility for your own health and life. I have attended a few of these and can attest that there are many tears shed as people tell their stories about how they have overcome their health challenges. All have blossomed from these seeds of truth. 🌍

Recipes

Carrot and Sweet Potato Salad
(From Paul Nison’s *The Raw Life*)

Shredded carrots and sweet potato
Raisins (Soaked 5 minutes in water)
Tahini
Pine nuts

Note: Use as much as you’d like and mix in a bowl to serve.

Hippocrates Healing Green Drink
(Makes 2 cups of juice or 16oz)

2 cups sunflower sprouts
2 cups pea sprouts
1 — 1.5 organic cucumbers
2 — 3 stalks of celery

Juice and place in a pitcher in the refrigerator and drink throughout the day.

This information provided courtesy of Got Sprouts? 1880 W 10th St, Riviera Beach, FL 33404 (561)689-9464, www.GotSprouts.com

THE NEW WAVE IN NUTRITION AND AGRICULTURE

by Charlotte McGinnis

The focus of farming has morphed almost beyond recognition. In the greening of Our Wonderful World, it's about time!

The old notion of plant-plow-and-harvest has expanded into a scientific approach to high-vibrancy produce to sustain health and wellness. Beyond merely “organic,” this concept of Sustainable Farming is spreading not only across the country, but throughout the world.

A small and privately-owned farm in Hendersonville, North Carolina is an inspiring example of where we are heading. Started ten years ago on just 40 acres by Lisa Black, Fields of Gold Farm & Greenhouse is a Certified Beyond Organic and Biodynamic grower. What does that mean? Quite simply, it means that the food produced on her 40-acre farm and its 70,000 sq.ft. greenhouse is good for you in many ways! To be more specific, the food has high vitality, is nutritionally dense and features a high vibrancy that gives you everything to sustain a healthy life. To give you an example of what goes into the fruits and vegetables from Fields of Gold, the soil is robust and balanced, the water is enhanced, and in the greenhouse

classical music is played 24 hours a day so that the **stomata** (mouth of the leaves) can open up and receive more nourishment from the microclimate surrounding it! It's not common knowledge that 80% of plant nourishment comes from the area above ground.

“The produce costs more, but nutritionists and consumers are discovering that it is worth every penny,” Black said.

These farming techniques don't come without a cost. Beyond Organic Farming is far more expensive than industrial farming. The best investment you can make is in your health — and food is medicine. Good food, that is! Your health is your wealth, and you must do everything you can to preserve it. That is the extra value of beyond organic and biodynamic food.

So how does this affect my food supply and how can I purchase it?

“One very important thing to consider when making decisions on buying food is to find out if it is Certified Organic/Biodynamic or is it just organic, transitional or conventional,” Black said. “Organic/Biodynamic has no chemicals, no toxins, and the seeds are not GMO (genetically modified organism). Conventional has been treated with synthetic chemical fertilizers and toxic pesticides and many of the seeds are GMO, which have been documented to harm health. Which sounds better to you? The extra cost equals a healthier YOU...and YOU are worth it!”

Since the farm's inception in January of 2000,

Black's dream has become a very big reality! Her produce is sold regionally to national grocery store chains, local markets, restaurants and tail-gate markets. In addition, she has weekly CSAs (community supported agriculture), which locals subscribe to for the season and pick up a generous box of produce weekly. Black believes it is imperative we support local organic farmers so that we can continue to get nutritious food and support local living economies.

Biodynamic and Beyond Organic Farming is the “Next Wave” for the future of nutritious agriculture, a fantastic wave to ride for the health and well-being of all! We are living in an age where information is available to us at cyber speed. The more time we take to educate ourselves, the more conscious choices we can make. As consumers, we need to be participants in the protection of our food sources, if we don't, who will?

Black's vision for Fields of Gold is to continue growing the best food on the planet, research and development of better ways for healthier agriculture, plus education on the benefits and value of nutritious food. Her plans for expansion include being a food source to the region, which includes a three-hour radius from her farm in Hendersonville. By the way things are going so far, her vision will sprout into reality very soon! 🌍

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PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

Health Benefits of Peppermint Oil

The health benefits of peppermint oil include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms and pain. Due to the presence of menthol, menthone and menthyl esters, peppermint and peppermint oil find wide applications in manufacture of soap, shampoo, toothpaste, chewing gum, tea and ice cream.

Peppermint is a cross between watermint and spearmint and is native to Europe. Historically, the herb has been known for its medicinal uses. Hence it is often termed as the world's oldest medicine. Unlike many other herbs and essential oils, numerous health benefits of peppermint and peppermint

oil have been studied and proved by the scientific community. As a result, peppermint oil is also sold in the form of capsules and tablets.

Peppermint oil is also used as a flavoring agent. You will find very few people who will not find peppermint suitable to their palate. Peppermint oil also contains numerous minerals and nutrients including manganese, iron, magnesium, calcium, folate, potassium and copper. It also contains omega-3 fatty acids, vitamin A and vitamin C.

The health benefits of peppermint oil include the following:

Indigestion: Peppermint oil is very helpful in diges-

Quote of the Month: **"All the wonders you seek are within yourself." (Sir Thomas Brown)**

tion. Often people put a few drops of peppermint oil in a glass of water and drink it after their meal due to its digestive properties. It is carminative and therefore helps in removing gas. Peppermint oil is a good tonic for those who have a low appetite. It also helps during motion sickness and upset stomach. Preliminary research has proved that peppermint oil in the combination of caraway oil can be used for treating heartburns.

Dental Care: Peppermint oil, due to its antiseptic properties, is useful for dental care. It removes bad breath and helps teeth and gums deal with germs. No wonder it is added in numerous toothpastes. It is also useful for treating toothaches.

Respiratory Problems: Menthol, which is present in abundance in peppermint oil, helps in clearing the respiratory tract. It is an effective expectorant and therefore provides instantaneous, though temporary, relief in numerous respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold and cough. As a result, it is used in numerous cold rubs. When these cold rubs are rubbed on the chest, they remove nasal and respiratory congestion immediately.

Nausea and Headache: Peppermint oil is a good home remedy for nausea and headache. Ap-

plying peppermint oil in diluted form on the forehead is known to remove headache.

Stress: Like most other essential oils, peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against anxiety and restlessness.

Irritable Bowel Syndrome: The muscle relaxing property of peppermint oil has been found to ease irritable bowel syndrome. This has been validated through preliminary scientific research though the exact mechanism is still unknown.



It is further believed that peppermint oil is useful for treating cancer and tuberculosis. In addition, peppermint blends well with various other essential oils including eucalyptus, rosemary, lemon and marjoram. A great way to enjoy the delicious taste of this wondrous herb is to make peppermint tea. Simply add one drop of Young Living Peppermint Oil to a cup of hot water. 🌍

To purchase Young Living Peppermint Oil, go to www.youngliving.org/owwwmedia and scroll down toward the bottom of the page.



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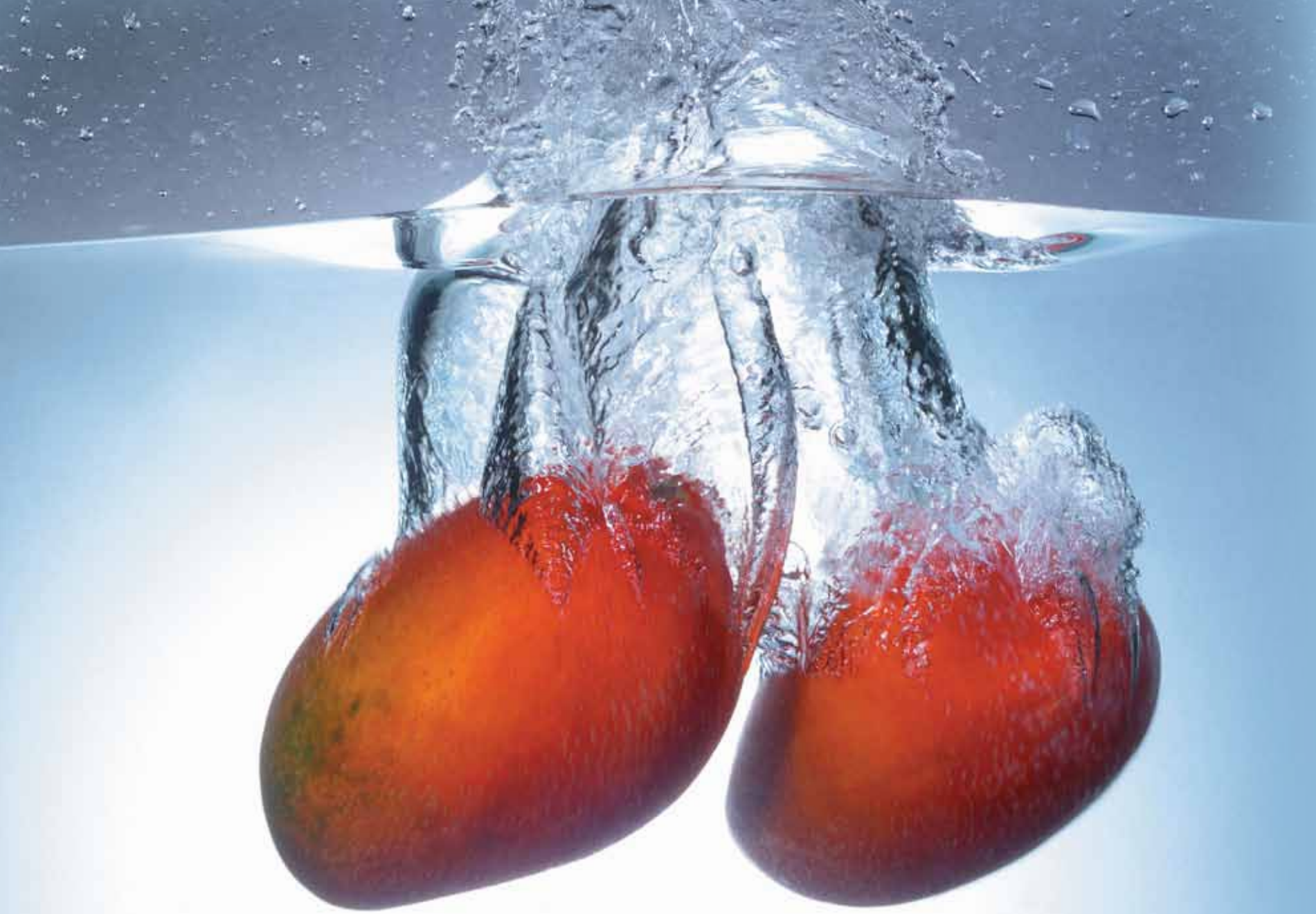
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MANGO MADNESS IT'S A GOOD THING!

Five Reasons You Should Be Eating Them

by Sharon Quercioli

Mango is widely known as the “king of fruit” — and there is good reason for its veneration. Mango is regarded as a valuable item of diet and a household remedy. It is rich in amino acids, vitamin C and E, flavonoids, beta carotene, niacin, calcium, iron, magnesium and potassium.

About 6,000 years ago, the wild mango originated in the foothills of the Himalayas of India and Burma. Amazingly, about half of these trees still grow in India and Southeast Asia. Also known as *Mangifera Indica*, this exotic fruit belongs to the family of *Anacardiaceae*. Though native to Southern and Southeast Asia, the fruit is also grown in Central and South America, the Caribbean, Africa and the Arabian Peninsula. Today, there are over 1,000 different varieties of mangos throughout the world.

Here are five health and nutrition benefits for eating mangos:


Anti-cancer: The phenols in mangos, such as quercetin, isoquercitrin, astragalin, fisetin, gallic acid and methylgallat, as well as the abundant enzymes, have cancer-preventing capacities. Mango is also high in a soluble dietary fiber known as pectin. Research identifies a strong link between eating lots of fiber and a lower risk of cancers of the gastrointestinal tract. A cup of sliced mangos (around 165 grams) contains 76% of the needed daily value of vitamin C, a potent antioxidant, which helps protect cells from free radical damage and reduces the risk of cancer.

Eye health: One cup of sliced mangos supplies 25% of the needed daily value of vitamin A, which promotes good eyesight. Eating mangos regularly prevents blindness, refractive errors, dryness of the eyes, softening of the cornea, itching and burning in the eyes.

Helps in digestion: Mangos contain digestive enzymes that help break down proteins and aid digestion. It is also valuable to combat acidity and poor digestion because of an enzyme found in the fruit that soothes the stomach. Due to the high amounts of fiber found in mango, it can be helpful in keeping you regular, thereby preventing constipation. In India, a decoction of the mango peel is given to people with inflammation of the stomach mucus membranes. Eating one or two small tender mangos in which the seed is not fully formed with salt and honey is found to be very effective medicine for diarrhea, morning sickness and indigestion.

Benefits to skin: Mango is effective in relieving clogged pores of the skin. What this means is that people who suffer from acne, which is caused by clogged pores, will benefit from mango. Just remove the mango pulp and apply it on your skin for about 10 minutes before washing it. Eating mango regularly makes the complexion fair and the skin soft and shining.

Beneficial for anemia: Mangos are beneficial for pregnant women and individuals suffering from anemia because of their iron content. Also, vitamin C in the mango enhances the absorption of iron vegetable food like rice. Many women



Today, there are over 1,000 different varieties of mangos throughout the world.

after menopause become weak and should eat mangos and other fruits rich in iron.

Remember, mangos can be eaten both raw and ripe. They are a wonderful source of vitamins and minerals essential for the human body. Make an effort to include mangos in your daily diet as this can benefit your health more than your usual non-fiber diet.

Speaking of great ways to include mango in your diet, make the most of mahi mahi's great flavor by pairing it with a fruit salsa made from olive oil, mango, mango nectar, onion, cilantro and lemon peel.

Fish with Mango Salsa

Yield: Makes 6 to 8 servings


Ingredients

- 2 tablespoons soy sauce
- 5 tablespoons lemon juice
- 2 cloves garlic, minced
- 2—2 ½ pounds skinned, boned mahi mahi fillets
- teaspoon olive oil
- onion (about 6 oz.), chopped
- ½ cup refrigerated or canned mango nectar
- ripe mango (about 1 lb.), peeled, pitted and coarsely chopped
- 3 tablespoons chopped fresh cilantro
- teaspoon finely shredded lemon peel

Preparation

1. Mix soy sauce, 2 tablespoons lemon juice and half the garlic.
2. Cut fish into 6 or 8 equal pieces, then rinse and pat dry. Rub soy mixture all over fish. If making ahead, cover and chill up to 30 minutes.
3. In an 8- to 10-inch frying pan over high heat, combine oil, onion and remaining garlic. Stir until onion begins to get limp, about 2 minutes. Add mango nectar and 3 tablespoons lemon juice; stir until boiling.
4. Remove onion mixture from heat. Stir in mango, cilantro, and lemon peel. Use hot or cool.
5. Arrange fish pieces, side by side, in a wire grilling basket. Close basket and lay it on a barbecue grill over a solid bed of hot coals or high heat on a gas grill. (You can hold your hand at grill level only 2 to 3 seconds.) Close lid on a gas grill.
6. Cook fish, turning once, until it is barely opaque and still moist-looking in thickest part (cut to test), 8 to 10 minutes total.
7. Serve with salsa and lemon juice.

Kitchen Notes

A hinged wire grilling basket makes the fish easier to handle. Otherwise, cook fish on a lightly oiled grill. 

DECODING FOOD LABELS

You see them at the stores, but what do they mean?

by Caroline Martin



I've heard that the basics of what you need in your kitchen can be found in the items all along the walls in a grocery store: produce, meats, dairy and bread. However, in these times of convenience with which we live, it's unlikely for many to stick to the perimeter of the store.

When I walk into a grocery store I often think "Wow, what would it be like if each town still had its own little food market, a local dairy and most people

just made their own bread?" Instead, we can buy everything neatly packaged and ready to eat, but wait! Is it really that simple?

I was buying a whole chicken from the grocery store the other day to make for dinner later in the week, and there were at least four different brands from which to choose. Some said "free range" or "hormone free," and the one I bought was labeled "all natural" in large letters right across the middle

of the package. All natural? Well of course it's all natural — it's obviously not a bionic chicken. "All natural" seems like a wonderful thing to be putting on food packaging, especially when we're constantly seeing articles about how artificial flavors and dyes in food are bad for your health, but what does it really mean? In fact, what do all those labels out there mean?

Here is a quick guide to help you decode some of the more commonly used labels on your food:

Organic: Organic food is produced by farmers who use renewable resources and focus upon soil and water conservation. Foods labeled as "100% organic" are single ingredient foods; "organic" is on multiple ingredient foods, and it means 95% to 100% of the ingredients are organic (excluding salt and water). "Made with organic ingredients" means at least 70% of the ingredients are organic.

On organic meat, eggs and dairy, the animals were not given growth hormones or antibiotics and, on produce, the vegetables or fruits were grown without the use of most conventional pesticides and fertilizers containing synthetic ingredients or sewage sludge. Bioengineering and ionizing radiation were also not used on these foods.

The term "organic" is regulated and protected by the United States Department of Agriculture (USDA) and it is not used interchangeably with terms such as "natural," "free range" or "hormone free."

100% All Natural: When foods are labeled as "natural," "free range" or "hormone/antibiotic free," these terms do not mean "organic." The

USDA has published definitions for these terms, but they do not often meet the strict requirements and procedures used to certify something as "organic."

According to the USDA, food can be labeled as "natural" when it contains no artificial colors or added colors and is minimally processed. Natural does not mean the foods are free of artificial hormones and/or genetically modified organisms. A food labeled "natural" must also explain the claim, that is "no artificial colors or added ingredients."

There are several other terms that are often seen on food labels, such as:

Free range: This term may be used if the producers can demonstrate that poultry were allowed access to the outside.

Hormone free: This claim may be used on the label of beef if sufficient documentation is provided by the producers that the animals were not raised with the use of hormones. Hormones are not allowed in pork and poultry and the claim cannot be used on the labels.

Antibiotic free: This claim may be used if sufficient documentation is provided that the animals were raised without the use of antibiotics. 🌍

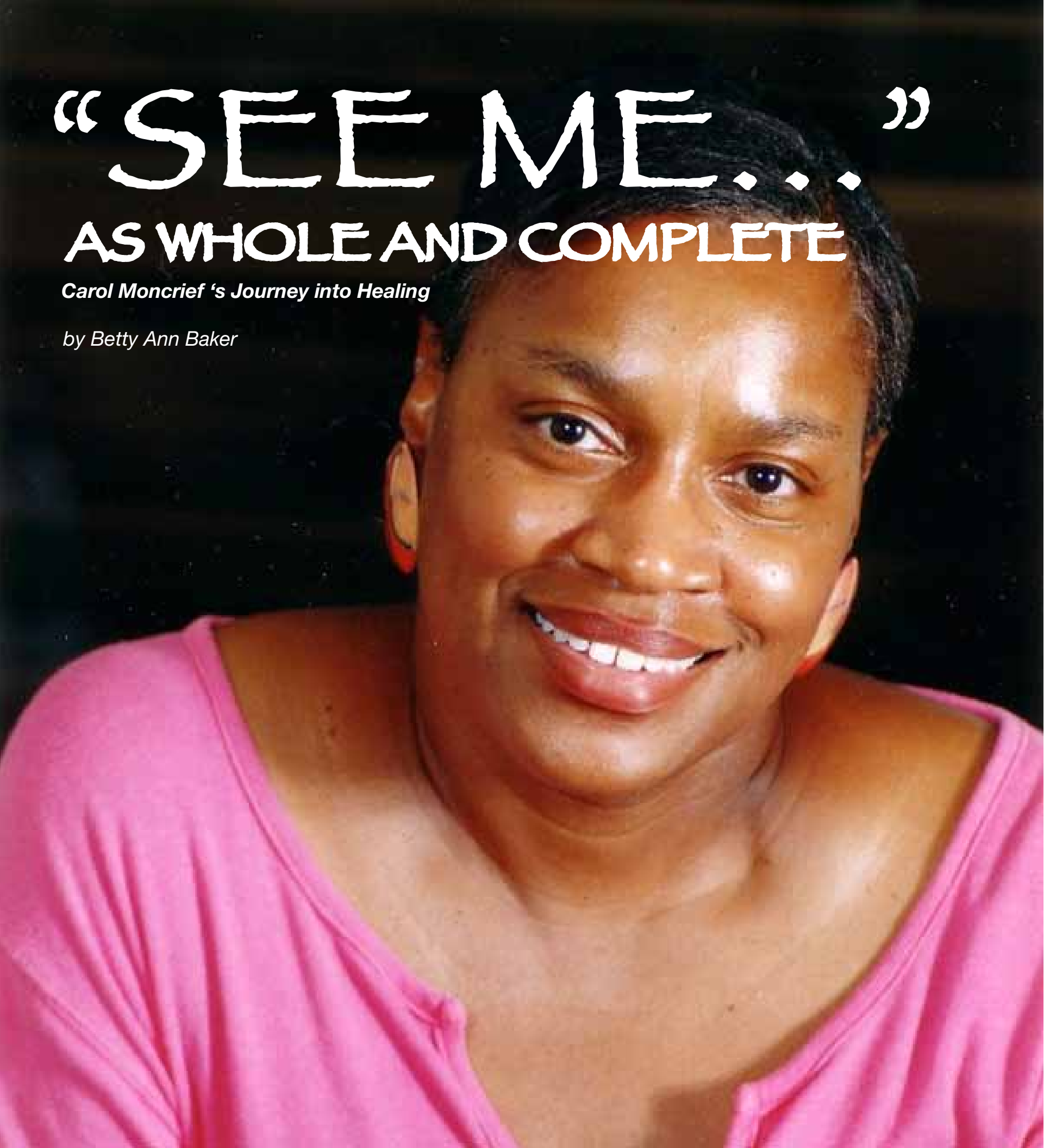
Hopefully, we've helped to decode much of the mystery of those ominous looking food labels. Of course, there's still much more to learn. For more information, check out the USDA Food Safety and Inspection website at www.fsis.usda.gov.

“SEE ME...”

AS WHOLE AND COMPLETE

Carol Moncrief's Journey into Healing

by Betty Ann Baker



Carol Moncrief knew what course of treatment she would follow even before the words confirmed, “You have breast cancer.” From her early 30s, Carol had lived with intention, affirming her health and happiness by nurturing her physical, emotional, spiritual and mental being. Now, as she approached her late 50s in a highly stressful job, divorced and raising a 14-year-old son alone, Carol drew on every morsel of information and resource from the community of health care providers who shared her view of what it would take to reach her highest potential of health and well-being.

Her team of physicians included a naturopath, chiropractor and acupuncturist, as well as skilled therapists of lymphatic drainage, colonics and essential oils. She practiced yoga, received Reiki, Healing Touch and crystal healing. Carol credited the use of a “Biomat” and “Genie Machine” for helping reduce the size of the tumor and for contributing to the health of her lymphatic system. She became an active member of the ICVAF (International Cancer Victors and Friends), joining many others as they navigated through their own journey with a cancer diagnosis.

Well into her second year of alternative treatments addressing the diagnosis, Carol enrolled in the Healing Touch Buddies (HTB) program for additional support. She had previously experienced healing touch and found it soothing, balancing and informative on many levels of her healing experience. Sharon Stern, LMT, CHTP was assigned as her “Buddy,” a specially trained healing touch volunteer who would provide heal-

ing touch sessions bi-weekly for the next year, free of charge. Carol and her Buddy worked to “bring up what needed to be healed” on physical, emotional and spiritual levels as well. Discovery of the potency of forgiveness as a healing essential allowed Carol to be moved to a place of acceptance and forgiveness for her ex-husband’s decision to no longer be a part of her son’s life. She was now in a position of strength and peace to assist her grieving son as he mourned the loss of his father and the reality of a mother diagnosed with breast cancer.

Carol found HTB’s mission of support to those enrolled in our program as unique, that our policy was to give no advice regarding treatment options, but rather to honor the choices the individual clients made, whether that was standard Western medicine, alternative therapies or integrating the two with complementary options. Our HTB mission included holding the intention for Carol’s highest and best healing.

As we revisit Carol, her son is now 16. She has a wonderful new job and is living a life enriched by what she has learned walking this challenging path. We thank her for her generosity and openness and her readiness to share her contacts and resources with those new to the journey. We invite our dear reader to join us to see Carol as we see Carol — As Whole and Complete. 🌍

To DONATE to Healing Touch Buddies, visit www.healingtouchbuddies.org. For more information on our program, call Betty Ann Baker, Exec. Dir. (561) 741-1671.

FLORIDA'S CRAZY LAWS

by Glenn R. Swift, Jr.



We all remember the embarrassment and humiliation that we Floridians had to endure a decade ago during the 2000 presidential election. Well, on closer look, maybe we do need to rethink a few things after all. Here's a list of some rather bizarre laws still in effect in our glorious Sunshine State.

- Florida law forbids rats to leave the ships docked in Tampa Bay.
- Florida law prohibits topless walking or running within a 150-foot zone between the beach and the street.
- In Florida it is illegal to block any well traveled wagon road.

- In Florida it is illegal to skateboard without a license.
- In Florida failure to tell your neighbor his house is on fire is illegal.
- In Florida it is illegal to fish while driving across a bridge.
- In Florida it is illegal for an unmarried woman to skydive on Sunday.
- In Florida it is illegal for an unmarried man and woman to live together in "open and gross lewdness."
- In Florida women can be fined for falling asleep under a hair dryer. (The salon owner can also be fined for this horrible crime.)
- In Florida it is illegal to break more than three dishes per day or chip the edges of more than four cups and/or saucers.
- In Florida if an elephant is left tied to a parking meter, the parking fee has to be paid as it would for a vehicle.
- In Florida it is illegal to put livestock on a school bus.
- In Jupiter "stubborn" children can be considered vagrants.
- In Key West it is illegal to spit on a church floor.
- In Key West chickens are considered a "protected species."
- In Miami it is illegal for a man to wear any kind of strapless gown.
- In Miami it is illegal to imitate an animal.
- In Miami no person shall operate a bicycle unless it is equipped with a bell or device capable of giving a signal audible for a distance of at least 100 feet; however, no bicycle shall be equipped with, nor shall any person use upon a bicycle, any siren or whistle.
- In Miami the penalty for horse theft is death by hanging.
- In Miami Shores any product manufactured in a Communist country that is sold within

its city limits must be clearly marked so as not "to hide its Communist origins."

- In Pensacola citizens may not be caught downtown without at least 10 dollars on their person.
- In Pensacola it is illegal to roll a barrel on a street. (Fines go up according to the contents of the barrel.)
- In Pensacola women can be fined (only after death) for being electrocuted in a bathtub while using self-beautification utensils.
- In Sarasota it is illegal to sing in a public place while attired in a swimsuit.
- In Sarasota if you hit a pedestrian you are fined \$78.00.
- In Sarasota catching crabs is illegal.
- In Tampa it is illegal to eat cottage cheese on Sunday after 6:00 P.M.

This information is brought to you courtesy of Sprouts!, Inc., manufacturer of handmade, 100% recycled, plantable seed paper products, which include greeting cards, note cards, bookmarks, coasters, Blooming Boxes™ and a host of custom marketing pieces – all of which grow beautiful wildflowers when planted. Sprouts products can be purchased directly from the company's website www.sproutem.com or custom printed to accommodate various volumes, sizes and print specifications. 🌱

Here are some hilarious plantable seed paper greeting cards that Sprouts has made depicting some of Florida's crazy laws. Purchase these cards: www.sproutem.com/category/Greeting-Cards.

Click here for a video about Sprouts products: <http://www.youtube.com/watch?v=URo9LmcTdpU&feature=related>

FLORIDA CENTER FOR ENVIRONMENTAL STUDIES

Providing Educational Programs for Our Community

by Terry Gearing, Florida Atlantic University



The Florida Center for Environmental Studies (CES) at Florida Atlantic University is a state university research center established in July, 1994 that acts as a facilitator and coordinator of research and training on issues related to Florida ecosystems. As part of its mission, the Center provides educational programs to children, teachers and other adults.

For more than a decade, CES has partnered with the South Florida Water Management District (SFWMD) to facilitate teacher training workshops that focus on the valuable water resources throughout the district's 16-county region.

The Great Water Odyssey — a dynamic program designed to teach third, fourth and fifth grade students about the importance of Flori-

da's water resources. The computer-based interdisciplinary lesson follows Hydro and Agua, two water drops that travel on an adventure through the town of Ollieewood. On their voyage, Hydro and Agua change in state of matter and float through Florida's wetlands, rivers and aquifers.

Everglades: An American Treasure — part of the Newspapers in Education (NIE) series, developed in partnership by the SFWMD and other organizations. The curriculum introduces students to both the northern and southern Everglades ecosystems, guiding them through the entire Kissimmee-Okeechobee-Everglades Watershed. In the teacher training component, educators learn about the Comprehensive Everglades Restoration Plan

(CERP) using interactive classroom activities from a resource guide.

CES also coordinates a variety of environmental education programs on FAU's John D. MacArthur Campus in Jupiter. Nestled within Abacoa's 2000-acre landscape, the campus is surrounded by a combination of urban and natural habitats, the perfect location for educational objectives.

The DuPuis Management Area is a 21,875-acre property covering parts of northwestern Palm Beach and southwestern Martin counties. The property, owned by the SFWMD, was purchased in 1986 through the Save Our Rivers program. It contains acres of pine flatwoods and cypress swamp. CES has developed a field-based, interactive education program at the DuPuis Visitors Center for high school students, teachers, adults, families and the local community.

The Riverwoods Field Laboratory, nestled on 15 acres of land adjacent to the Kissimmee River, is the perfect setting for research and education. Established in 1995, it is jointly managed with the SFWMD. The facility's main objective is to support research and educational activities related to the restoration of the Kissimmee River and the greater Everglades watershed. A comprehensive program highlights environmental education using the greater Kissimmee River as a living lab and model of the world's largest river restoration.

CES also facilitates the Florida Master Naturalist Program (FMNP) at the Riverwoods Field Labo-

ratory. Students learn about Florida's wetland or upland ecosystems with a combination of classroom presentations and field trips to local habitats. They conduct a research project to earn their FMNP certificate and patches. Graduates are able to take their new-found environmental knowledge into the field as they explore Florida's ecosystems.

Explore the Kissimmee Eco-tours provide an interactive, field trip for groups of residents, visitors, environmentalists or professionals. Participants learn about the rich history and wetland ecology of the river and region. They have a unique opportunity to view the beauty and success of the Kissimmee River Restoration and learn about its important role. The one-day program, which includes a three- to four-hour guided tour on the Kissimmee River in a covered pontoon boat, is led by educational staff.

"Our educational programs reach Florida's teachers, students and adults to help expand their environmental awareness," said Loisa Kerwin, Director of the Riverwoods Field Lab. "We are able to offer field experiences exploring natural areas on the Kissimmee River, the pine flatwoods at DuPuis and in the northern Everglades. These hands-on programs help increase awareness and hopefully instill motivation to help protect Florida's natural resources."



For more information on the Center for Environmental Studies at Florida Atlantic University and its programs, visit www.ces.fau.edu.

RADIO GREEN EARTH

by John Poggi, Radio Green Earth Executive Producer



OWW Editor Glenn R. Swift, OWW President Sharon Quercioli, RGE Host Jim Jackson, RGE Host Missy Tancredi and RGE Executive Producer John Poggi


Welcome to our new section of *Our Wonderful World*. We're *Radio Green Earth* and we're excited about becoming editorial contributors to this state-of-the-art publication. By now you probably realize that you have discovered a very special magazine. Behind this publication thrives an innovative, original and fresh organization run by professionals with an unmatched passion for the environment. That's why we're here! We're going to share our work with you right here each month in the new *Radio Green Earth* section of *Our Wonderful World*. We'll prepare special entries each month exclusively for *Our Wonderful World* and you'll find them right here.

Radio Green Earth is a weekly radio program produced for public radio focusing upon the environment. You'll hear the latest environmental news and from leading experts on subjects like alternative energy, green buildings, energy efficiency, endangered species, protecting the environment, the Everglades restoration, water conservation and much more. We inform you about the technologies, products and practices you can employ to become greener in every aspect of your life.

We are a team of seasoned journalists, scientists, engineers and executives dedicated to bringing

you clear, concise, accurate information on environmental issues in a public radio format without the political spin, and we promise we won't insult your intelligence.

Join us each Saturday at 5 pm on WXEL 90.7 FM, NPR's West Palm Beach affiliate, for an hour of environmental news, feature stories, our green tip-of-the-week, and an update on environmental events in South Florida. You can also listen live at www.radiogreeneearth.org or download any of our podcasts on iTunes.

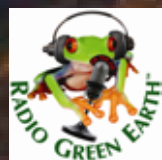
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Donate at www.radiogreeneearth.org.

Photo courtesy of Aly Stokkers

STIMULUS MONEY SERVING UP OYSTERS ON THE LOXAHATCHEE



by John Poggi, Radio Green Earth, Executive Producer

The importance of oyster reefs has long been underestimated. As a result, careless use of this resource has resulted in the loss of 75% of oyster populations in the last 60 years.

Just as corals provide reefs offshore in the marine habitat, oysters provide reefs in the estuarine habitats. These marine resources, although being seriously threatened, are an important part of a healthy marine ecosystem and play a crucial role in improving fisheries and habitat.

Through a grant of federal stimulus dollars, Martin County and the Loxahatchee River District are restoring important oyster habitat in the St. Lucie and Loxahatchee estuaries. They hope restoring this habitat will lead to long-term ecological improvements to the health of the rivers as well as provide additional recreational and economic benefits to the community.

One of Florida's most unique treasures, the Loxahatchee River meanders through freshwater creeks down into a brackish estuary and finally empties through the Jupiter Inlet into the Atlantic Ocean. The Loxahatchee River is Florida's first nationally designated Wild and Scenic River. Unlike many other rivers that have been channelized by development, the Loxahatchee remains virtually unchanged.

Oyster reefs are one of the most valuable habitats in the Loxahatchee River, providing important benefits to the overall health of the estuary by cleaning water, stabilizing shorelines and providing essential fish habitat. Oyster reefs are also incredibly rich habitats that are home to over 300 species of fish, crabs, shrimp and other small aquatic species.

Radio Green Earth toured the Loxahatchee River in Jupiter recently with Albrey Arrington and Bud Howard of the Loxahatchee River District and Baret Berry of the Martin County Coastal and Water Quality Department to talk about the oyster reef restoration project currently underway on the river.

"The Oyster Reef Restoration project is being coordinated through Martin County's Coastal and Water Quality groups and the Loxahatchee River District," said Berry. "And our key partners include the South Florida Water Management District, Florida Fish & Wildlife Research Institute, Florida Oceanographic Society, Harbor Branch Oceanographic Institute and others. This is truly a collaborative effort," Berry added.

"The National Oceanic and Atmospheric Administration (NOAA) awarded us more than \$4 million in federal funding for the Oyster Reef Restoration Project as part of the American Recovery and Reinvestment Act of 2009," Berry continued.



Radio Green Earth in action



According to Arrington, “Over 10 million pounds of limestone rock and shell are being placed into the Loxahatchee River to provide the critical habitat that oysters need to grow. Contractors are using heavy equipment on barges to deploy a six-inch layer of rock and shell. This creates the foundation for healthy living oyster reefs. Larval oysters from the naturally occurring oysters in the river will settle onto the rock and shell creating new living oyster reefs.”

The shell and limestone used for this reef comes from the waste by-product of the Juno Beach restoration this past spring. “What was intended to be discarded in a landfill is now a valuable part of this restoration project and best of all it was free, enabling funds to be freed up for additional reef restoration,” explained Howard.

The St. Lucie and Loxahatchee estuaries play an essential role in the environmental and economic health of the Treasure Coast and the Palm Beaches. These historic, scenic rivers attract an abundance of commercial and recreational activities such as fishing, boating and ecotourism. Dr. Arrington, the Executive Director of the Loxahatchee River District explained, “Estuaries are special places where freshwater meets and mixes with salty ocean water. More than 70 % of Florida’s fish, crustaceans and shellfish spend part of their lives in estuaries, usually when they are young. The shallow water, salt marshes, seagrasses and mangrove roots provide excellent hiding places from larger, open-water predators. Many animal species rely upon estuaries for food and as places to nest and breed.”

Oysters are remarkable filter feeders that improve water quality by removing algae and other particles directly from the water. Oysters filter nutri-

ents, algae, bacteria, fine sediments and toxins from the water as they pump water through their gills. A single large oyster can filter upwards of 20-50 gallons of water per day. “Once mature, the 5 acres of new oyster reef from this project will filter upwards of 100 million gallons of water per day, far greater than the 7 million gallons per day our wastewater treatment plant does and that serves 65,000 people,” added Howard.

Oysters also support critical fisheries when coupled with other coastal restoration efforts such as mangrove and seagrass plantings. Restored oyster reefs also serve as effective shoreline buffers.

In addition to many environmental and recreational benefits, the Oyster Reef Restoration Project will also provide economic returns by safeguarding existing jobs and creating new ones, ranging from marine construction to scientific research, within the community over the expected twenty-four month project period. Environmental improvements resulting from the implementation of this project will provide additional recreational opportunities far into the future. This project is an investment in the long-term economic health of the area’s recreation-based economy.

From this author’s perspective, this project is a win for the taxpayers, a win for the economy, and most importantly a win for the environment. Thank you Baret, Albrey, Bud and everyone else working on this project for your commitment, innovation, hard work and passion for the environment. We here at *Radio Green Earth* salute you!



To hear the entire audio production, visit www.radiogreeneearth.org.

GREEN TIPS FOR YOUR BUSINESS

by Missy Tancredi, Northern Palm Beach Chamber of Commerce
www.npbchamber.com

*"More than 10% of all
landfill waste comes from
office supplies."*



Do Something...Sustainable Office Supplies

Our society as a whole is consumer-focused, just ask any business person and they'll tell you their market, whatever it may be, is "consumer driven." As business people, your choices directly affect the marketplace. This issue's green tip: choose at least one product of your regular office supply purchases that has a lesser environmental impact than a product you currently purchase. More than 10% of all landfill waste comes from office supplies.

What to choose? Well, recycled content is being introduced in more and more products. As with paper, you can find plastics and other manufactured items with post-consumer content. Post-consumer means the materials have been collected back from previous products and remade into new ones. You can easily find pens made with sustainable wood or with biodegradable corn. Reuse or refill whenever possible. Toner cartridges can be refilled instead of discarding them as can ballpoint pens. Remember your Dad's old pen set that had his initials on it that he refilled and used over and over? (Yes, that was Dad being sustainable).

How about a staple-less stapler for small documents that need to be held together? These create a slit in the pages that holds them together instead of using a staple or paper clip. They are particularly useful for documents you keep for a time and later recycle, as there are no staples to remove. Look for paper clips with post-consumer metals content. And of course, the easiest of all the choices to find and immediately implement on a cost neutral basis, sustainable forested or better yet, recycled paper.

Whatever you do, don't be complacent; Do Something! Our kids and their planet are counting on you. 🌍

Missy Tancredi is the host of WXEL'S Radio Green Earth, Vice Chair of the United States Green Building Council and a consultant for Eco Advisors, LLC.

ECO-FRIENDLY DRY CLEANING SERVICE REDUCES WASTE KANSAS CITY COMPANY UTILIZES ELECTRONIC RECYCLING, INNOVATIVE CLEANING METHODS & GREEN OFFICE SUPPLIES

by Valerie Jennings



Green Results

Hangers Cleaners initially came to life when owner Joe Runyan became dissatisfied with cleaning materials on the market and turned to a green concept, utilizing CO2 that would revolutionize the industry. "I was hooked," said Runyan. "So, I started a green dry cleaner." Shortly thereafter, Runyan opened the first eco-friendly dry cleaning business in Kansas City of its kind.

Green Successes

Although Runyan has not been able to measure specific green results, it is clear that grenk, a new line of recycled ink and toner cartridges, has played a vital role in his business and promotion of green initiatives. "It is just a part of our overall effort. Our employees and guests see that we are 'walking the talk' when it comes to green," Runyan said.

Progress and Future Goals

While most businesses have been forced to drastically change tactics in response to less than ideal economic conditions, Hangers Cleaners has experienced anything but a slump. The business actually saw revenue growth and Runyan

credits strong company fundamentals. "The fact we are green, is just icing on the cake!"

Grenk is a new line of remanufactured ink and toner cartridges designed to leave the smallest environmental footprint possible. Like all remanufactured InkCycle products, grenk delivers brand name quality at a fraction of the cost. But grenk is revolutionary in that it's not just a recycled cartridge.

It's a new process; a new way of thinking. 🌍

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.

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.

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Together we'll go far



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Our Wonderful World Media & Entertainment HOSTS LAUNCH EVENT

The 2009 Silver LEED-winning DoubleTree Hotel and Executive Meeting Center in Palm Beach Gardens hosted the “green themed” Our Wonderful World Media & Entertainment launch event on Thursday, July 1. The evening was a huge success with many of Northern Palm Beach County’s top business and community leaders in attendance, including Ed Chase, President and CEO of the Northern Palm Beach County Chamber of Commerce. The ever popular Tim Byrd served as Master of Ceremonies with long time Palm Beach media icon, Bob Nichols, taking over the reins during the fun-filled Chinese auction. Net proceeds from the event went to Healing Touch Buddies, Inc. (www.healingtouchbuddies.org), a Jupiter-based, 501(c)(3) nonprofit health and education organization dedicated to improving the quality of life of those challenged with breast cancer.

The green evening featured organic wines and cheeses, green drinks, a wide variety of fresh fruits and beautiful table center pieces consisting of wheatgrass and sunflower sprouts were supplied courtesy of Got Sprouts (www.gotsprouts.com). Top notch entertainment was provided by internationally-renowned classical guitarist, Frankie Holiday.

OWW Co-founders Sharon Quercioli and Glenn Swift unveiled Our Wonderful World’s July issue to the gathering, which featured breathtaking imagery of Costa Rica’s magnificent Tabacon Grand Spa Thermal Resort. Quercioli, a twenty-year veteran in the recycling industry who is also the President and Founder of Sprouts!, Inc. (www.sproutem.com), the West Palm Beach-based manufacturer of 100% recycled, handmade, plantable seed paper products, discussed the founding of Our Wonderful World and her vision for the company. Swift spoke about the economic and technological reasons behind what he sees as a “paradigm shift currently taking place in the publishing industry from print to digital.”

The event was a great success and provided an excellent opportunity for those to meet and mingle with others who share a passion for the “art of living green.” 🌍

by Robert Hooper

Photos courtesy of David R. Randell | www.drrphoto.com



Sharon Quercioli, Kay Hicks and Sherra Sewell



Mr. and Mrs. Jason Van Hoffman and Donna Vernon



Wheatgrass centerpieces by Got Sprouts? and organic wines from the DoubleTree PBG made a big splash at the green themed event.



Sprouts centerpiece courtesy of Got Sprouts?



Glenn Swift, Tim Byrd and Dr. Jean Wihbey



Sharon Quercioli, Marina Popovetsky and Ed Chase



Laurie Albert (left) and Dave Chirico (center)



Debbie Katz, Betty Ann Baker and Charlotte McGinnis



Marina Popovetsky and Gail McCormick



Kay Hicks, Sean Reed, Laura McCracken, Gail McCormick and Dave Chirico



Lori Katz, Dr. Art Katz, Sharon Quercioli and Burt Shaller



Charlotte McGinnis and Jay Hennessey



Laura King (center left), Nancy Mobberley and Sherra Sewell (right)



Paul Bedell, Jody Underhill and Dave Chirico



Launch event plantable invitations by Sprouts!

*Wheatgrass
centerpiece by
Got Sprouts?*





Debbie Katz, Annette Nichols and Bob Nichols



Master of Ceremonies, Tim Byrd



Mike McMahon



Terry Gearing



Dr. Ann Morgan and Charlotte McGinnis



Sharon Quercioli, Rev. Lindsay Babich and Charlotte McGinnis



Betty Ann Baker



Sean Herbert and Sharon Quercioli



Rick Opton



Sharon Quercioli and Tim Byrd



Jody Herbert has a winning ticket!



Bob Nichols and Stella Frances



Sharon Quercioli and Bob Nichols



Mark Giuliani

Marie Manning is a winner!





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.