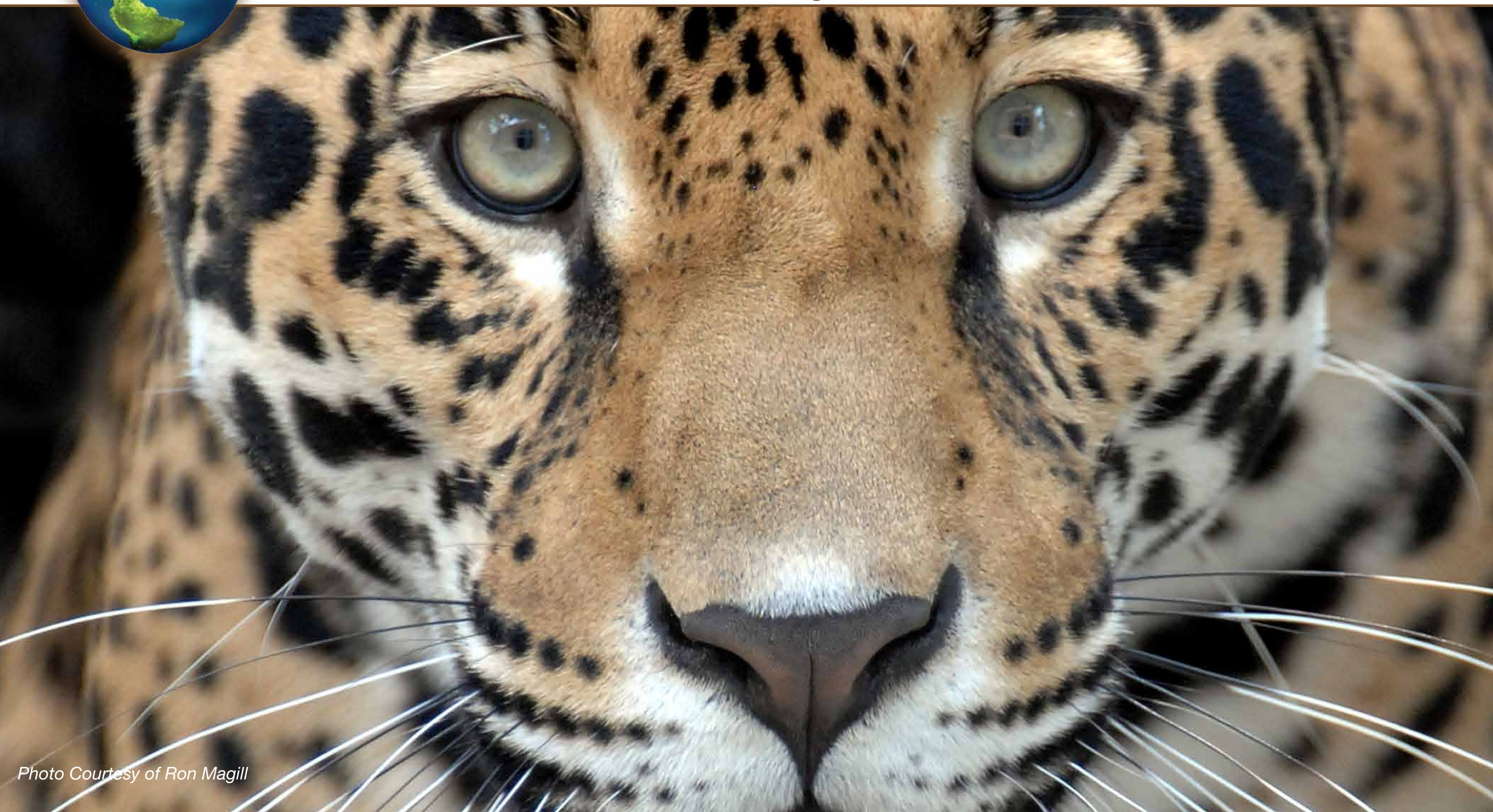




# Our Wonderful World

September, 2010  
Volume 1 :: Number 5

The Art of Living **Green**



## Zoo Miami

*Nation's Only  
Tropical Zoo*

## Law of Attraction

*The Life You Are  
Living...Is the Life  
You Are Creating*

## Northern Lake "O"

*Florida Eco-Tourism  
At Its Finest*

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Our Wonderful World  
Volume 1 Number 5

Photo Courtesy of Ron Magill





# TABLE OF CONTENTS

*To go directly to a particular section or article, simply click on the title of your choice.*

## **Contributors and Advertisers**

## **Letter from the Publishers**

## **Cover Story**

Zoo Miami — Celebrating 30 Years by Glenn R. Swift

## **Feature**

The Life You Are Living — Is the Life You Are Creating by Melissa Jean Quiter  
Enhance Your Image — Go with the Pro by David R. Randell

## **Health & Wellness**

Home Grown by Sean Herbert  
Eating Green from the Deep Blue Sea by Rev. Lindsay Babich  
Pearls of Wisdom from the Green Goddess by Sharon Quercioli

## **Eating Well**

The Almighty Cucumber — by Sharon Quercioli

## **Nonprofit/Charity**

A Blessing to Many by Mistye Arnold

## **Going Green**

Our Wonderful World and SeaView Radio Join Forces by Robert Hooper  
The Gift of Reading to a Child by Sharon Quercioli  
Radio Green Earth by John Poggi  
Northern Lake “O” — Florida’s Eco-Tourism at its Finest by Missy Tancredi  
Three Easy Office Recycling Tips by Missy Tancredi  
Integrated Pest Management by Paul Sugrue  
Tax Credits and Benefits for Hybrid Cars by Bond Mejeh  
Greenwashing — A Growing Problem by Valerie Jennings

## **Green Goodies**

## **Green Goings**

SeaView Radio Hosts “Let the Good Times Roll” by Robert Hooper  
NPB Chamber Women in Business Host Annual Tea by Glenn R. Swift

## **About Us**



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# Our Wonderful World

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Volume 1, Number 5. *Our Wonderful World* is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at [www.owwmedia.com](http://www.owwmedia.com). For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or [glenn@owwmedia.com](mailto:glenn@owwmedia.com).

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# FROM THE PUBLISHERS

Photo courtesy of Paul Straus



Red-Legged Stilt

The September issue of *Our Wonderful World* is groundbreaking in several ways for our young publication. Acclaimed wildlife photographer Ron Magill's breathtaking image of the magnificent jaguar, one of our wondrous planet's most glorious creatures, takes us in an entirely new direction with regard to our cover photography. The associated story featuring Zoo Miami (formerly the Miami Zoo) gives you an up-close look at Florida's largest zoological garden and the only tropical zoo in the continental United States. Special thanks to Cindy

Castelblanco, Zoo Miami's Director of Marketing and Integrated Communication, for making this story a reality.

The issue marks a first in terms of the publication's functionality and interactivity — our first embedded video. Although we've featured video links in our publication since the very beginning, in the Got Sprouts? column of this issue you will find a video "theatre window" (as they call them in California) embedded right into the page! This forward-thinking company has done a great job in terms of their production, and we're sure there will be many more businesses and organizations that will want to utilize this exciting multi-media approach to Internet marketing.

The issue also represents what we believe is the widest variety of top shelf editorial to date for *Our Wonderful World*. Melissa Jean Quiter has penned a powerful feature about the Law of Attraction; Lindsay Babich enlightens us to the wonder of the sea and the enormous potential of sustainable aquaculture; our very own Green Goddess illuminates us to the many blessings of the Almighty Cucumber (in addition to counseling

us about the healing properties of that ageless herb, basil); and Missy Tancredi takes us on a wild eco-tourist adventure to the northern rim of Florida's Big Lake — Lake Okeechobee. Missy also gives everyone some great recycling tips for the office. Of course, we've got a lot more, too!

This month we want to make sure that we welcome aboard two new sponsors: The Lane Spa in Palm Beach Gardens ([www.thelanespa.com](http://www.thelanespa.com)) and Lake Park's Mos'art Theatre ([www.mosarttheatre.com](http://www.mosarttheatre.com)). The Lane Spa is one of the finest of its kind in Northern Palm Beach County, and the Mos'art is definitely one of the coolest places we have ever been to watch a great movie or attend a concert. It's great to have you both on board!

In closing, we're excited to say that a whole lot is going on behind the scenes so that we can continue to bring you the very best in cutting-edge, image-driven editorial about "The Art of Living Green."

OK...Time to start clickin'!



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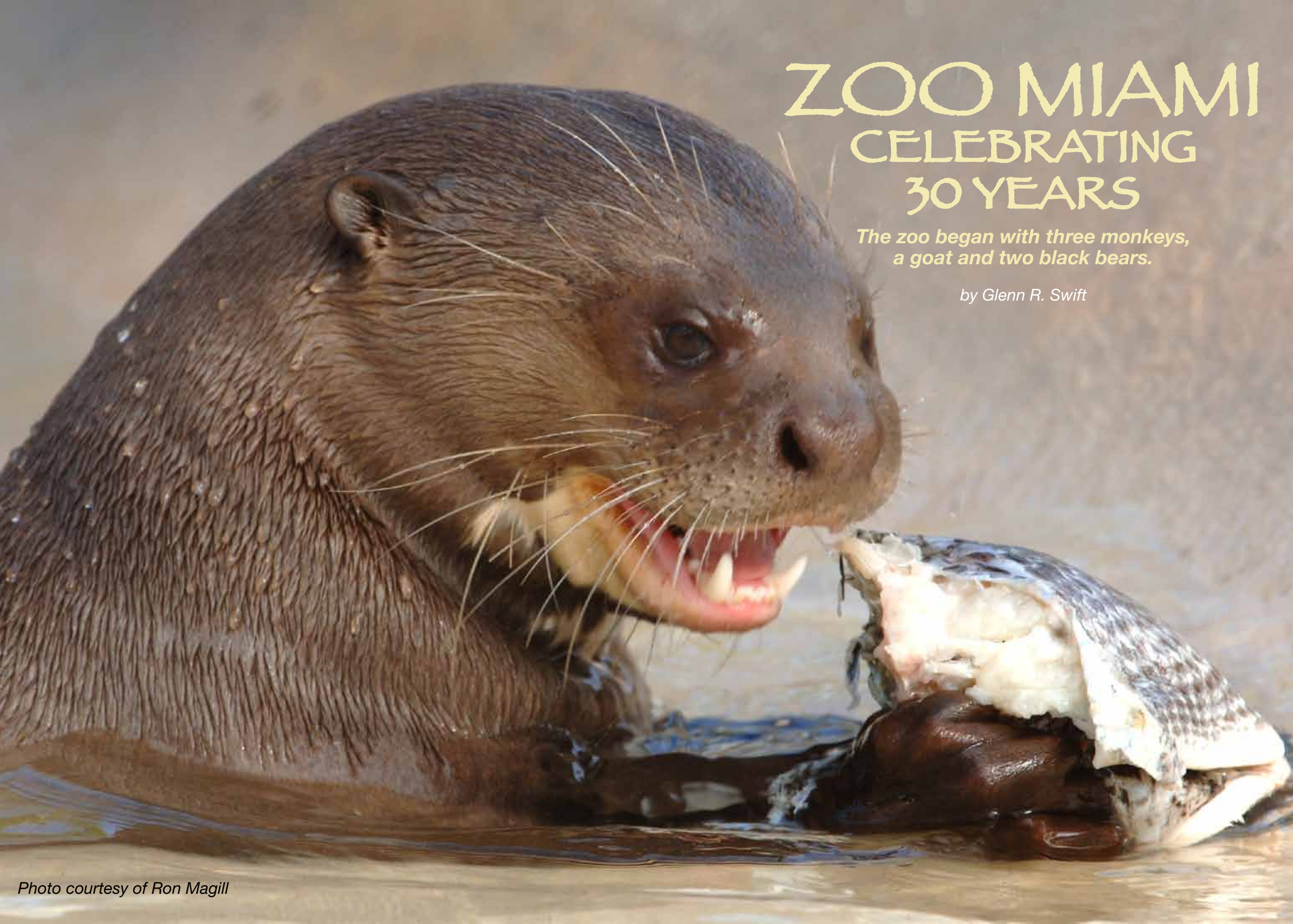
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# ZOO MIAMI CELEBRATING 30 YEARS

*The zoo began with three monkeys,  
a goat and two black bears.*

*by Glenn R. Swift*

The Miami-Dade Zoological Park and Gardens, also known as Zoo Miami (formerly the Miami MetroZoo), is the largest and oldest zoological garden in Florida — and the only tropical zoo in the continental United States. This cageless zoo has been consistently rated as one of the top 10 zoos in the United States and is accredited by the Association of Zoos and Aquariums (AZA). Located in southern metropolitan Miami-Dade County, Zoo Miami is home to over 2,000 animals on 740 acres, 324 acres of which are developed. If one stays on the walking paths, seeing the entire zoo with its 100 exhibits amounts roughly to a three-mile trek.

## History

The history of the zoo can be traced back to 1948, when three monkeys, a goat and two black bears were purchased for \$270 from a small road show stranded near Miami. These six animals were the beginning of the Crandon Park Zoo on the island of Key Biscayne, just off the coast of downtown Miami.

The first animals, including some lions, an elephant and a rhinoceros, had been stranded when a circus went out of business in Miami. Some Galapagos tortoises, monkeys and pheasants were soon added from the nearby Matheson plantation. By 1967 the Crandon Park Zoo had grown to over 1,200 animals





Photo courtesy of Armando Rodriguez

and was considered one of the top 25 zoos in the country. Numerous other animals were added in subsequent years, including a white Bengal tiger in 1968.

In 1965, Hurricane Betsy devastated the zoo and caused the death of 250 animals. After the hurricane there was talk of a new zoo for Dade County, but nothing was done until December of 1970 when Dade County officials applied for 600 acres of land in the Richmond Naval Air Station property. Construction began five years later, and the zoo opened in 1980 as Miami MetroZoo with 12 exhibits. The first major exhibit opened a year later. Today, a total of 38 exhibits covering 200 acres are open to the public.

In the 1980s, the zoo continued to open exhibits. An additional 25 acres with six new African hoofed stock exhibits opened in 1982, along with the zoo's monorail in 1984. Wings of Asia, a 1.6-acre free-flight aviary, was opened in December of that year. Three additional African hoofed stock exhibits followed in 1985, and two new exhibits were opened in the African savanna section in 1986. The Australian section of the zoo was opened in 1989, and PAWS, the children's petting zoo, opened later that year. (Baby boomers might remember that the Wings of Asia aviary was featured during the opening sequence of an episode from Miami Vice's second season.)

In August 1990, the Asian River Life Experience opened. Then in 1992, Hurricane Andrew hit the zoo, toppling over 5,000 trees and destroying the Wings of Asia aviary, which had been built to

withstand winds of up to 120 miles per hour. The 300 birds in the aviary were lost.

Despite the devastation, the zoo (looking quite different) was reopened in December of 1992. By the following July, many of the animals had been returned to MetroZoo, and 7,000 new trees were planted as part of a massive restoration project. The Falcon Batchelor Komodo Dragon Encounter opened in January 1996, followed by Andean Condor (1999), Meerkats (2000), Cuban Crocodiles and Squirrel Monkeys (2001) and Dr. Wilde's World, which is an indoor facility for traveling zoological exhibits. The new Wings of Asia aviary, housing more than 300 individuals and representing 70 species of birds, opened in the spring of 2003.

As part of the zoo's 30th anniversary celebration, on July 4 of this year the zoo was renamed the Miami-Dade Zoological Park and Gardens or "Zoo Miami" for marketing purposes.

### Exhibits and Animals

There are four main exhibit sections in the zoo: Asia, Africa, Amazon and Beyond and Australia. There are also several animal exhibits that are not located in a specific area, including American Flamingos, Siamang gibbons, Addax, Lemurs, Bongo, Marabou Stork and Saddle-billed Storks. Pelican Cove, a large pond fed by a waterfall, contains various types of pelicans and waterfowl and lies adjacent to the ticket booths and Island Trader (the zoo's gift shop). The zoo also includes a large lake called Lake Iguana.





Photo courtesy of Ron Magill



## Zoo Miami Goes Green with “Zoo Doo”

### Zoo Recycles Thousands of Pounds of Animal Poop Daily

Tough times call for innovative ways to save money, and Zoo Miami has truly figured out a way to “make lemonade out of lemons” — and go green at the same time. How so? Well, Zoo Miami is one of handful of zoos across the country that’s taking “zoo doo” (animal poop) and putting it to good use. In fact, over 4,000 pounds of zoo doo is composted into fertilizer daily and stored in an empty parking lot at the zoo. Later, the compost is used to grow food for the animals. As for the major “contributors,” elephants, rhinos, zebras and giraffes are the most generous benefactors. (One of the zoo’s Asian elephants, Dollop, produces 500 pounds a day to the effort!) Overall, the practice is saving the zoo tens of thousands of dollars annually, while dramatically reducing its carbon footprint.



*Photo courtesy of Ron Magill*

An elevated and air-conditioned monorail loops around the zoo’s premises and provides both an aerial view of the zoo and a convenient way to move between sections.

### Asia

The showcase of the zoo since its opening has been the white Bengal tiger exhibit, which is among the first seen by visitors and at the crossroads of the entryways to the other sections. The zoo’s Asian exhibit features dozens of animals such as tigers, orangutans, onagers, lions, Malayan tapirs, Asian elephants, Bactrian camels, sloth bears, nilgai, gemsbok, Dromedary camels, Indian rhinoceros, Arabian oryx, Cape hunting dogs and a Komodo dragon exhibit. The Asian River Life Experience replicates the surrounding and appearance of a river brook. The Asian Small-clawed otter, muntiac, couped leopard, blood python and Malayan water monitor reside there. Guests can also get close to and brush an Indian rhinoceros at the Kaziranga Camp Rhino Encounter.

The American Bankers Family Aviary, Wings of Asia, is located





*Photo courtesy of Carla Christina Thompson*

here. The aviary features 300 rare birds of 70 species in a temperate mixed forest, and vividly highlights the feathered creatures' evolutionary connection to dinosaurs. At 54,000 square feet, it is the largest open-air Asian aviary in the Western Hemisphere. The Mercantil Commercebank Children's Zoo hosts unique animals that can be approached by guests at a much closer distance than with others. Guests can visit meerkays, a petting zoo, the Toadstool exhibit (which displays species of reptiles, amphibians and insects), butterfly gardens, a carousel dedicated to individual animal species, and experience traditional camel rides.

**Africa**

The African lobe of the zoo offers animals from different locations on the African continent. Species include lowland gorillas, chimpanzees, giant eland, Andean condors, okapi, pygmy hippos, crested porcupine, reticulated giraffe (which can be hand-fed by guests), Grevy's zebra, grant's zebra, ostrich, gazelle, African elephants, black rhinos, African crowned cranes, Stanley cranes, white storks and the African sacred ibis. Guanaco and rhea can also be seen, despite both species being indigenous to South America.

**Amazon and Beyond**

Amazon and Beyond, Zoo Miami's newest exhibit, opened in December of last year. This exhibit has 27 acres dedicated to the flora and fauna of tropical America and is divided into four separate areas: Village Plaza, Cloud Forest, Amazonia and the Atlantic Forest. Each area represents native habitats found in the Amazon region. Some of the featured animals in this exhibit are jaguars, anacondas, giant river otters, giant anteaters, Harpy eagles, bats, basilisks, Orinoco crocodiles, freshwater stingrays and green iguanas.





*Red Eye Frog*  
*Photo courtesy of Ron Magill*

### **Australia**

The zoo's Australian habitat showcases oceanic specimens including koalas, red kangaroos, tree kangaroos, crocodile monitors and New Guinea singing dogs. Aldabra giant tortoises, Red River hogs, warthogs, wattled cranes and black duiker can be found nearby. Also, a large amphitheater (where many animal presentations are conducted) is located in this section of the zoo.

### **Conservation**

Zoo Miami supports conservation programs at the local, national and global level, and was a founding member of the AZA's Butterfly Conservation Initiative (BFCI), a program designed to assemble non-governmental organizations and government agencies to aid in the population recovery of imperiled butterflies in North America. Zoo Miami has also provided financial help through the Zoo Miami Conservation Fund to upgrade captive breeding facilities in Thailand zoos for endangered clouded leopards and fishing cats.

### **Future**

Several years ago, Miami-Dade voters approved a major expansion of Zoo Miami that will include a family-oriented hotel and water park. The zoo's long term goals include construction of a new amphitheater and a Florida exhibit that will showcase fauna and flora native to the Everglades (slated to open in 2013).

### **Animals, Gardens and Attractions**

Zoo Miami recently announced a new monthly feature highlighting the many wonderful animals and plants found throughout the park. With over 2,000 animals and more than 1,200 plants visible from the zoo's walkways, it may not be possible for the casual or even the regular visitor to see, admire and learn about them in depth. With this series, Zoo Miami hopes to provide visitors with fun facts regarding animal behaviors, habitats, diets, enrichment and other interesting tidbits.

### **Zoo Miami Education**

The Zoological Society of Florida's Education Department has developed a curriculum that dovetails with the Miami-Dade County Public Schools (MDPS) science curriculum. Student groups can take advantage of the zoo's education programs in a variety of ways. Options include overnight behind-the-scenes





Photo courtesy of Ron Magill





Harpy Eagle  
Photo courtesy of Ron Magill

adventures, daily presentations in the Ecology Theater and weekend programs. MDPS teachers can also reserve a free classroom presentation for their next school field trip to the Zoo. These are just a few of the innovative ways Zoo Miami is bringing science to life for students.

#### Charity Navigator

America's premier independent charity evaluator **awarded the Zoological Society of Florida in August of 2008 four out of a possible four stars. In earning Charity Navigator's highest four star rating, the Zoological Society of Florida has demonstrated exceptional financial health, outperforming most of its peers in its efforts to manage and grow its finances in the most fiscally responsible way possible.** Charity Navigator helps charitable givers make intelligent giving decisions by providing in-depth, objective ratings and analysis of the financial health of America's largest charities.

#### Adopt-An-Animal

You probably have a favorite animal — a hairy, furry or feathered friend who makes your visits to the zoo special. Why not adopt it? When you become an annual sponsor your tax-deductible donation is used for programs that support Zoo Miami.

#### Memorial and Honorary Gifts

Many people wish to make a gift in memory of a friend or relative who has passed away. The Zoo has a number of special ways to help you memorialize loved ones. A leaf on the Tree of Giving in the American Banker's Aviary or a bench

plaque are unique ways to pay tribute. You may also consider a donation honoring a person or achievement. Some people prefer to give a charitable gift in honor of someone's birthday, anniversary or graduation in lieu of a gift to the honoree. Zoo Miami will notify the individuals you recognized that you have made a gift in honor of their special occasion or achievement.

#### Matching Gift

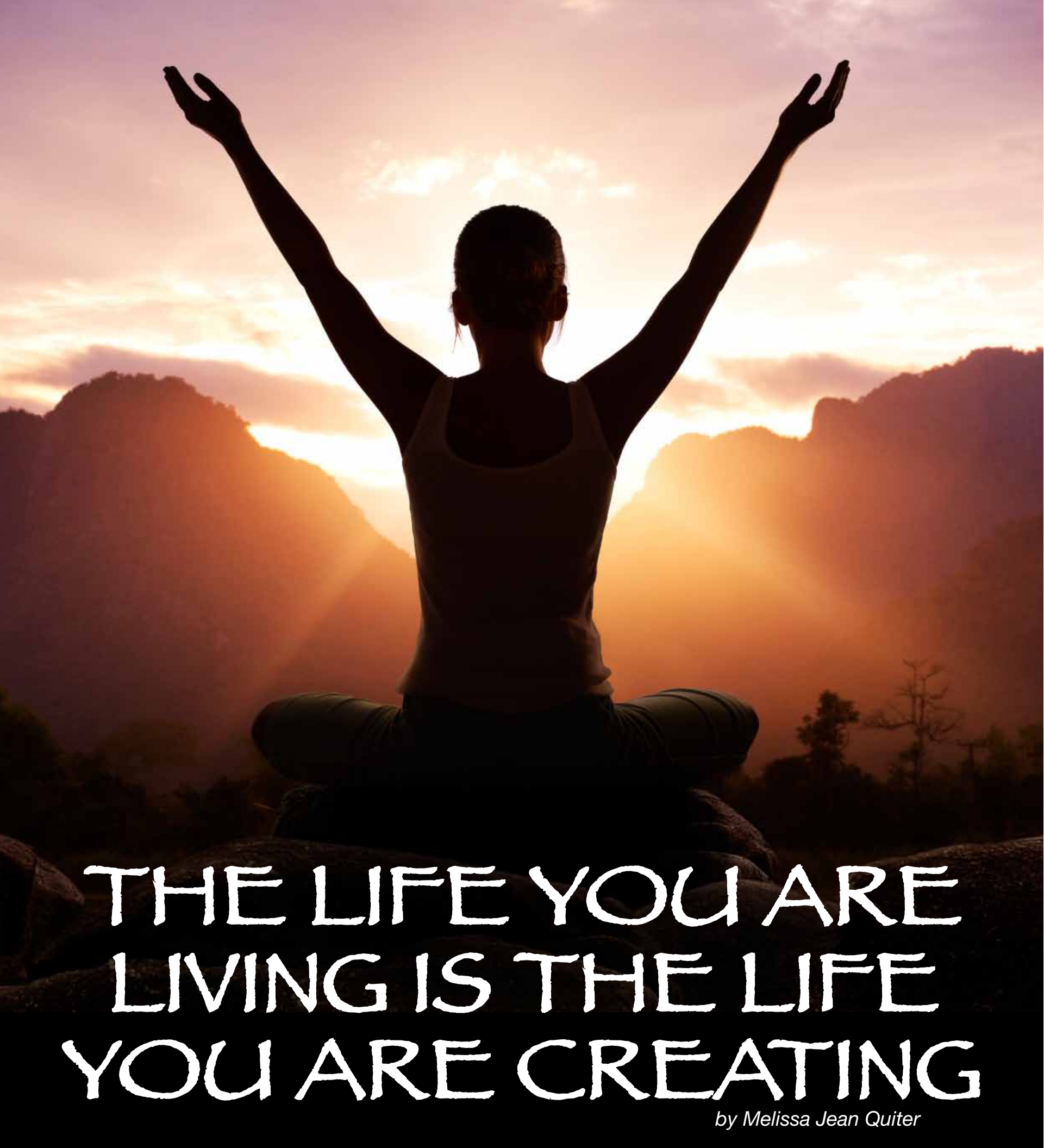
If you make a contribution to the Zoological Society of Florida, your company may match your gift with a donation of equal size. Please check with your company to see if you have a matching gift program. It's a great way to double your contribution!

#### Zoo Miami Conservation

Zoo Miami's commitment to worldwide conservation efforts serves as the cornerstone of our mission to encourage an appreciation for the world's wildlife and to help conserve it for future generations. From significant research and special studies being conducted in South Florida to field conservation efforts in some of the most remote and exotic places on earth, Zoo Miami is recognized as a leader in the fight to preserve some of the world's most endangered animals and ecosystems. 🌍

*For more information about Zoo Miami, call (305) 251-0400 or visit [www.miamimetrozoo.com](http://www.miamimetrozoo.com).*





# THE LIFE YOU ARE LIVING IS THE LIFE YOU ARE CREATING

by Melissa Jean Quiter

**D**o you ever look around your life and think, “This isn’t the life I wanted. How did I get here? This is not what I envisioned!”

Well, you certainly aren’t alone in that thought. In fact, my clients so often share this thought with me that I have given it its own name. I call this “Being Caught in the Expectation Gap.” The “expectation gap” is the gap between living the life you think you are creating and living the life you are actually creating. Dissatisfaction, frustration and disillusionment are experienced most prevalently when you expect one thing to happen and something else entirely shows up.

The truth is that you are always creating. You are the sole creator and attractor of all experiences in your life. Now, don’t get me wrong, I don’t believe you fall into the expectation gap when you are creating using all your tools and resources. Quite the contrary. You fall into the expectation gap when you are only aware of what your conscious mind is desiring and you are ignoring the other 88% of your mind — your subconscious mind, where all the other amazing parts of you live with a multitude of desires.

Every person, you included, has multiple parts that make up the whole of who you are. These parts of you live in your subconscious mind. They are the various aspects of your personality that make you the rich and complex human being that you are. Each part of you has one primary function — an intention as it were — something it wishes to provide you or ensure for you. And

every intention, at its core, is always good and chosen with your best interest at heart. Now, the way these various parts ensure their intentions are being met is through the use of behaviors. The behaviors that you display are actually driven by these various parts of you happily fulfilling their intentions for you.

The hiccup to this system comes when a part of you chooses a behavior that is limited or contradictory to another part of you. This is when you experience what is called a conflicting intention. Every part does have your best interest at heart, but it cannot always see the full picture (or the picture changes after an initial behavior is chosen). Thus, if you are not consciously seeking to know all the aspects of yourself and how all the various environments that make up your life interact (like relationships, finances, career, health, etc.), you will find yourself experiencing conflicting intentions that block you from creating and manifesting what you believe you are creating. You cannot focus your pure energy on two completely opposite intentions. Thus, you end up creating the one that gets the most energy, if you are aware of it or not. Ultimately, you end up in the expectation gap frustrated, confused and back to the original thought of this article — not living the life you envisioned.

For example, if a part of you wants to get a raise at work because you have a baby on the way, that part knows you must work longer hours to prove you deserve more money. The behavior chosen is to go into work earlier and stay later. The more you work, the more people rely on this





behavior continuing. When the baby comes, another part of you — the part of you that loves your new baby — emerges. You desire to spend time with your new child and show it love, affection and

protection. However, the behavior that you are still “choosing” is working many long hours at the office. It appears, though, that it is not really “your choice” as there is just so much on your plate and

people expect you to be there as you have been. You may look at your life at this moment and not really understand. You may ask, “Why me? Why am I always the one that gets stuck with all the extra work? All I really want is to be at home with my baby. Isn’t that what is really important in life?” In reality, you have simply created two intentions and, in this situation, they actually are based on the same overall intention — to provide for your baby. However, by not acknowledging your own assessment that to provide for your baby you need more money and that means longer hours. You feel that you are not creating the life you want now. You think your life is being controlled by the requirements of your job and to the detriment of your family life. In truth, you have two beliefs that are butting heads because they are not being integrated.

Creating is something that you do naturally. You either create deliberately, by knowing what is happening in all the areas of your life and how they fit together, or you do it by default, by being only consciously aware of what you are creating and ignoring all those other aspects of yourself that are also playing a very active and influential role in the creation of your reality.

When you don’t take into account the whole you and your responsibility for what is happening in your life, you become a person living at effect (instead of at cause). The universal Law of Cause and Effect says — for every cause there is a reciprocating effect and for every effect there is a preceding cause. When you are creating by default — without full awareness of all the desires,

intentions and aspects of the whole you — you cease to be in the power space of cause. You are not deliberately causing the events of your life, you are responding to them. This is when you end up in the expectation gap.

Understanding the powerful creator inside of you is the first step in deliberately manifesting the desires most important to you. By breaking down your life into the segments that create it, what I call the Nine Environments of Holistic Living, you give yourself the opportunity to see what you truly desire and where your energy is being distributed. This is how you discover that you may have one intention (as displayed by one behavior or desire) in one part of your life and have another intention (displayed by another behavior or desire) in another part of your life that is opposite. Without taking the time to articulate each desire, what it means to you and why, you often are not aware of what the whole you is truly up to.

Once you do get the full picture, you then must seek out the possible conflicts. These conflicts are at the core of the expectation gap. When you have two competing desires, you end up sabotaging either one or both of the desires. No matter how much you positively focus your energy, you negate it with the other desire. In my program, “Being Spiritual Doesn’t Mean Being Poor! How to remove what blocks you from making money & creating happiness,” I offer 17 questions for each desire to get at its core. I then offer a comparison exercise for each of those questions to ferret out the competing forces. You can do this on your own, though, by simply comparing desires from





one environment to the other. When you do find the conflicts, you have found the saboteur keeping you from manifesting.

The next step is clearing up your space so you can create what you truly want. There are many programs and exercises available to assist in this process. You cannot skip this step. You cannot focus pure energy with cluttered space. My preference, for meeting the aspects of yourself holding competing intentions, is Neuro-Linguistic Programming, also known as NLP. NLP is an advanced form of communication that can be used with others, but more importantly, with yourself. You can go beyond the conscious mind into the subconscious mind where your intentions, beliefs and behaviors are structured to make the changes needed for clearing. However you choose to achieve this step, it is imperative to deliberately creating the life you desire.

In the end, when you are aware of the whole you and what you are creating, my favorite method for bringing it all together is the Law of Attraction. The Law of Attraction is based on quantum physics and the idea that everything is energy. It says: That which you focus your attention on is what you create more of in your life — wanted or unwanted. Learning to raise your vibrations to attract more of what you want and less of what you don't want allows you to take direct and indirect action toward the creation of your life. A tool that I created to offer a daily structure for engaging my creator is the Process of Deliberate Creation. This process gives me what I need on a daily basis to practice and master being the

creator of the life I want to be living.

Simply becoming aware of the whole you and uncovering those conflicting intentions will have a huge impact on the manifestation of your desires. When you have a clean slate from which to create from, the tools for creating come much easier and provide amazing success. I encourage you to begin the journey. The rewards are nothing short of living your dream life! 🌍

#### **Melissa Jean Quiter — About the Author**

Quiter authors the 4-phase, life and business-changing program, “Being Spiritual Doesn’t Mean Being Poor!” How to remove what blocks you from making money and creating happiness: [www.ProvocativeCommunications.com/beingspiritual.html](http://www.ProvocativeCommunications.com/beingspiritual.html). She teaches a simple, yet profound, daily process for deliberately creating your life in her book, *My Cat Made Me a Millionaire...* (and how yours can too!). For more information, please visit [www.ProvocativeCommunications.com/cat.html](http://www.ProvocativeCommunications.com/cat.html).

To read more, go to <http://www.articlesbase.com/motivational-articles/the-life-you-are-living-is-the-life-you-are-creating-1991.html#ixzz0wP2JjeH7>.





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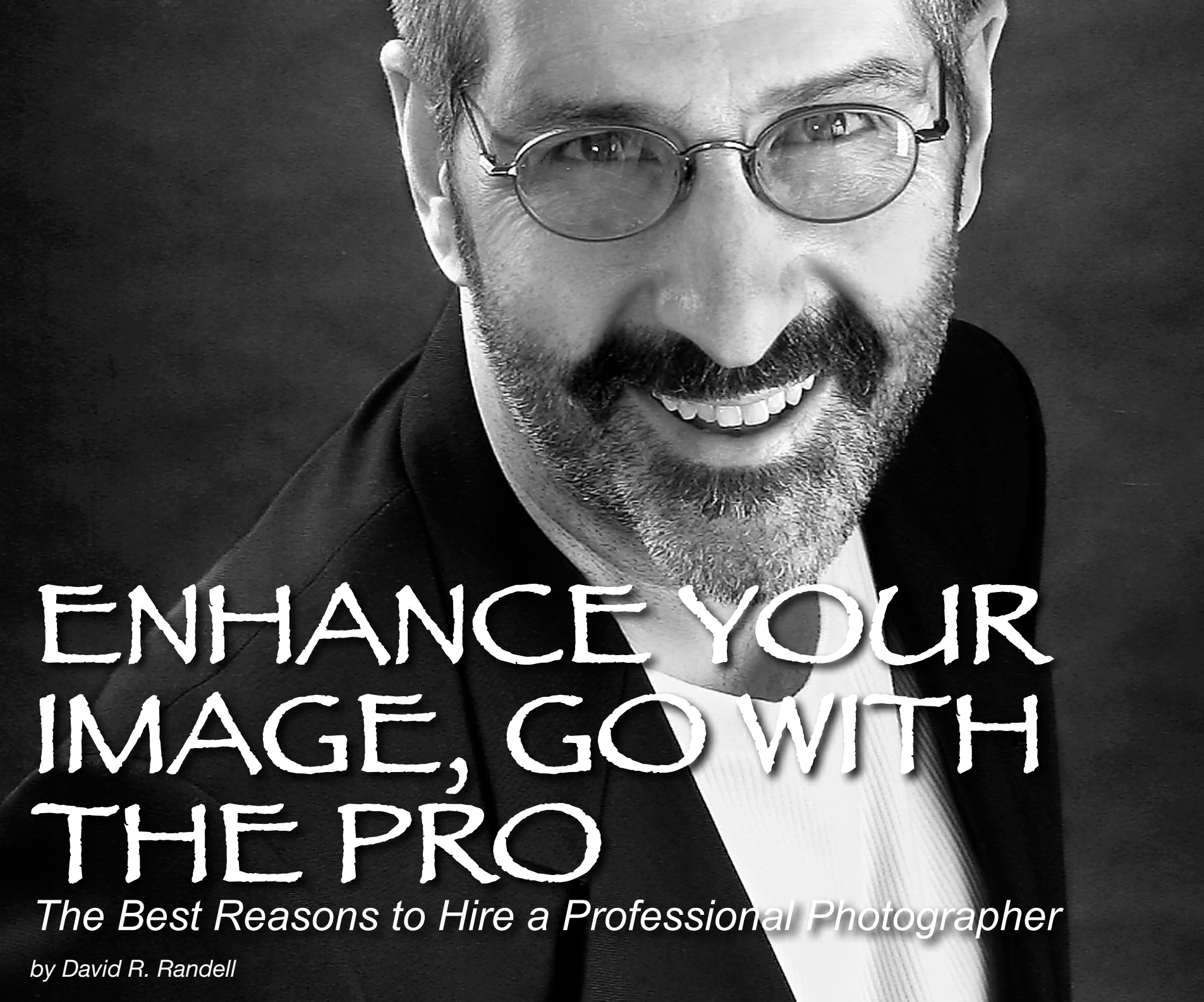
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# ENHANCE YOUR IMAGE, GO WITH THE PRO

*The Best Reasons to Hire a Professional Photographer*

*by David R. Randell*

In today's environment replete with technical gadgets, when everyone has a digital camera and image-editing software, you might be tempted to hire your friend the amateur camera buff or the art student from the mail room to take your business advertising photos. However, there are many reasons why it is in the best inter-

est of your business to hire a professional photographer.

First and foremost, the professional photographer works as an integrated member of the creative team, collaborating with your advertising agency, marketing manager and design staff, to

produce an image that fits the program and a program that fits your image.

The professional has the skills and experience required to:

- Properly light a subject, typically with lots of very expensive lighting equipment the non-pro doesn't have, so your image has the right depth.
- Compose an image so the big picture, and not just the central subject, looks as intended.
- Know when special assistants such as hair and makeup stylists, food stylists or others are necessary and when they are not.
- Create a comfortable environment in which the busy executive, professional subject, office staff or factory staff working the line appears natural and relaxed.

The professional photographer has a shooting style that creates consistency for your business as it moves over time from one ad campaign to another. Moreover, he or she has a unique perspective and interpretation so your images don't look like everyone else's. When you hire a professional photographer to create tailored images for your business, you get a unique and essentially exclusive product. You can expect that the terms of your license with the photographer will restrict use of the images so competitors aren't going to be using the same image, which is often what happens when you purchase stock photography.

The professional images produced for your business have a recurring benefit beyond the initial advertising campaign in which they appear. Un-

like stock photography, tailored images using your personnel and facilities create the opportunity for face/place recognition on a continuing basis that builds community for your products and services. Featured employees take more pride and interest in promoting your business. They become recognizable and, therefore, continuous marketers in and out of the workplace. Making them part of the face of the business gives them a vested interest in helping the business to succeed.

Hiring a professional photographer is far more cost effective than not doing so. The cost of the image produced by the professional photographer is the smallest part of your overall advertising campaign budget while the images he or she produces are the central focus of your advertising campaign. A less than best quality image doesn't capture your audience and, in fact, may lead your prospective customer to conclude that your product or service is as mediocre as the pictures you allow to represent your business. A professional image creates the best first impression possible, leading potential customers to become actual customers.

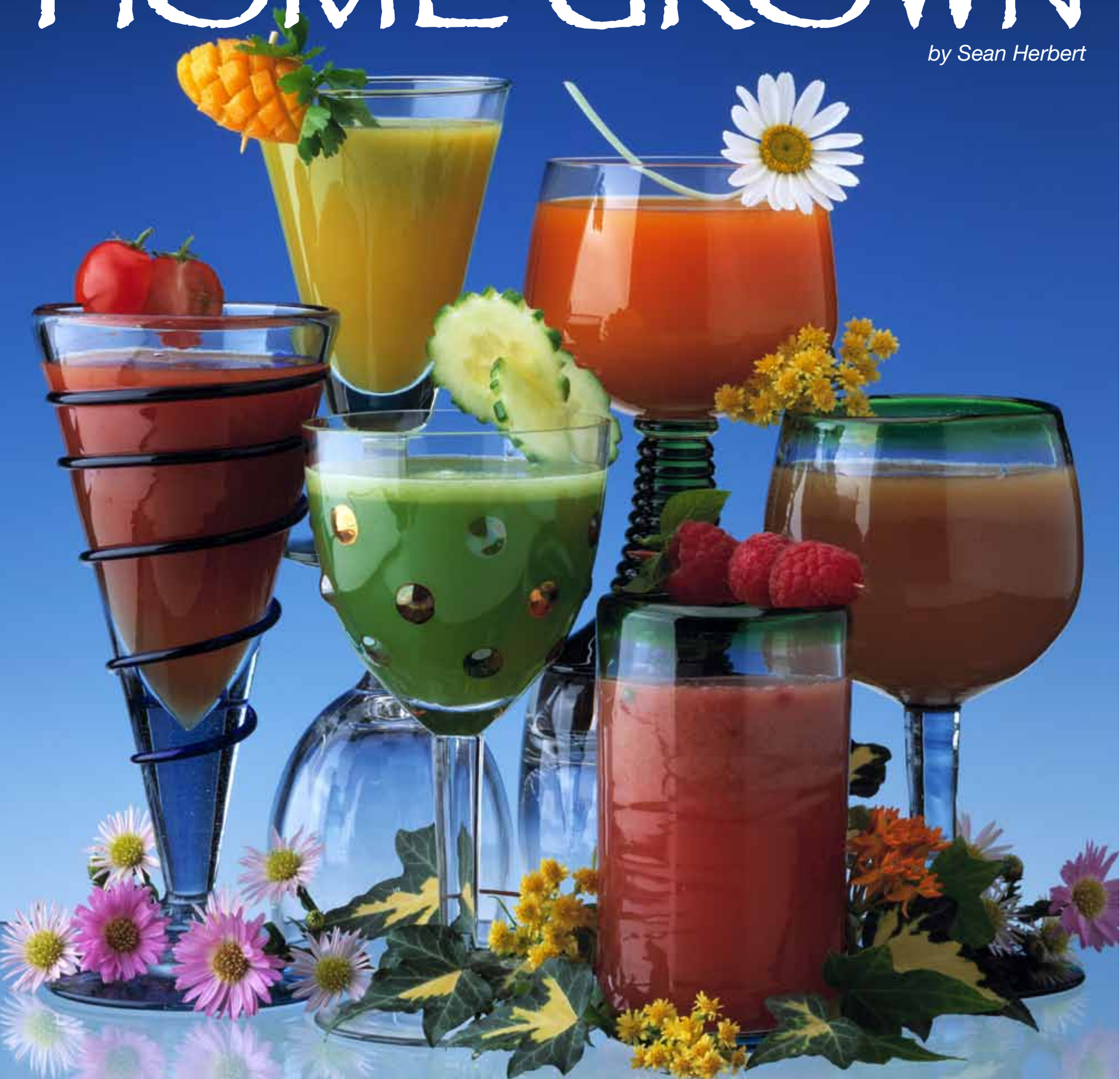
Before making that ever important hiring decision, ask to see some samples of the professional photographer's work and see how long you linger over the images. 🌐

*David R. Randell is the owner of Davie R. Randell Photographics and can be reached by phone at (571) 748-8821 or via e-mail at david@drphoto.com.*



# HOME GROWN

by Sean Herbert



I recently had the honor of co-hosting a new instructional DVD with Hippocrates Health educator and consultant, Linda Frees. Linda was the perfect choice to co-host this project as she has been teaching sprouting techniques and living food prep for the past 15 years.

Having worked closely with the Hippocrates Health Institute as a Program Consultant and Director of Education, Linda is passionate about making healthy living simple and fun! (You can check out her website at [www.Healthy-EasyGreen.com](http://www.Healthy-EasyGreen.com).) Linda's simple approach to living food cuisine and sprouting inspires people to take their first step towards living a vibrant lifestyle.

One of the questions we have been asked repeatedly over the years is HOW DO I GET STARTED WITH LIVING FOODS? So, a few weeks ago we put our forks together and produced a fun and enlightening DVD to help everyone live the "Sprout Life." We show you simple and easy ways to grow and enjoy the rich green harvest of your own kitchen garden. "Home Grown" is an instructional DVD designed to KEEP IT SIMPLE! Isn't that what we are all looking for?

On the DVD we show you super easy ways to

sprout at home and create great living food fast. For example, delicious smoothies that incorporate nutritious sprouts are a great way to start the day if you're on the run. A quick sandwich wrap takes as little as two minutes to produce for lunch, and a delicious and nutritious salad can be tossed together in minutes once your kitchen garden is ready. Better yet, Linda demonstrates a few of her favorite quick and easy recipes.

Other topics we cover include:

- Caring for and harvesting your smaller sprouts
- Growing in soil
- Choosing your supplies
- The different stages of growth
- Harvesting and storing your sprouts,
- Juicing and
- Linda's Rockin' Rawsome Recipes! 🌍

Check out GOT SPROUTS? at [www.GotSprouts.com](http://www.GotSprouts.com).





# EATING GREEN FROM THE DEEP BLUE SEA

by Lindsay Babich

On Sunday I go to the beach to worship. No, not a craven idol of cowrie or a golden calf of manatee but the stunning Source Creation called Ocean.

My walk on the beach is combined worship, mental decompression and exploration. I was relieved this past week that I saw no tar on the beach, no rainbow of oil slick on the warm luscious sea water in which I floated. But there was a splash of concern; a wave of real fear swept over me as I allowed a grain of pessimism about human impact upon the liquid blue of our “Blue Planet” and its living creatures. Water is the very lifeblood of our planet and the living bounty a necessary source of sustenance. .

It is a practical next step from concern to ask about a solution. As a child of the 70s, I resonate with the mantra “Think Globally, Act Locally.” That brings me to my seafood consumption.

At least two days a week I eat fish. Now I’m swimming in deep trouble. What fish? Wild, or farmed fish? Is this fish near extinction? Am I disrupting the natural ocean food chain by consuming this fish? Are other fish being needlessly killed in the netting of this fish?

After reading an article on sex-changed, farmed tilapia that are fed a synthetic testosterone hormone, 17 alpha-methyltestosterone (banned in Germany for its link to liver cancer), which turns them into fast-maturing, fat male fish ready for market in three months, I swore off all farmed fish. Then my co-host, Charlotte McGinnis and I

had as a radio guest a renowned marine biologist, David E. Guggenheim, ([www.oceandocto.org](http://www.oceandocto.org)), who you may have seen on ABC’s Good Morning America recently talking about “dead zones” as an expert on the Gulf of Mexico and the BP oil spill. He was also promoting “aquaculture,” or fish farming – the good kind that is.

It turns out that there are significant differences in the ways fish are farmed, and there is a way to produce healthy, safe fish with an environment- and people-friendly sustainable method. One of the most common aquaculture techniques is in waterfront, netted “pens.” Generally established along coastlines and wetlands, this system is fraught with environmental hazards. The fish are often diseased from swimming in an accumulation of their own waste; they are fed other fish that pressures the supply of the food fish. In fact, they often escape the pens creating opportunities for non-local species of fish to become invasive and destroy local fish populations.

The sustainable form of aquaculture is actually in inland “closed” systems that cleanse and filter the water continuously and recycle the waste as compost. It is a growing industry. There is no independent certifying body for these “good” fish farms as there is for organic farms, but interest in creating one is growing. It has been suggested that sustainable aquaculture could be the new economy of the Gulf Coast given a push to re-direct the efforts of generations of fishing families.

That still leaves a lot of fish decisions on the table (or not), and I want to share one reliable way





to know what fish to buy or order in your favorite seafood restaurant. Seafood Watch has both extensive educational resources and a handy Seafood Watch Pocket Guide. A program of the Monterey Bay Aquarium,

“The mission of Seafood Watch is to empower seafood consumers and businesses to make choices for healthy oceans. Using your purchasing power to drive the market toward environmentally responsible fishing and fish farming practices, you ultimately help assure abundant supplies of seafood for the future.”

The pocket guides are published specific to geographic regions and guide you in making choices by clearly defining what to AVOID, GOOD ALTERNATIVES and BEST CHOICES in selecting seafood to eat. They even have The Super Green List, which is my current personal guide to buying and eating seafood.

Guides can be downloaded for free at Pocket Guide or if you would like us to mail you one for free visit our website The Art of Living Well ([www.theartoflivingwell.tv](http://www.theartoflivingwell.tv)) and click on “Opah” — the red fish — courtesy of Monterey Bay Aquarium.

In addition to the Pocket Guides, the Seafood Watch program offers educational resources for teachers, consumers, restaurant partners and the fishing industry. 🌍



*Healing Touch Practitioner, is co-host with Charlotte McGinnis of The Art of Living Well, a weekly 1-hour talk radio show dedicated to holistic lifestyle with guests and topics covering health and wellness, green living, life success strategies, inspiration, personal growth, the arts and community spirit.*

*Broadcast every Friday at noon on WPBR1340 AM in the Palm Beaches and streaming worldwide on the Internet, The Art of Living Well is a production of Crowning Light Productions, LLC. Click on Listen Live for Friday's Live Broadcast at Noon Eastern Time or listen to our Audio Archives with a treasure trove of past interviews. We are dedicated to sharing tools and knowledge for a better life and a better world for all.*



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# PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

**B**asil is one of my favorite herbs. Being half Italian, I grew up growing it, making sauces and using it in my fresh salads. I also love including basil in a number of my favorite recipes. Let me share with you some of what I know about this wondrous herb.

Basil, also called sweet basil, is the dried leaves of the herb *ocimum basilicum*, a member of the mint family. A small, bushy plant that grows to about two feet tall, basil's botanical name is derived from the Greek, "to be fragrant." Although basil is cultivated worldwide, Egypt is the principal source, followed by the United States.

The early Romans made basil a symbol of love and fertility. Through the centuries, it became a custom

of young Italian suitors to wear a sprig of basil as a sign of their marital intentions. In India, Hindus believed that if a leaf of basil were buried with them it would serve as their passport to heaven.

Basil also exhibits anti-inflammatory properties, making it a good food to consume by people who have problems with arthritis. An oil in basil called eugenol blocks the activity of an enzyme in the body called cyclooxygenase, which normally causes swelling. Basil is a source for vitamin K, iron, calcium, vitamin A, manganese, magnesium, vitamin C and potassium. It is good for the heart, because it helps to prevent build-up in the arteries and fights free radicals. The magnesium helps blood vessels to relax which increases blood circulation.

*Quote of the Month:* **"Your spark can become a flame and change everything." (E.D. Nixon)**

Basil is a leading spice in many Italian and Thai dishes. It is also the main ingredient in many pestos. You can grow your own basil, but many people do not have the time, garden space or green thumb to do so. To buy fresh basil, choose bunches that are a vibrant green in color. Avoid bunches with dark or yellow spots. Fresh basil is undoubtedly better flavored, but dried basil is a good substitute.

Dried basil is stored in jars in the spice cabinet; fresh basil may be stored in many ways. The bunch will stay fresh for about a week if wrapped in a damp paper towel and kept in the refrigerator. It can also be frozen in ice cube trays by adding either water or stock to the tray. The frozen cubes can simply be added to soups or stews as needed.



tense bodies.

Treat your body and mind to the refreshing effects of basil essential oil. Rub a few drops onto your skin when you're feeling worn out or whenever you need relief. Diffuse basil or inhale its earthy scent straight from the bottle to help restore mental clarity and alertness. As one of the most important essential oils, basil offers balance to tired,

## PESTO WITH ARUGULA (Yields 12 Servings)

This pesto is unique due to the arugula, which gives it a peppery bite. I also like the lack of cheese, but add it if you must. Use as a spread or on pasta. My favorite is on baguette slices or on whole wheat crackers. It's addictive!

### Ingredients

- 1 ½ cups baby arugula leaves
- 1 ½ cups fresh basil leaves
- 2/3 cup pine nuts
- 8 cloves garlic
- 1 (6 ounce) can black olives, drained
- ¾ cup extra virgin olive oil
- ½ lime, juiced
- 1 teaspoon red wine vinegar
- 1/8 teaspoon ground cumin
- 1 pinch ground cayenne pepper
- salt and pepper to taste

### Directions

Place the arugula, basil, pine nuts, garlic and olives in a food processor, and chop to a coarse paste. Mix in olive oil, lime juice, vinegar, cumin, cayenne pepper, salt and pepper. Process until well blended and smooth. 🌍

*To purchase Young Living Basil Oil, go to [www.youngliving.org/owwmedia](http://www.youngliving.org/owwmedia) and scroll down about three-quarters of the way toward the bottom of the page.*





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# THE ALMIGHTY CUCUMBER

by Sharon Quercioli

I looooooove cucumbers! In fact, I eat cucumbers and drink cucumber water every day. That's not all. I put them on my eyes because it is found that the caffeic acid in this vegetable helps to prevent water retention, and, when applied topically helps reduce puffy and swollen eyes. Then again, I also use them to eliminate bad breath and clean the faucets in my sinks. Even Lou Lou Belle (my Shitzu) loves cucumbers!

And girls...you'll like this one... Looking for a fast and easy way to minimize cellulite before going out or to the pool? Try rubbing a slice or two of cucumber along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer, reducing the visibility of the cellulite. Works great on wrinkles, too!

Guys... Don't worry, I'm not going to leave you out. Want to avoid a hangover or terrible headache? Eat a few slices of cucumber before you go to bed and you'll wake up refreshed and headache-free. Why? Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium avoiding both a headache and a hangover.

Let me tell you a little more about this wonderful "melon." Yes, that's right! The cucumber is actually a type of melon and comes from the same family as watermelon, zucchini and other squash. Cylindrical in shape with lengths of approximately six to nine inches, the cucumber's

skin is very similar to watermelon, ranging from green to white, containing a high percentage of vitamin A and should not be peeled off. Inside, the flesh is pale green and very juicy. The cucumber is a tropical plant, but is also easily available in most part of the world.

## Nutritional Benefits

Cucumber contains most of the vitamins you need every day. In fact, just one cucumber contains vitamin B1, B2, B3, B5, B6, folic acid, vitamin C, calcium, magnesium, phosphorus, iron, potassium and zinc. Cucumber has an impressive amount of naturally distilled water (about 96%), making it superior to ordinary water. The cucumber also contains alkaline-forming minerals and is an excellent source of vitamin C and A (anti-oxidants), folate, manganese, molybdenum, potassium, silica, sulfur and lesser amounts of vitamin B complex, sodium, calcium, phosphorus and chlorine.

Here are 10 great ways that a cucumber can make your day brighter!

1. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates, which can provide a quick pick-me-up that can last for hours.
2. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the glass. It will eliminate the fog and provide a lovely spa-like fragrance.
3. Are slugs and grubs ruining your planting beds? Place a few cucumber slices in a small pie tin, and your garden will be free of pests





all season long. The chemicals in the cucumber react with the aluminum and give off a scent undetectable to humans, but one that drives garden pests crazy and away from the area.

4. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and were often used by European trappers, traders and explorers for quick meals to stave off starvation.
5. Realize you have an important meeting or interview and realize you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe; its chemicals will provide a quick and durable shine that not only looks great but will also repel water.
6. Out of WD-40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the squeaky hinge. Voila! The squeak is gone.
7. Stressed out and don't have time for a mas-

sage, facial or visit to the spa? Cut up an entire cucumber and place it in a pot of boiling water. The chemicals and the nutrients of the cucumber will react with the boiling water and be released in the steam, creating a soothing and relaxing aroma that has been shown to reduce stress in new mothers and college students taking final exams.

8. Just finished a business lunch and realize that you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth that cause bad breath.
9. Looking for a green way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, it won't leave streaks and won't

harm your fingers or fingernails while you clean.

10. Using a pen and made a mistake? Take the outside of a cucumber and slowly to erase the pen writing. This also works great on crayons and markers that the kids have used to decorate the walls.

### Health Benefits

Many people are ignorant of the immense health benefits of cucumber. Fresh cucumber may taste "bland" to some, but its thirst-quenching and cooling properties are refreshing. Cucumber acts as an anti-oxidant when taken together with fried and barbequed foods. Here's a list of health benefits of the cool cucumber:

**Acidity:** The alkalinity of the minerals in cucumber juice effectively helps in regulating the body's blood pH, neutralizing acidity. The juice is also soothing for the treatment of gastric and duodenal ulcers.

**Blood Pressure:** Like celery, this colorless drink can help regulate blood pressure because of its minerals and traces of sodium.

**Connective Tissues:** The excellent source of silica contributes to the proper construction of connective tissues: bones, muscles, cartilage, ligaments and tendons.

**Cooling:** During dry and hot weather, drink a glass of cucumber and celery juice. It helps to normalize body temperature.

**Diuretic:** Cucumber juice is diuretic, encouraging waste removal through urination and aiding in the dissolution of kidney stones.

### Consumption Tips

Choose cucumbers that are dark green in color and firm to the touch. Avoid those that are yellowish or wrinkled at either end. (Remember, thinner cucumbers have fewer seeds than thicker ones.) Store cucumbers in the fridge to retain freshness. I love to sprinkle pink sea salt on mine for added flavor. Remember, cut cucumbers should be kept wrapped up or in an air-tight container and kept in the fridge. Consume within 48 hours.

### Caution

Where possible, buy organic as cucumbers may be waxed or have pesticides. If non-organic, wash cucumber under cold running water and scrub gently with a vegetable brush. It might also help to soak it for 5-10 minutes with 1-2 tablespoon(s) of apple cider vinegar and/or two drops of *Young Living's Lemon Oil*.

### Recipe—Honeydew and Cucumber Salad

#### Ingredients

- 3 large cucumbers—peeled, seeded and cut into 1-inch pieces
- 1 honeydew melon—peeled, seeded and cut into 1 ½ inch chunks
- ½ cup vegetable oil
- ½ cup lemon juice
- ¼ cup white sugar

#### Directions

Place the cucumber and honeydew melon chunks into a large bowl. Whisk together the vegetable oil, lemon juice and sugar in a small bowl until well blended. Pour dressing over the cucumber and melon; mix well. Allow to rest for 1 hour before serving. 🌍



# A BLESSING TO MANY — HEALING TOUCH BUDDIES

by Mistye Arnold, CNC, CHTP, TFH, Esthetician  
Executive Director SunCoast Healing Touch Buddies



I was introduced to Healing Touch (HT) at a family gathering as I watched my niece demonstrate it with a family member suffering with a sinus headache and congestion. After only a few minutes, the headache was gone and the congestion was relieved. I was amazed and immediately enrolled in a Level One Healing Touch class in Nashville.

Shortly thereafter, my mother was diagnosed for the second time with breast cancer. I was grateful to be able to offer her HT in the hospital. It greatly reduced her pain, and she was able to find a place of peace and comfort. When I entered Level Three of Healing Touch training, I discovered Healing Touch Buddies (HTB) [www.healingtouchbuddies.com](http://www.healingtouchbuddies.com), a nonprofit program linking breast cancer patients with Healing Touch providers. HTB offers FREE services for up to a year to others challenged with breast cancer. Betty Ann Baker, the founder of Healing Touch Buddies, has been instrumental in its overwhelming success in Palm Beach, Martin and Broward counties here in Florida.

Having never been involved with a nonprofit, I found the assistance of Betty Ann to be crucial to the development of the new chapter: SunCoast Healing Touch Buddies (SCHTB) [www.schtb.org](http://www.schtb.org). SCHTB currently covers Pinellas, Manatee, Sarasota and just recently added Naples counties. In addition, Tammy Dragel the Healing Touch Coordinator at St. Joseph's Hospital in Tampa has also been pivotal to the development of this chapter. Her willingness to host the first SCHTB volunteer certification class in September of 2009 gave us the platform to actively accept patients into our chapter.

Recently Dr. Joshua Kreithen with Lakewood Ranch Plastic Surgery met with me to discuss SCHTB and the benefits of Healing Touch for his patients. He quickly has become a huge fan and now regularly sends patients to SCHTB. He finds that HT reduces stress, calms anxiety and depression, eases recovery from surgery, is a great support system, creates a sense of well-being and teaches his patients self-care.

So what is Healing Touch? It is a relaxing, nurturing, energy therapy. Gentle touch assists in balancing your physical, mental, emotional and spiritual well-being. This precious modality reminds your body and soul that it has all that it needs to heal. It is safe for all ages and works in harmony with standard medical care.

To receive services you will need to register with your local chapter of HTB. After the interview is completed, you will be assigned a Healing Touch provider in your area. From diagnosis, pre-treatment, post-treatment, to living with breast cancer, HTB is here for you. Healing what needs healing: mind, body, spirit, & emotions. 🌍

*Please DONATE in support of this volunteer driven heart-centered service on our secure website. For additional information, please visit [www.healingtouchbuddies.org](http://www.healingtouchbuddies.org) or [www.schtb.org](http://www.schtb.org). Specific funding needed for our next volunteer training.*





# OUR WONDERFUL WORLD & SEAVIEW RADIO JOIN FORCES

by Robert Hooper

Our Wonderful World Media & Entertainment, Inc., publisher of Our Wonderful World, is joining forces with SeaView Radio (95.9 FM/960 AM) to promote environmental awareness and education through the use of FM/AM radio, digital and social media. OWW and SeaView will be working together to provide their audiences with in-depth, investigative reporting on key environmental issues, as well as enhanced special event coverage.

“Our goal is to educate our readers and listeners about the technologies, products and practices they can employ to become greener in every aspect of their lives. Through the use of SeaView’s production platform, we will be recording a number of our interviews in a podcast format, easily accessible on the OWW and SeaView websites ([www.owwmedia.com](http://www.owwmedia.com) and [www.seaviewradio.com](http://www.seaviewradio.com)),” said OWW President and Co-founder, Sharon Quercioli. “This significantly expands the interactivity of our state-of-the-art publication,” Quercioli added.

“In these times, it is important to join forces with innovative, up and coming companies like OWW. SeaView Radio is excited about the future potential of this dynamic partnership,” said Chet Tart, Vice President and General Manager of SeaView Radio. 🌍

*SeaView Radio offers Palm Beach and surrounding counties adult standards music ranging from Sinatra to the Beatles, in addition to independently produced fun and upbeat local programming targeted to a 35+ audience — prime consumers with significant buying power.*



*Glenn Swift, Editor/Co-founder OWW, Sharon Quercioli, President/Co-founder OWW and Chet Tart, General Manager/VP SeaView Radio*



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# THE GIFT OF READING TO A CHILD

by Sharon Quercioli



I love to surround myself with smiling faces, especially my precious niece, Tiffany, 8, and nephew AJ, 4. Every day they amaze me with heartfelt phone calls and text messages telling me how much they love me. Never was I more proud than this summer when they were visiting from Ohio and I found young Tiffany reading one of my books, *The Gift*. In fact, I ended up giving her the book she loved it so much. You see, Tiffany is an avid reader who reads far above her grade level. Last year she won an award for having read the most books in her school ...72! I'm proud to say that I have read to Tiffany and AJ since they were first born...and I did the same for their mom. This is what motivated me to write about the importance of reading to children.

Studies show that there are several variables inter-related in the development of a child. The variables include physical, cognitive, social, spiritual and emotional components. All these variables are crucial to a child's development. However, one of the most important variables is reading. Reading to your child from infancy on has an influencing affect on all the variables of development whether the evidence of it is directly visible or not. According to the American Association of Pediatrics (AAP), reading is a significant aid in brain development and encourages a solidifying, emotional bond between parent and child. The AAP recommends initiating a daily routine of reading for infants as well as older children. Unfortunately, studies show that only 50% of parents read to their children every day.

Language is the most utilized form of communication. Children who are introduced to books at an early age are more prone to grasp the variances in phonics, which in turn affects their language skills and cognitive abilities. Research shows that children's familiarity with books is taught by their mothers who typically are the main caregiver of a child. Moreover, the cause and effect of reading upon language skills and cognitive abilities is cyclical, yet progressive in nature. The more a child uses phonics to test out new words, the more he or she reads. The more the child reads, the more the child learns.

The earliest years are truly the child's most formative. From birth, children are sifting through stimuli and learning how to interact with their surroundings and the people with whom they're in

contact. Parents are crucial to laying a foundation upon which a child's education is based. Parents are most often a child's first teachers, and from them a child is taught not only fundamentals of education, but how to learn as well.

Reading is instrumental in forming a foundation upon which to build a child's educational career. Whether the child in question is too young to comprehend the words on a page or not, makes no difference. Scientists, pediatricians and educators alike agree that reading to children strengthens their resolve in learning. They also contend that setting an example by reading in front of children is one of the major ways to contribute to an interest in reading. Remember, your child is an active participant in his or her own development and education. Taking the time to interact with your child through reading is a gift that will keep on giving. 🌍

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GOING GREEN





# RADIO GREEN EARTH

by John Poggi

Welcome to our section of Our Wonderful World. We're Radio Green Earth and we're excited about having Our Wonderful World Media as a Community Partner. By now you probably realize you have discovered a very special magazine. Behind this magazine thrives an innovative, original and fresh organization run by professionals with an unmatched passion for the environment. That's why we're here!

Radio Green Earth is a weekly radio program produced for public radio focusing upon the environment. You hear the latest environmental news and from the experts on subjects like alternative energy, green buildings, energy efficiency, endangered species, protecting the environment, Everglades restoration, water conservation and much more. We inform you about the technologies, products and practices you can employ to become greener in every area 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, green tip-of-the-week and an update on environmental events in South Florida. You can also listen live at [www.radiogreenearth.org](http://www.radiogreenearth.org) or download any of our podcasts from iTunes.

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 here. In fact here's a list of some of what we're working on and you will hear this fall:

- Florida Endangered Species Updates
- Genetically Modified Foods and How They Affect You
- Climate Change — The Science and Data Behind the Debate
- Is Our Water Safe? — Pharmaceuticals in Your Drinking Water
- Ecosystems of the Dry Tortugas, Everglades and Biscayne National Parks
- Big Sugar and Everglades Restoration — Can They Co-exist?
- State of the Indian River Lagoon Ecosystem 2010
- The Latest in Renewable and Green Energy Alternatives
- "Green Rides" — Radio Green Earth's Auto Show



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Donate at [www.radiogreenearth.org](http://www.radiogreenearth.org).



# NORTHERN LAKE "O"

Florida's Eco-Tourism at its Finest

*by Missy Tancredi*



The water system of the Everglades (Florida's "Sea of Grass") stretches from the Kissimmee Headwaters all the way south to Florida Bay in the Keys. As a non-native Floridian, my previous appreciation for the Everglades revolved around a canoe trip at Jonathan Dickinson State Park, an occasional jaunt across Alligator Alley on the way to Naples and Elmer Fudd getting outsmarted by a gator in old Warner Brothers cartoons. But something happened that changed my entire perception of the Glades, I got to see it up close.

Last year, my fellow Radio Green Earth associates and I saw the rewards of the Everglades Restoration Project happening in the Kissimmee River on an interview with Dr. Paul Gray of the Florida Audubon Society. This area was once a typical South Florida canal that had been blocked off and rerouted in an effort to dominate and control Florida's water systems; avoid flooding and provide ample water for development, either existing or planned.

The Kissimmee River Restoration project began in 1994, and eventually much of this large canal was backfilled and left to its own natural devices to restore itself. According to Dr. Gray, within one year the birdlife began to return to the area. Today, that area is one of the most spectacular places of beauty and natural splendor I've ever seen, and I have likened that day's experience to being in an episode of Wild Kingdom.





Lotus

So, when I was trying to think of a birthday gift for my fiancé Paul, a nature photographer and Master Naturalist, that he would remember for a long time to come, I knew the perfect place — the Northern rim of Lake Okeechobee near the headwaters of the Everglades. Dr Gray gave me the name of a company called Airboat Rides in Lake Okeechobee, and like Gilligan I booked a three-hour tour.

Paul and I pulled into Gerrard's Bait & Tackle Shop in the heart of Okeechobee shortly after 8am that Friday morning in July to meet Kenny Elkins, our Airboat Captain. We were greeted by a beautiful yet comical white egret with a yellow poof on its head standing on top of the shop just above the doorway and walked inside to few hearty hellos from some of the morning regulars participating in a coffee klatch Okeechobee style. And there was Kenny, waiting patiently for us tourists to arrive. We bought a few drinks for the ride and followed Kenny out to the parking lot, the goofy egret on the roof followed us along the edge of the shop and cackled as we hopped in our trucks and headed for the launch site just down the road. Before we knew it, Kenny had the airboat in the water and we were off to start the hunt to capture the best photographs possible of the abundant Everglades wildlife.

Kenny was a brilliant guide, accommodating each whim and want to "get closer," "inch up," "sneak behind," and "can we try" that came out of our mouths. We rode up to a great blue heron that "vogued" every possible pose imaginable as if it knew this was a special occasion for

the man behind the lens. We moved on further into the marshes and happened upon a pristine field of lotus flowers blooming in sheer magnificence, edged by water hyacinth growing among the swamp lettuce. Kenny maneuvered our ride right up to one of the lotuses and Paul climbed down to the edge of the boat to capture the poetic essence each flower seemed to hold within its petals. As Paul turned to climb back up into his seat, something swished in the water lettuce and out popped the adolescent head of a gator. He stared at us, we stared at him, he smiled, and we smiled back. He was a yearling according to Kenny, whose e-mail address includes the term "gator hunter" so I'm figuring he would know. The gator also struck a perfect pose as if to gift Paul with more birthday treasure and we moved off the lotus field back into the water pathways that lead further north in the lake. As for the birds, we'd already seen a few Snail Kites, lots of Ibis, hundreds of Egrets, humongous Herons, Osprey, and the most elegant black and white bird called a red-legged stilt pirouetting through the lily pads in the water.

The next species of bird on Paul's wish list was the Roseate Spoonbill. Roseate Spoonbills are a lovely shade of pink, lighter than a flamingo with a platypus-shaped beak. They tend to be flocking birds that shy away from noise and too much activity — and not an easy subject to get a focus on. At this point Kenny was as intent on getting Paul pictures of those birds as we were. As we traveled further north into a more dense area of the lake wooded with willows and button bush, we spotted a large flock of Roseates





Great Blue Heron

wading and snacking in the waters ahead. Kenny moved us through the brush and weeds over the water and when we got about 75 yards away, they spooked. They flew up out of the water and circled away from us toward the area we had just left. Kenny turned us around and off we went to try to get Paul a good shot of these elusive creatures. Again, we got to about 75 yards away and they spooked.

Hmmm, maybe an airboat engine is too loud to get up close to such a private bird? How were we going to approach them without scaring them? It was only a few moments before the idea came up for Paul to get in the water and walk to the birds so the engine wouldn't scare them away. The guys thought this was a stellar plan, after all the water wasn't deep, the birds were in view and the gators were nesting right now because of the time of year. I on the other hand was not so certain. How in the world was I going to explain to his family that I lost Paul in the Everglades while he was trying to photograph a flock of skittish pink birds?

"We did a show on the invasion of pythons in the Everglades, are you sure this is safe?" I asked anxiously. My question was received with disbelief, a bit of a snicker, and brushed off like there was no reason for a moment of concern. So, Paul got out of the boat with his camera, and we pulled away as he snuck through the water in the opposite direction to claim his prize photographs. Fifteen or twenty minutes passed with Paul somewhere out there in the water when suddenly out of the silence a flock of Roseates rose out of the

swamp ahead of us, and Paul emerged from behind a group of bushes with a huge smile on his face. He waded back to the boat and was visibly exhilarated by the experience and the amazing photographs he was able to get of the elusive pink birds. Mission accomplished and I didn't have to tell his family anything other than we had a great trip. Paul climbed back up into the boat and Kenny turned us around and headed for the launch area twenty or so minutes away. Paul continued to work his camera magic on all the wildlife whirling around us. The cherry on the tour was a great big bald eagle standing on a perch ready for a picture just around the corner from our drop off location.

If you ever wonder what all the hullabaloo is about when the Everglades Restoration project comes up in conversation or on the news, you need only get off the beaten path and visit this natural place of wonder at the northern rim of Lake Okeechobee. The only thing you'll be wondering is what took you so long to get there and how can you help support the effort to make the restoration happen faster. Bring your family and friends, there is something to marvel for everyone: gators, birds, flowers... and Kenny says the bass fishing this year is just great, too! 🌍





# THREE EASY OFFICE RECYCLING TIPS

by Missy Tancredi,  
Northern Palm Beach County  
Chamber of Commerce



As I mentioned in last month's article, complacency is the largest threat to our planet and way of life. These days, not recycling is more than just being complacent - it's a missed opportunity to save precious resources and money. The key is to do something. So, here are three things everyone should know about recycling at work.

## Tip #1: Avoid food waste at your desk.

The biggest hindrance to recycling at the office is food waste that ends up in the garbage pail under your desk, thus contaminating your recyclable waste. Food waste at individual desks should be eradicated for multiple reasons: pest control, environmental quality (yes, those bins can get pretty nasty over time) and, of course, the ability to capture all recyclable waste.

## Tip# 2: Know what's not recyclable.

Used bathroom paper products are NOT recyclable, neither are compact fluorescents, fluorescent tubes and oil-based paints. Light bulbs, paints, sealants, coatings and other improvement products, old cleaning products, pharmaceuticals (for those of you in medical offices), batteries and other types of waste should be disposed of at the hazardous waste collection site at your local or county municipal waste authority.

## Tip # 3: Sell your used materials.

There are many companies today that will buy paper waste by the ton and pay YOU for it. So, if you want to take a serious plunge into the world of recycling, this strategy can be employed at entire office buildings and made available to all tenants for participation. The same applies to

electronic waste, also known as e-waste. There are companies that will charge you to pack and ship your computers, monitors, printers, faxes, etc., for recycling, but there are others that will pay you for your obsolete electronics. So, you can dispose of those products responsibly and free up some of that wasted storage space at the same time.

Recycling is a fundamental element to any business' environmental program and a great place to start or improve. Remember, 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. She is Vice Chair of the United States Green Building Council and a consultant for Eco Advisors, LLC.*





# INTEGRATED PEST MANAGEMENT


by Paul Sugrue

Nozzle Nolen, Inc. is a third-generation, privately-owned company that was founded in 1951. Better yet, Nozzle Nolen was green when it was just a color!

In the 1990s, the innovative company launched its ANT (All Natural Treatment) Program. Today, Nozzle Nolen is the only company serving South Florida to have a service program certified by the Integrated Pest Management Institute of North America. Nozzle Nolen's Green Shield-certified service ("Nozzle Nolen Certified Green Solutions") is on record with the IPM Institute and uses EPA reduced risk products, naturally occurring compounds and caution labeled products.

The IPM Institute is a nonprofit, third-party evaluator that performs a site visit and evaluation. There are only 28 companies in the nation that have achieved this certification for their programs. Nozzle Nolen is also a GreenPro company certified by the National Pest Management Association.

What is Integrated Pest Management? IPM uses a number of methods to control and deter pests. Control is gained thru structural repairs, sanitation, removal of harborage, breeding sites and other pest-conducive conditions. There is NO routine application of pesticides. When and if these products are used, only EPA Reduced Risk, low-impact and caution labeled products are utilized.

Nozzle Nolen uses NO VOC's (Volatile Organic Compounds) inside of structures in its IPM programs. With an IPM program, there are no exposure issues to people or pets. If pesticides are needed they are used in containerized baits or crack and crevice and void applications. 

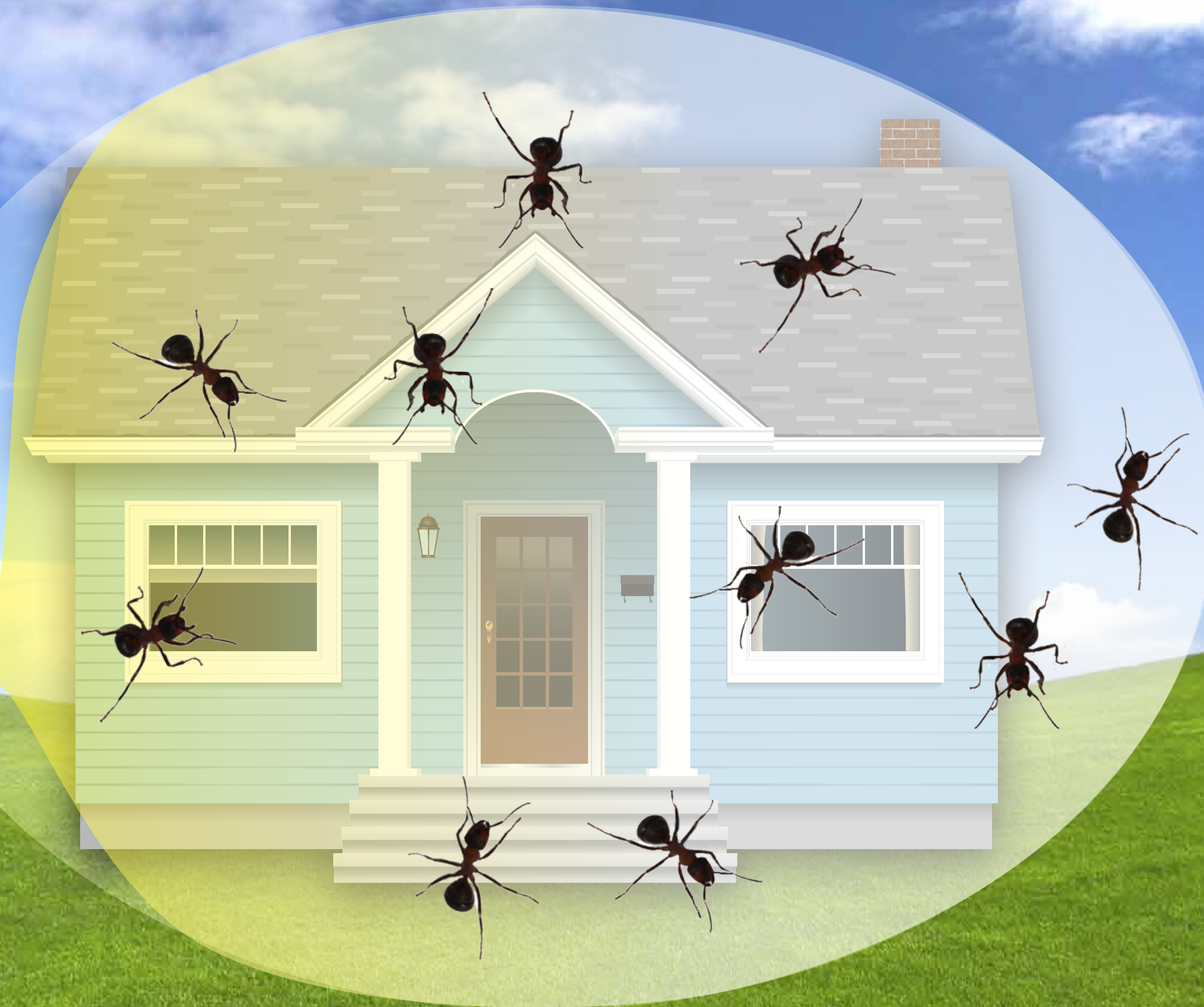
Nozzle Nolen is a member of the U.S. Green Building Council (USGBC) and a contributor to Radio Green Earth. For more information about Nozzle Nolen and its Certified Green Solutions Program, visit [www.nozzlenolen.com](http://www.nozzlenolen.com) or call (800) 22-NOLEN.



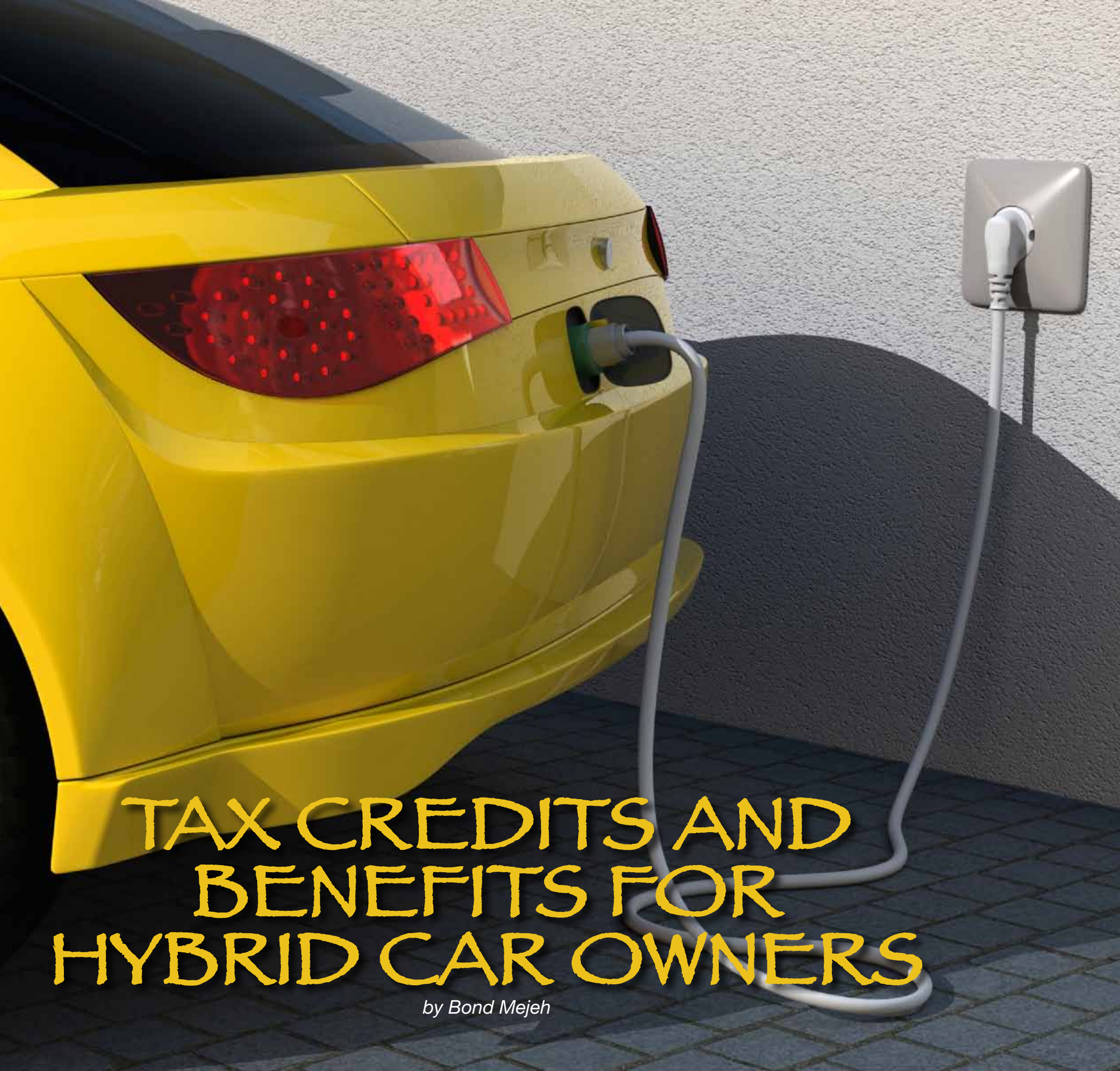
# Protection You Can Count On

Nozzle Nolen Pest Solutions was green back when it was just a color. Nozzle Nolen serves the Palm Beaches and Treasure Coast. It is the only company in South Florida to offer Green Shield services approved by the IPM Institute of North America. Nozzle Nolen also has Green Pro certification from the National Pest Management Association.

[www.nozzlenolen.com](http://www.nozzlenolen.com)  
1.800.22.Nolen







# TAX CREDITS AND BENEFITS FOR HYBRID CAR OWNERS

by Bond Mejah

**Y**ou might be wondering what tax incentives you are entitled to as a hybrid car owner. Do these incentives really make the hybrid vehicle worth its price tag? In the long run, do hybrid cars become cheaper to own? What about using hybrid vehicles on HOV lanes?

Beginning January 2006, according to the Energy Policy Act, the government began awarding major tax credits to consumers who buy hybrid cars.

Tax credits are usually much more valuable than a tax deduction. Tax credits reduce tax amount dollar-for-dollar. On the other hand, a tax deduction will only remove a percentage of the taxes you may owe. Hybrid owners can itemize purchases on federal income tax forms, which in turn lower the total tax amount owed to the federal government.

**Fact:** hybrid vehicles carry a higher price tag than that of conventional gas engine vehicles. The reason lies with their costly batteries and because the hybrid vehicle has not one, but two separate engines beneath the vehicles. Despite this, tax credits do much to offset the cost of owning a hybrid car.

## Plug-In Hybrids

Car buyers who purchase new gas-electric cars were eligible for over \$3,000 in federal tax credits. However, these tax

credits applied to the first 60,000 hybrid vehicles cars that could be sold by a single automobile manufacturer. You had to act early to benefit from these tax advantages. Business and private hybrid owners or lessees are eligible for income tax credits for gas electric hybrid vehicles that are placed in service starting January 1, 2006 and bought on or before December 31, 2010.

The amounts of tax credits for hybrid vehicles are based on fuel economy improvements when compares to conventional vehicles in the same class of car or truck. Therefore, hybrid car owners with the highest fuel efficiency receive the largest tax credits for their vehicles. 🌍

## Bond Mejah — About the Author

Mejah produces automotive related articles for Quick Cash Auto, a cash for cars service. Quick Cash Auto not only buys pre-owned vehicles of any year, make or model, but they also provide numerous articles about vehicle repair and automotive news. Please visit [www.QuickCashauto.com](http://www.QuickCashauto.com) for more information and be sure to check out their automotive blog.

To read more, go to: <http://www.articles-base.com/cars-articles/tax-credits-and-benefits-for-hybrid-car-owners-1080542.html#ixzz0wPR4AYel>.



SUSTAINABILITY • EXPLORATION • BIOMEDICAL SCIENCE • CONSERVATION • RENEWABLE ENERGY

**From biomedical science to  
marine and mammal conservation,**  
Florida Atlantic University is at the forefront of research...  
*Making our world a better place.*



**FAU**  
FLORIDA  
ATLANTIC  
UNIVERSITY



*Florida Atlantic University*, founded in 1961, is currently serving 28,000 degree-seeking students on seven campuses located along the state's southeastern coastline. The University's student body, which ranks as the most ethnically and culturally diverse in Florida's State University System, includes many men and women of non-traditional age. Long known as an outstanding teaching institution, FAU is rapidly developing as a hub of cutting-edge research, particularly in the biomedical arena. This process has been accelerated by the University's partnerships with three internationally known biomedical research organizations, the Scripps Research Institute, the Torrey Pines Institute for Molecular Studies and the Max Planck Society. Additionally, FAU recently received approval from the Florida Legislature to establish its independent medical education program.

BOCA RATON • DANIA BEACH • DAVIE • FORT LAUDERDALE • HARBOR BRANCH • JUPITER • TREASURE COAST • [WWW.FAU.EDU](http://WWW.FAU.EDU)



# GREENWASHING: A GROWING PROBLEM

by Valerie Jennings



grenk™  
remanufactured cartridges

Greenwashing, the practice of making untrue claims about the environmental benefits of a product, has become a common form of marketing. “Going Green” is increasing in popularity, resulting in exaggerating or misleading content by companies regarding products for consumers. According to [greenbydesign.com](http://greenbydesign.com), 98% of the 2,219 products that claim to be green in the United States and Canada are guilty of some type of greenwashing. The leading sources of greenwashing may include cleaning products, cosmetics, children’s toys and baby products.

The most common form of greenwashing is using a recycled logo and claiming a product is 100% recyclable. According to Jeffrey Rosenholtz, Vice President of NextLife Solutions, recyclable is not the same as recycled. “Consumers get confused thinking that if something is recyclable that means it is made out of recycled materials but that is not the case. Most plastics and paper today are recyclable but make sure that if a product claims to be made from recycled materials that it is post-consumer and not post-industrial. Post-consumer means that it would have been thrown into a landfill, but the consumer recycled the product. Most of the time, post-industrial never goes to a landfill, and it is not considered

truly recycled material,” said Rosenholtz.

The good news for consumers is that there are some tell-tale signs to watch out for:

- Fluffy language
- Irrelevant claims
- Lack of proof
- Words with no clear meaning
- Pretty packaging

A consistent method to use to avoid being greenwashed, is to read the product labels and understand the differences among them. The USDA Organic Seal means that the product contains at least 95% organic ingredients, while the “100% organic” is saved for products with only certified organic ingredients. The third label, “Made with Organic” means at least 70% of the product is from organic ingredients. 🌍

*Grenk, a line of remanufactured ink and toner cartridges produced by InkCycle, recently released an educational video about how to avoid being green-washed. The video is available at [www.grenkblog.com](http://www.grenkblog.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](http://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](http://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](http://www.sproutem.com/category/Loggerhead-MarineLife-Center).



# Eco-Friendly Plantable Seed Paper Products That Grow Flowers!

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

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Together we'll go far



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# SeaView Radio Hosts LET THE GOOD TIMES ROLL AT WEST PALM MARRIOTT

by Robert Hooper  
Photos courtesy of Sharon Quercioli

On August 11, 2011 SeaView Radio (95.9 FM/960 AM) sponsored an all-day, one-of-a-kind event, *Let the Good Times Roll*, at the Marriott Hotel at 1001 Okeechobee Blvd. in downtown West Palm Beach. The festive occasion featured a wide variety of live entertainment courtesy of the MaltzJupiter Theatre, great food and drink, and a host of talented guest speakers representing a wide variety of topics (health & wellness, wealth, travel, fashion, food, education and much more).



Christine Stickney of the Palm Beach Pops gives Joe Raineri a chance to "Name That Tune."



Maltz Jupiter Theatre pays tribute to Louis Armstrong.





*Richard Hartman and Pat Stevenson*



*Helen Haber celebrating her 96th birthday while serenaded by Chris McDonald.*



*Renowned Elvis tribute artist Chris McDonald woos the crowd.*

*The talented young ladies of the Maltz Jupiter Theatre's Conservatory of the Performing Arts.*





# Northern Palm Beach Chamber WOMEN IN BUSINESS HOST ANNUAL TEA

by Glenn R. Swift  
Photos courtesy of Sharon  
Quercioli

On Tuesday, August 24 the Northern Palm Beach County Chamber of Commerce Women in Business Council held its annual tea at the beautiful Jupiter Beach Resort & Spa. While the ladies enjoyed a number of delicious teas and a variety of scrumptious bites, guest speaker Jennifer Sardone-Shiner, Marketing Director of the Maltz Jupiter Theatre, treated the audience to a sneak peak of the theatre's upcoming season and an insider's perspective on how the shows are produced from the theatre's own women in business. The Maltz Jupiter Theatre is a local landmark and the largest award-winning regional theatre in the state of Florida. 🌍

For more information about the Northern Palm Beach County Chamber of Commerce, please visit [www.npbchamber.com](http://www.npbchamber.com).



The Steering Committee of the Northern Palm Beach Chamber of Commerce Women in Business







# 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](http://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 aromascent 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.