



Our Wonderful World

October, 2010
Volume 1 :: Number 6

The Art of Living Green



Photo by Richard Watson

Grassy Waters Preserve

Headwaters of the Everglades

Eddie Brill

Getting Fit for Life

The Precious Pumpkin

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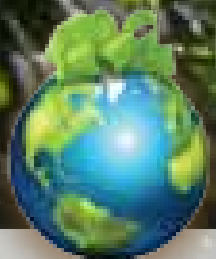


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Our Wonderful World

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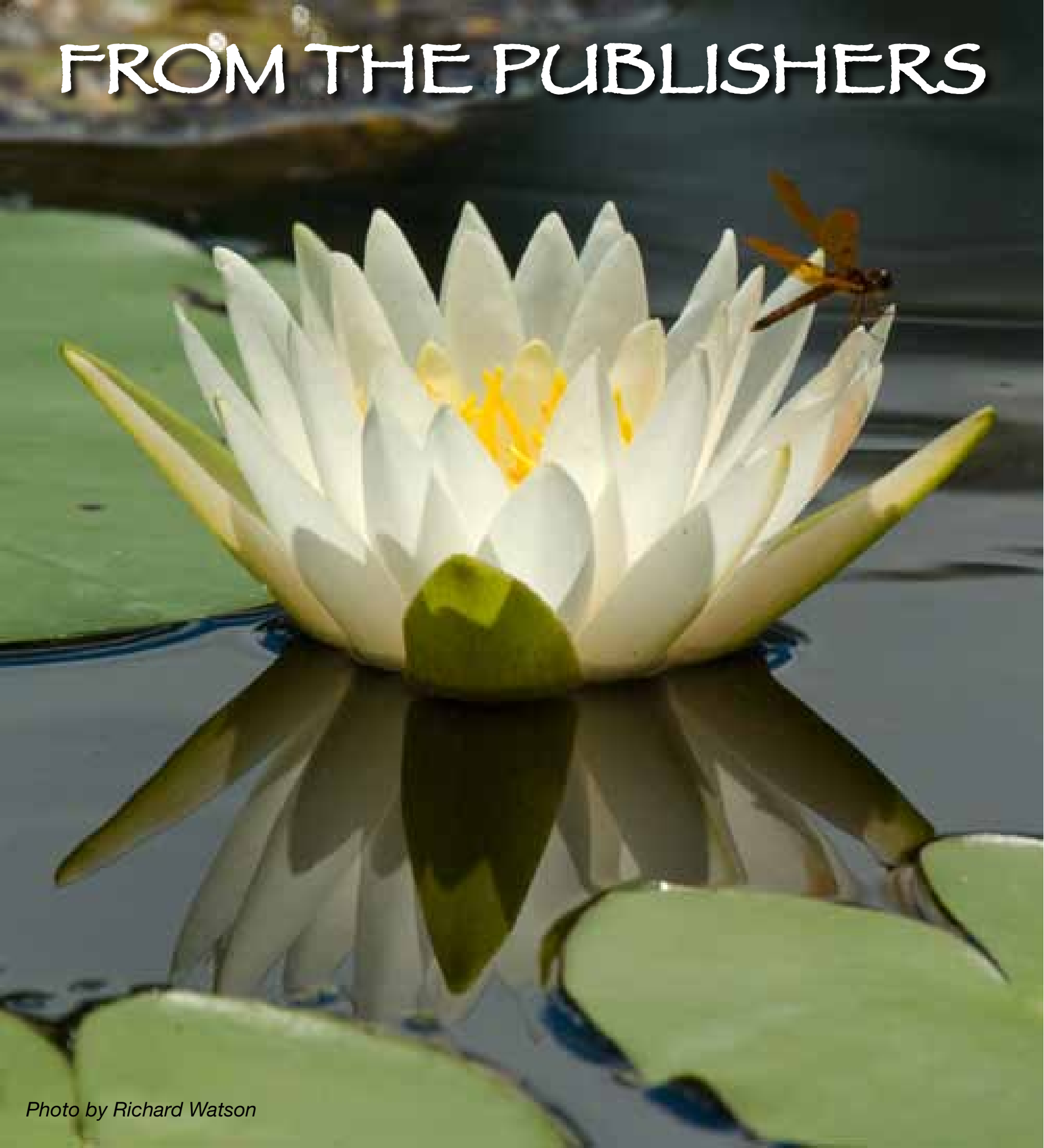
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FROM THE PUBLISHERS



This month's issue of Our Wonderful World features some of the most diverse, educational and entertaining editorial yet for our young publication. Our cover story depicts one of the most beautiful, ecologically natural wonders in Florida, Grassy Waters Preserve. Located on the western edge of West Palm Beach, this 20-square mile wetland preserve provides the drinking water for 130,000 people in Palm Beach County and is the headwaters for the Everglades. Our story features some absolutely stunning photography along with the exciting history of this incredibly valuable natural resource. Thanks to Executive Director Bob Nichols and Executive Assistant Kelly Gebhart for making this great story possible.

Radio Green Earth and host Jim Jackson has done a great job in shedding light on the current plight of the Florida Panther. As always, the dedicated crew of Radio Green Earth has done a first class job in giving us an up close and personal view on an important environmental issue.

We also bring you an exclusive interview with Eddie Brill, well known as the warm-up guy on The Late Show with David Letterman. Eddie is in the midst of a life-changing, diet and exercise regimen thanks to the good folks at Hippocrates Health institute in West Palm Beach. Be sure to read how Eddie is "getting fit for life."

We would be remiss if we didn't mention Halloween. In addition to providing you a history of this unique holiday, Sprouts!, Inc. gives us a very different way to celebrate this festive occasion with our loved ones while keeping those in need at the forefront. Of course, we have a lot of other great stories and columns, including our very own Green Goddess with yet another of her enlightening Pearls of Wisdom.

OK...Time to cozy up to your computer and start clickin'!



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GRASSY WATERS PRESERVE

HEADWATERS OF THE EVERGLADES

by Glenn R. Swift

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

"In addition to our two main fundraising events, the Grassy Waters Annual Gala & Golf Classic in October (coming up on the 15th and 16th) and Wine & Dine on the Boardwalk in April, we maintain a consistent membership role that also provides partial funding," said Bob Nichols, who took the helm four years ago as Executive Director.

As for how Nichols became involved with Grassy Waters, we can thank his dad.

"My father taught me to give back," Nichols said. "'You do things in the community and people will trust you,' he used to say."

Giving back is what Bob Nichols is all about. Apart from his duties at Grassy Waters, Nichols serves on 15 boards of directors as well as volunteering for a number of local charities. Then again, Nichols is a public icon in his own right.

Son of legendary South Florida radio and television Chuck Nichols, Nichols is a 33-year veteran broadcaster, auctioneer, commercial talent and respected motivational speaker. His entertaining, energetic presentations



about his full recovery from two strokes at a young age delight audiences nationwide. Nichols is also a commercial spokesman, licensed professional auctioneer, versatile broadcast talent and former golf professional, who trained under the legendary player, Frank Stranahan, and Master Teacher, Bob Toski.

“Since I came on board, we’ve nearly doubled our funding,” said Nichols, who was quick to credit his exemplary staff for the substantial progress made under his tutelage. “This past year we received a grant from the Wal-Mart Foundation,” said Nichols, who has obtained nearly \$400,000 in grants for Grassy Waters during his tenure.

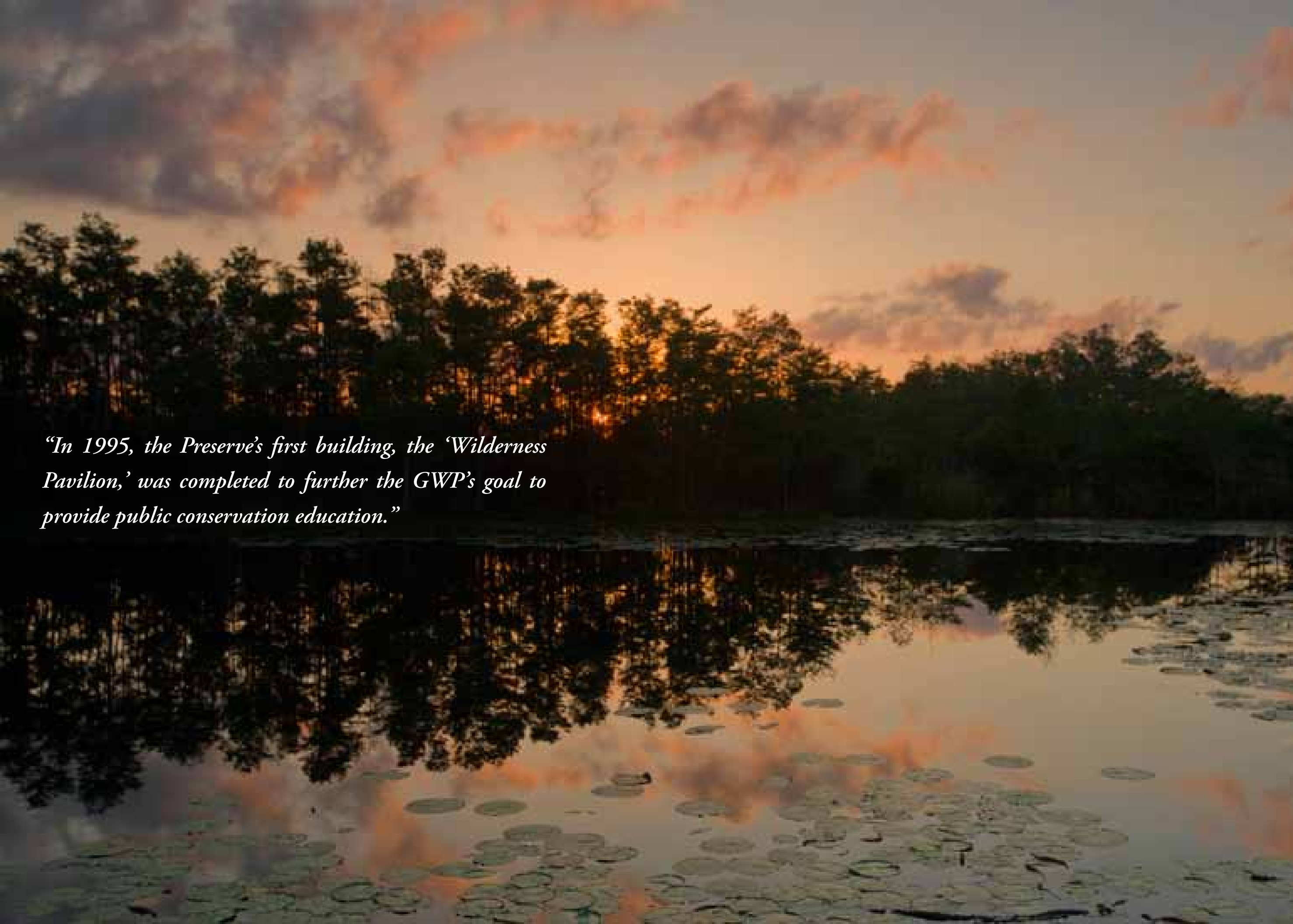
In addition to his successes on the fundraising front, Nichols has also been instrumental in dramatically expanding the Preserve’s unique educational and guided recreational opportunities, as well as spearheading an enhanced amenification of the property that now includes nature center pavilions, meandering boardwalks, hiking and biking trails, canoeing and entertainment.

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

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



“By virtue of its long established hydro-logic integrity, contrasted against the hyper-drained region, Grassy Waters Preserve remains one of the few year-round wetland refuges for the Everglades Snail Kite, Limpkin, Southern Bald Eagle, Great Blue Heron, Short-tailed Hawk, Snowy Egret, Glossy Ibis, White Ibis and a host of other avian species.”



“In 1995, the Preserve’s first building, the ‘Wilderness Pavilion,’ was completed to further the GWP’s goal to provide public conservation education.”

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

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

By virtue of its long established hydrologic integrity, contrasted against the hyper-drained region, Grassy Waters



LOCATION

South Side: Charles W. Bingham
Wilderness Pavilion
8264 Northlake Blvd.
West Palm Beach, Florida 33412,
Phone (561) 804-4985
e-mail: grassywaters@earthlink.net

North Side: Everglades
Pavilion
8537 Northlake Blvd.,
West Palm Beach, Florida 33412
Phone (561) 804-4980

Hours of Operation
Monday – Saturday
(8:00 a.m. - 4:30 p.m.)
Sunday –
(9:00 a.m. - 5:00 p.m.)

PRESERVE CLOSED

January 1	New Year's Day
January 19	Martin Luther King, Jr. Birthday
February 16	Presidents' Day

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

With over 30,000 visitors a year, Grassy Waters Preserve furthers a long-term legacy of stewardship by providing the public access and exposure to these vital public resources. Such exposure to an immensely vital ecosystem can only enhance the Preserve's ability to educate the public of the importance and beauty of this critical natural resource. Of course, to do the job right requires an ongoing supply of cash donations.

"We added Wine & Dine on the Boardwalk as a fundraiser last year and have been very successful with it, but the golf tournament remains our primary fundraising event," said Nichols, who then added a special message for the area's golfers.

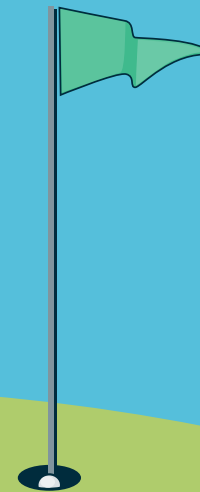
"In terms of what we offer the players, we have the finest charitable golf tournament in our area. We would appreciate your support." 🌍

For more information on the 13th Annual Grassy Waters Gala & Golf Classic held at the magnificent Ibis Golf & Country Club on October 15th and 16th, call Kelly Gebhart at (561) 568-1674.

The Mad Hatter Goes Green



for Grassy Waters Preserve



Join us **Friday, October 15th** at 6:00 p.m. for our Gala at beautiful Ibis Golf & Country Club where you will experience an evening of lavish hors d'oeuvres, cocktails, a silent auction, a preview of the Audubon Centennial Edition, a live auction, gourmet dining, dancing all night to the beat of the band and other Mad Hatter surprises. Cocktail attire, please. Free valet parking will be provided.

Our 2010 Honorary Chairman, Mr. John Depp, Sr., father of screen actor Johnny Depp, will be attending and shall be honored with the presentation of the Environmental Pathfinder Award.

The Golf Classic on **Saturday, October 16th** starts with registration at 7:00 a.m. along with breakfast, followed at 8:30 a.m. by a great morning of golf on the renowned Nicklaus-designed IBIS courses, and finishing with the awards luncheon at 12:30 p.m..

Your registration fee of **\$1,500 for the Gala & Golf Classic includes** dining and dancing for eight guests Friday night, golf and an awards luncheon for four players Saturday, plus a half page ad in the Gala program guide. All golfers will also receive a custom gift package. Should you prefer to participate à la carte, the Saturday-only golf foursome package is \$900. Friday-only Gala event: \$150 per couple.

Register for the event online at: www.grassywaterspreserve.org, or mail registration and payment to: Grassy Waters Preserve, Kelly Gebhart, 4330 122nd Drive North, Royal Palm Beach, FL 33411. For more information, contact Kelly Gebhart at grassykg1@aol.com or (561) 568-1674 or John Belden at jcbelden@gmail.com or (561) 762-1916.

Your valued participation is paramount to the nonprofit's continued support of programs that provide essential environmental education and recreation at the preserve. Grassy Waters Preserve Nonprofit is a 501 (c) (3) organization. A portion of your \$1,500 donation to Grassy Waters Preserve non-profit is tax deductible to the extent allowed by current law. Contact the individuals listed above for further information regarding the net value of your donation.

IBIS Golf & Country Club is located at 8225 Ibis Boulevard, West Palm Beach, 33412 which is off of Northlake Blvd., west of I-95 and beyond the Bee Line Highway.

FRIDAY & SATURDAY | OCTOBER 15 & 16, 2010
**13th ANNUAL GRASSY WATERS PRESERVE
GALA & GOLF CLASSIC**
at IBIS Golf & Country Club

THE HISTORY OF HALLOWEEN

by Glenn R. Swift



Every year on the last night of October, millions of children in the United States and a number of other Western countries dress up in a bizarre array of costumes and go door-to-door to collect candy or money. But how and when did this whole Halloween thing come about? Well...

you can thank the Irish for this one. And yes, the Scots and Welsh deserve some of the credit too. Here's how it all began.

The origins of Halloween date back 2,000 years ago to the ancient Celts and a time when there wasn't

an Anglo-Saxon to be found in all of the British Isles. (Some of my Irish friends refer to these times as the good old days.) These extremely mystical people celebrated their New Year on November 1. The day was viewed as the end of summer and the harvest season. In turn, the day also marked the beginning of the dark, cold winter – a time of year associated with death. The Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. So, on the night of Oct. 31, the Celts celebrated *Samhain*, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, the Celts thought that the presence of the other worldly spirits made it easier for the Druids (ancient Celtic priests) to make predictions about the future. For a people largely dependent upon the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

In commemoration of the event, the Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes consisting of animal heads and skins, and attempted to tell each other's fortunes. (And you thought St. Patty's Day in the Bronx was hardcore!) When the celebration was over, they relit their hearth fires, which they had extinguished earlier in the evening, from the sacred bonfire to ward off evil spirits and to help protect them during the coming winter.

By 43 A.D. the Romans had conquered the bulk

of the previously Celtic-controlled British Isles. In the course of the next four centuries, two Roman festivals were combined with the Celtic celebration of Samhain. The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona was the apple, and the incorporation of this festival into Samhain probably explains the tradition of "bobbing" for apples still practiced today on Halloween in Britain.

By the ninth century A.D, the influence of Christianity had spread into Celtic lands. However, the Celts weren't quite ready to give up their deep-rooted pagan rituals. Needless to say, the Pope wasn't too thrilled and decided it was time to teach the Celts a few manners. Wishing to replace the Celtic festival of the dead with a church-sanctioned holiday, Pope Boniface IV declared in 835 the First of November as All Saints Day, or All-hallows Day as it was known among the English-speaking inhabitants of the British Isles. The night before All Saints Day was declared All Saints Eve, or All-hallows Eve. (The English were now clearly showing signs of future greatness for it was about this time that the Anglo-Saxons started the pumpkin carving thing.)

Over the years, All-hallows Eve evolved into All-hallow-even, then Hallowe'en, and eventually (by the late 19th century) Halloween.

The rest as they say is history. 🌐



COME JOIN THE FUN DOWNTOWN

FRIDAY & SATURDAY, October 29th & 30th

DOWNTOWN LAKE WORTH is where the historic past and exciting future of one of Florida's most charming cities come together. It's the perfect setting for Halloween revelry, and this year Lake Worth's inaugural Street Scene and Soul Parade is poised to give Palm Beach County residents and visitors an abundance of cheer.

As the sun sets on Halloween Eve, downtown Lake Worth will come to life with historic storefronts beckoning spirits from the past; and a colorful group of merchants standing at the ready. This free two day event will kick off with a "New York Village Style" parade Friday that will feature, giant puppets, floats and local businesses and non-profit organizations representing day of the dead traditions and costumes from around the world.

FOR KIDS

OOGA BOOGA ISLAND

brought to you by **FLORIDA PUBLIC UTILITIES** featuring

- Trick or Treat at the Street
- Spooktacular Story Telling
- Face Painting
- Pumpkin Painting
- Dance lessons with Downtown Dance
- Halloween games and more!

Little Angels

Little Angels is a family-friendly event acknowledging and celebrating deceased loved ones from the perspective of the child. Children participate in art activities such as wing-making and decorating, face painting, sugar skull decorating, story telling, and theater. Finale workshops are offered so that the children can participate in their own Procession/Finale-Spectacle. Angels on stilts lead the children on a procession around the Downtown public square to the finale stage area, where artists present a live performance-spectacle.

For more information

<http://www.halloweenstreetscene.com/Kids.html>

Mummies & Ghouls (Parents)

Florida Public Utilities has a treat for you. Enjoy the wonder and delight in your child's eyes as they encounter Chief Gas Alot and try to take his stash of candy. While in the village, stop by the FPU tent and find out how to conserve energy at the village gathering. Learn how to conserve energy by fighting the energy vampires that drain your energy. FPU's Chief Gas Alot has tips and treats to help you conserve energy and lower your energy bills. Representatives will be available to talk about conservation rebates that will meet your needs. Be sure to visit www.FPUC.com to get even more information on our efficiency rebates.



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EDDIE BRILL GETTING FIT FOR LIFE

by Glenn R. Swift

Most of us know Eddie Brill as the very funny guy who warms up the audience on the Late Show with David Letterman, but recently this amazingly gifted comedian has shown a very serious side — a side that may very well save his life.

Recently, Brill has been taking part in a strict, live food/exercise regimen at West Palm Beach's internationally renowned Hippocrates Health Institute www.hippocratesinst.org. Brill's commitment to the Hippocrates program is no laughing matter.

"I was always too busy to do what was right for me, and this past May I was angry at myself for the way I felt and looked. In fact, I was shocked at how big I was," said Brill whose waistline was once a staggering 54".

Humiliation also played a part.

"I got in a plane and couldn't fit in the seat."

That's when Brill decided to get serious and change his life once and for all.

"I had just started to diet when all of a sudden three weeks opened up in my schedule. I knew this was my chance to do something for me."

Brill had heard about Hippocrates from a friend in New York and after a quick Google search de-

cided to pick up the phone. The next day Brill was on his way to Florida.

"Everyone has a common cause here," beamed Brill. "Getting healthy. You see, at Hippocrates everyone is taking charge of their own lives," said Brill who has dropped 69 pounds in just three months.

"I love the live food diet, it's delicious. I'm also exercising regularly and kickboxing," said Brill who plans to get into yoga shortly.

As for how Brill became a comedian stems from another time when he decided to take his life in an entirely new direction. And like Homer's Iliad and

Odyssey, Brill's comedy story began with tragedy.

A dedicated student growing up in Brooklyn, New York, Brill originally intended to study math and science at MIT, but the sudden death of his stepfather during his ju-

nior year in high school forced him to examine at a young age the finality of life — and how to deal with it.

"I came to the conclusion that I should pursue a more creative career," said Brill, who eventually enrolled at Boston's Emerson College out of an interest in radio and broadcast journalism.





“When I was at Emerson I met Norman Lear, Denis Leary, Stephen Wright and a whole bunch of other very funny people. We formed a comedy group and it was very successful. All of a sudden I was in comedy.”

Did Brill know instinctively that he was meant to be a comedian?

“I felt very natural on stage, and once I got a laugh I’ve been chasing the next ever since.”
What is it about comedy that Brill finds so appealing?

“Freedom,” exclaimed Brill. “In most jobs people can’t be truthful. Believe me, I know. I once worked as an advertising agency copywriter and had to lie

for a living. Comedians, on the other hand, are the truth-tellers of the world. We expose the underbelly of honesty in a humorous, captivating way. And once you get a laugh from telling the truth, you can never stop.”

As for his trade secrets, Brill had this to say:
“I love being smart and silly, and I never take myself too seriously. You want your comedy to be natural and organic. Being a good comic is far more than just reciting jokes. How you look and act play a major role in how an audience responds. There’s a certain rhythm and chemistry with every audience and a good comic can work the room to their advantage. Remember, Jack Benny, one of the greatest comics ever, got his biggest laughs on pauses.”

What makes a great comedian?

“The common thread among all great comics is vulnerability. Don’t be afraid to make mistakes, because failure can help drive you. Of course, the most important thing is to stay within yourself and to have fun. If you’re preaching, you’re in the wrong business.”

Brill’s extensive knowledge of his trade and eagerness to mentor others has enabled him to help many other young and seasoned comics to the next level.

“It was my dream to do the Letterman show, so every time these comedians do the show, I know it’s their dream, too. I know how to help them get there, to be comfortable, to be poised.”

When speaking of Letterman himself, Brill couldn’t be more loyal.

“He’s the most giving person I’ve ever met in show business. I’d jump in front of a train for him.”

As for the highlights of his recent “conversion” experience, Brill said this:

“There have been two amazing moments. Not needing to extend the belt and going under 300.”
Known for his unabashed honesty on and off the stage, Brill frankly admitted that the live food gig hasn’t always been easy.

“In the beginning it took a lot to get used to the new regimen, but I’ve done it and I’ve done it in

an unorthodox way,” said Brill who has broken up his time at the Institute to accommodate his hectic schedule.

In speaking of how he has been able to forgo temptation and remain committed to his new-found lifestyle, Brill was quick to compliment the man who co-founded Hippocrates over 40 years ago.

“The witness of Viktorias Kulvinskas has inspired me and helped me to stay on the path.”

When discussing America’s health and dietary habits, Brill is as outspoken as ever.

“People need to get educated. If we listen to the FDA, we will die. The FDA is nothing but a puppet for corporate greed.”

Does he ever crave food that isn’t live?

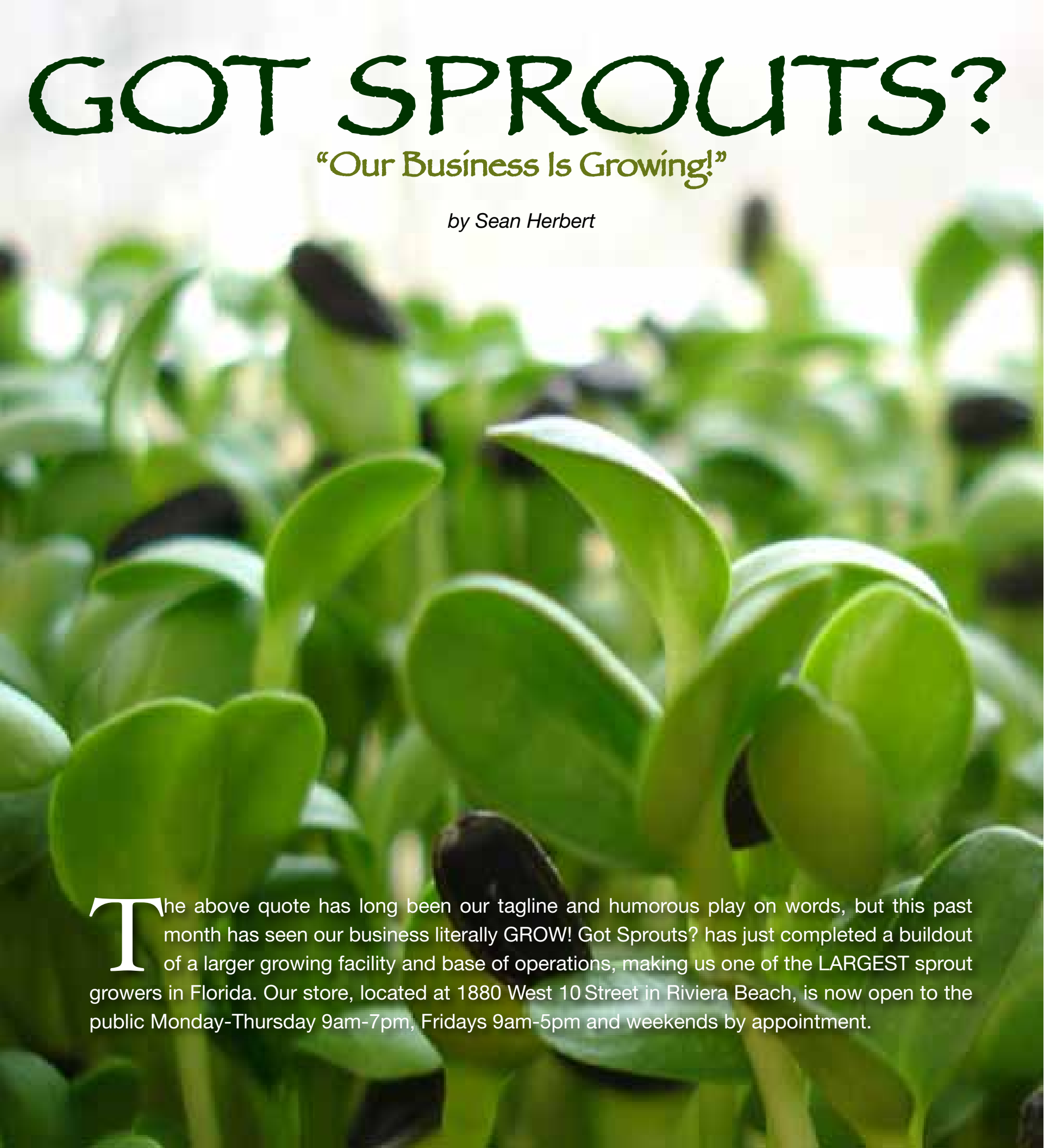
“I miss sushi,” laughed Brill, who confessed to having been a closet seafood lover all his life.

As for what’s ahead, Brill is looking forward to a very special day, one that he’s confident is right around the corner.

“My next big thing is to go to a men’s store and buy a pair of pants without having to go to a big and tall.”

How does it feel to be getting fit?

“GREAT! Now I can live my life and enjoy doing what I like to do, because I’m no longer feeding my brain. I’m feeding my body.” 🌍



GOT SPROUTS?

“Our Business Is Growing!”

by Sean Herbert

The above quote has long been our tagline and humorous play on words, but this past month has seen our business literally GROW! Got Sprouts? has just completed a buildout of a larger growing facility and base of operations, making us one of the LARGEST sprout growers in Florida. Our store, located at 1880 West 10 Street in Riviera Beach, is now open to the public Monday-Thursday 9am-7pm, Fridays 9am-5pm and weekends by appointment.

Most of the sprouts and growing supplies available at the store can be found online at WWW.GotSprouts.com. Our new updated website features brief factoids of health information on all our sprouts and seeds and offers you the availability to order online: Fresh Cut Wheatgrass, Sunflower Sprouts, Pea Sprouts and Sprouted Bean mixes. We also carry several varieties of 100% Organic Seeds: Hard Red Winter Wheat Seed, Black oil Sunflower Seed, Speckled Pea Seed, Whole and Hulled Buckwheat, Bean Mix, Adzuki, Mung, Garbanzo, Red and Green Lentils, Fenugreek, Alfalfa, Broccoli, Radish, Clover, Quinoa, Millet, Barley, Golden Flax and Mila-Chia seed. Our Growing supplies include several sizes of Trays, “The Rawsome Rack System,” Growing Kits, Sprouters, Sprout Bags, Organic Soil, Manual and Electric Juicers, Instructional DVDs and of course we are always looking to upgrade our offerings to the organic, holistic and health-conscious public.

Memberships

Soon, we will be rolling out several membership programs to make it easy for busy people to stay sprouted! We have expanded our delivery service to include as far north as Stuart, Port St. Lucie and Fort Pierce areas, and as far south as Lake Worth, Boynton Beach, Delray Beach and Boca

Raton. Of course, we still ship fresh sprouts and supplies nationwide, and will continue to bring “The Green” where it’s needed most!

Raw Food Social Events

Jody and I have also opened our home to a “RAWSOME MEET and GREET,” where people can share their favorite raw food recipes and mingle with other culinary artists. (Visit WWW.gotsprouts.com for the next gathering). Usually, there is an informative lecture or someone to demonstrate their favorite recipe! 🌍



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1880 West 10th St, Riviera Beach, FL 33404
(561) 689-9464
www.gotsprouts.com



MASSAGE BENEFITS THE MIND, BODY AND SPIRIT

by Karen Levine Cantor

While massages may feel like a relaxing indulgence, at the same time there are an abundance of benefits for your mind, body and spirit. With a commitment of time and money, regular and frequent massages can play a part in drastically improving your health.

“Massage makes you feel like you can conquer the world! The intoxicating scents of the aromas (which are from our Mother Earth) travel right to the brain, giving us a sense of well-being like the smell of your favorite baking memory from when you were younger. It just makes you feel wonderful,” says Marcia Lane, Massage Therapist, Educator and Owner of The Lane Spa in Palm Beach Gardens. “There will never be a replacement for human touch. It rules, it’s awesome and it heals.”

Massage eases your mind.

In the daily hustle and bustle of one’s life, there is often no time to meditate or spend time with oneself. Having a massage puts the focus on you and the present, taking your mind off problems of the past. It will allow you to escape your everyday challenges while a licensed massage therapist’s firm technique eases the tension right out of your body.

Massage heals the body.

Massage hydrates your skin and leaves it with a beautiful glow when a therapeutic oil or cream is massaged into your body. It relieves and can even eliminate pain due to a sedentary lifestyle or aging. Manual lymph drainage massage is utilized after most cosmetic surgery to reduce swelling, bruising and discomfort. Used after surgery, it can speed up recovery time and help reduce scar tissue. Certain styles are great for insomnia, the grief process and anxiety disorders. Massage therapy has also been proven to improve chronic conditions, such as lower back pain, arthritis,

bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation or depression. Massage can be a vital part of your preventive wellness program since stress creates disease, and massage is one of the best stress-reducers known to man.

Massage enhances your spirit.

Releasing feel-good endorphins into your system, massage creates a sense of well-being that can make anyone feel better. A licensed massage therapist can administer specialized techniques to your body in a way that releases natural substances from the brain that evoke a pleasurable response. Getting away from the hectic pace of your daily lifestyle gives you a calmer, happier frame of mind.

Budgeting time and money for massage can be a true investment in yourself and your health. To start reaping the benefits massage offers your mind, body, and soul book an appointment to enjoy a Signature Massage at The Lane Spa, a full service Day Spa in Palm Beach Gardens. The kind and considerate Lane Spa therapists are highly educated, skilled, licensed professionals that create personalized 60 or 90 minute treatments based upon their assessment of client needs. 🌍

For more information about The Lane Spa or to take advantage of their monthly specials, call (561) 691-0104, e-mail relax@thelancespa.com or visit www.thelanespa.com.

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PEARLS OF WISDOM FROM THE GREEN GODDESS

Simple Yoga Technique with Frankincense

by Sharon Quercioli

Yogis throughout the ages have practiced pranayama, the art of breathing well. Prana means “breath,” “vitality,” or “energy;” ayama means “to stretch.” Pranayama extends and regulates the energy flow throughout the body. Regular users of Young Living essential oils probably know the importance of being able to breathe unencumbered, deeply and fully. As we inhale essential oils, the tiny molecules of the oils enter through our nasal passages, into our lungs and then into our bloodstream, helping increase the uptake of oxygen, among the many benefits the oils provide.

When we practice special breathing techniques, such a pranayama combined with using essential oils, we have the ability to clear our minds, calm our nervous systems and restore balance in our emotions in a very profound way.

Try this simple pranayama technique with frankincense essential oil, which is known as the “holy anointing oil.” Frankincense can help ground us into a physical experience on the earth plane while also helping lift our consciousness to higher states of being.

Three-Part Yoga Breathing Technique

Get your bottle of your frankincense essential oil and lie on the floor on your back with your knees bent. Place a drop of frankincense into your left palm and gently rub your hands together clockwise to spread the oil evenly onto your palms.

Step 1: Bring your oiled palms up to your nose and inhale deeply; first concentrate on lifting your navel and lower abdomen for ten breaths. After the first three or five inhalations, you may rest your hands

Quote of the Month: “Real difficulties can be overcome, it is only the imaginary ones that are unconquerable.”
Theodore N. Vail

on your lower abdomen to focus on sending the air to your lower abdomen. Exhale completely before the next inhalation.

Step 2: Apply another drop of frankincense to your palms, rub your hands together as described above, bring your palms to your nose and begin another round of ten breaths; this time focus your breath into your middle abdomen and mid rib cage area. Rest your hands on your rib cage to help you focus your breath there. At the end of the tenth breath, fully exhale all the air out from your lungs and feel your navel draw up toward your spine.

Step 3: Reapply the frankincense to your palms and inhale for another round of ten breaths, this time focusing upon filling your upper chest and upper lungs. Place your hands on your collarbones to help you focus your breath in the upper region of your lungs.

Now put all the steps together for the three-part yoga breath so you breathe evenly into all three sections of the torso: lower abdominal area, middle rib cage and collarbones. Feel free to apply more essential oil to your palms and inhale if needed. Try to keep each inhalation and exhalation equal in length. Follow the breath and the scent of the frankincense, imagining the oil and the air washing through you. Your steady breath

and the frankincense oil will help calm your mind and bring harmony to your whole body.

Exfoliating Massage – A Revitalizing Treatment for Tired Skin

- 400 gm sea salt
- 25 ml sunflower or olive oil
- 2 drops juniper berry (*Juniperus communis*)
- 2 drops lavender (*Lavandula angustifolia*)
- 2 drops frankincense (*Boswellia carterii*)

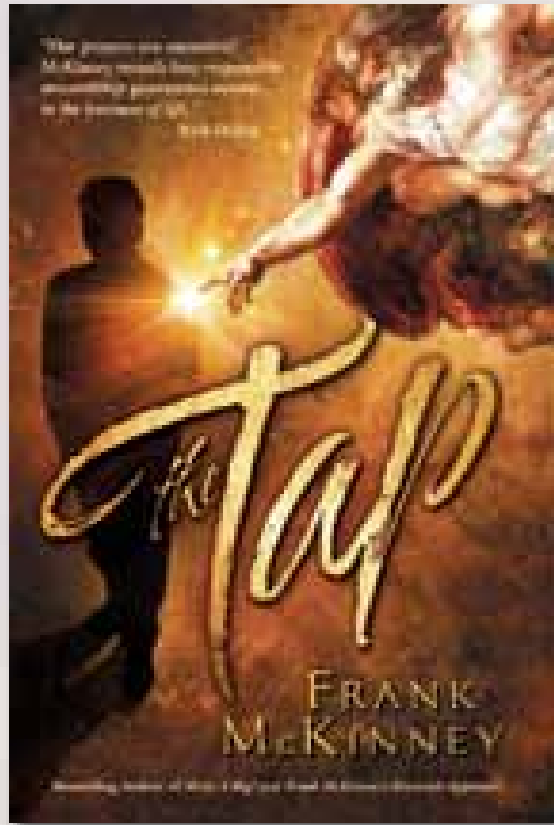
Mix the ingredients in a bowl. Stand in a dry bath and gently massage your entire body with the aromatic salt working up from the feet. Fill the bath with warm water and lie back and relax for at least 15 minutes. Your skin will become soft, glowing and delightfully aromatic. 🌍



Sacred Frankincense essential oil comes from the Boswellia sacra frankincense tree and is distilled at the Young Living distillery in Oman. Sacred Frankincense is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level.

To purchase Young Living Basil Oil, go to www.youngliving.org/owwwmedia and scroll down about three-quarters of the way toward the bottom of the page.

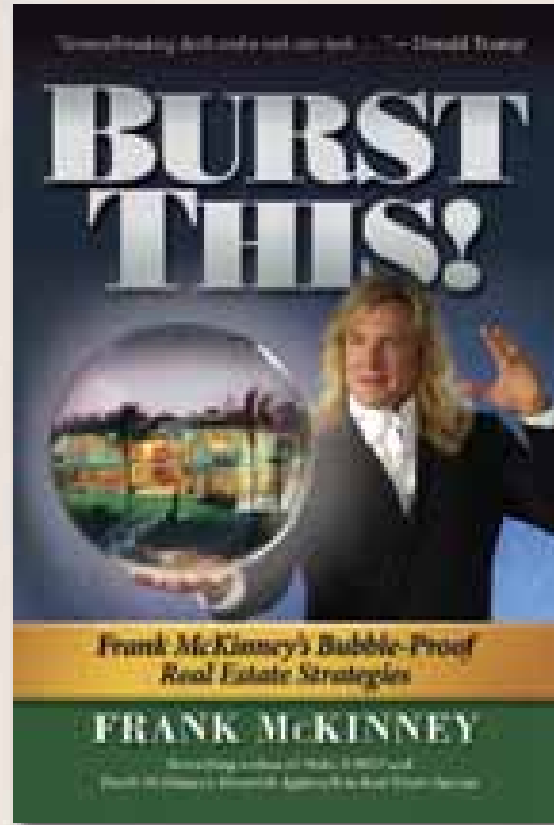
New From Bestselling Author Frank McKinney



The-Tap.com

A profound spiritual practice leading to success in the business of life

In *The Tap*, renowned real-estate "rock czar" Frank McKinney reveals the most important spiritual principle of his astronomical success. He explains how God has tapped him (and taps everyone) many times in life, answering prayers and presenting life-changing opportunities. Readers discover how they, too, have been blessed with a special ability to succeed, yet the rewards of their success aren't meant for them alone.



Burst-This.com

Contrarian perspectives and strategies for generational success in real estate

Burst This! presents a resounding counter-opinion to the doomsayers and the get-rich-quick schemers, helping readers guard against falling into their traps. From first-time home buyers to seasoned real estate deal-makers, investors of all experience levels learn to turn the bubble mentality inside out, transforming it into a protective force field and a crystal ball, allowing them to accurately forecast their real estate future.



Dead-Fred.com

A deeply imaginative fantasy sure to race and gladden the hearts of all readers

In the brilliant underwater world called High Voltage, manatees talk, starfish sing, and practical-joking clownfish encourage children to launch their lunchboxes off the bridge. Now the fiendish Megalodon, a 50-foot prehistoric shark, has laid siege to High Voltage and dethroned the king. Will Ppeekk ("Peekie") and her friends be able to save Dead Fred and High Voltage? Read this book to find out!

Frank McKinney (frank-mckinney.com) is a five-time international bestselling author, philanthropist, and extreme risk-taker, best known for his unprecedented success as a real-estate artist and visionary. He sees opportunities and makes markets where none existed before, designing, creating, and ultimately selling some of the most magnificent oceanfront estate homes in the world.

Whether applying his deep, fantastical creativity to these masterpieces or to his first young reader fantasy novel, McKinney consistently defies conventional wisdom to achieve success on his own terms. He is the founder and director of the nonprofit Caring House Project Foundation, which provides homes, schools, orphanages, medical clinics, churches, clean water, and renewable food sources to families in the most underdeveloped nations.



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THE PRECIOUS PUMPKIN

by Sharon Quercioli

The wonderful days of autumn are upon us. Having grown up in Ohio, this special time of year brings back many rich and wonderful memories... leaves changing, hot apple cider...and Halloween. Thanks to my dad and brother Ron, our house was always the most decorated in the neighborhood with all kinds of spooky looking stuff: skeletons, monsters, cob webs and of course scary music. Dad and Ron were always dressed in the scariest looking costumes you've ever seen. They were so scary looking that some of the younger kids in the neighborhood were too frightened to visit our house! Then there was Louie, my adorable Shih-Tzu, who would run to the door with a plastic pumpkin full of candy every time the door bell rang. These precious memories come alive every Halloween.

And while this season of goodies and goblins is sure to include a pumpkin or jack-o-lantern or two, before you trash that carved pumpkin on your porch, think again. The pumpkin has much more to offer than crooked smiles and a menial filling for holiday pies. Pumpkin is one of the most nutritional foods available year round. Rich in antioxidants, vitamins and minerals, both the flesh and seeds of the pumpkin provide many health-boosting nutrients.

Health Benefits of Pumpkin

Alpha-carotene and beta-carotene are potent antioxidants found in pumpkin, as are pro-vitamin A carotenoids. Vitamin A promotes healthy vision and ensures proper immune function. The beta-carotene in pumpkin may also reverse skin damage caused by the sun and act as an anti-inflammatory. Alpha-carotene is thought to slow the aging process, reduce the risk of developing cataracts and prevent tumor growth. Carotenoids also boost immunity and lessen the risk of heart disease.

Pumpkin is an excellent source of fiber; one-half cup serving contains 5 grams. Fiber helps reduce high blood pressure and lower bad cholesterol levels, protect the body against heart disease, control blood sugar levels, promote healthy digestion and assist in weight loss. The vitamin C in pumpkin boosts immunity and also aids in reducing the risk of heart disease and in lowering high blood pressure and cholesterol levels. Pumpkin is also a good source of vitamin E, which promotes healthy skin by protecting the body from sun damage and may reduce the risk of Alzheimer's disease and certain cancers.



The potassium found in pumpkin is necessary for energy production and aids in balancing fluid levels in the body, as well as promoting strong bones. Pumpkin is also rich in magnesium, which aids the body in hundreds of functions, including promoting a healthy immune system, contributing to bone strength and normalizing heart function. Pantothenic acid, or vitamin B5, is also found in pumpkin. Vitamin B5 helps balance hormone levels and manage stress. Then again, the vegetable has a laxative

action, being useful in cases of dyspepsia and constipation. Pumpkin juice is also useful in cases of insomnia, having a number of sedative properties.

Pumpkin Seeds

While pumpkin flesh is nutrient-rich, pumpkin seeds also contain essential vitamins and minerals for the strongest therapeutic effects. Pumpkin seeds are a good source of vitamin E, iron, magnesium, potassium, zinc, and an excellent plant-

based source of omega-6 and omega-3 fatty acids. These help in eliminating intestinal parasites, cleaning blood vessels, adjusting cholesterol levels and stimulating kidney activity. In treating cancer, leukemia, sclerosis, or various diseases hard to cure, pumpkin seeds have an energizing role.

How to Use Pumpkin

Fresh pumpkins are typically only available during fall and early winter; however, canned pumpkin is just as nutritious as fresh. Fresh pumpkin or canned pumpkin puree can be used to make soups, muffins, breads, puddings and smoothies. Pumpkin seeds can be eaten as a snack, used to top salads or added to sautéed vegetables.

Spicy Roasted Pumpkin Seed Recipe

- 3 cups pumpkin seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. nutmeg
- Salt to taste

Clean pumpkin seed and allow to dry for at least three hours. Spray a flat non-stick cookie sheet with Pam. Spread pumpkin evenly on pan and sprinkle with seasonings. Bake at 375 degrees for 15 to 20 minutes, stirring several so seeds do not stick or burn. Watch carefully. Test with fork to see if done; when crunchy remove from oven.

Black Bean and Roasted Pumpkin Salad Recipe

Pumpkin doesn't always have to be a dessert food. Enjoy it in a fresh salad with black beans, lots of crisp veggies, and a zesty lime dressing. This recipe makes for a hearty lunch or a light dinner.

- 2 cups cubed pumpkin
- 1/4 cup olive oil, divided
- 1 clove garlic, sliced
- 1 (15 ounce) can black beans, drained rinsed, drained
- 1/2 cup cherry tomatoes, halved
- 1/2 cup sliced red onion
- 1/4 cup sliced cucumber
- 1/4 cup sliced celery
- 2 tablespoons chopped parsley
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Roast the pumpkin: preheat oven to 400 degrees. Toss pumpkin in 2 tablespoons olive oil with garlic and place in a glass baking dish. Drizzle 3 tablespoons water in dish and bake until softened for 20 minutes. Remove and cool.

Prepare the salad: combine black beans, tomatoes, onion, cucumber, celery and parsley in a large bowl. Add remaining 2 tablespoons oil, lime juice, salt and pepper; toss to coat. Add cooled pumpkin, toss gently and serve. 🌍

GREEN GIVING FOR THE PINK CAUSE

by Betty Ann Baker

In Sophie's Closet

We are a country of generous people. The creative ways we meet a multitude of needs is as broad as how many things need doing, how many hands need holding and how many tears need drying when the challenges become overwhelming. We experience living in a state of grace when we put another before ourselves. If we are so fortunate as to learn to both give and to receive well, the gifts are profound and our lives are indeed rich beyond measure. And when you can give in a manner that is also sustainable for both you and the environment, you have the perfect recipe for green giving!

It is fitting then, in this the month of breast health awareness, that we extend our gratitude to Sophie's Closet for supporting us in our work with breast cancer patients. If you travel to the Village of Tequesta, you will find green giving in action. Sophie's Closet, a lovely, chic thrift boutique, is tucked away at 357 Cypress Drive. Here you'll find, designer and vintage dresses, handbags, gowns, shoes jewelry and gifts, most gently used and some new. Hats, jeweled sandals, cool sunglasses complete your wardrobe. Bathing suits and a great selection of junior's clothes keep our young women and our daughters happy! Yes, the clothes and gifts are splendid, but even beyond all that, there is a comfort, a friendliness and a sense of "we're all in this together" when you are greeted at Sophie's.

We hope that you will visit our friends at Sophie's Closet, have lots of fun shopping and support their mission to give back to the community by

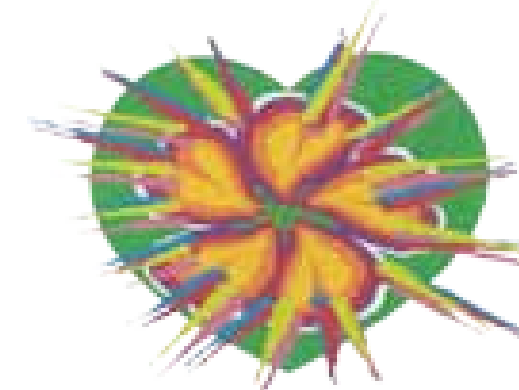
donating a portion of their proceeds to Healing Touch Buddies. The owners have seen firsthand how Healing Touch Buddies gives compassionate support, through healing touch, to those with a breast cancer diagnosis. They know that we help women prepare for surgery, see them in the hospital, provide healing touch around treatments and during that stage when the life as "survivor" is ahead. In the nearly seven years Healing Touch Buddies has been providing service, a few of their own friends and associates have benefited from our program. They are keenly aware of the need to support what is sustainable and what works.

Thank you Sophie! 

October is a special time when we honor those we love who are survivors and remember those we love who are in spirit now. Please consider donating to Healing Touch Buddies in their name. Healing Touch Buddies is a 501 (c)(3) nonprofit and relies upon donations, gifts and grants to support its all-volunteer program.

To donate, visit
www.healingtouchbuddies.org

To volunteer, call 561-741-1671 or contact
htbuddiesinc@cs.com.



SAWGRASS NATURE CENTER HONORS VOLUNTEERS EXTRAORDINAIRE

by Robin Reccasina



Pictured left to right are; Amanda Faro, Education Volunteer Extraordinaire, Robin Reccasina, Director of Education, Frank Solis, Wildlife Hospital Volunteer Extraordinaire, Donna Fife, Hospital Manager, and Sara Yinger, Educator & Naturalist

The Sawgrass Nature Center and Wildlife Hospital honored their Volunteers Extraordinaire of the Summer, 2010 at the Aug 19th meeting of Adult Volunteers. Amanda Faro was named the Education Volunteer of the Summer for volunteering her time during the entire eight weeks of summer camp. Frank Solis was named the Wildlife Hospital Volunteer of the Summer for his many hours donated to care for the animals in the outdoor habitats.

The Sawgrass Nature Center & Wildlife Hospital is a 501(c)(3) nonprofit organization. All wildlife lovers and those concerned about the environment and the betterment of their community are welcome to volunteer. Previous experience is not needed. Adult volunteers are 18 and over. Junior volunteers aged 15 to 17 must be accompanied by an adult volunteer.

Sawgrass Nature Center's Nature Explorers

Come and enjoy a hands-on adventure exploring our natural environment and the creatures that inhabit it. The Sawgrass Nature Center welcomes Nature Explorers from ages 3-5 to their preschool program on the following dates: Wednesdays, October 6, 13, 20, 27, 2010 from 10am-11am. Cost: \$5 for SNC members (\$8 non-members) per class. Please contact the Center for more in-

formation and to receive a registration form. The Sawgrass Nature Center & Wildlife Hospital is located at 3000 Sportsplex Drive, Coral Springs, FL 33065. (954) 752-WILD (9453); www.sawgrassnaturecenter.org.

Pre-registration is required. 🌍

The Sawgrass Nature Center is located on five acres of land in the Sportsplex Park, donated by the City of Coral Springs (adjacent to the Sawgrass Expressway between Sample Road and Royal Palm Blvd.). The Nature Center is a place where people of all ages can come to observe birds, mammals, reptiles and native plants and learn to appreciate the beauty of nature in South Florida. For information about volunteering, call (954) 752-9453 or e-mail sncvolunteers@gmail.com. Volunteer applications are also available on the website.





TRICK OR TREAT HELPING OTHERS ON HALLOWEEN

by Sandra Frens

Fall...it's the time when the weather gets cooler and people come home to visit family and friends. Loved ones will gather around a dining table with plenty of food to go around. Sadly, a lot of families don't have the luxury of enjoying a nice dinner with family and friends, let alone any meal at all. This is a disheartening thought, but there is something we can do to help.

This Halloween, instead of collecting candy from neighbors and friends, try collecting non-perishable food. When you are out taking your kids around from block to block, ask if the residents can spare any non-perishables. If your plans do not include kids, get dressed up and go around with a few friends and collect canned goods and other dry food items. People are already expecting trick-or-treaters, and, in most cases, they have a spare can of food lying around that they can give.

This also makes a great party game if you are throwing a Halloween Party. Gather your guests together and split them up into teams (no less than two for safety reasons), and give them a time frame of 15 to 30 minutes. Whoever comes back with the most food items wins! To provide a little extra incentive, you could offer some sort of small gift (such as Sprouts plantable greeting cards).

Sprouts Fall Cards

Click the link to order: www.sproutem.com/category/Fall

Here are a few tips on collecting canned and other food items this Halloween. Make sure you have a few friends with you. Not only is this for added safety, but you can carry more food this way. Also, make sure you use canvas bags, backpacks or even a rolling suitcase to carry the items. Most people tend to give canned goods, and too many will break plastic and paper bags (plus reusable bags are better for the environment). If you have access to a wheelbarrow, use

it! It will mean few trips to the car or house to unload the goods. Last, but not least, have fun.

It's Halloween!

Don't know what to do with the food after you've collected it? Most local grocery stores like Publix and Winn-Dixie usually start collecting for food drives beginning in October. Also try places like your local YMCA and community churches usually have a collection going, too. If you still cannot find a place to donate the food, try the Internet to find local drop-off locations. 🌍

Click the link to find out about Feeding America: <http://feedingamerica.org>

Here are some specific locations in South Florida:

Palm Beach Warehouse

426 Claremore Drive

West Palm Beach, FL 33401

(561) 659-5070

Broward Warehouse

2970 NW 27th Street

Fort Lauderdale, FL 33311

(954) 486-7226

Administrative Office and Main Warehouse

5850 NW 32nd Avenue

Miami, FL 33142

(305) 633-9861

Reclamation Center

1363 NW 155th Drive

Miami, FL 33169 (305) 474-8805



RADIO GREEN EARTH'S SUSTAINABILITY TIPS

by John Poggi

Old Sneakers... Got a pile of old sneakers that you don't wear anymore, but just can't bring yourself to throw away? How about donating them to someone who can use them? Most major shoe makers now have programs that will recycle any brand of athletic shoe. New Balance for example, will accept any footwear you bring to their store – regardless if you purchase something or not. Donate old footwear and millions of feet will thank you.

Hazardous Kitty Litter... Clumping clay litter for your cat is convenient, but it could also be harmful to them. Commercial clay litters can contain compounds like silica and sodium bentonite that can be harmful if inhaled or ingested by our feline friends! As an alternative, try a plant-based litter made from

recycled paper, fragrant cedar or naturally clumping corn litter. Better for the environment and Fluffy as well.

Something fishy... Sustainable fish are caught in a way that doesn't impede the fish's population growth or natural habitat. Unfortunately, many fishing practices in place today do just the opposite. The best sustainable choices are *Catfish (US Farmed)*, *Alaska Wild Salmon*, *Mahi Mahi*, *Striped Bass*, *Tilapia (US Farmed)*. The worst are Chilean Sea bass, Sharks and Skates, Red Snapper, Swordfish and Bluefin Tuna.

"100 Mile Diet"... The local food movement, eating local, being on the "100 mile diet" or being a loca-

vore are all synonymous with **local food**. Poster child for sustainable agriculture, local food integrates production, processing, distribution and consumption on a small scale, creating sustainable local economies and a strong connection between farm and table.

Need a Drink? Ethanol is also known as ethyl alcohol, the same kind of alcohol you shake with vermouth and serve with some olives. Used as a fuel, it is added to gasoline. E10 means 10% ethanol; E85 means 85% ethanol, and so on. Car engines today will operate on E10 without modification, and most of the ethanol produced in the world today is "bio-ethanol," or ethanol derived from the starch or sugar in a wide variety of common crops or feedstocks.

Where's the Beef? If you purchase \$8 per week of organic beef in lieu of conventional beef you'll save 98 pounds of carbon dioxide per year. Getting beef from the ranch to your plate creates a lot of carbon emissions. Reduce the footprint of your beef by buying organic. Farms that raise organic beef raise cows that grow to a normal size so they don't create more methane (a greenhouse gas 20 times more potent than carbon dioxide) than necessary. Organic farmers do this by letting the cattle graze outdoors, not giving them antibiotics or growth hormones, and permitting them to graze on organic pastures without artificial fertilizers. So keep your beef organic and your carbon footprint lean! 🌍

Radio Green Earth is a weekly program produced for public radio focusing on the environment. The

program includes an hour of environmental news, feature stories, green tip-of-the-week and an update on environmental events in South Florida. You'll hear the latest environmental news and from the experts on subjects like marine conservation, alternative energy, green buildings, endangered species, protecting the environment, Everglades restoration and much more. RGE informs you about the technologies, products and practices you can employ to become greener in every area of your life. Hear Radio Green Earth on WXEL 90.7 FM, at www.radiogreenearth.org or on iTunes.

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A SPECIES IN PERIL THE FLORIDA PANTHER

by Jim Jackson

"Female and male Florida Panthers don't ordinarily fight, yet we found four females killed by other panthers in just six months. That's after only four being killed by panthers in the previous seventeen years. That told us we may never be able to increase the population beyond this point. There just isn't enough habitat. Panthers are bumping into panthers."

That brutal reality delivered to me with a wistful sigh from a big man in the panther movement was one of many harsh realities I experienced one day slogging through South Florida flatwoods and swampland. On assignment for Radio Green Earth, I was on a hike in the Florida Panther National Wildlife Refuge with wildlife biologist Larry Richardson. Panthers may be bumping into each other, but Richardson, despite twenty years working at the Refuge, has bumped into a panther in the wild only six times. In this era of instant gratification, Richardson's monkish dedication to the big cat, along with all the other folks who work the Refuge, is unique — without it there would be no panthers left alive in Florida.

When Richardson began working to save the panther, there were 39 left in the wild. And the Florida Panther (*Puma Concolor Coryi*) is the last species of big cat remaining in the wild in the Eastern United States. Now there are over a hundred, and it's getting crowded out there. These are big animals. The females get to about 80 pounds, and the males can be 120 pounds of slashing predator, swift enough to bring down a sprinting deer.

You see...the panther is a solitary animal that is always on the move in search of game. They are extremely territorial and need a wide range to wander. Right now their range is less than 5% of what it once was.

Photography courtesy of Larry Richardson



We were hiking along Route 29 in Collier County, about 20 miles east of Naples. Route 29 is the dividing line between two huge natural areas: the 26,000-acre Florida Panther National Wildlife Refuge and the Big Cypress Preserve, about twenty miles East of Naples. You've seen it if you travel to Naples on Alligator Alley.

We were headed to a wildlife crossing, a man-made tunnel under the road, which allows the panther and other game to travel between the two preserves without crossing the highway. This innovation alone

saves the lives of untold numbers of deer, bear, panther and other critters who have learned to use the paths under the road. How did they know where to put the game trails? They let the panthers tell them.

"The panthers already had their travel corridors established. The telemetry data we have been gathering since the '80s showed us that these cats have been literally walking within yards of this game trail for a long time. They showed us where these fairly new wildlife crossings should be built," said Richardson.

The data comes from microchips the scientists have been putting in panther kittens when they find them. They can only find kittens if the mother has a radio collar. The staff traps the cats; then they place the collars on adults and follow their movements. They also track panthers so they can find them and care for them. The cats are located and then sedated with tranquilizer guns so that they can check the cats out, fix their teeth or treat any other medical issues they may have. Not that there aren't other hazards in the swamp. As we approached the game trail, we spied at least half a dozen huge gators sunning themselves nearby.

Wildlife management is sophisticated science, but Richardson is not beneath getting on his hands and knees to sniff out the small signs that a panther has been nearby.

"Look here! See how he made a little scrape right here? See how he piled this up, probably urinated on it. That's how they mark their scent, their territory."

Richardson shows me two trip cameras along the path, another monitoring tool. He talks about what they've seen.

"We have some stunning video. We have one shot where a deer comes through, walking softly in the night, oblivious of what is about to occur. Just a few seconds later, we see a panther come through, and though we don't see what happens

next, we can imagine the panther had venison for supper."

We reach the crossing, basically a tunnel with a dirt floor, and the floor is covered in tracks, not just of panthers, but also bear and deer. Richardson can tell you how big the animal, which way it's going and how long ago it went. So many panther tracks that there are prints on top of prints, a sign there are so many cats they are getting in each other's way. Richardson estimates that the hundreds of tracks in the tunnel represented



five or six different cats that use the tunnel, possibly every day.

These conditions are a far cry from the low point for panthers, which was the year 1995. At that point, scientists were sure the species was going to "blink out" as Richardson put it. So they brought in eight female Texas cougars

and released them into the Refuge.

Immediately things began to improve.

"Right away we were seeing the deleterious effects of inbreeding begin to disappear. The tufted fur on the back, kinked tails, low or no sperm count were no longer a problem and within just a few years the count went from fifty to a hundred, and we thought 'Wow, this is it!'"

Then they started seeing panthers kill panthers,



Larry Richardson

and they knew they were at an impasse. They had succeeded in bringing back the species, but now they have run out of room. Richardson believes the panther is self-regulating. Panthers bump into each other and they fight. One wins, one loses. And if they bump into a female with kittens, that panther may destroy them all. The only answer is more room to roam.

Right now, just over one hundred panthers roam in about three million acres of land, and Richardson is sure that the population cannot grow beyond what it is now. With so few panthers, the species cannot be sustained. Eventually, the inbreeding will rise again and new blood will have to be brought in. Richardson says we need to double or even triple the available range to create a self-sustaining population. I said to him, "That's not gonna happen"

Richardson replied, "Hope springs eternal."

Richardson truly believes they can make more progress. The day Radio Green Earth visited the Refuge, they were performing a controlled burn. And Richardson and his co-workers are busy constantly renovating acres of the preserve by clearing exotic plants and the overgrowth of cabbage palms, both of which limit viable use of the range. More open range, more deer, more food for panthers.

"I'm building a panther factory here," said Richardson. "And it used to be so much worse twenty years ago, and we can make it better, but it's going to be at the ballot box, not in the lab. Peo-

ple have to have the political will to spend the money to save the species."

"Why should we care," I asked, "if there is little to no chance of us ever seeing these creatures?"

"Here's an animal that's a sentinel," Richardson pointed out. "It watches you come and go in its habitat. It watches you come and stay and build, and then it leaves. If you have a healthy panther population in your midst, what you have is the best indicator of a vibrant, healthy ecosystem. And that healthy ecosystem pays us back. It provides us water and our clean air. This panther is basically telling us that everything is OK out here. Yes, there are things that have to be improved, that have to be managed, but overall we have a fairly healthy ecosystem here and it pays us back whether we know it or not." 🌍



For the Radio Green Earth interview of Larry Richardson, click here: <http://www.radiogreenearth.org/feb0610.html>

If Richardson's dedication moves you to action go to the Friends of the Florida Panther Refuge website at www.floridapanther.org and learn more. When he is not saving the species, Larry Richardson, as you can see on these pages, is a wildlife photographer.

To see more of his work, go to his website WWW.richardsonnature.com. Drop him a note. Let him know we're with him.

WASTE NOT WANT NOT : THREE EASY WAYS TO REDUCE OFFICE WASTE

by Missy Tancredi, Northern Palm Beach
County Chamber of Commerce



You can learn a lot about a person by going through their trash (just watch any private eye movie) — and the same principle applies to your business. If you haven't taken a close look at your office waste, then you don't have a good idea of your business' efficiency — or lack thereof. Recycling and refuse companies can conduct "waste stream audits" to determine the amount of your waste and how much ends up in a landfill versus the recycling plant. Then there's the old fashioned way, go through it. Below are a few simple ways to start reducing your waste and saving money!

Re-use office supplies. Waste stream audits can save money by shedding light on office supplies that are being tossed and replaced, that could easily be re-used. Some great examples of this are binder clips, file folders, paper clips, and rechargeable batteries — all providing opportunities to save money by not having to replace them as often.

Identify processes associated with waste. A great example of this is a taffy manufacturing company that had a portion of flavored taffy residue left in the mixer at the end of each batch. An employee proposed a way to reduce the waste: if they mixed a complimentary fla-

vor with the previous batch's residue they could create a new flavor. As it turned out, the new flavors that came out of the idea were huge hits with their customers. In this scenario they reduced their waste stream; they reduced production cost and time by skipping an after-batch cleaning of the mixer, and they created a new income stream with new flavor offerings. Re-use paper. You'll be amazed at how much money can be saved by re-using paper. Have you thought about re-using paper for double-sided printing? At our offices, if we print single sided and need that paper only for a finite time, that paper gets re-used for interoffice communications or scrap printing. This saves us about four reams of paper per month, saving up to \$300 per year. Of course, whenever possible go the waste-free route — paperless.

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.

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.

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10 A.M. - 4 P.M.

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GREEN EXPO: GET THE GOODS ON GOING GREEN

by Grace Truman

Looking for the latest ways to go green? Plan to attend Palm Beach State College's 3rd Annual Green Expo from 10 am to 4 pm Saturday, Oct. 9 at the Lake Worth campus.


The College's Green Institute is hosting this free, earth-friendly event featuring educational sessions and exhibits for everyone from homeowners to industry contractors. More than 50 exhibitors and sponsors are expected to be on hand to display products and services and offer useful information on innovative ways to help save our planet.

Sustainability and green living workshops also will be held throughout the day. Featured presentations include:

- **Green Stream Mapping** by Bob Gilbert, Vice President of Green and Sustainable Solutions. Learn how to identify green opportunities by analyzing conventional waste to minimize environmental impact.
- **Do Something!** by Missy Tancredi, Vice President of ECO Advisors and host of Radio Green Earth, South Florida's first all environmental talk show. Learn how green, sustainable choices and behavioral changes can help pave the road to economic recovery. This session will address sustainability as it applies to our personal lives and businesses.
- **Wildlife and the BP Oil Spill** by Kirk W. Rusenko, Marine Conservationist for the City of Boca Raton, based at the Gumbo Limbo Nature Center. Dr. Rusenko will talk about the immediate and long-term impacts of the spill on marine

and coastal wildlife, especially many endangered species such as sea turtles.

- **Using REVIT to Design "Green"** by Eugene Fagan, registered architect and an adjunct instructor at Palm Beach State College. Creating a building virtually provides a wealth of data to evaluate the building's energy performance, including LEED rating data, sun light and shading, sun impacts from adjacent buildings, energy usage, tracking recycled materials and tracking water usage.
- **Certifying a LEED Building** by Manual Perez, Preconstruction Manager at Stiles Construction. Take a guided tour through the U.S. Green Building Council's Leadership in Energy & Environmental Design (LEED) standards. Find out how to build sustainability into your construction goals and budget.

Green Expo activities and exhibits will take place at the Education & Training Center at the intersection of Congress Avenue and Lake Worth Road. In addition to presenting the Green Expo, the Green Institute at Palm Beach State offers continuing education courses in environmentally sound practices throughout the year. Visit WWW.palmbeachstate.edu/greeninstitute.xml for more information. 

We look forward to seeing you at this year's Green Expo. If you'd like to be added to our mailing list, please send your contact information to ti@palmbeachstate.edu.

Please join us and lead toward a more sustainable future!



REDUCING OUR FOOTPRINT FAU'S LEED-CERTIFIED BUILDINGS PROMOTE SUSTAINABILITY

by Terry Gearing

As a charter signatory of the American College and University Presidents Climate Commitment, Florida Atlantic University established initiatives to reduce greenhouse emissions and to accelerate research to equip society to re-stabilize the earth's climate. Along with its efforts to decrease waste through "tray-less" cafeterias and increased recycling with "Move It Out, Don't Throw It Out" campaigns in residential housing, the University mandated a policy that all new campus construction be built according to the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) Silver standard or equivalent.

On November 5, Florida Atlantic University will cut the ribbon on one of the most environmentally ef-

ficient buildings in the state of Florida – the new headquarters of the College of Engineering and Computer Science.

"This is one of the most important structures ever built on any university campus in Florida because it's a living laboratory of the highest and best sustainability practices," said FAU President Mary Jane Saunders. "In fact, it's **one of** the first academic buildings in Florida designed to meet the highest Platinum LEED standard, and it includes such features as a rainwater recycling system, solar panels and a garden of native plants on the roof."


Several other facilities at FAU have received LEED certification as well. The Christine E. Lynn College of Nursing building, completed in 2005, was the re-

gion's first silver-level LEED certified building. In 2007, the building was re-certified as gold-level, one of the few educational facilities in the country to achieve this status. The 76,000-square-foot, three-story building is equipped with carbon dioxide monitoring, indoor chemical and pollutant control, lighting controls, low-toxicity materials, 25% recycled content and reduced energy consumption that saves more than 17% in cost compared to a traditional building. The floors of the building are made of bamboo, a quick-growing, renewable plant, and the reflective roof and glazed windows let in light, but not heat. Outdoor lamps also have been strategically aimed to avoid creating light pollution around the exterior of the building.

Florida's first LEED-certified Gold elementary school opened in August, 2008 in conjunction with FAU's new LEED-certified Gold Pine Jog Environmental Education Center in West Palm Beach. The school and new environmental center, an FAU collaboration with the Palm Beach County School District, models an environmental focus, using the natural environment of FAU's Pine Jog property as an outdoor classroom. The buildings satisfied all LEED requirements and earned credits for water efficiency, energy and atmosphere, sustainable site, indoor environmental quality, materials and resources, and innovation and design. The school is among only a dozen public schools in the nation to be LEED-certified, and the only one anywhere to be co-located with a university environmental education center.

Construction of the new FAU High School classroom building, which houses middle and high school students in an innovative, diverse set of learning spaces, was completed in July, 2010 to LEED Gold standards. The 16,000-square-foot building will be used for project work and lectures, with specific subject areas focusing on science, art, music and movement. The structure consists of seven studios, project space designated for co-op learning, two lecture rooms, music lab, science/art lab and multimedia study area. The building collects rainwater, uses natural light and exposes mechanical and electrical systems and data for student study. Outdoor spaces are available for a science and art patio and an amphitheater area.

"FAU committed to building sustainable green architecture because it made sense," said Tom Donaudy, FAU Architect and Vice President for Facilities. "Not only does green architecture save operating dollars over the life of the building, it also improves the building occupants, health, comfort and productivity while reducing pollution and landfill waste. Our commitment and resolve to building green architecture has come to fruition."

By building with efficiencies to decrease its carbon footprint, FAU stands firm on its commitment to sustainability, meeting the present needs of the University without compromising the welfare of future generations. 

For more information about Florida Atlantic University, please visit www.fau.edu.

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.

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UMB BANK OF KANSAS CITY DIVERTS 1,403 POUNDS OF ELECTRONIC WASTE

by Valerie Jennings



UMB Bank of Kansas City recently issued a sustainability case study in conjunction with InkCycle, a business with a green line of remanufactured ink and toner cartridges known as grenk. The case study reviewed how UMB Bank of Kansas City diverted 1,403 pounds of electronic waste from landfills.

Download case study:
<http://jenningssocialmedia.com/downloads/finalgrenk-umb.pdf>

Malenda Shahane, Sustainability Manager at UMB Bank, said that grenk was a huge help in creating a results-driven sustainability program. "Thanks to grenk, UMB Bank's e-waste was reduced by 1,403 pounds from May to November 2009. The grenk cartridges have also saved an additional \$8,508.32 from May to November 2009," said Shahane.

According to the case study, UMB's paper recycling diverted approximately 703.27 tons of waste from landfills in 2009, and the company's overall footprint showed a 2% decrease in carbon emissions from 2007. "Now, because of UMB's sustainability initiatives, there is one branch in Olathe, Kansas that is Leadership in Energy & Environmental Design (LEED) Silver,

one branch in Arnold, Mo. that is LEED certified and two other branches opening this fall that will be seeking LEED certification," Shahane added. "There are many other UMB initiatives on the horizon that clearly demonstrate both the company and its associates' passion as green advocates."

Brad Roderick, Executive Vice President of InkCycle, said that having a sustainability program designed to eliminate e-waste is what drives him to promote the green line of ink and toner cartridges. "Thanks to UMB Bank and their local bank locations, we are working towards a green community. Grenk will impact many local businesses in the near future with respect to eliminating electronic waste," said Roderick. 🌍

InkCycle is a Kansas City-based company with a green line of remanufactured ink and toner cartridges known as grenk (<http://grenkblog.com>). The company produces 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

This Halloween, don't just send a card, send flowers!

Sprouts unique Halloween Cards are printed on eco-friendly, plantable seed paper. Handmade from 100% recycled paper and embedded with flower seeds, when Sprouts cards are planted they grow beautiful wildflowers! Planting instructions are printed on each 5.25" x 4" card and custom designs/inside printing are available. Please call (561) 840-8089 or e-mail info@sproutem.com for a custom or large quantity price quote.

Shipping Service

All orders placed over the Internet are shipped UPS Ground. If you need rush delivery or your

order needs to be shipped outside of the U.S., please call a Sprouts representative at (561) 840-8089.

Founded six years ago by Sharon Quercioli, a life-long entrepreneur with over twenty years in the recycle industry, Sprouts products include greeting cards, bookmarks, Blooming Boxes™ and a host of custom marketing pieces – all of which grow beautiful flowers when planted. Sprouts products can be purchased directly from the company's Web site (www.sproutem.com) or custom printed to accommodate various volumes, sizes and print specifications. 🌍



To purchase these cards, go to www.sproutem.com/category/Fall

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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Memorial Cards

Promotional Items

Favors & Tags

Invitations

Fundraising Programs

Marketing Materials

Loggerhead Marineline Announces GO BLUE AWARDS FINALISTS

by Glenn R. Swift
Photos by Bill Barbosa

The Blue Friends Group of Loggerhead Marineline Center announced its Go Blue Awards Finalists at the Blue Friends social held Sept. 16 at PGA National Resort & Spa's iBar in Palm Beach Gardens. The winners will be announced Oct. 22 when PGA National again plays host for the annual Go Blue Awards Luncheon. At the upcoming event, Tiffany & Company, Palm Beach Gardens will provide the beautiful crystal awards, and Lilly Pulitzer, Palm Beach Gardens will present an informal fashion show. National Geographic's Brian Skerry will be the featured speaker. Tickets to the upcoming event are \$65 and are available at www.marineline.org or 561) 627-8280 ext. 103.

Here's a list of the finalists:

Eleanor Fletcher Award

- Jim Abernathy-Scuba Adventures
- Michael P. O'Neill-Photographer/Conservation Educator
- Nathaniel Reed-Everglades Foundation
- Penny Sheltz- Local Journalist

Blue Business of the Year

Large Business:

- Florida Power & Light Company
- Pizza Fusion Corporation
- Tropical Shipping

Small Business:

- Lagoon Keepers
- Palm Beach Maritime Academy
- Radio Green Earth
- Sprouts

Blue Friend of the Year

- Steve Allen-Palm Beach Maritime Academy
- Michael J. Bresette-Inwater Research
- Jocelyn O'Neill-Environmental Education Coordinator Loxahatchee River District
- Beth Smart-Dolphin & Marine Medical Research Foundation

Blue Ambassador of the Year

- Cyndi Lenz-Filmographer
- William Djubin-Ocean Rehab
- Barbara Savastano-LMC Volunteer
- Capt. Donald Voss-Marine Clean-up Initiative, Inc.

The Blue Friends Group of the Loggerhead Marineline Center is an active social group of ocean conservation enthusiasts and LMC supporters who meet to network, educate, plan and promote conservation efforts. Become a member of this dynamic networking social group of ocean conservationists and LMC supporters. The Blue Friends will party and network, plan great events, participate in beach clean-ups, enjoy the outdoors and more! For more info about the Blue Friends, e-mail: bluefriends@marineline.org



Dana Middleton, David Middleton, Sharon Quercioli and Jim Jackson



Lynne Wells (center blue dress) surrounded by Blue Friends.



Blue Friends Finalists

Pink Tie Ladies HOST ANNUAL FRIENDSHIP LUNCHEON

by Wendy Dwyer
Photos by www.gorillamagic.biz

It was a great day to be pink — and Elvis was definitely in the building. Over 450 people attended the Pink Tie Friendship Luncheon at the Port St. Lucie Civic Center recently, and more than \$23,000 was raised to help the organization, which helps uninsured and underinsured women and men in St. Lucie, Martin and Indian River counties battling breast cancer. The crowd was in a festive mood, and everyone was busy checking out the silent auction items and the quilt pieced with love by Martin County Quilters. And while it was no surprise to anyone that Pink Tie Friends supporters are generous, everyone in attendance was shocked and delighted to learn that the 50/50 raffle alone raised just under \$4,000.

The Annual Pink Tie Friendship Luncheon celebrates survival and honors loved ones touched by breast cancer. The event was also the perfect opportunity to meet the twelve dynamic individuals who are featured on the Pink Tie Friends now-legendary annual calendar. The 2011 calendar, which was unveiled and sold for the first time at the August 21 luncheon, has grown considerably and been completely redesigned by the award-winning team of Mitch Kloorfain and Wendy Dwyer of Gorilla Magic, so of course it's unique! In addition to featuring survivors, each day of the year celebrates an individual whose life was touched by breast cancer. 🌍

To learn more about Pink Tie Friends, please visit www.pinktiefriends.org.



Pat Schmader & Elvis



Elvis (Darrell Dunhill) & Calendar Girl, Dale Rosas



Cheryl Caldwell





May Horn, Ruth Woodbury, Hal Horn

Nancy Sailer & Aileen Pruitt



Mitch Kloorfain & Nancy Sailer



Pink Tie Friends present & Former Calendar Girls



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Performing the ageless classics of The Beatles, Crosby, Stills & Nash, The Doors, Cream, James Taylor, Jefferson Airplane, Bob Dylan, The Allman Brothers, and many more...

DATE: December 4, 2010 | **TIME:** 7:00 PM | **PLACE:** Mos'art Theatre
700 Park Avenue Lake Park, FL

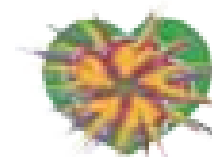
Pizza, Beer & Wine, Non-Alcoholic Beverages Available

Tickets: \$35 per person

Chinese raffle & door prizes with all net proceeds to support Healing Touch Buddies, a local non-profit dedicated to improving the quality of life of those challenged with a diagnosis of breast cancer.

To purchase tickets, visit www.mosarttheater.com or call: (772) 323-6925 | glenn@owwmedia.com

For more information about Healing Touch Buddies | <http://www.healingtouchbuddies.org> | 561-741-1671





RIVERSIDE THEATRE ANNOUNCES BLOCKBUSTER SEASON

by Glenn R. Swift

Photo by Tom Smoyer

Riverside Theatre's 2010-2011 Stark Mainstage Season will be the theatre's most ambitious season ever with three blockbuster Broadway shows and a new musical based upon a legendary actor. Starting its 37th season, Riverside Theatre is coming off one its most successful seasons, which included the phenomenon that was 42nd Street. Building on that success, the new season will include three large cast, Broadway award-winning musicals and the smaller musical biography on James Cagney.

"42nd Street was a game changer for the theatre," said Allen D. Cornell, Producing Artistic Director for Riverside Theatre. "The success of that production along with the support from patron producers and the community at large was incredible, especially when you consider the financial difficulties all around us. With over 23,000 people seeing 42nd Street, our risk in creating such a huge, expensive show was well worth it. The excitement within the theatre walls, let alone the community, was palpable. To keep that momentum going, the theatre needs to create the musical extravaganzas that people want to see and that only Riverside Theatre can create on the Treasure Coast. I'm very happy to announce this great season of spectacular entertainment. Having these acclaimed Broadway shows on our stage takes the season to an incredibly high level. Riverside Theatre's goal has always been to present shows that entertain and uplift our patrons, and in challenging times we all need a good dose of cheer. Live theatre can give that and so much more."

The 2010 – 2011 Stark Mainstage Season begins in October 2010 and ends in May 2011 and includes four great musicals. Subscriptions for all four Mainstage productions start as low as \$115. A 3-show subscrip-



Photo by Rob Downey

tion package, which includes the three shows from January through May, is also available and starts at \$90.

The 2010-11 Stark Mainstage Season

Cagney!

Book by Peter Colley

Music & Lyrics by Robert Creighton and

Christopher McGovern

October 28 – November 14, 2010



Cagney! is the high-stepping, explosive new musical about legendary star and the screen's greatest tough-guy, James Cagney. Cagney! follows the actor from his humble beginnings in New York City's Lower East Side through

his rise as a vaudeville song-and-dance man to his superstardom in Hollywood. Filled with show-stopping song and dance numbers from Yankee Doodle Dandy, The Seven Little Foys and many others, Cagney! is a dynamic musical tribute that will have audiences cheering.

Guys and Dolls

Music & Lyrics by Frank Loesser

Book by Jo Swerling & Abe Burrows

Based on the stories of Damon Runyon

January 13 – February 6, 2011



A beloved classic, Guys and Dolls features one of the greatest musical scores in the history of the American theatre. It tells the tale of Nathan Detroit who bets fellow gambler Sky Masterson that he can't make the next girl he sees fall in love with him. When that "next girl" is a pure-at-heart Salvation Army-type reformer, that's when the fun really begins. Meanwhile, Nathan is having trouble with his own girlfriend, who after 14 years of dating is ready for marriage. With the unforgettable songs "Luck Be a Lady," "A Bushel and a Peck," "Sit Down You're Rockin' the Boat," and many more, this dazzling musical comedy is the perfect balance of story, dance, music and romance.

The Producers

Book by Mel Brooks & Thomas Meehan

Music & Lyrics by Mel Brooks

February 24 – March 20, 2011



Winner of 12 Tony Awards, The Producers is one of Broadway's biggest blockbusters. Based upon the hit 1968 film of the same name, this Mel Brooks masterpiece chronicles the hilarious adventures of washed-up Broadway



The 750-seat, state-of-the-art Riverside Theatre in Vero Beach is one of the most highly renowned producing theaters on the east coast of Florida.

The Riverside's Waxlax Theatre or Second Stage seats 250 and is used for smaller, challenging theater, cabarets, lectures and receptions.



Photo by Rob Downey

producer Max Bialystock and his mild-mannered accountant Leo Bloom, as they scheme to get rich quick by producing the most notorious flop in the history of showbiz. What they don't know is that after all their hard work, the musical ends up being a smash hit! The Producers is a hilarious tour-de-force that spoofs the big, old-fashioned Broadway musical while paying tribute to it at the same time.

Buddy, The Buddy Holly Story

By Alan Janes and Rob Bettinson

April 7 – May 1, 2011



Tap your toes along with this exciting musical retelling of the life and times of Buddy Holly. Buddy, the world's most successful rock 'n roll musical, chronicles the legendary musician's short yet spectacular career. From his meteoric rise to stardom to his last unforgettable concert in Iowa, this vibrant musical includes 20 classic hits including: "Peggy Sue," "Chantilly Lace," "La Bamba," "That'll Be the Day," and many more. Buddy is a rock 'n roll celebration that will have you dancing in the aisles!

3-Show and 4-Show Subscriptions are now on sale for the Stark Mainstage and start as low as \$90. Call the Box Office at (772) 231-6990 or (800) 445-6745 to order tickets or get a season brochure. 🌐

Riverside Theatre is located at 3250 Riverside Park Drive in Vero Beach. Riverside Theatre programs are sponsored in part by the State of Florida, Department of State Division of Cultural Affairs, Florida Arts Council and the National Endowment for the Arts. Riverside Theatre is a member of the Cultural Council of Indian River County.

For more information about the Riverside Theatre, please visit www.riversidetheatre.com.

RIVERSIDE THEATRE

Allen D. Cornell, Producing Artistic Director
PROFESSIONAL THEATRE FOR THE TREASURE COAST

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Stark Stage Series

"A high-stepping new musical about the silver screen's greatest tough guy!" - *The Miami Herald*

Cagney!

Oct. 28 - Nov. 14, 2010

"Glitzy & Bold!" - *Associated Press*

Guys & Dolls

Jan. 13 - Feb. 6, 2011

"Hilarious!" - *The New York Times*

The Producers

Feb. 24 - Mar. 20, 2011

"Remarkable...it's a bona fide crowd pleaser" - *Variety*

Buddy, The Buddy Holly Story

Apr. 7 - May 1, 2011

GREAT SEATS FOR FOUR SPECTACULAR SHOWS START AS LOW AS \$115

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www.riversidetheatre.com

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FLORIDA CLASSICAL BALLET THEATRE ANNOUNCES TENTH SEASON

by Jennifer Iacobucci

The decade-old Florida Classical Ballet Theatre, under the direction of Artistic Director Colleen Smith, is excited to announce its upcoming season, along with some veteran talent added to the company. After 30 years as Ballet Florida's Ballet Mistress, Claudia Cravey has joined the faculty of Florida Classical Ballet Theatre and its school, The Esther Center. Former Ballet Florida dancer Rogelio Corrales will join Lily Ojea and Marshall Levin as the company's third full-time professional dancer. Additionally, guest artists from around the country will perform throughout the season. This season's company will also include apprentice dancers Jessica Haley and Marinna Kus, along with trainees Madeleine Miller, Daylan Sleva and Gianna Beata.

Four beautiful ballets will be performed during FCBT's tenth season. Beginning with the hauntingly beautiful score by Prokofiev, the company will present a "fresh for fall" masterpiece of the classic happily ever after tale, Cinderella. This ballet includes a Stepmother, Fairy Godmother, Prince Charming and THE most beautiful girl at the ball, which all makes for the best in ballet magic.

Other ballets to be performed during this season will include the holiday classic, The Nutcracker, to be presented over Thanksgiving weekend, followed by the

whimsically funny and time honored classic ballet, Don Quixote in March. Rounding out the season will be To Russia with Love, a compilation of ballets, including the original biblical ballet, For Such A Time As This, The Story of Queen Esther (also to be performed in Russia during the summer of 2011), along with other shorts ballets.

The performance schedule is as follows:

Cinderella, October 9 at 2pm and 7:30pm;

The Nutcracker, November 26 and 27 at 2pm and 7:30pm;

Don Quixote, March 25 at 2pm and March 26 at 2pm and 7:30pm;

To Russia with Love, May 27 at 1pm and 7:30pm.


All performances are held at The Eissey Campus Theatre in Palm Beach Gardens. Ticket prices are \$22-32. Season ticket discounts are offered at \$76 balcony, \$96 side orchestra and \$116 center orchestra. Order early for the best seats. For tickets, call the box office at (561) 207-5900. 🌐

Florida Classical Ballet Theatre is committed to preserving the art of classical ballet, enriching our community with the beauty of ballet and impacting young lives through the discipline of dance. For more information about Florida Classical Ballet Theatre, visit www.fcbt.org.

SUNRISE THEATRE

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SUNRISE THEATRE ADDS THE DOOBIE BROTHERS,
AS WELL AS THE THREE IRISH SOPRANOS & NEW SHANGHAI CIRCUS
TO AN ALREADY FANTASTIC SEASON!



THE DOOBIE BROTHERS
WEDNESDAY,
MARCH 9, 2011
AT 7 PM
TICKETS: \$79/65

The Doobie Brothers are one of the very few American musical groups that have been able to achieve a phenomenal level of success and sustain it for a period of time measured in decades. The multi-grammy award-winning "Doobies" have sold more than 30 million records worldwide, including 11 Platinum and 13 Gold Albums. Over the years, The Doobie Brothers' music has evolved from a country/blues base into a sound emphasizing everything from R&B and jazz elements, to guitar fueled rockers like "China Grove" and "Long Train Running," to the folky chart topper "Black Water." Don't miss The Doobie Brothers, One Night Only, March 9th, at the Sunrise Theatre in Downtown Fort Pierce!



"Direct from Ireland"
The Three Irish Sopranos
Sun, March 13, 2011 at 7 pm
Tickets: \$35/29

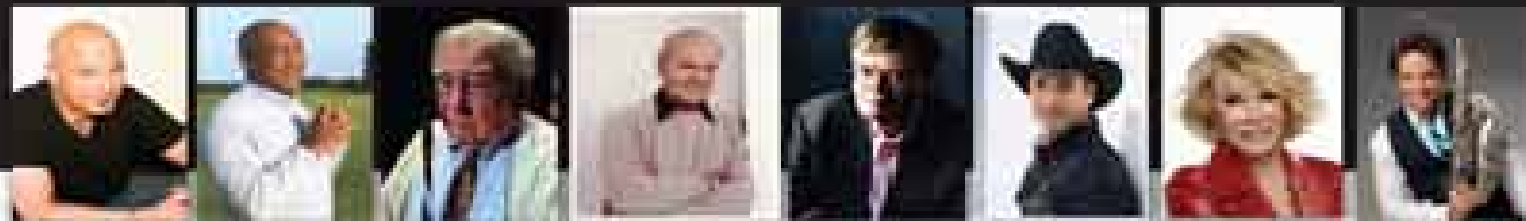
"The Irish Sopranos made Carnegie Hall even more breathtaking with their beauty and pristine voices."
New York Times



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Ed Asner as FDR	Sun, Jan 9 at 7 pm
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The National Tour of ALL SHOOK UP	Fri, Feb 4 at 8p 3pm
The National Tour of THE MUSIC MAN	Sun, Feb 13 at 3pm
The National Tour of S'WONDERFUL	Tues, March 8 at 7 pm
The National Tour of SPRING AWAKENING	Wed, March 23 at 8 pm
National Tour of GREASE	Sun, April 3 at 7 pm



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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 served 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.