



Our Wonderful World

December, 2010
Volume 1 :: Number 8

The Art of Living Green

Christmas in Palm Beach

Worth Avenue Aglow

Wyland

Making Every Drop Count

Theatre Orchestra of Florida

Announces 2011 Season

Enjoy the interactive format of our magazine by using the ToolBar at the top of the page to turn pages, search, zoom, email, download, print, etc. To maximize your enjoyment of the magazine, click on the Full Screen key:



Our Wonderful World
Volume 1 Number 8

Photo by Robby Antonio

Table of Contents

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

Contributors and Advertisers

Letter from the Publishers

Feature Story

'Twas the Night Before Christmas Ice Extravaganza

by Glenn R. Swift

Cover Story

Christmas in Palm Beach

by Glenn R. Swift

Feature Story

Blizzard at the Beach

by Amy Woods

Health & Wellness

Give Peas a Chance!

by Sean Herbert

Facials — An Essential Part of Skincare

by Karen Levine Cantor

Pearls of Wisdom from the Green Goddess

by Sharon Quercioli

Eating Well

An Apple a Day...

by Sharon Quercioli

Nonprofit/Charity

Share the Light

by Betty Ann Baker

Going Green

Make It a Green Holiday

by Sandra Bogan

Energy Saving Tax Incentives

by Claire Baker

Radio Green Earth Supports River of Grass Gala

by John Poggi

Babcock Ranch — Florida's Solar City of the Future

by Hilde Hartnett Goldstein

Straight Talk about Climate Change

by John Poggi

Green Gifts for the Holidays

by Valerie Jennings

Green Goodies

Green Goings

Wyland — Making Every Drop Count

Wyland Living Green Fair Makes Big Splash

The Lane Spa Hosts Charity Day

by Glenn R. Swift

Arts & Entertainment

Arts in the Gardens Opens at Eissey Campus Theatre

by Nancy Denholm

A Palm Beach Treasure — The Palm Beach Pops

by Christine Stickney

Theatre Orchestra of Florida Announces Upcoming Season

by Robert Hooper

An Up-Close Look at *Freud's Last Session*

by Mark Lynch

Meet The Team



For downloadable pdf click here.



Our Wonderful World
Volume 1 Number 6

CONTRIBUTORS AND ADVERTISERS

Ameritas Investment Corp.	(Link to Ad)
Claire Baker CPA	www.cbakercpa.com
Coral Springs Center for the Arts	www.coralspringscenterforthearts.com
Diatech USA	www.diatechusa.com
Eissey Campus Theatre	www.palmbeachstate.edu/eisseycampustheatre.xml
Florida Public Utilities	www.fpuc.com
Got Sprouts?	www.gotsprouts.com
Healing Touch Buddies, Inc.	www.healingtouchbuddies.org
InkCycle	www.inkcycle.com
Intelligent Office	www.intelligentoffice.com
Lost Iguana Resort & Spa	www.lostiguanaresort.com
Friends of MacArthur Beach State Park	www.macarthurbeach.org
Mos'art Theatre	www.mosarttheatre.com
Nautical Southeast	www.nauticalsoutheast.com
Northern Palm Beach County Chamber of Commerce	www.npbchamber.com
Nozzle Nolen	www.nozzlenolen.com
Oxbow Eco-Center	www.stlucieco.gov/erd/oxbow/index.htm
Palm Beach Dramaworks	www.palmbeachdramaworks.org
Palm Beach Pops	www.palmbeachpops.org
Radio Green Earth	www.radiogreeneearth.org
Riverside Theatre	www.riversidetheatre.com
Roger Dean Stadium	www.rogerdeanstadium.com
Sean Reed Consulting	www.seanreed.org
SeaView Radio	www.seaviewradio.com
Sprouts!	www.sproutem.com
Sunrise Theatre	www.sunrisetheatre.com
Theatre Orchestra of Florida	www.theatreorchestrafl.com
The Lane Spa	www.thelanespa.com
Young Living	www.youngliving.org/owwmedia



Our Wonderful World

The Art of Living Green

President & Co-Publisher
Sharon Quercioli

Webmaster/IT Coordinator
Sean Reed

Editor in Chief & Co-Publisher
Glenn R. Swift

Contributing Writers
Betty Ann Baker, Claire Baker,
Sandra Bogan, Karen Levine
Cantor, Nancy Denholm,
Hilde Hartnett Goldstein,
Sean Herbert, Robert Hooper,
Valerie Jennings, Mark Lynch,
John Poggi, Sharon Quercioli,
Christine Stickney, Glenn R. Swift
and Amy Woods

Art Director
Dori Beeler

Contributing Photographers
Robby Antonio, Alicia Donelan,
Sharon Quercioli and
Studio Palm Beach

Operations Manager
Kristin Purcell



Volume 1, Number 8. *Our Wonderful World* is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at www.owwmedia.com. For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or glenn@owwmedia.com.

Copyright 2010, Our Wonderful World Media & Entertainment, Inc. No part of this magazine may be reproduced for commercial or promotional purposes without the expressed written permission of Our Wonderful World Media & Entertainment, Inc. Neither the publishers nor the advertisers will be held responsible for any errors found in the magazine. The publishers accept no liability for the accuracy of statements made by advertisers. Advertisements in this publication are not intended as an offer where prohibited by state laws.

FROM THE PUBLISHERS

It's that wonderful time of year again, the Holiday Season, a time to share our love with family and friends. What would the Holidays be without Santa? True to form he's busy as ever... fulfilling the wishes of every little boy and girl. In fact, just the other day Santa was in Palm Beach...Worth Avenue of all places! Santa always did have style. Well, we've got the photos to prove it.

We've also included a pictorial of another got-to-be-seen-to-be-believed experience — the magnificent ice sculptures of the Gaylord Palms Resort in Kissimmee, Florida (www.gaylordhotels.com). Entitled "Twas the Night Before Christmas," this award-winning attraction is carved by a team of 40 incredibly talented artisans from Harbin, China who spend more than a month right here in Florida creating this one-of-a-kind attraction. We hope our photographs can bring this amazing craftsmanship to life. Special thanks to Robby Antonio for braving a frigid 9 degree temperature to bring this story to us.

We also want to give a heartfelt thank you to Wyland, the "Marine Michaelangelo," for taking time out to share his powerful message,

"Making Every Drop Count," while in town for the South Florida Living Green Fair. Thanks, too, to our "Live Food Guru" Sean Herbert for his Lennonesque "Give Peas a Chance" and to Sprouts, Inc., Sandra Bogan and the Oxbo Eco-Center in Port St. Lucie for giving us some great tips on how to "Make It a Green Holiday." Then again, our very own Green Goddess brings you yet another of her enlightening Pearls of Wisdom about how "Gratitude Can Improve Your Life." And speaking of the Goddess, check out "An Apple a Day Keeps the Doctor Away," in our Eating Well section.

Our Community Partner, Radio Green Earth, has done another stellar job with two great stories, including award-winning writer Hilde Hartnett-Goldstein's piece about Babcock Ranch, a soon-to-be-created 17,000-acre eco-friendly city northeast of Fort Meyers to be completely powered by the sun. Kudos as well to Claire Baker, our eco-conscious CPA, who provides us some very important information about green tax incentives

Of course, we've got a whole lot more, too.

Merry Christmas and Happy Holidays to All!



Sharon
Sharon Quercioli, President
sharon@owwmedia.com



Glenn
Glenn Swift, Editor in Chief
glenn@owwmedia.com

Take your portfolio to a GREENER place

Contact me to talk about GREEN investment opportunities for your portfolio.

Ernesto Keaney, RFC®

Ameritas Investment Corp.

850 NW Federal Highway

Suite 183A

Stuart, FL 34994

772.287.8089

877.287.8089



Like all investments, investment in the green sector or in mutual funds with an environmental policy involves risk, including possible loss of principal invested. For more information on any Calvert fund, please call 800.CALVERT or visit www.calvert.com for a free prospectus. An investor should consider the investment objectives, risks, charges, and expenses of an investment carefully before investing. The prospectus contains this and other information. Read it carefully before you invest or send money.

Calvert mutual funds are underwritten and distributed by Calvert Distributors, Inc., member FINRA, a subsidiary of Calvert Group, Ltd. AD10011-201004

A **UNIFI** Company.

May Lose Value. Not FDIC Insured. Not a Deposit. No Bank Guarantee. Not NCUA/NCUSIF Insured. No Credit Union Guarantee.



A large, illuminated ice sculpture of a reindeer with large antlers, wearing a red and white striped scarf, and a Santa Claus figure in a red suit, both set against a dark background with blue and white lighting effects.

ICE!™ AT GAYLORD PALMS FEATURING 'T WAS THE NIGHT BEFORE CHRISTMAS

by Glenn R. Swift

**An Exciting Best of Florida Christmas Celebration!
November 20, 2010 - January 2, 2011**

Photography by Robby Antonio



Photography by Robby Antonio

ICE! is Florida's favorite frigid Christmas tradition with over 18,000-square-feet of frosty 9-degree bliss played out in a winter wonderland of exciting hand-carved sculptures. And this year it's really all that it's cracked up to be, featuring dual 30-foot slides and an all-new, awe-inspiring tribute to the unforgettable classic 'Twas the Night Before Christmas. This beloved story of childhood imagination comes to life right before your family's eyes! And while you're thawing out from this coolest of attractions, you can all bask in the dazzling lights of the magnificent Christmas Tree Lighting and spirited Luminescence Christmas show. You may feel a chill in the air, but you'll feel warmth in your heart as you create wonderful Christmas memories that last a lifetime.

The award-winning attraction is carved by a team of 40 artisans from Harbin, China. The talented artisans spend more than a month in Kissimmee creating this one-of-a-kind attraction. Harbin is best known for its annual International Ice and Snow Festival, where more than 2,000 sculptors annually carve a 100-acre walk-through ice park, using ice from the nearby Songhua River.

IMPORTANT: ICE! is kept at a frigid 9° Fahrenheit (-13° Celsius). So be sure to dress appropriately: closed-toe shoes and long pants are required. Hooded winter coats are provided for your warmth and comfort inside the attraction and are available in a variety of sizes, includ-





He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle
But I heard him exclaim, ere he drove out of

Photography by Robby Antonio



Photography by Robby Antonio

ing sizes for children. Hats and gloves are strongly recommended and may be purchased on site at the ICE! house gift shop. 🌐

The exhibition is open daily (including Holidays), but hours vary. For tickets or more information, visit <http://bit.ly/f5avsC> or call (407) 586-4423.





LOST IGUANA RESORT

Arenal, Costa Rica

Mention Our Wonderful World
Receive 20% Off



Stay 3 Nights
Receive Complimentary
One-Hour Spa Treatment

www.lostiguanaresort.com



CHRISTMAS IN PALM BEACH

Worth Avenue's Annual Christmas Tree Lighting Event

by Glenn R. Swift



Photos by Robby Antonio

Palm Beach's renowned Worth Avenue bore witness to a magical night of festivities at its annual Christmas tree lighting on Tuesday, November 30. Hosted by the Town of Palm Beach and the Worth Avenue Association, the event drew thousands of festive onlookers to the intersection of Hibiscus and Worth avenues.

Taking part in the celebration were the Mayor of Palm Beach, recently-elected Congressman Allen West, Rush Limbaugh (who paid \$50,000 for the magnificent tree) and, of course, Santa, who arrived in his very Palm Beach-y sleigh with an entire cast of friendly helpers. Adding to the festivities' holiday cheer was a host of Christmas carolers who sang a number of heartwarming traditional Christmas favorites. 🌍





Photos by Robby Antonio



Rush and Kathryn Limbaugh



Congressman Allen West



BLIZZARD AT THE BEACH

OFFERS GREEN SPONSORSHIP OPPORTUNITIES

by Amy Woods

Make a statement about your company's concern for the environment.

The forecast calls for a blizzard to hit North Palm Beach on Dec. 5! More than 20 tons of snow will fall from 11am to 4pm at John D. MacArthur Beach State Park. Meteorologists have dubbed the phenomenon "Blizzard at the Beach."

Proceeds benefit the Friends of MacArthur Beach State Park's Natural Science Education Fund. The fund

supports education programs for students in kindergarten through 12th grade and will be used to enhance science labs and hands-on classrooms at the Pew Natural Science Education Center.

The Pew Family Natural Science Education Center will open in 2011. When it does, the park not only will be able to accommodate more students but also offer expanded education and research opportunities. Each day, 40 students can be in the classroom while another 40 can be in the field. That will double the number of students who can participate in the programs free of charge and reduce the busing costs to schools.

Children who brave the weather will experience a South Florida-style winter wonderland filled with holiday-themed outdoor activities that include photos with Santa Claus on the beach, a holiday-card-drawing contest, kayaking, bounce houses, entertainment and refreshments.

"The first blizzard took place in 2007, and nearly 4,000 people attended," said Stephanie Pew, President of the Friends of MacArthur Beach State Park. "This year, we are expecting at least 5,000."

Friends of MacArthur Beach State Park is a 501 (c) (3), nonprofit, Citizen Support Organization. Its mission is to support and enhance programs at the park. Each year, science- and marine-education programs are marketed to

school groups. In 2009, a total of 53 schools bringing in 3,000 students took part in those programs, free of charge. In 2008, a total of 35 schools participated. That represents an increase of 72%.

Free parking is located at the Florida Power & Light Co. lot in Juno Beach, and a complimentary shuttle will transport guests to and from the event.

Blizzard at the Beach sponsors include: Harris Private Bank; Curry, PL; Doane & Doane, PA; Susanne Fruehauf; Lighthouse Partners; Ruth Petzold Photography; Hal and Kate Reed; the Gold Family; the Purcell Family; Lesser, Lesser, Landy & Smith, PLLC; Searcy, Denney, Scarola, Barnhart & Shipley; the Thoburn Family; and Meredith Trim and Jim Robo. 🌍

For more information about Blizzard at the Beach, call Art Carton at (561) 624-6970 or Denise Burnside at (561) 776-7221.

Friends of MacArthur Beach State Park's goal is to instill a love and understanding of the natural world around us and to increase scientific knowledge and scholarship. By bringing students out of the classroom for hands-on experiences, we hope to spark a love of science and nature that will continue for a lifetime. For more information about MacArthur Beach state Park, please visit www.macarthurbeach.org.

All We Are Saying... GIVE PEAS A CHANCE!

by Sean Herbert

I always remember the dinner table as a child and my brother who hated any kind of vegetable arguing with my mother why he had to eat his peas. My mother's patented Norman Rockwell responses ranged from "Starving children in some far off country" to simply "Eat them, they're good for you." I always knew my mother was smart, but even she probably never knew how right she was! Peas (or more specifically pea sprouts) are called "The Perfect Food." Why? Pea sprouts are a complete protein, serving to build muscle tissue. Pea sprouts are also high in fiber and beta-carotene, which protects vision and creates an antioxidant effect against many forms of cancer. Pea sprouts help to

build muscle, strengthen teeth and stimulate H cells. They have even been shown to help eliminate plaque deposits on arterial walls.

(Serving Size 120 grams)

Calories	154
Protein	11g
Carbohydrates	34g
Magnesium	67.2mg
Potassium	457g
Phosphorus	196mg
Zinc	1.3mg
Calcium	43.2g
Sodium	24mg
Iron	2.7mg
Vitamin A	199 IU
Vitamin B1 (thiamin)	0.3mg
Vitamin B2 (Riboflavin)	0.2mg
Vitamin B6 (Cyanocobalamin)	3mg
Vitamin C (Ascorbic Acid)	12.5mg
Folate	173 mcg
Pantothenic Acid	1.2mg
Omega 3 Fatty Acids	73.2 mg
Omega 6 Fatty Acids	318mg

(Analysis available at www.nutritiondata.com)

So we know they are good for you, but how do you incorporate them in your diet? Start your day with a green drink and be creative.

PEA GREEN DRINK: 1 cup of pea sprouts, 1 cup of sunflower sprouts, 2 cucumbers, 1.5 stalks of celery, slice of ginger and an apple wedge. Juice all ingredients using a sprout

juicer or blender and chill. This green drink recipe should yield between 16 to 20 ounces of juice.

PEA SALAD: Incorporate pea sprouts in your salad of choice. Get them small and tender and chop to your heart's content. Pea sprouts will complement all of your dinner entrees as well. My favorite is 4 cups of sunflower, ½ cup of sprouted bean mix: adzuki, mung, garbanzo, red and green lentils, sliced pea sprouts on top and a mild vinaigrette dressing.

PEALICIOUS SOUP: Two 16oz packages of peas, 2 tablespoons of extra virgin olive oil, 1.5 cups of sliced shallots, 4 cups of vegetable broth, 3 tablespoons of fresh tarragon, stir in plain nonfat yogurt, add chopped fresh pea sprouts to your liking. You can also use a food processor to regulate texture and mix the sprouts in with the peas.

Knowing that you are incorporating nature's perfect recipe for health in your daily diet should provide you with plenty of...

PEAS of MIND. 🌱



Sean Herbert | Got Sprouts?
1880 West 10th St., Riviera Beach, FL 33404
(561) 689-9464 | www.gotsprouts.com





FACIALS ARE AN ESSENTIAL PART OF ANY SKINCARE ROUTINE

by Karen Levine Cantor

Generally, most individuals believe that if they are using a cleanser and a moisturizer that there is no need to visit a spa for a facial. According to Dawn Hagen, The Lane Spa's Licensed Esthetician, facials are an integral part of one's self-care routine. Just as a person would visit a dentist for a deep cleaning, it is important to have a licensed professional esthetician check over your skin, look for changes and recommend products or treat-

ments for better skin health and function. People forget the skin is an organ and that respiration, excretion and absorption are some of its functions. If your skin is not cared for properly, it will feel it and show it. Ashley Ayer-Lance, Licensed Esthetician, says "Our skin is the largest organ of the body and keeping it healthy is important, not only for appearance but also allowing it to breathe, excrete toxins and absorb efficiently."

For those uncertain of what a facial might entail below is the basic eight-step process for a deep cleansing facial at The Lane Spa:

ANALYSIS

An analysis of your skin is performed allowing the client and esthetician a chance to decide what type of facial is required. Questions are asked and a "Plan of Action" is determined.

CLEANSING

A cleanser based on skin type will be massaged into the skin and then rinsed. Steam is applied to loosen impurities clogging the pores.

EXTRACTIONS

"This is simply removing any unwanted matter from inside the pores of the skin. With the prior preparation to include steaming, this process does not have to be uncomfortable," says Esthetician Ayer-Lance. Extractions are one of the most important parts of a facial if you have blackheads or whiteheads, because a skilled esthetician can remove them more safely than you can.

TONING

This helps remove all traces of oil, dirt and makeup and revitalize your face by closing the pores.

EXFOLIATING

This step removes dead, dull skin cells from the surface of the skin with a physical abrasion, chemical abrasion or sometimes both.

This will leave the skin softer, smoother and more vibrant in appearance.

MASKING


A mask is chosen based upon the desired result and skin type.

MASSAGING

While the mask is being absorbed into the skin, a relaxing massage is performed, on face, arms, hands, neck and shoulders. Besides softening the skin, massage stimulates blood circulation and removes dead skin.

MOISTURIZING

Once the mask is removed, serums, moisturizer and eye cream are applied. A sunscreen is then applied to fresh clean skin, thus completing the facial.

To start enjoying radiant skin, book an appointment to enjoy a Signature Facial at The Lane Spa and Salon in Palm Beach Gardens. The Lane Spa estheticians like Dawn Hagen and Ashley Lance-Ayer are highly educated, licensed professionals who are concerned about every guest's needs creating personalized 60-minute treatments. *Click here* to take advantage of their monthly specials. 

For more information about The Lane Spa, please call (561) 691-0104, e-mail relax@thelancespa.com or visit www.thelanespa.com.

*Celebrating 15 Wonderful Year in
Palm Beach Gardens, with 13 Unique
Treatment Rooms and a staff of
30 Professionals to pamper you
6 days a week.*

*Come in and see why The Lane Spa is
Palm Beach Gardens' Hidden Treasure!*

FULL SERVICE DAY SPA

Massage
Innovative Skin Care
Spa Body Treatments
Nail Care
Hair Design
Air Brush Tans
and so much more!



**For sensational savings
at The Lane Spa**

www.ourcouponbook.com/TheLaneSpa.html

CLICK HERE

**Visit our website for
Spa Packages & Services**
Purchase a Gift Certificate online today!
www.thelanespa.com



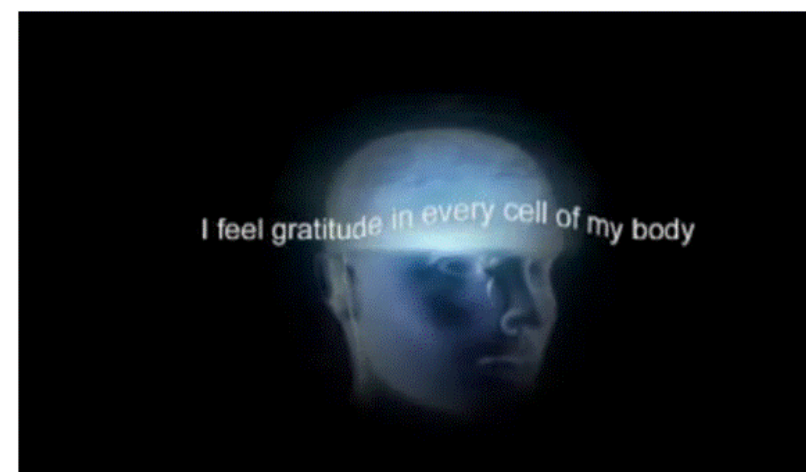
GRATITUDE CAN IMPROVE YOUR LIFE

by the Green Goddess, Sharon Quercioli

When you wake up in the morning, don't just jump out of bed and rush to get your green drink, coffee or tea and hurry to shower and get dressed for work. Give yourself two to three minutes to lay calmly and take several deep breaths. As you breath in, think of all the things you are grateful for – the warmth of your bed, the awakening of a new day, your family and friends, your job, your home, yourself. Start your day by being grateful, and your day will continue on that path. Remember...gratitude is a feeling of thankfulness and appreciation. Most people don't even think about this, let alone apply it. Why is that?

Probably because it is so easy and doesn't cost a thing!

How Gratitude Can Improve Your Life



[Click here to watch this video.](#)

Quote of the Month: **“Our favorite attitude should be GRATITUDE”**

Thinking grateful thoughts can:

Diminish negative thinking

A negative thought cannot reside in the same mental space a positive thought resides. Grateful thoughts are positive thoughts. Initially, it might feel like an effort to consciously control what you are thinking, but after awhile it becomes a natural habit.

Attracts what you want

Grateful positive thoughts set up a vibrational field that works with The Law of Attraction, where “like attracts like.” If this is something hard to grasp, just try it. Have some fun and give it a try for the fun of it — and watch it really work!

Help you heal

Gratitude is a step toward forgiveness, and forgiveness helps you heal. Being grateful for adversities and forgiving those who have hurt you is the most powerful way to heal your life

Make you happy

Feeling grateful for so many little things (along with the big things) that are part of every day life is a most empowering practice. The continuous practice of feeling grateful results very naturally in an elevation of mood and happiness.

Improves health

Gratefulness brings up one's vibration, and

the more vibration and vital force in the body/energy field, the greater the level of health.

[Click here to read about studies done on gratitude and health.](#)



Essential Oils for Gratitude and Abundance

Gratitude™ is a soothing blend of therapeutic-grade essential oils designed to elevate the spirit, calm emotions and bring relief to the body while helping to foster a grateful attitude.



Abundance™ is created to enhance the frequency of the harmonic magnetic energy field that surrounds us. This higher frequency creates what is called “The Law of Attraction,” which refers to the things we attract to ourselves. Abundance opens us to a wealth of possibilities. 🌍

Young Living truly does have the most awesome high frequency oils that can enhance feelings of Gratitude & Abundance in your life. Put on a drop, breathe in the aroma...

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

AN APPLE A DAY KEEPS THE DOCTOR AWAY!

5 Health Benefits of Apples

by Sharon Quercioli

You are well aware of the saying “An apple a day keeps the doctor away.” Right? Perhaps you have wondered why. What exactly is it about this seemingly magical fruit that causes doctors and health experts from all around the world to advertise the health benefits of apples?



THE HEALTH BENEFITS OF APPLES ARE:

Continued Mental Health

According to www.NutritionData.com, the phytonutrients found in apples can protect your brain from debilitating diseases such as Alzheimer and Parkinson's. These diseases sprout from the breakdown of the brain. Apples are great if you want to maintain your full mental capabilities for you and your family as you enter the later stages of your life.

High Levels Of Fiber

Another benefit of apples, although less known, is their ability to provide your body with sufficient levels of fiber. You will not usually find fiber listed within the content of apple nutrition, but fiber offers substantial value to your diet. Fiber is known for its tendency to ensure both digestive regularity and relief of constipation. www.AmericanHear.org states that fiber also helps in the fight against many potentially fatal diseases, including different forms of cancer and heart disease. It can also help prevent other not-so-serious, yet highly annoying problems such as hemorrhoids and Crohn's disease.

Reduced Risk Of Heart Disease And Diabetes

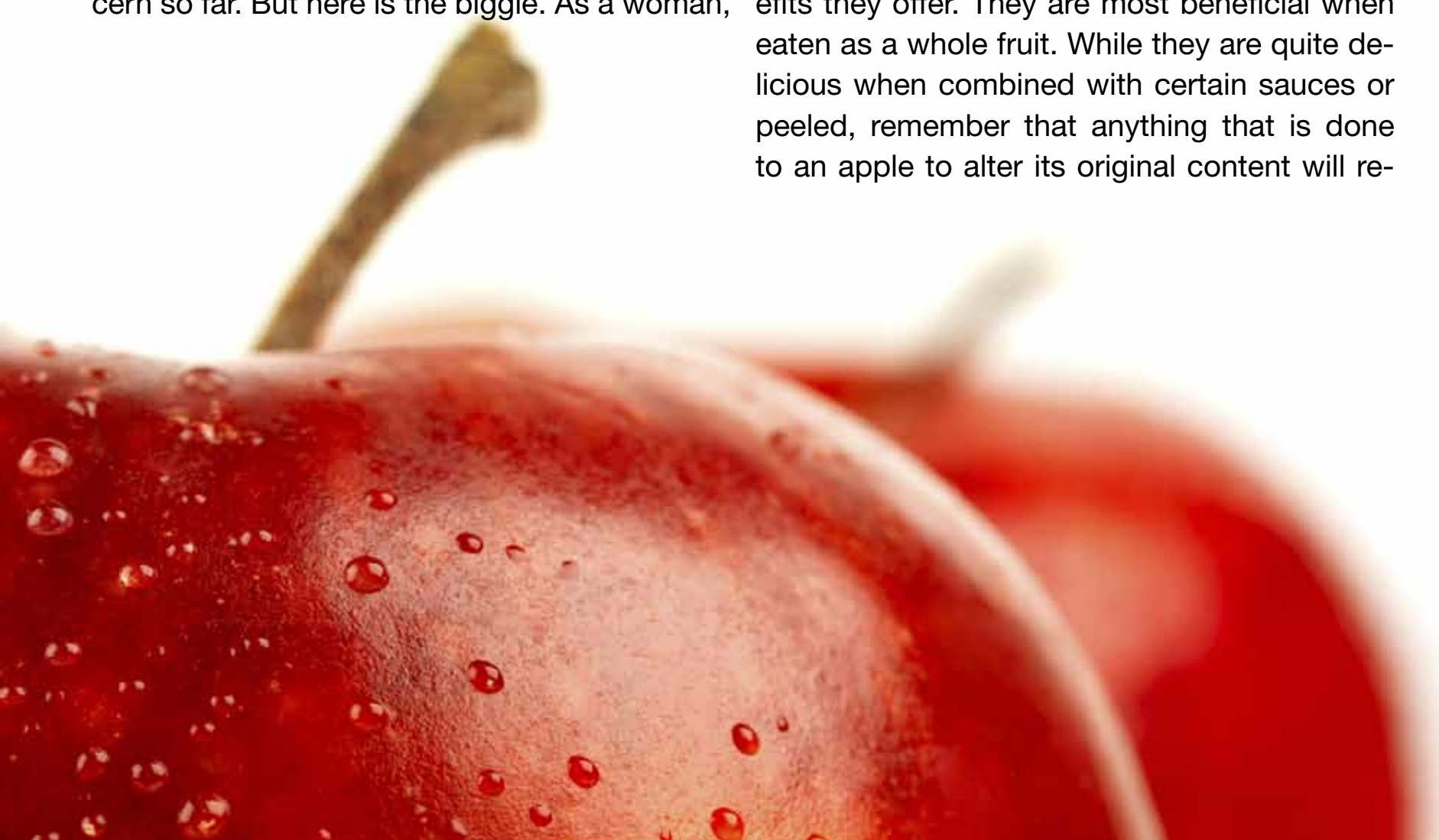
One of the biggest myths in the medical field is the idea that women do not need to be concerned about heart disease. It has long been thought of as a “man's disease,” but the tide has turned in recent years. We now know that women are prone to heart dis-

ease, particularly as they move on in years. The good news is that with frequent check-ups, steady exercise and a healthy diet, you can reduce your risk of any major problems. Keeping with our theme, consider apples an integral part of your healthy diet. Studies completed by www.NYAppleCountry.com has shown that the consumption of apples leads to a lower risk for heart trouble. The jury is still out on just how much apples can benefit your heart, but one recent experiment showed that women who had eaten apples for an extended period had a 15% decrease in cardiovascular disease risk. That is good news for you — and for your family who wants you around for a long time.

Not only can apples decrease your risk of heart disease, they can also reduce your risk for diabetes. Several studies have shown that women who consumed at least an apple a day were able to reduce their risk of Type II diabetes. Many of the preventive vitamins were found in the peel of the apple. Your kids may not like the peel, and you may even be prone to removing it yourself, but it is an essential part of the apple. Later on we will briefly touch upon the benefits of eating the whole apple.

Weight Loss And A Reduction In Asthma

If you have any interest in losing weight, you will be glad to know that apples have also been associated with significant weight loss. www.WeightLossForAll.com features a Brazilian study of middle-aged women that shows that they were more likely to lose weight if they



consumed apples on a regular basis. Another group of overweight women asked to eat three apples a day eventually showed more weight loss than women who had similarly eaten other fruits for the same amount of time. Moreover, eating apples also led to a lower glucose level for many women, thus providing yet another in a long line of health benefits of apples. Apples have also been known to decrease the effects of asthma. In fact, your favorite red fruit is often associated with improving general pulmonary health. Apples have consistently proven to be more effective in fighting pulmonary problems than other fruits and vegetables.

one of the most intimidating diseases you hope to avoid is cancer. Much has been said about the disease that strikes fear in every woman's heart. There is an ongoing effort to identify every little factor that can help reduce your risk for cancer. Believe it or not, apples can play a role in your fight against the deadly disease. Lung cancer is the most common cancer to be thwarted by eating apples. Recent studies done by www.NYAppleCountry.com state that women who consumed at least one apple per day reduced their risk of lung cancer. As with all forms of cancer and diseases in general, the role of prevention cannot be overstated.

Reduced Risk Of Lung Cancer


We have covered some pretty big topics of concern so far. But here is the biggie. As a woman,

There are a couple of other things you should know about apples in addition to the health benefits they offer. They are most beneficial when eaten as a whole fruit. While they are quite delicious when combined with certain sauces or peeled, remember that anything that is done to an apple to alter its original content will re-

duce its level of nutrition. The peel is one of the most nutritious parts of the apple, so get into the habit of including it when you eat an apple. Go ahead and eat the whole thing, except for the stem and seeds, of course!

Vitamin Content: Apple is rich in Vitamin A and Vitamin C. Vitamin A concentration is higher in the outer skin than the flesh. Like potatoes, Vitamin C concentration is higher just

below the skin in apples also. Hence the skin of the apple should not be discarded. Other vitamins present in apple include Vitamin K, Thiamin, Riboflavin and Vitamin B6.

Health Benefits of Apple: The nutritional value of apple makes it useful for digestion, stomach disorders, anemia, weakness, dental care, dysentery, heart disease, rheumatism, eye disorders, cancer, gout and skin care. 

RECIPES

SPICED APPLESAUCE

Prep Time: 25 Min | Cook Time: 30 Min
Original Recipe Yields 8 Servings

Ingredients

16 medium tart apples, peeled and sliced
1 cup apple juice
1 teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground allspice

Directions Place all ingredients in a Dutch oven. Cover and cook over medium-low heat for 30-40 minutes or until apples are tender. Remove from the heat; mash apples to desired consistency. Serve warm or cold. Store in the refrigerator.

The Apple Pie is not the healthiest, but it is my mother's recipe and it is fabulous!!!

You can splurge once in a while...

APPLE PIE BY MY MOTHER

Prep Time: 30 Min | Cook Time: 1 Hr
Original Recipe Yields a 1"to 9" Pie

Ingredients

1 recipe pastry for a 9" double crust pie
½ cup unsalted butter
3 tablespoons all-purpose flour
¼ cup water
½ cup white sugar
½ cup packed brown sugar
8 Granny Smith apples: peeled, cored, sliced

Directions Preheat oven to 425° F (220° C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes in the preheated oven. Reduce the temperature to 350° F (175° C). Continue baking for 35 to 45 minutes, until apples are soft.

SHARE THE LIGHT

BECOME AN INSTRUMENT OF PEACE

By Betty Ann Baker, Executive Director Healing Touch Buddies



Our annual refit is well underway. Thanksgiving brought us home to our families and friends; in a way we may have drifted from throughout the year. Opened to gratitude with focused intention, we experienced the healing and elevation of being in appreciation.

Now, with heart open, we enter into the season of giving, love and light. It is a time to examine our ways, a challenge to be clear about personal commitment to our own spiritual and religious practices. We look within to check whether we can have happiness and peace, even if difficulty

and suffering are present in our lives, as they are also in the world.

We are called to reflect on the year past and ask if we have lived from a place of love, compassion and peace. Our better selves call us to a higher purpose, to become an instrument of peace in our own lives, from where we touch the rest of the world.

From the writings of His Holiness the Dalai Lama on Love, Compassion & Kindness we learn:

“If you want others to be happy, practice com-

passion. If you want to be happy, practice compassion. Love and compassion are necessities, not luxuries. Without them, humanity cannot survive. True compassion is not just an emotional response but a firm commitment founded on reason. Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek. I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life. We must recognize that the suffering of one person or one nation is the suffering of humanity. That the happiness of one person or nation is the happiness of humanity.”

The eternal human question of how to live here on earth has been pondered and wrestled with by all faiths. With the “How To?” now before us, a treasure of insight has been shared as practical, often poetic, instruction. In his communion with God, Saint Francis of Assisi asks to truly be of service with his request.

“Lord, make me an instrument of thy peace.


Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;

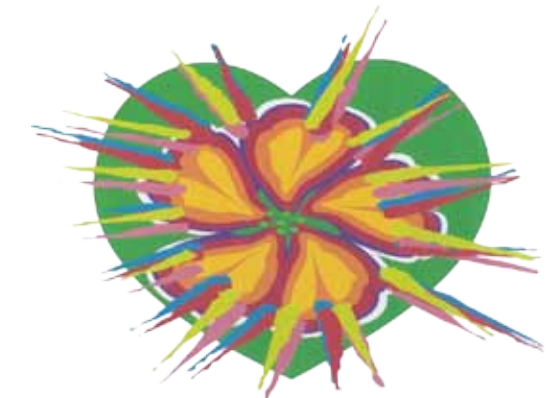
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek

To be consoled as to console,
To be understood as to understand,
To be loved as to love;

For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying that we are born to eternal life. “

So as we move into the season, share the light as you fill each present moment with compassion, love and understanding. As you weave through the celebrations, the giving and receiving of gifts, let us be truly aware of the power each of us has to be that instrument of peace in the world. 



The mission of Healing Touch Buddies is to provide compassionate support, through Healing Touch, to those challenged with a diagnosis of breast cancer. Please donate to help support our all volunteer program @ www.healingtouchbuddies.org.

MAKE IT A GREEN HOLIDAY!

by Sandra Bogan



Americans throw away about 25% more trash between Thanksgiving and New Year's Eve. That's an additional 5 million tons of garbage! (Source: www.recycling.stanford.edu)

From Thanksgiving to New Year's Day household waste increases more than 25% according to the Environmental Protection Agency (EPA). Make it a green holiday season, and think before you shop, wrap, decorate and throw parties!

That's a Wrap

Gift wrapping comprises much of the increased waste during the holiday season. Get creative and use newspaper, maps, posters, coloring book pages or fabric remnants you may have lying around the house. If purchasing wrapping paper, buy recycled paper and avoid the foil or metallic kind because it is not recyclable.

Instead of purchasing boxes and gift bags that are used once, try using things like baskets, old tins, hat boxes, cloth bags or even brown paper bags that you decorate.

You can use scarves or bandanas as tissue paper or buy some beautiful wash clothes or towels and make them part of the gift.

For ribbon, use yarn or twine, or make your own with dried vines or slivers of a palm frond.

Decorate your package with leaves or flowers that you find in your garden.

Save the front of all your holiday cards each year, and use them as your gift tags.

Gifts for a Good Earth

Consider useful gifts that will not end up in the attic or in the back closet. The best way to accomplish this is by asking family and friends to make a wish list of things they need or would enjoy having.

Give gifts that benefit the environment, like fair trade goods, compost bin, bird feeder, membership to an environmental organization or items made from recycled or organic materials. Include a card that highlights what is special about your gift, so you pass on the knowledge as well.

Consider gifts without packaging such as certificates for massages, a day of sailing or fly fishing lessons. You can make your own gift certificate for a special dinner, pet sitting, house cleaning, gardening or any other gift of time or talent that you have to offer.

If giving electronics, consider buying rechargeable batteries and a charger to add to the gift. Rechargeable batteries can last hundreds of hours longer than single use batteries.

Trimming the Tree

Choose LED lights for the tree and keep the lights on only when you're there to enjoy them. Trees can be recycled to create mulch by placing them roadside. Just be sure to remove all the tinsel, garland and any other foreign objects (consider using less tinsel or an alternative to save yourself time later).



Thoughtful Feasting

Don't throw that food away, instead have some extra plastic containers and send leftovers home with guests or donate to a local food bank.

Avoid paper plates, plastic cups and especially Styrofoam disposables by using washable plates and linens for your holiday parties and meals.

Recycle extra aluminum foil and cans that come with holiday feasts.

The Party's Over

After all the presents are opened, consider passing on your old toys, electronics, clothes and other items to nonprofit resale stores, or use eBay, Freecycle or www.craigslist.com to find them a new home.

If you're unable to pass on your cell phones or other electronics, make sure to bring them to St. Lucie County's Recycling Facility (www.stlucieco.gov/solid_waste/index.htm) or to another facility in your area. DO NOT throw them in your regular trash as they contain hazardous materials that need to be handled separately to avoid air, soil or ground water contamination.

Save your boxes, bows and cards for next year, and do your part to extend the life of our natural resources.

Be sure to collect and recycle your cardboard and wrapping paper (only the non-metallic kind). Send any packing nuts.

Be sure to have a great holiday celebration while caring for the planet and setting a great example for generations to come.

Sandra Bogan is Environmental Education and Outreach Coordinator for the Oxbow Eco-Center, St. Lucie County's premiere environmental learning center. Visit the Oxbow's website at www.oxboweco.com for more green tips and information on their educational programming.

Sprouts! Cards

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

Sprouts unique Christmas Cards and gift tags are printed on eco-friendly, plantable seed paper. Handmade from 100% recycled paper and embedded with flower seeds, when Sprouts cards and gift tags are planted they grow beautiful wildflowers! Planting instructions are printed on each 5.25" x 4" card, gift tags 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 lifelong 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 website (www.sproutem.com) or custom printed to accommodate various volumes, sizes and print specifications.



Click here for a short video about Sprouts plantable Christmas cards!

<http://www.youtube.com/watch?v=-GmHm-wiDc8A>

Thanks to Treasure Coast Parenting (www.tcparenting.com) for their assistance in the publication of this article.

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!

Send a Message that Grows Flowers!



Plantable Seed Paper Products

Custom Products

Greeting Cards

Holiday Cards

Bookmarks

Memorial Cards

Promotional Items

Favors & Tags

Invitations

Fundraising Programs

Marketing Materials

ENERGY SAVING TAX INCENTIVES

by Claire Baker, CPA



Arthur Godfrey once said: "I'm proud to pay taxes in the United States; the only thing is, I could be just as proud for half the money." We can't guarantee half the money, but we can tell you how to substantially lower your income tax liability and help protect the environment at the same time.

The American Recovery and Reinvestment Tax Act of 2009 extended several energy saving tax incentives originally set to expire in 2009. The Act enhanced and simplified several others.

The most easily utilized is the tax credit for certain expenditures to make your house more energy efficient. A tax credit is available, equal to 30% of the cost of qualified building envelope components, including insulation, exterior windows (including skylights) and exterior doors. In addition to building envelope components, the credit is available for the purchase and installation of energy-efficient building property, such as an electric heat pump water heater, an electric heat pump, central air conditioner, natural gas, propane or oil water heater, or a stove burning biomass fuel to heat or provide hot water that meets specific energy efficiency standards. Also included are qualified natural gas, propane or oil furnaces or hot water boilers, and advanced main air circulating fans. There is a lifetime \$1,500 cap on the amount of credit available for this type of expenditure, and the property must be in service by December 31, 2010 to qualify. So, you must act quickly on this one.

A more attractive tax incentive is available for more complex residential energy improvements, and these do not need completion by year end. A tax credit is available equal to 30% of the cost of purchasing qualified solar water heating, small wind and geothermal heat pump property. To qualify, the property must be in service by December 31, 2016.

Moving outside the house, there are also a number of credits available for energy efficient vehicles: 10% for electric drive low-

speed vehicles, motorcycles and three-wheeled vehicles, up to \$2,500; 10% of the cost of converting any motor vehicle into a qualified plug-in electric drive vehicle, up to \$4,000. These vehicles must be purchased or converted after February 17, 2009 and before January 1, 2012. However, a new credit is available for qualified plug-in electric drive motor vehicles purchased after December 31, 2009. This credit will consist of \$2,500 plus an additional amount based on the capacity of the battery from which the vehicle draws propulsion energy. And, if you install a qualified battery charger for your electric vehicle, you can be entitled to an additional tax credit of 30% of the cost up to \$2,000.

These are just some of the energy tax credits available in the current tax code. You must be sure your purchase meets qualifications, and that you meet the deadlines for purchase and in service dates. But if you are careful, your green purchase during this holiday season can be a gift that keeps on giving right into April. 🌍



Claire E. Baker, CPA is a full-service CPA firm with a focus on privately-held businesses and individuals. Visit her website at www.cbakercpa.com.



EXPAND YOUR HORIZONS, NOT YOUR OVERHEAD.



Get a free month
on a six-month service agreement.

Intelligent Office gives your business the flexibility it needs to flourish in today's competitive climate without the costly commitment of hiring additional staff. How? By providing a vast array of "virtual officing" services. Intelligent Assistant®, for example, provides a trained professional to answer your calls and seamlessly forward them per your exact instructions—while you're busy multitasking. However, should you also want to reserve a conference room for an important meeting or even office space on an as-needed basis, we have a prestigious business address ready and waiting.

For more information about Intelligent Office Palm Beach Gardens,
please call (561) 472-8400 or visit www.intelligentoffice.com



RADIO GREEN EARTH

DECEMBER 11, 2010
RITZ-CARLTON PALM BEACH

River of Grass Gala BACK TO NATURE

Welcome to our section of Our Wonderful World. We're Radio Green Earth and we're excited to bring two stories to you this month. In this issue we visit with visionary developer Syd Kitson to hear about the Babcock Ranch in Southwest Florida, the first city to be powered by the sun.

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

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

Join Radio Green Earth Community Partner the Arthur R. Marshall Foundation at their Fifth Annual River of Grass Gala to benefit the educational and outreach programs of the Foundation, which supports the Arthur R. Marshall National Wildlife Refuge. This year's annual gala will be held at the Ritz Carlton on Palm Beach. You can learn more and make reservations online at www.artmarshall.org.

Established in 1998, the Arthur R. Marshall Foundation is based upon the principles of visionary environmental advocate, Arthur R. Marshall, Jr. (1919-1985). For more than a decade, the Arthur R. Marshall Foundation has championed the restoration and preservation of the greater Everglades ecosystem through science-based outreach programs and hands-on activities to return original plant life and water flow patterns to the historic "River of Grass."





BABCOCK RANCH FLORIDA'S SOLAR CITY OF THE FUTURE

by Hilde Hartnett Goldstein

Development in Florida has a sad history, environmentally speaking. But a former NFL player's plan to build a city from the ground up has the potential to start a brand new chapter in how people live the Florida dream.

Former Green Bay Packer Sydney Kitson plans to break ground within the next few months on Babcock Ranch, a 17,000-acre parcel of land just northeast of Fort Meyers. He plans to build a city completely powered by the sun, where 50,000 people will live and work.

Florida Power and Light has committed to constructing a 75-mega-watt solar photovoltaic plant to power the community. At 400 acres, the \$350 million plant will be among the world's largest. "Shovels will hit the ground as soon as final permits are issued, which could happen in the upcoming legislative session," Kitson said.

"We want to create the most sustainable new city that's ever been designed, built and executed," added Kitson, who is now CEO of

Kitson and Partners, based in Palm Beach Gardens.

The project also entails the largest purchase of conservation land in the state's history, an expanse of 73,000 acres of pinewoods, swamps and prairie that is home to Florida panthers, black bears, crested caracaras and other endangered species, as well as the Telegraph Cypress Swamp. Kitson's plan for the city is to "Take what has been good in the past and create an environmentally responsible, sustainable new community — one that can really improve our quality of life."

Kitson envisions a diverse community that juxtaposes traditional elements of American life with the futuristic. While trails and greenways will encourage people to walk and ride bicycles to their neighborhood schools, stores and offices, they will also have the option of using electrically powered, autonomous vehicles to get around.

Both the projected 19,500 homes and 6 million square feet of retail, office and other business-related space will have smart grid sys-



tems to reduce energy use and costs. Electric car chargers will be part of the infrastructure as will water conservation systems and green roofs. Homes, incidentally, will range from modestly priced apartments to million-dollar houses.

Altogether, Kitson sees the new development as a “living laboratory,” built from the ground up, where innovators from both universities and industry can put their ideas for sustainable living into use.

“Five Fortune 500 companies are currently considering locating operations there,” said Kitson. “We are leading with jobs. We are not going to start until we know we have companies committed to move to Babcock Ranch.”

IBM has signed on to design the city’s technology system, which will provide connections between public safety, transportation, education and other operations.

The whole project began with the Babcock family, historic Florida ranchers who owned 91,000 acres (143 square miles) in Charlotte and Lee counties. Fred Babcock ran ranching, dirt mining and agricultural operations for many years. He also set up guided tours of untouched areas of his property so visitors could get a taste of true Florida wilderness.

When Fred died in 1997, the ranch was divided among 40 heirs.

“They could easily have sold at top dollar to developers eager to split it into ‘ranchettes’ and golf courses, but they wanted the land preserved,” Kitson said.

The family first tried to sell directly to the state, but when tax issues scuttled the deal, Kitson, whose previous projects included Ibis Golf and Country Club in West Palm Beach, stepped in, and his group purchased all 91,000 acres. Then in 2005 Kitson’s group sold 73,000 acres to the State of Florida and Lee County for \$350 million. The city will be built on the remaining 17,000 acres, though Kitson said that half of that would be kept as green space.

The purchase completes a corridor of conservation land that stretches from Lake Okeechobee to Charlotte Harbor and will provide wildlife habitat, recreation lands, as well as a critical water recharge area for the Everglades restoration effort.

“The Babcock family could have made a lot more money if they had sold to private investors,” Kitson said. “But they really wanted to do something right.”



STRAIGHT TALK ABOUT CLIMATE CHANGE

by John Poggi, Radio Green Earth

The latest Gallup poll on the environment includes some highly disconcerting data on Americans' attitudes toward global warming, including the fact that al-

most half of those polled (48%) believe that the portrayal of climate change is "generally exaggerated" and only 32% see it as a serious potential threat to their lives.



**GLOBAL
WARMING**

The long-term warming trend over the last century has been well-established, and scientists studying the climate are predicting substantial disruption in water supplies, agriculture, ecosystems and coastal communities. Activists at both ends of the argument are pushing ever harder for or against rapid action. Government-sponsored polls show the public locked durably in three camps — with roughly a fifth of American voters eager for action, another fifth aggressively rejecting projections of catastrophe and most people tuned out or confused.

Scientists learned long ago that the earth's climate has powerfully shaped the history of the human species — biologically, culturally and geographically. Scientific evidence indicates that since 1950, the world's climate has been warming, primarily as a result of emissions from unregulated burning of fossil fuels and the razing of tropical forests. Such activity adds to the atmosphere's invisible blanket of carbon dioxide and other heat-trapping "greenhouse" gases.

Recent fluctuations in temperature have further intensified the public debate over how urgently to respond. A string of large snowstorms in the Washington area and freezing weather here in Florida last winter were seized upon by climate change skeptics. But the combination of flooding, heat waves and droughts this past summer were taken by most scientists and climatologists as evidence that weather extremes are getting worse.

The debate over climate questions pales next to the fight over what to do, or not do, in a world where fossil fuels still underpin both rich and emerging economies. Recognizing that climate treaties were proving ineffective, all of the world's industrialized countries except for the United States accepted binding restrictions on their greenhouse gas emissions under the Kyoto Protocol, which was negotiated in Japan in 1997. The United States signed the treaty, but it was never submitted for ratification in the face of overwhelming opposition in the Senate.

In many ways, the debate over global climate policy is a result of a global "climate divide." Emissions of carbon dioxide per person range from less than two tons per year in India, where 400 million people lack access to electricity, to more than 20 in the United States. The richest countries are also best able to use wealth and technology to insulate themselves from climate hazards, while the poorest, which have done the least to cause the problem, are the most exposed.

Here in the United States, Democrats in the Senate in July 2010 gave up on reaching even a scaled-down climate bill in the face of opposition from Republicans and some energy-state Democrats. The House had already passed a broad cap-and-trade bill in 2009.

In the meantime, a recent dip in emissions caused by the global economic slowdown is almost certain to be followed by a rise, scien-



tists warn, and with population and appetites for energy projected to rise through mid-century, the challenges of climate and energy will only intensify. Americans must now tune in and become informed. We need to lead these global efforts, not hinder them.

The environmental community needs to align on how we talk to Americans about climate change and its solutions. We need to speak about climate change as an American issue, in context of visible and tangible affects and solutions. We need to communicate that, if solved now, climate-change solutions will provide immediate and long-lasting economic, personal and national benefits. And we need to communicate that we can solve this climate crisis — not only because we can prove that we can, but also because Americans need to believe we can solve it for them to shift their attitudes and behaviors and ultimately support its solutions.

Today we can begin by enacting an effective cap and trade bill, seriously funding alternative energy projects and having meaningful and productive discussions on replacing the current path of our energy future and replace fossil fuels with renewable and clean energy alternatives.

President Lincoln summed it up over 150 years ago: “Public sentiment is everything. With public sentiment, nothing can fail; without it, nothing can succeed.”

Now, more than ever, we must focus on engaging Americans in the support for climate solutions, particularly going into 2011 when the next Congress and the international community will come to a fork in the road.

We’ll either choose one of two paths: one that will reverse global warming while creating a new, more prosperous economy; or one that will make us increasingly dependent upon a dwindling supply of dirty sources of fuel. Let’s talk about this.

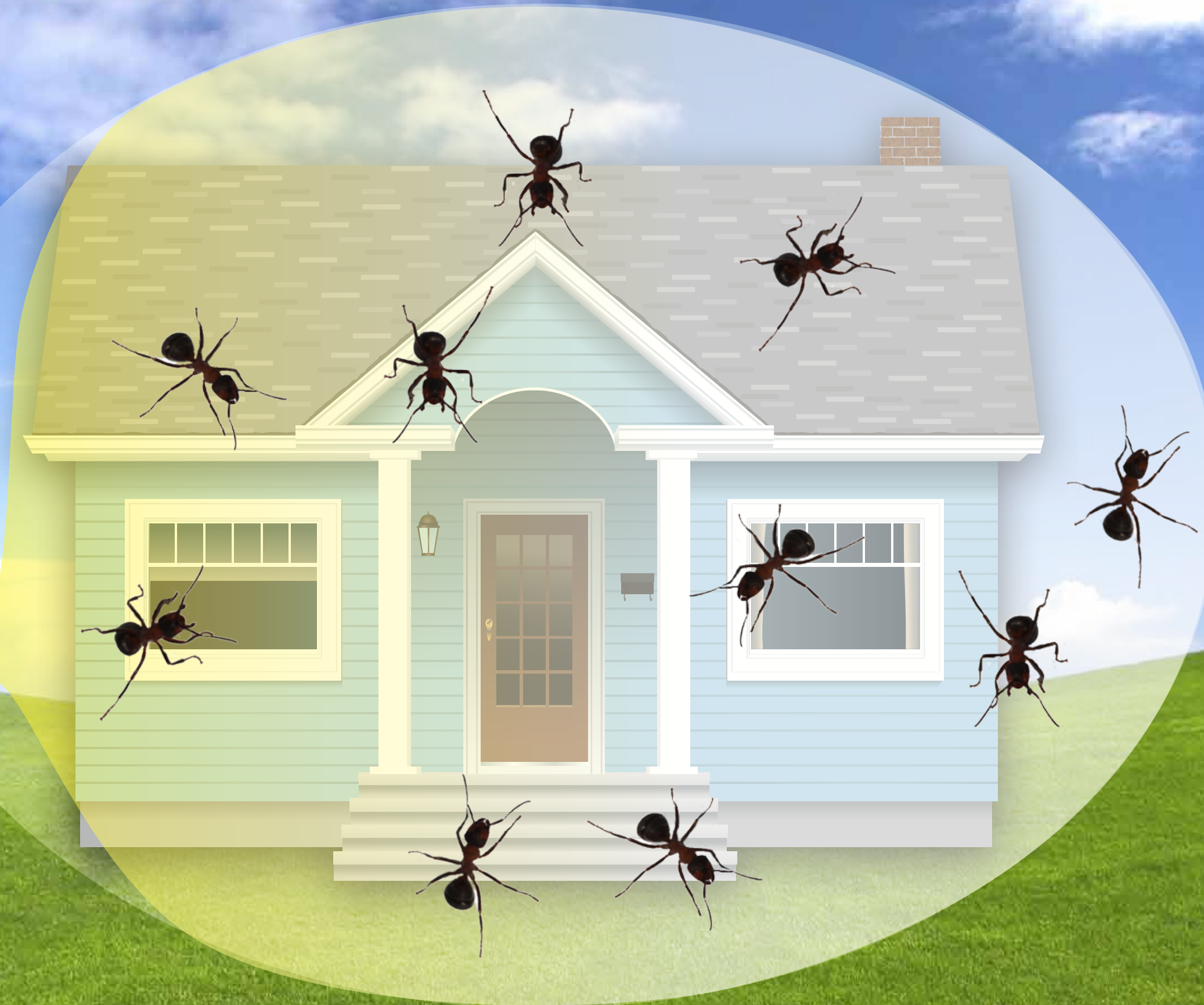


Radio Green Earth is a weekly radio program produced for public radio focusing on the environment. You hear the latest environmental news and from the experts themselves on subjects like alternative energy, green buildings, energy efficiency, endangered species, protecting the environment, Everglades restoration, water conservation and much more. We inform you about the technologies, products and practices you can employ to become greener in every area of your organization, business and personal life. Join us each Saturday at 5 pm on WXEL 90.7 FM, NPR’s West Palm Beach affiliate, for an hour of environmental news, feature stories, green tip-of-the-week and an update on environmental events in South Florida. You can also listen live at www.radiogreenearth.org or download any of our podcasts from iTunes.

Protection You Can Count On

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

www.nozzlenolen.com
1.800.22.Nolen





RECYCLED INK & TONER CARTRIDGE COMPANY REVIEWS GREEN GIFTS FOR THE HOLIDAYS

by Valerie Jennings

Brad Roderick, Executive Vice President of InkCycle, a Kansas City company with a recycled line of ink and toner cartridges known as grenk, recently reviewed the best green gifts for the holidays at www.grenkblog.com.

According to an article from www.divinecaroline.com, written by Allison Ford, "During the holidays this year, many lucky folks will be treated to new iPods, computers, televisions, cameras and electronic gadgets. All of that consumer buying power and technical innovation has led to an unimagined side effect: millions of tons of electronic waste generated by our constant need for newer, better and upgraded gear."

Roderick said that one way to reduce e-waste during the holidays is to give green gifts.

"Green gifts are useful, save money, conserve energy and make the holidays more sustainable. Many people give electronics to family and friends during the holidays. Instead, look for electronics or products that are re-

cycled and make the first step to a greener holiday this year. It is an excellent way to improve emissions and learn how to reuse our waste. The recycled ink and toner cartridge, grenk, makes an excellent gift. The product is 100% recycled and anyone who wants to green up their home office, family or business will be impressed that you considered the environment," Roderick added. 🌍

grēnk™
remanufactured cartridges

InkCycle is a Kansas City-based company with a green line of remanufactured ink and toner cartridges known as grenk (www.grenkblog.com). Grenk is a line of remanufactured ink and toner cartridges designed to leave the smallest environmental footprint possible. Powered by InkCycle, grenk delivers brand name quality at a fraction of the cost.



It's a Win-Win.

For the Environment. For your Budget.

The Residential Arc-Tech Pro

Energy Efficiency + Surge Protection

A powerful surge protector, the **Residential Arc-Tech Pro** is designed to prevent damage to your electronics and appliances *BEFORE* spikes and surges hit your circuit breaker ... *AND* it's designed to reduce overall energy consumption.

That means cleaner **energy for the environment**. And **5 - 10% savings on your utility bill**.

Since its AC circuit protection prevents the loss of valuable home equipment or its downtime during storms or transformer crashes, that's an extra savings and another win for you!

Easy to install, the **Residential Arc-Tech Pro** offers:

- Lifetime \$75,000 Connected Equipment Warranty
- 5-Year Full Replacement Product Warranty
- 90-Day Satisfaction Guarantee

Order your Residential Arc-Tech Pro today for \$489.99.

And start protecting, reducing, saving!

Protect your office equipment with surge protection for your business. Purchase both the Commercial and Residential models, and receive 5% off the cost of the Residential Arc-Tech Pro.



DIATECH™

The Advantages of Direct.

To Order Call 1.800.222.1851. Or go online at www.diatechusa.com.

The Direct Line to Superior Product. Personal Service. Great Savings.



Green Goodies

This Christmas, don't just send a card,
SEND FLOWERS!

Sprouts unique Christmas 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 lifelong 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.

Click here for a video all about Sprouts and its plantable Christmas Cards.





WYLAND: MAKING EVERY DROP COUNT

by Glenn R. Swift

Marine Life Artist Wyland (www.wyland.com) has earned the distinction as one of America's most unique creative influences and advocates for marine resource conservation. An accomplished painter, sculptor, photographer, writer and SCUBA diver, he has traveled the farthest reaches of the globe for more than 30 years, capturing the raw power and beauty of the undersea universe. The artist's efforts have been recognized by the United Nations, Sierra Club, Underwater Academy of Arts and Sciences and numerous private and public institutions throughout the world. His mission of helping young people rediscover the marine environment through art and science brought him to the South Florida Living Green Fair in Boca Raton's Mizner Park on November 6 and 7.

"The Wyland Foundation is all about empowering kids from all over the world to be youth ambassadors for the planet," Wyland said. "If we make this investment early, we will be protecting our planet for generations to come."

Wyland's message has truly struck a chord with children everywhere.

"Kids know that something needs to be done. They watch the news and know what we are doing to our planet. But the great thing about children is that they have no walls. They're like sponges and whoever gets to them first with a positive message will have an influence for the rest of their lives."

Wyland stressed that now is the time for action.

"We need a sea change, an environmental renaissance."

Recently, Wyland completed his one hundredth "whaling wall," something that has taken him over 25 years to accomplish.

"My latest project is Hands Across the Ocean, what will be a mile-long tapestry of our living water planet. We've invited kids from all over the world to paint the salt water and fresh water habitats and animals from their region. It's truly unbelievable."

Wyland is confident that his efforts are making a difference.



“I’ve done this for so long now that I have seen many of the children we’ve worked with become environmental scientists, oceanographers and marine biologists. It’s so rewarding. Of course, a lot of these kids are pretty amazing artists, too. A lot of them paint better than I do. Pretty soon I think I’m going to be out of a job.”

Wyland’s magical connection with children hasn’t come by accident.

“When I was six years old I was asked to stay after school for a few minutes. I had been drawing in the back of the class and thought I was in trouble,” laughed Wyland. “But my teacher wanted to tell me that she thought I was a very good artist. She wanted to encourage me to be the best that I could be.”

Wyland has never forgotten that wonderful teacher.

“That’s why when I see kids I invite them in. I try to take advantage of every opportunity I have to mentor because I remember how important that moment was in my life,” said Wyland who has painted with over one million children.

Two young artists currently serving as Youth Ambassadors with the Wyland Foundation are Paris Shewfelt, 10, of Santa Cruz, California and Lily Tougas, 10, of Vero Beach, Florida. Both Paris and Lily have traveled in this capacity with the Wyland Foundation all

over the United States, as well as France and China.

When asked what it was like to be a part of Wyland’s mission, both girls exhibited poise beyond their years.

“It’s great to be able to encourage kids all over the world and to raise their awareness,” said Paris.

“It’s awesome to be able to reach out to children and give back,” said Lily.

As for what the girls want to do when they grow up, both had a clear vision.

“To be just like Wyland.”

You, too, can be just like Wyland by becoming involved with the Wyland Foundation, a 501(3)(c) nonprofit organization actively engaged in teaching millions of students about our oceans, rivers, lakes, streams and wetlands.

For more information, visit www.wylandfoundation.com.

“Every kid counts and every drop of water counts,” said Wyland who added yet another profound pearl of wisdom.

“Blue is the new green because without blue there is no green.” 🌍

Wyland Living Green Fair MAKES BIG SPLASH

by Glenn R. Swift
Photos by Sharon Quercioli

Thousands of visitors and many of South Florida's leading companies attended the Wyland Living Green Fair at Mizner Park in Boca Raton the weekend of November 6 and 7. Participating businesses showcased everything from cutting-edge consumer products to state-of-the-art industrial and commercial green alternatives. Sprouts, a proud event sponsor, definitely created a major buzz with one of the event's most active booths. Passionate about the fair's mission, Wyland (www.wyland.com), who has been hailed as a "Marine Michelangelo" by USA Today, lent his name and commitment to the fair as the City of Boca Raton lent the green space and hosted the regional event, which went a long way to show the people of South Florida that living green is not a dream.

The jam-packed event featured a number of fun and engaging activities for the whole family: a 50-foot mural that children painted each day alongside Wyland himself; entertainment by the eco-conscious Disney teen stars whose mission is to "Rock Out This Planet"; organic cooking demos and food tastings by a number of leading South Florida chefs; product showcases of Green Fair vendors; displays of eco-friendly hybrid cars; and a wide variety of interactive activities that showed how simple, smart, fun and stylish it is to live greener and healthier lives.

The free regional interactive community experience brought together art, community involvement and awareness about the environment to share how individuals and families can do better for the Earth and live a higher quality of lifestyle. 🌍

For more information about the Wyland Foundation, visit www.wylandfoundation.org.



Youth Ambassador Guy Snell



Youth Ambassadors Lily Tougas and Paris Shewfelt



Paris Shewfelt, Wyland, Lily Tougas, Sharon Quercioli and Glenn Swift

The Lane Spa Celebrates 9TH ANNUAL CHARITY DAY

by Glenn R. Swift
Photos by Alicia Donelan

The Lane Spa (www.thelanespa.com) celebrated its 9th Annual Charity Day on Saturday, October 23rd from 11:00 A.M. – 4:00 P.M. at The Lane Spa at 11382 Prosperity Farms Road, Suite 126 in Palm Beach Gardens. This charitable business generously donated \$15 for every service provided and the entire cost of lunch (\$25) to the Susan G. Komen FOR THE CURE. Rockin' Raw Foods and Warm Vegan Cuisine was prepared by Chef Chris Slawson, whose delectable dishes were inspired by the Dr. Sears Cancer Diet. 🌍

About the M.C.L Foundation:

Founded by Marcia Lane, Owner of The Lane Spa, the M.C.L Foundation is a nonprofit organization that was created to assist families in crisis. The organization's intention is to attract people who are passionate about donating their time, love and resources to people in need. Their mission is to raise money for families who are in the midst of despair and cannot provide their children with the necessities of life. They have donated over \$60,000 to date. For more information about the M.C.L. Foundation, please call (561) 6910-0104 and ask for Marcia.

Sharon Quercioli, Glenn Swift and Marcia Lane



Betty Ann Baker



Chef Chris Slawson



The talented and friendly staff of The Lane Spa.



ARTS IN THE GARDENS OPENS AT EISSEY CAMPUS THEATRE

by Nancy Denholm



The 2011 Arts in the Gardens series opens at the Palm Beach State Eissey Campus Theatre in Palm Beach Gardens with Jim Witter in *Feelin' Groovy* on Tues, Jan 25, 2011 at 8 pm. Witter is back by popular demand having played at the theatre in the past with two sold out shows: *The Piano Men* and Beatles tribute *The Long and Winding Road*.

Don't miss this hit show!

Feelin' Groovy is a journey through the 1960s featuring the music of Simon and Garfunkel. An evening of joy and reflection as only Witter and his band can deliver, complete with their diverse range of multi-media clips from that unforgettable era. Witter's ability to recapture the magic of the duo's hit songs will have the audience believing they've been transported back decades. Sing along with Witter as he recounts their biggest hits, "The Sounds of Silence," "I Am a Rock," "Homeward Bound," "A Hazy Shade of Winter," "Mrs. Robinson," "Bridge over Troubled Water," "The Boxer," "Cecilia," and "Scarborough Fair."

After seeing The DeFranco Family in concert at the age of 9, Witter was hooked.


"I knew right then and there that's what I wanted to do for the rest of my life."

And he's never looked back. Witter began performing professionally at the age of 17 in

clubs, piano bars and even the odd building rooftop.

"I would play anywhere, anytime for anyone. It really helped me build and develop my skills at interacting with a crowd. If you weren't good at that, you weren't asked back!"

Witter uses those skills onstage to bring something personable and refreshing to his live performances. He makes his audience feel as though they are listening to a private show in the comfort of their own home. Regardless of the size of the audience, Witter immediately connects with every member of his audience with his charm and witty rapport.

This show is sponsored by The Louis J. Kuriansky Foundation in Memory of Edward J. Kuriansky. 



Tickets are \$30 and \$25. For tickets or more information, call the Theatre Ticket Office at (561) 207-5900 (Mon-Fri 11am-4pm) or visit www.eisseycampustheatre.org.

Eissey Campus Theatre

2011 Arts in the Gardens

All Shows at 8 pm

Subscriptions:
\$120 & \$150

Single Tickets:
\$25 & \$30

Ticket Office: 561.207.5900 | Mon - Fri 11 - 4
11051 Campus Drive, Palm Beach Gardens

Tues, Jan 25

Jim Witter in "Feelin' Groovy"

The music of Simon and Garfunkel

Sponsored by: The Louis J. Kuriansky Foundation

Wed, Feb 2

**Young Artists of the
Palm Beach Opera**

Six singers with piano...pops, arias & musicals!

Sponsored by: Paul & Sandra Goldner

Wed, Feb 9

Copeland Davis

Jazz piano plus pop, rock & classical

Sponsored by: Charles and Lynne Weiss

Wed, Feb 23

"The Music Man"

Wed, Mar 2

'S Wonderful

Gershwin song and dance

Wed, Mar 23

"BabaLu-cy"

Music of Desi Arnaz featuring
the Xavier Cugat Orchestra



**PALM BEACH STATE
COLLEGE**

SeaView RADIO
95.9 FM 960 AM
SEAVIEWRADIO.COM

The “Cup of Joe” Morning Show

with Joe Raineri
Monday - Friday
7 - 9 am





A Palm Beach Treasure

The Palm Beach Pops

by Christine Stickney

Photo by Studio Palm Beach

The house lights dim and the spotlight appears as he takes his place on stage. The orchestra begins to play and it becomes apparent that Maestro Bob Lappin has orchestrated yet another exceptional evening of entertainment. For a moment in time, we are captivated by the extraordinary musicianship and passion presented on stage.

The Magic of Music

With the conclusion of their most critically acclaimed seasons ever, one might ask, “What

magic can the Pops possibly muster for next season?” Well, after kicking off their 19th season in November by celebrating the music of The Beatles with special guest The Ny-lons, Music Director and Conductor Lappin has planned a series of concerts filled with a hint of romance, a dash of Vegas, a dose of Broadway and a touch of nostalgia when The Palm Beach Pops bring to the South Florida stage the music of **Sammy Davis, Jr., Barbra Stresland, Rodgers & Hart, Billy Joel** and other greats.

Among the dazzling performers for this year’s concerts are three-time “Atlantic City Entertainer of the Year” Clint Holmes, actress and singer **Gloria Loring**, Broadway stars **David Burnham**, star of *Wicked* and *La Cage Aux Folles*’ **Christine Andreas**, internationally acclaimed singer and guitarist **John Pizzarelli**, and the star of Billy Joel’s hit Broadway musical *Movin’ Out*, singer and pianist **Michael Cavanaugh**.

Celebrating the Music that Made America

American popular culture has made a huge impact upon the world in which we live. Many believe the greatest contribution Americans have made to the world is the body of musical works known as The Great American Songbook, which refers to the music of Broadway, Hollywood musicals and Tin Pan Alley. Some of the classic songwriters and performers associated with the Songbook include Cole Porter, Ella Fitzgerald, Dean Martin, Irving Berlin, George Gershwin, Judy Garland, Frank Sina-

tra, Johnny Mathis, Barbra Streisand and Barry Manilow.

Bob Lappin and The Palm Beach Pops have reinvigorated the music of the Songbook with enlivened performances of these beloved standards with the premier of music from American composers and artists from the turn of the 20th century through today. Distinguished alumni of Bob Lappin and The Palm Beach Pops include many big name talents such as Mel Tormé, Kenny Rogers, Maureen McGovern, Ricky Skaggs, Diahann Carroll, Frank Sinatra Jr., Vic Damone, Lena Horne and Judy Collins... just to name a few. The late Mel Tormé summed it up this way, “Bob Lappin and the glorious Palm Beach Pops... one of the greatest orchestras I have ever worked with in my life! Absolutely marvelous!”

Music for Everyone

With many sell-out concerts, Bob Lappin and The Palm Beach Pops consistently prove that they are Florida’s premier pops orchestra with 36 performances at the Kravis Center in West Palm Beach, the Kaye Auditorium at Florida Atlantic University in Boca Raton and Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens from November through April. 🌐

For tickets and more information about The Palm Beach Pops, call (561) 832-7677 or visit www.palmbeachpops.org.

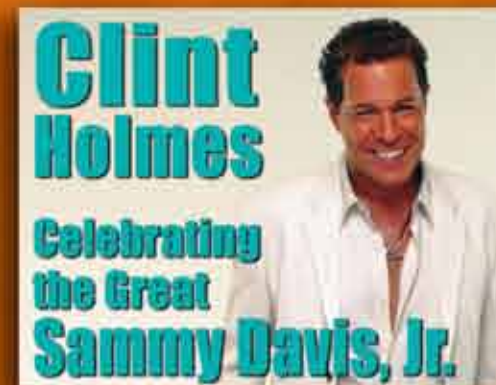
Bob Lappin & The Palm Beach Pops

See Florida's Premier Pops Orchestra
Featured in These Incredible Concerts!



Featuring actress and singer **Gloria Loring** of *Days of Our Lives*, showcasing the music of **Barbra Streisand** with "Somewhere," "People," "The Way We Were" plus music from *Funny Girl*, *Hello Dolly*, *Yentl* and more!

FAU: Jan 4, 5 & 6 – Eissey: Jan 9 – Kravis: Jan 10-11



By popular demand, superstar Vegas entertainer **Clint Holmes** returns to honor the great **Sammy Davis, Jr.** with "What Kind of Fool Am I," "The Candy Man" & other nostalgic favorites.

FAU: Mar 9, 11 & 12 – Eissey: Mar 13 – Kravis: Mar 14-15



Internationally acclaimed singer & guitarist **John Pizzarelli** puts his own spin on these light-hearted classics by **Richard Rodgers & Lorenz Hart**, "My Heart Stood Still," "The Lady Is A Tramp" "With A Song In My Heart" & "Blue Moon."

Eissey: Feb 8 – Kravis: Feb 9-10 – FAU: Feb 11, 12 & 14

See All 4 Concerts
at One Great Price!
Ticket Packages
\$85 to \$360.
Call 800-448-2472
TODAY!



Handpicked by Billy Joel to star in Broadway's *Movin' Out*, Tony- and Grammy-nominated **Michael Cavanaugh** is a gifted pianist & vocalist. Spotlighting the hits of **Billy Joel** & songs from other music legends!

Kravis: Apr 4-5 – FAU: Apr 7, 8 & 9 – Eissey: Apr 10

Tickets \$29-\$89.

Call 561.832.7677
www.PalmBeachPops.org

Kravis Center for the Performing Arts West Palm Beach
Eissey Campus Theatre (Palm Beach State College) Palm Beach Gardens
Carole & Barry Kaye Auditorium at FAU, Boca Raton



Performances at 8pm. All sales final. No refunds or exchanges. Artists, dates, performances and prices subject to change.



THEATRE ORCHESTRA OF FLORIDA

South Florida's Premier Adult Contemporary/Classical Crossover Act

by Robert Hooper



Andrea Bocelli, Andre Rieu, Sarah Brightman... These performers, all classically trained musicians, embody a musical trend that has evolved in recent musical history — the adult contemporary/classical crossover genre. The music is at once accessible and familiar, with lovely and stirring melodies that have captivated audiences world-wide. Think “Con te partirò,” the Italian classical song written by Francesco Sartori (music) and Lucio Quarantotto (lyrics). Recorded by Andrea Bocelli in 1995, the song achieved widespread success with a version pairing Bocelli with Brightman, released as “Time to Say Goodbye.” The recording catapulted Bocelli into megastardom and rejuvenated the career of Brightman (*Phantom of the Opera* diva and former wife of composer Andrew Lloyd Webber).

Dutch violinist/conductor Andre Rieu is also a phenomenon who has struck just the right chord. With a world-wide following, his concerts often highlight specific themes or concepts, such as *Live in Tuscany*, *At the Movies* and *Romantic Moments*. Here's the good news – you need not have to travel to New York, Los Angeles or Europe to enjoy this beautiful music.

It's right here in our backyard.

Enter Theatre Orchestra of Florida www.theatreorchestrafl.com, which has made a splash on the music scene in South Florida as an innovative and compelling musical ensemble specializing in high quality adult contemporary/classical crossover performances. Based in Palm Beach Gardens, TOF is led by Artistic Director and conductor Mark Giuliani. According to Giuliani, who made his New York Lincoln Center debut in 2006, TOF's vision has been to present accessible music with recognizable melodies everyone can enjoy, and most concerts feature popular adult contemporary, Broadway and Hollywood selections. “It is no accident that TOF's concerts have a recognizable format and theme to maximize audience familiarity and interest. We want our audiences to sit back and enjoy the music right off the bat, and go home singing one of their favorite tunes.”



Theatre Orchestra of Florida



MARK GIULIANI, ARTISTIC DIRECTOR

Mark Giuliani is a conductor, arranger and composer. He has conducted numerous performances of operatic and other works and made his New York City debut in November, 2006 at Alice Tully Hall, Lincoln Center, with the Orchestra of St. Luke's. He has conducted performances at a number of venues, including the Shubert Theater, New Haven, CT; Palace Theater, Stamford, CT; Festival of the Atlantic, Orchestra of St. Peter by the Sea, Pt. Pleasant, NJ; Milwaukee Festa Italiana; Tampa Festa Italia; Chamber Orchestra of Hartford and the Sergio Franchi Music Foundation Memorial Concert, Stonington, CT. Giuliani arranges Neapolitan, Italian and contemporary selections for recording and live performance. He is the principal arranger and conductor for award-winning tenor, Roberto Larussi, and his arrangements have been heard during live national broadcasts featuring Larussi.

In addition to his musical endeavors, Giuliani is an attorney and maintains practices in Florida and Connecticut. He is an eight-year veteran of the military, having served as a captain in the U.S. Air Force, representing the government in civil and criminal litigation, and as a commissioned officer in the U.S. Army. While in the service, Giuliani arranged and conducted choral and instrumental performances for military personnel and their families.

Giuliani's musical studies began with trumpet, and his principal instructor was Raymond Crisara. He went on to study theory, piano, conducting and arranging, and teachers have included Harold Farberman, Joseph Rescigno, Thomas Carling and Eduardo Navega. Giuliani lives in Palm Beach Gardens with his wife, Dr. Kimberly Giuliani, and two daughters.





Don't for one second think popular means amateur. To the contrary, TOF is comprised of select and accomplished musicians throughout South Florida and produces a full and exciting sound featuring award-winning guest artists with national and international careers. For its upcoming second 2011 season, TOF is highlighting tenor Roberto Iarussi

ROBERTO IARUSSI

Noted by Chuck Scarborough of NBC TV as "a dazzling talent in the world of opera today," award-winning tenor Roberto Iarussi has given operatic and concert performances on stages throughout the world. Possessing a remarkably beautiful and rich voice, along with a riveting stage presence, Roberto has received accolades from many luminaries in music, including greats Luciano Pavarotti and Placido Domingo. Iarussi is the recipient of numerous awards, including prizes given by the Puccini Foundation International Vocal Competition, Gerda Lissner Foundation, National Italian American Foundation and Bagby Foundation for the

(www.robertiarussi.com) in concerts featuring the music of Andrew Lloyd Webber, Leonard Bernstein, Mario Lanza, Luciano Pavarotti and others. An award-winning singer who has performed worldwide and has sung for luminaries such as Luciano Pavarotti, Placido Domingo, Faith Hill, Laura Bush and Colin Powell, Iarussi blends exemplary vocal technique, a stunningly beautiful voice and flexible artistry in a manner that allows him to sing everything

Vocal Arts. He was also the first recipient of the Andrea Bocelli Vocal Fellowship in 2005. Roberto made his Lincoln Center debut in 2006 with the Grammy Award-winning Orchestra of St. Luke's, with special guest, soprano Aprile Millo.

After studying at the Juilliard School and New York University, Iarussi was mentored by legendary Metropolitan Opera stars Licia Albanese and Franco Corelli. He has gone on to sing many of the leading roles in the classic Italian and French repertoires, including *La Boheme*, *Tosca*, *Madama Butterfly* and *Turandot*. An innovative performer, Iarussi is a versatile artist who is able to reach audiences beyond the traditional operatic stage. His stirring interpretations of Broadway, romantic and contemporary favorites routinely bring audiences to their feet.

from Puccini's "Nessun Dorma" to "All is Fair in Love and War" by Stevie Wonder. Joining Roberto on stage this season will be Jennifer Roberts-Jenkins, a beautiful and talented soprano making her mark on today's music scene. The pair blends their artistry and voices in selections that stir the soul and captivate the listener.

The 2011 season will find TOF performing *An Evening with Tony & Oscar* in some of South Florida's premier mid-sized venues, including the historic Lyric Theatre (www.lyrictheatre.com) in downtown Stuart on Saturday, January 15 at 3pm and 7pm and the Coral Springs Center for the Arts (www.coralspringscenterforthearts.com) on Friday, March 11 at 8pm. TOF will also feature a classical concert, *Beethoven Celebration — The Immortal Fifth Symphony* at the Coral Springs Center for the Arts on Sunday, January 30 at 3pm. The Beethoven concert will include a number of the master's beloved works, as well as the hauntingly beautiful "Adagio" from "Mahler's Fifth Symphony" and the rousing overture from "The Marriage of Figaro" by Mozart.

For information about Theatre Orchestra of Florida, please visit www.theatreorchestrafl.com



JENNIFER ROBERTS-JENKINS

Jennifer Roberts-Jenkins is an award-winning soprano who has been praised for her voluptuous tone, amazing technical skill and ability to endear herself to all who hear her. Jenkins has created over twenty operatic roles in the United States, Europe and the Middle East. She has performed with Opera Memphis, The Connecticut Opera, The New York Chamber Opera, The New Israeli Opera, The Como Opera Guild, The International Institute of Vocal Arts in Chiari, Italy and The International Vocal Arts Institute in Tel Aviv, Israel. Some of Jenkins's favorite roles have included Liu in *Turandot*, Musetta in *La Bohème* and Lauretta in *Gianni Schicchi*. Jenkins has performed under the batons of Richard Barrett, Michael Ching, Willie Anthony Waters and Paul Nadler. She recently performed an Easter Concert with Metropolitan Opera Bass, James Courtney.

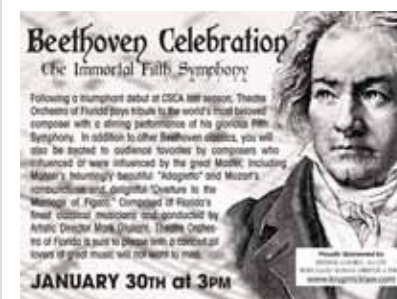
Jenkins was a regional finalist in the Metropolitan Opera National Council Auditions, a winner of The Con-

necticut Opera Guild Competition, and a finalist in the Friedrich Shorr International Vocal Competition. Early in her career, she was recognized as an important talent internationally renowned Verdian soprano, Kallen Esperian. Ms. Esperian asked Jenkins to be her understudy as Violetta in Verdi's *La Traviata*. She was also invited to attend Joan Dornemann's acclaimed International Vocal Arts Institute in Tel Aviv. While in Israel, she sang the role of Musetta in *La Bohème* and was featured in *The New York Times*. Earlier this year, Jenkins was honored to sing in the finale of Stephen Sondheim's Birthday Gala at Alice Tully Hall. Her singing was featured on the Australia episode of Nick Jr.'s Emmy-nominated children's animated series *Wonder Pets*. She also made an appearance on a recently televised episode of the Emmy Award-winning iconic television show, *Sesame Street*, as a featured opera singer. Jenkins studies voice with Ira Siff in New York City and is thrilled to be making her Theater Orchestra of Florida debut.

Theatre Orchestra of Florida 2011 Schedule of Events

Saturday, January 15 @ 3pm, **An Evening with Tony & Oscar** featuring Bocelli Vocal Fellowship-winning tenor Roberto Larussi and acclaimed soprano Jennifer Roberts-Jenkins at the historic Lyric Theatre in downtown Stuart, Florida. For tickets or more information, call (772) 286-7827 or go to www.lyrictheatre.com.

Saturday, January 15 @ 7pm, **An Evening with Tony & Oscar** featuring Bocelli Vocal Fellowship-winning tenor Roberto Larussi and acclaimed soprano Jennifer Roberts-Jenkins at the historic Lyric Theatre in downtown Stuart, Florida. For tickets or more information, call (772) 286-7827 or go to www.lyrictheatre.com.

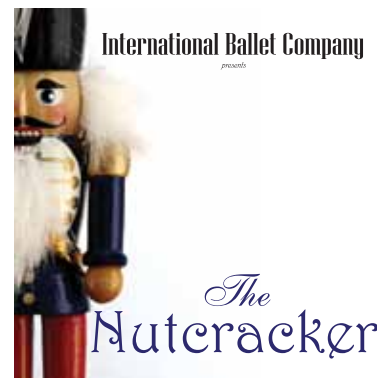


Sunday, January 30 @ 3pm, **Beethoven Celebration — The Immortal Fifth Symphony** at the Coral Springs Center for the Arts in Coral Springs, Florida.

For tickets or information, call (954) 344-5990 or go to www.coralspringscenterforthearts.com.

Friday, March 11 @ 8pm, **An Evening with Tony & Oscar** featuring Bocelli Vocal Fellowship-winning tenor Roberto Larussi and acclaimed soprano Jennifer Roberts-Jenkins at the Coral Springs Center for the Arts in Coral Springs, Florida. For tickets or information, call (954) 344-5990 or go to www.coralspringscenterforthearts.com.

CORALSPRINGS CENTER FOR THE ARTS



DECEMBER 11TH & 12TH



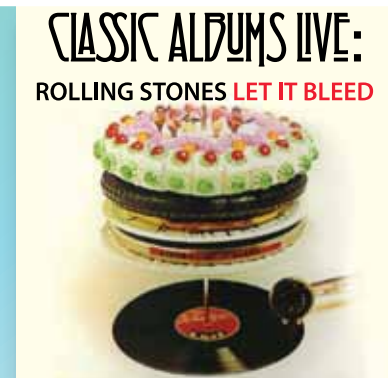
DECEMBER 26TH - 7:30PM



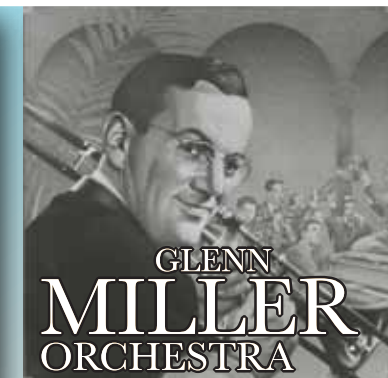
DECEMBER 31ST - 8PM



JANUARY 8TH - 8PM



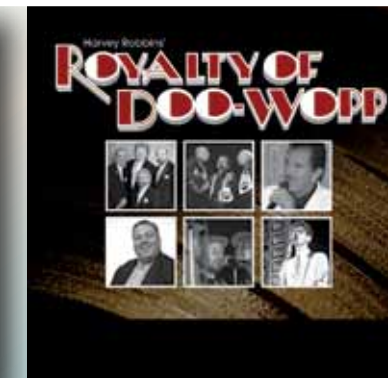
JANUARY 15TH - 8PM



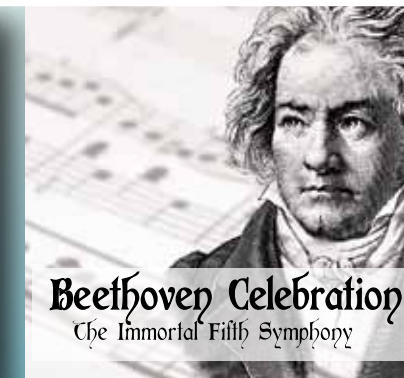
JANUARY 16TH - 2PM



JANUARY 22ND - 8PM



JANUARY 28TH - 7:30PM



JANUARY 30TH - 3PM



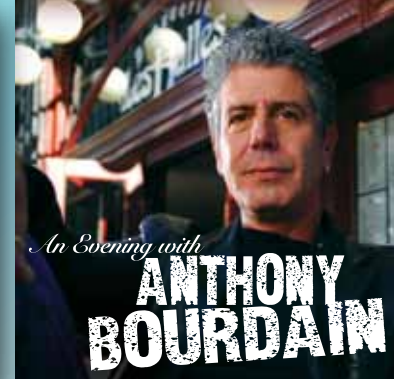
FEBRUARY 5TH - 8PM



FEBRUARY 11TH - 8PM



FEBRUARY 12TH - 8PM



FEBRUARY 15TH - 7:30PM



FEBRUARY 16TH - 7:30PM



FEBRUARY 17-20TH, 23-27TH



FEBRUARY 21ST - 7PM



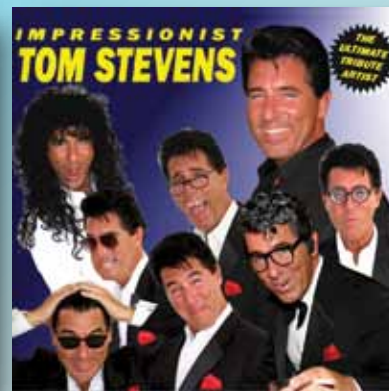
MARCH 4TH - 7:30PM



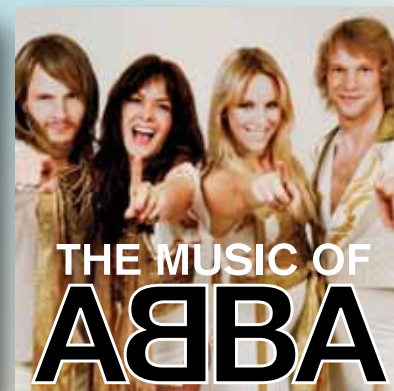
MARCH 5TH - 8PM



MARCH 11TH - 8PM



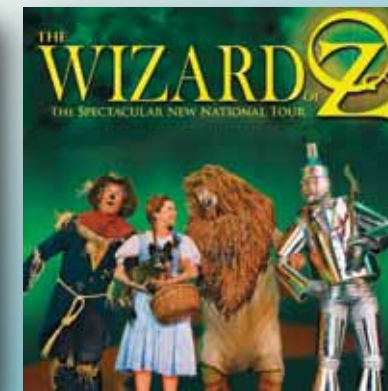
MARCH 12TH - 7:30PM



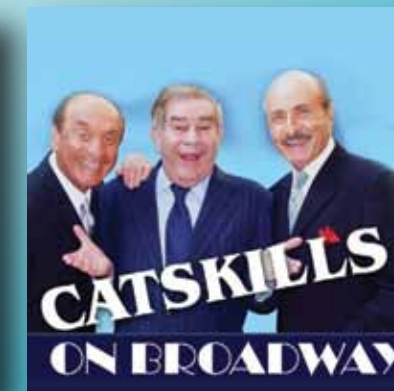
MARCH 15TH - 7:30PM



MARCH 17TH - 7:30PM



MARCH 19TH - 2 & 7:30PM



MARCH 26TH & 27TH



APRIL 1ST-3RD



APRIL 9TH - 8PM



coralspringscenterforthearts.com
954.344.5990

ALL ARTISTS, DATES AND TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE

SEASON 2010-2011

find us on

RIVERSIDE THEATRE

“Glitzy & Bold!”

– Associated Press

One of Broadway's
Best
Musicals Ever!

GUYS AND DOLLS

TIME TO GET LUCKY!

Music & Lyrics by
Frank Loesser
Book by Jo Swerling &
Abe Burrows
Based on the stories of
Damon Runyon

Directed by Stephen Bourneuf

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.

Tickets starting at \$36

Children's
RIVERSIDE THEATRE
PRODUCTION OF

The Nutcracker: In Swingtime!

Libretto and
Choreography by Adam Schnell

The Classic Holiday Tale
Danced to a Whole New Beat!

Music by: Duke Ellington,
Billy Strayhorn and
David Berger based on Themes
by Peter Ilyich Tchaikovsky

Dec. 10 & 11 Dec. 11 & 12
@ 7:30 p.m. @ 1:00 p.m.

Tickets:
\$18 adults, \$10 students

Sponsored by
WACHOVIA
A Wells Fargo Company
CENTER FOR ADVANCED EYE CARE
McLaughlin Family
Charitable Foundation

Box Office: 772.231.6990 or 800.445.6745

www.riversidetheatre.com

3250 RIVERSIDE PARK DRIVE, VERO BEACH



SUNRISE THEATRE

The Greatest Grandest Historic Theatre on the Treasure Coast

*This Holiday Season, Give The Gift of
GREAT ENTERTAINMENT!*

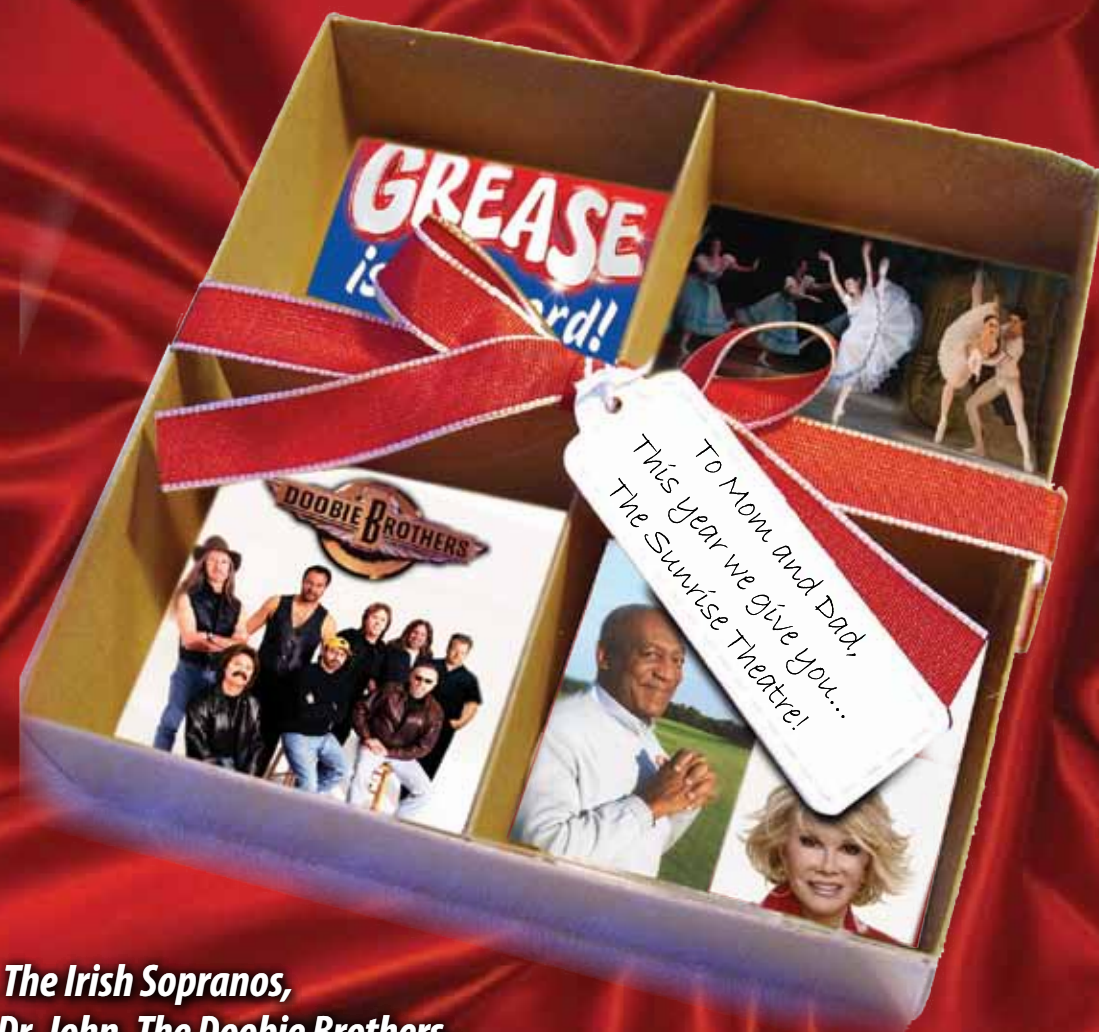
**NATIONAL TOURING
BROADWAY SHOWS:**

Ed Asner as FDR
Forever Plaid
All Shook Up
Spring Awakening
Music Man
S'Wonderful
Grease

*Magicians,
New Shanghai Circus
& Children's Shows*

Music from:

Dave Koz, Bozz Scaggs, The Irish Sopranos,
The Neville Brothers & Dr. John, The Doobie Brothers,
Dennis DeYoung & the Music of STYX, Chris McDonald's Memories of Elvis,
The Oak Ridge Boys, over three Rock n Roll & Doo Wops this season...and more!



**BALLETS FROM
RUSSIA:**

The Nutcracker
Giselle
Romeo & Juliet

3 Operas from
Teatro Lirico d' Europa
Tosca
Turandot
Madama Butterfly

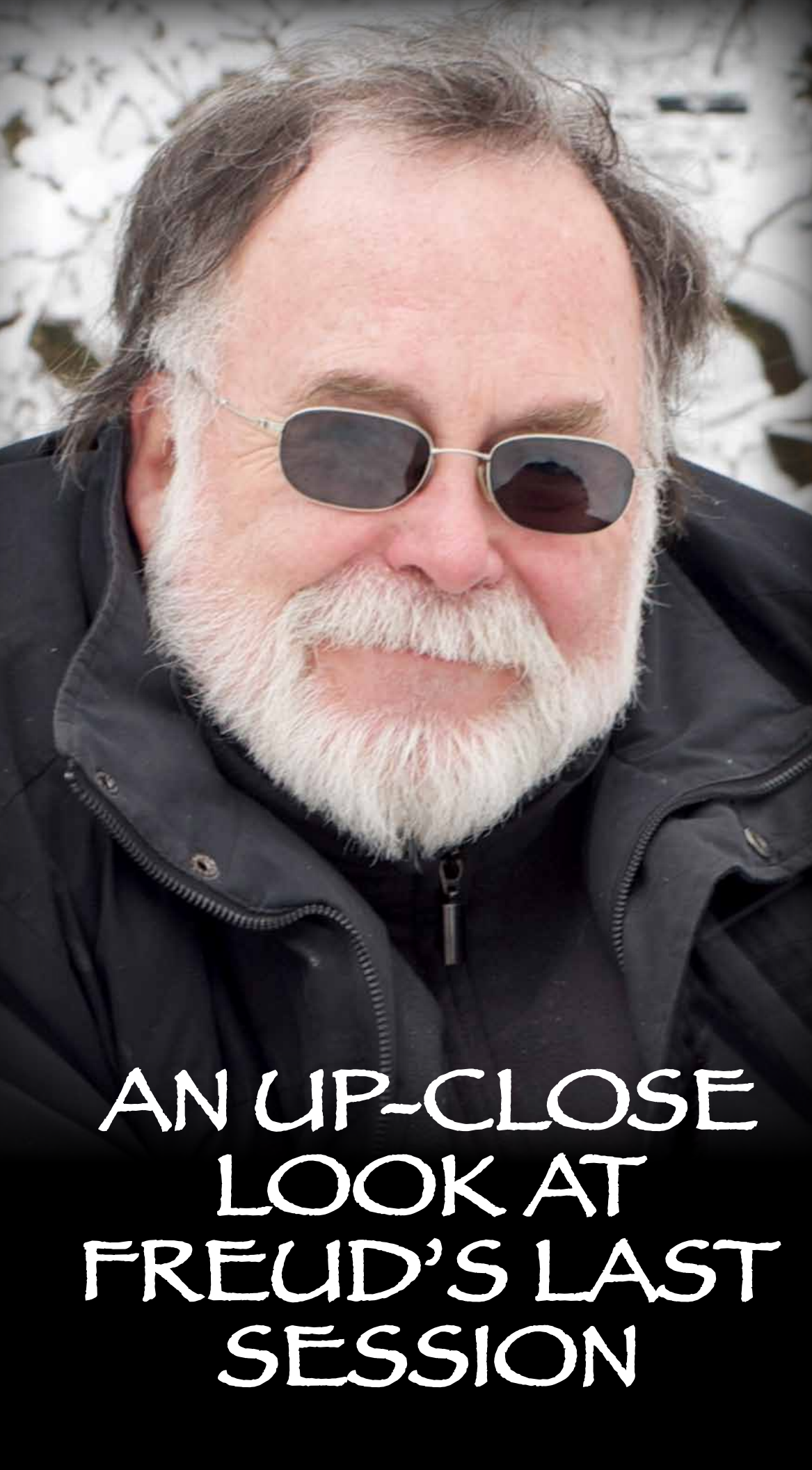
COMEDIANS:

Garrison Keillor
Bill Cosby,
Joan Rivers,
Howie Mandel,
Tim Conway
Bobby Collins
and just added...Lewis Black!



Photos by Michael Poolt (www.michaelpoolt.com)

For tickets call the Box Office at 772-461-4775. To see the entire season schedule, including shows at the new 200 - Seat intimate Black Box, visit www.SunriseTheatre.com; there you can see video previews of each show, visit performers' websites and buy your tickets online! Remember, MEMBERSHIPS & TICKETS MAKE GREAT GIFTS! For membership information visit www.SunriseAdvantageClub.com



AN UP-CLOSE LOOK AT FREUD'S LAST SESSION

Acclaimed playwright Mark St. Germain provides insight into his award-winning work.

by Mark Lynch

In chatting with Mark St. Germain it does not take long for one to understand why a play such as *Freud's Last Session* – which for all practical purposes is a two-hour debate over religion and science — doesn't *feel* like a debate. St. Germain is simply a conversationalist for whom finding the right words appears to be effortless. So, as a writer who in this play must simultaneously give voice to both Sigmund Freud and C.S. Lewis, St. Germain seems to intuitively have a grasp on how to navigate the give-and-take of two acts of dialogue that is at once intelligent, witty and confrontation-

al, yet deeply vulnerable. This being said, St. Germain makes it clear that there is more to his approach to writing than simply trusting his instincts. In fact, the brilliant playwright insists upon the need for always working at the craft.

Asked whether there were particular elements of this play for which he was hoping to find solutions via the reading held at Palm Beach Dramaworks in March 2009, he commented, "Well, first of all, when the actors in any reading are terrific then it becomes instantly apparent that whatever is wrong is my fault. And that was precisely the case here. With Dennis (Creaghan) and Karl (Hanover) and Richie (Lester) were exceptional, and I heard the play in a new way. And although she's probably better known as an actress, Maureen Anderman as a director is really insightful. She cuts to the core of the play. Another thing is that in any performance I like to stand in the back and not watch the show but instead watch the audience. Here I paid attention to the audience for shifting and concentration."

The play was then produced at Barrington Stage in Massachusetts. "The Dramaworks tweaks found their way into that production and are incorporated into the production currently running off-Broadway. The script is now published. This theatre played a very important step in the process."

This is not St. Germain's first play based upon

recognizable personalities in history and culture. *Camping With Henry* and *Tom* brings together Henry Ford, Thomas Edison and President Warren G. Harding. *A Plague of Angels* is the story of Mary Mallon, better known as Typhoid Mary. Tammy Wynette's rise to international stardom as a country-Western singer is the subject of *Stand By Your Man*. And St. Germain wrote the libretto for – get this – *Moby Dick: the Opera*. What draws him to these kinds of figures? "I wish I could answer that. Usually, there just is something about a situation. I mean, *why* that camping trip? The latest play I'm working on is inspired by how in the world in Durham, North Carolina in 1971 could a relationship form between C.P. Ellis, who was a leader of the Ku Klux Klan, and a black woman activist named Ann Atwater?"

In writing these kinds of scripts what is the role of veracity? "You're taking a leap into their heads. The people onstage should be true to be what they are saying. I don't want to take liberties with their beliefs. You must be as accurate as possible to the characters and situations. Now you can take liberties with the sequence of events or consolidate several characters into one. But I've also been in situations where people asked me to write a play with characters' points of view that aren't truthful and I won't do that." 🌍

For tickets or more information about *Palm Beach Dramaworks*, please go to www.palmbeachdramaworks.org or call (561) 514-4042.

Palm Beach Dramaworks presents the Southeastern Premiere of

Treva's Last Session

Suggested by "The Question of God"
By Dr. Armand M. Nicholi, Jr.

by Mark St. Germain

Directed by **William Hayes**

Executive Producer Virginia Sand

December 17, 2010 - February 6, 2011

Featuring:

Dennis Creaghan and Chris Oden

On the day England enters World War II, the legendary Dr. Sigmund Freud invites C.S. Lewis to his London home where they clash on the existence of God, love, sex and the meaning of life.

322 Banyan Boulevard, West Palm Beach, Florida 33401

Showtimes:

Wednesday - Saturday 8:00pm, Select Wednesdays 3:00pm

Saturday and Sunday 2:00pm, Select Sundays 7:00pm

Box Office and other information:

561-514-4042

Theatre To Think About



11th
Anniversary
SEASON



www.palmbeachdramaworks.org



Palm Beach County Florida
TOURIST DEVELOPMENT COUNCIL

Palm Beach Daily News
THE SUNNY SHEET

Community Foundation
FOR PALM BEACH AND MARTIN COUNTIES



SHUBERT
FOUNDATION

PALM BEACH COUNTY
CULTURAL COUNCIL

The Noël Coward
Foundation



Sponsored in part by the State of Florida, Department of State, Division of Cultural Affairs, the Florida Arts Council, and the National Endowment for the Arts



⌘ MOSART THEATRE ⌘

- Movie Premieres
- Live Music
- Live Theatre

Palm Beach County's Premier Indie Film Theatre
700 Park Ave. Lake Park, FL 33403
mosarttheatre.com (561) 337-6763

- Improv Comedy
- Art Openings
- Private Parties

Meet the Team...

SHARON QUERCIOLO

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 marketing 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.

Co-Founder & President



GLENN SWIFT

Co-Founder & Editor-in-Chief



Glenn Swift has been a feature story writer and editor 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. Holder of a B.B.A. in Finance from Stetson University and a Master's Degree in European History from the University of Central Florida, Swift was the Winner of the Florida Magazine Association's Bronze Award for Excellence in Writing and is a member of Phi Alpha Theta, the International History Fraternity. Swift has interviewed many of the biggest celebrities in the Arts & Entertainment world and is renowned for his in-depth knowledge in that field. He has also hosted several radio shows, all of which focused on his passion for entertainment. From 2005-2007, Swift served as Managing Editor of Newport Beach, California-based Advisys, Inc., one of the nation's most highly respected e-publishers for the financial services industry.

DORI BEELER

A native Southern Californian, Beeler graduated with a BFA from Cal State University Fullerton in 1995. Since graduating, Beeler has worked professionally in graphic design 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.

Art Director



MISSY TANCREDI-STRAUSS

Missy Tancredi-Strauss is a Vice President of Eco Advisors and the host of Radio Green Earth, South Florida's first all environmental talk show. She is a sustainability consultant working with clients to develop programs for their businesses, vendors, supply chain and facilities through corporate social responsibility programs, operational procedures, strategic planning and marketing. Tancredi-Strauss is currently the Vice Chair of the Palm Beach/Treasure Coast Branch of the U.S. Green Building Council South Florida Chapter and an adjunct faculty member at Palm Beach State College on the subjects of Sustainability, Green Programs and LEED. When off the green circuit, she spends her time exploring the joys of life with her husband Paul and her two wonderful daughters, Sabrina and Gabrielle.

Contributing Columnist



JOHN POGGI

John Poggi is an environmental scientist and the Found-ing Principal and President of Eco Advisors, LLC, an environmental services professional focusing upon environmental, sustainability and green building solutions, CEO of the Green Earth Environmental Education Foundation, a nonprofit media corporation promoting environmental stewardship through education, and Execu-tive Producer of Radio Green Earth, an environmentally focused radio program produced for public radio.

An environmental professional with over 30 years experience in South Florida, Poggi is a member of the U.S. Green Building Council, a Registered Environmental Manager and a Florida licensed environmental contractor. Poggi routinely lectures on sustainability and environmental subjects to a wide variety of audiences, including gov-ernment, education, healthcare and commercial development industry representatives.

Contributing Columnist



ALICIA DONELAN

Alicia Donelan is a native Texan who has lived and worked in South Florida for seventeen years. She holds a Masters Degree in Photography from New York University in conjunction with The International Center of Photography in New York City. Donelan's photography is best expressed in her destination weddings and lifestyle portraits for private clients in Palm Beach, New York and Dallas, as well as numerous high-end publications throughout the United States.

Photographer

