



Our Wonderful World

November, 2011
Volume 2 :: Number 11

The Art of Living Green



Jean Wihbey
*Palm Beach State's
Queen of Green*

Greener,
Cleaner
Water
From Thin Air

Alaska
*America's
Final Frontier*

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The Art of Living Green



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FROM THE PUBLISHERS



Welcome to the November, 2011 issue of *Our Wonderful World*, Florida's leading green digital magazine. Our cover story features one of South Florida's leading environmental advocates, Dr. Jean Wihbey, Provost of Palm Beach State College's Eissey Campus in Palm Beach Gardens. In just two years at the helm at Palm Beach State, the Eissey Campus has witnessed staggering growth and become recognized as one of the greenest institutions of higher learning in the Sunshine State. Be sure to read "Dr. Jean Wihbey — Palm Beach State's Queen of Green" to learn more about this remarkable visionary.

Once again our very own Green Goddess enlightens us with her "Pearls of Wisdom." This time the Goddess informs us about the many benefits of essential oils. In keeping with the spirit, the Goddess educates us as to the numerous health benefits of "The Colorful Carrot."

Kudos to Sandra Frens for showing us a number of exciting ways to enjoy an environmentally conscious Holiday Season in "I'm Dreaming of a Green Christmas." Thanks, too, to Sean Cochrane ("Greener, Cleaner Water — From Thin Air") for letting us know precisely what we can do as consumers to reduce wasting our planet's most precious life-giving resource.

Vacation lovers will be sure to enjoy Cyn-

thia Hurst's exciting travel feature, "Alaska — America's Final Frontier," while aficionados of the Great American Songbook will no doubt enjoy reading our exclusive interview with Lynn Roberts, one of the finest vocalists ever to grace the American stage. Lynn began performing at the tender age of 8 back in the vaudeville era—and still belts like a spring chicken. Read and listen to Lynn by going to our Art & Entertainment section and clicking on the podcast icon at the end of the story.

Well, we've got a lot more in store for you. So, grab your cup of coffee, cozy up to your computer... and start clickin'.

Sincerely,



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DR. JEAN WIHBEY

Palm Beach State's "Queen of Green"

by Glenn R. Swift

An English author in a distant age once described leadership as “the process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task.” Not a bad definition...but there is something far greater to leadership, something much more human... something that really cannot be defined.

Leadership is the quality that some very gifted people have that raise us up to a level of accomplishment of which we almost certainly could not have achieved on our own. They make us feel as if we are a part of something greater, inspiring us not only to achieve for ourselves, but on behalf of others as well. And just when we are full of self-doubt, frustration and fear, they appear in our midst... right when we need them most. How do some people become great leaders? Perhaps we will never know. Maybe they're just born that way. Whatever it is, they are here—and they are reaching out to us.

Jean Wihbey is one such leader.

In just two years as Provost at Palm Beach State's Eisey Campus in Palm Beach Gardens, enrollment has soared to over 9,000 and the school's esprit de corps has reached new heights, energizing faculty and student body alike. Wihbey's passionate commitment to environmental education and awareness has led to the Eisey Campus becoming recognized as one of the “greenest” college campuses in the Sunshine State.

Wihbey's efforts have not gone unnoticed.

In addition to her considerable recognition by the local and regional media, numerous community civic and charitable organizations have sought her organizational and business acumen. Wihbey's impact has been felt in another way as Northern Palm Beach County residents are prouder than ever of the academic jewel that flourishes in their midst. Wihbey's story is a powerful one and one from which all of us can glean a greater understanding as to how we can achieve our maximum potential and help our fellow man along the way. The oldest of six children and a native of Connecticut, Jean Wihbey has always been a “people person.” More importantly, she has always bloomed wherever she was planted.

Prior to coming to the Eisey Campus, Wihbey served as Dean of Academic and Student Affairs at Northwestern Connecticut Community College. Before her tenure at NCCC, she was Associate Dean of Learning, Corporate and Community Education and Chief Administrative Officer for the North Haven Campus at Gateway Community College. She has also served as Director at Middlesex Community College's Meriden Campus and Naugatuck Valley Community College, both in her home state of Connecticut.

As for her academic credentials, Wihbey graduated with a Bachelor's in Economics from Fairfield University. In the ten years following her graduation, Wihbey owned and oper-



The “doc” is an avid golfer.

ated three businesses: a floral store named “Jean’s Greens,” a drive-in movie theatre and a video store. Although the businesses were successful, the allure of academia compelled her to return to school.

“I’ve always been the kind of person who people open up to, telling me their problems and asking for advice. But I didn’t feel that I had the tools to help them. So, I decided to go back to school and learn those tools. It was a great decision because I really enjoyed school as an older student,” recalled Wihbey.

Wihbey earned a Master of Science in Counseling from Southern Connecticut State University and became a nationally certified counselor. Despite her significant achievement in the counseling field, Wihbey instinctively knew she wasn’t in the right place.

“The clinical setting just wasn’t right for me. The culture was strange,” said Wihbey, who then returned to Southern Connecticut to work as an adjunct instructor in the Graduate School Department of Education, Counseling and School Psychology.

“At first I taught part time, supplementing my income with grant-funded work. But after a year I was teaching full time, and I loved every minute of it. I went on to work at three more community colleges, moving up all along the way.”

Reinvigorated, Wihbey went on to earn her

Ph.D. in Educational Psychology from the University of Connecticut. Amazingly, she earned her doctorate while working as a full-time faculty member teaching two college classes a day.

“I knew this was something I really wanted and was willing to make the necessary sacrifice.”

Over the years, Wihbey has received numerous awards including the 2008 Exemplary Leadership Award from the New England College Board and the Tamarack Woman of the Year Award from the American Association of Women in Community Colleges.

“After sixteen years as a college professor and administrator, my mission was to become the CEO of a college campus.”

In July of 2009 Wihbey got that chance when she accepted the position of Provost for Palm Beach State’s Eissey Campus in Palm Beach Gardens.

“After having lived in Connecticut all my life, I was initially hesitant about the idea of living year-round in Florida. But I couldn’t be happier anywhere else than where I am today.”

Wihbey is more than willing to acknowledge a power greater than herself was at work in landing her in her new surroundings.

“It was truly serendipitous that I was offered



(Left to right)
Sandra
Barrett,
Glenn R.
Swift,
Dr. Jean
Wihbey
and Dr. Jay
Matteson

this opportunity. All of my previous jobs in education provided me the skills and experience for this position.”

As for the green transformation that has taken place at the Eissey Campus, the Queen readily acknowledged that she did not arrive in Palm Beach Gardens as a “champion of green.”

“Once I got here and understood the direction that the college wanted to go in terms of achieving sustainability in all areas, I went gangbusters in implementing that strategic plan because I realized this was a significant and important endeavor.”

An integral part of the Eissey’s green initiative has focused upon the curriculum, specifically in terms of integrated learning opportunities for its students.

“We’ve worked hard to create an array of vigorous and relevant courses that are of value to employers in our area. Of course, one of our biggest challenges is to support our curriculum development with job projections. That’s why we’ve forged a number of strategic relationships, like those with the Scripps Research Institute, the University of Florida and Florida Atlantic University, so that we can keep our hand on the pulse of an ever-changing workplace.”

One of the most important developments at the Eissey Campus in terms of greening its curriculum was the creation of the school’s Green Institute.

“The Institute offers a wide range of courses in emerging green technologies that provide new, exciting and environmentally friendly career opportunities, such as wind and solar power, biofuels, biomed, photovoltaic systems and other green building practices.”

As Provost of the Eissey Campus, Wihbey has distinguished herself not only in greening the campus but by constantly looking for ways to develop relationships to help others achieve success both on and off campus.

“I like to spend time planning and understanding what people’s needs are, their particular motivation and interest, and then try to find out what the community I am engaged with wants,” said Wihbey, who credits her career success to possessing a combination of passion and action for her work.

She frequently serves as a motivational and informational speaker and has written several articles on personal success, leadership and development.

“Anyone can develop their leadership skills,” Wihbey said. “And you can culti-



vate leaders in a way that's productive." As to how best to do that, the Queen of Green was ready and willing to reveal her secrets.

"I call them the Five C's: competence, credibility, connections, communication and charisma."

Competence

"This is where leadership begins. People need to know that you know what you're doing, that you're aware of current trends, are confident and have a vision. Your direction needs to be clear enough that others know how they fit into the plans, and they need to understand your expectations so that they can fulfill them," said Wihbey, who sets aside at least an hour each night to read. "This helps me stay on top of the important trends and issues in my field."

Credibility

"An academic leader must show integrity and be known as trustworthy and reliable. Otherwise, the distrust faculty and staff members feel will result in speculation and confusion on campus. As a result, they could build coalitions that leave an academic leader isolated."

Connections

"Building relationships and developing community partnerships are important elements of success for an academic leader."

Communication

"Elements of good communication include lis-

tening, asking questions, compiling information and relaying messages. Academic leaders have access to many types of technology that enable them to communicate. But taking advantage of those tools is not enough. You've got to meet people in person or pick up the phone, 'I read your e-mail, let's talk' is a good approach. Then again, it's important to be cautious about how much information you are sending out. Recipients are likely to receive up to 150 e-mails a day, so it's important not to overwhelm them."

Charisma

"Some people exude magic or intrigue that draws people close. Others want to hear what those leaders have to say. These leaders are inspirational, pleasant and fun spirited."

Just how do you achieve the necessary levels of competence, credibility, connections, communication and charisma? The Queen recommends five more C's to complement the first five: courage, compassion, commitment, compromise and character.

Courage

"It takes courage to confront people you're having difficulty with. Also, you'll have to make tough decisions that can affect people's livelihoods and make a difference for the institution's future. And you have to accept that your ideas might not always work."

Compassion

"When you make decisions that affect others,



*(Left to right) Robert Van Der Velde,
Dr. Jay Matteson, Dr. Jean Wihbey and
Glenn R. Swift*

you need to care about them. It's also important to understand what motivates people so that you can reward them for their work. Some people want money, but others value status or leisure time."

Commitment

"It takes persistence to meet the many challenges your job presents and overcome the obstacles to providing what your campus or college needs. If you've had a bad day or an initiative that's important to you is not moving forward, it's time to step back and gain perspective."

Compromise

"When you get highly intelligent people together to make decisions, they're not always going to agree. Deans and provosts need to focus upon what really needs to get done and help people work together to achieve the goals."

Character

"If you have any questions that an action might be unethical, don't do it."

Committed to helping all those around her to lead healthier, happier, greener lives, the Queen of Green has always felt a special connection to the arts — especially theater and ballet.

"I feel emotionally and spiritually connected to the arts," Wihbey said. "The arts lift my spirits, and I think all of us should have that kind of experience."



Dr. Jay Matteson and Dr. Jean Wihbey showcasing the Eissey Campus' very own "green" solar-powered golf cart with solar paneled roof.

Wihbey wants PBSC students to feel that same connection, which is why shortly after her arrival she spearheaded a drive to build an amphitheater on campus — a tough sell in a not so great economy.

After persuading the powers at be that the proposed structure could be rented out to create a new revenue stream for the college, Wihbey's dream became a reality.

This past April the school celebrated the grand opening of a 1,205-square-foot, 450-seat outdoor amphitheatre, complete with inflatable movie screens, right in the center of campus. The Queen of Green made sure that the project included an aesthetically pleasing eco-friendly landscape with a beautiful pond, free-flowing river rock waterfall, grassy sitting area and lush herbal garden.

Undeniably, the amphitheater will serve as an extension of the highly successful, 750-seat Eissey Campus Theatre, as well as providing students another area to socialize while exposing them to the arts.

"The indoor space for students to congregate is limited," Wihbey said. "Florida is beautiful and being outside is a wonderful thing."

Few Floridians would argue with that. As for any other successful leadership strategies, the Queen revealed another of her pearls of wisdom.

"Start each day fresh. When the day is over, be done with it. More importantly, find balance be-



Dr. Jay Matteson, Dr. Jean Wihbey and Glenn R. Swift on the stage of the Eisey Campus' recently completed, 450-seat amphitheatre.

tween your work and your personal life so that you get a break from the challenges. Cultivate a hobby and tend to your personal relationships.”

Wihbey has made quite a mark during her short tenure at the Eisey Campus, but she is the first to give credit to others for making it all possible.

“To accomplish great things you have to surround yourself with great people, and I have a great team. They are some of the finest professionals I have ever worked with and they challenge me every day to do the best job I can possibly do.”

Leadership is largely intangible, but its merits are readily recognizable and quantifiable. What has transpired at Palm Beach State’s Eisey Campus these last two years is a case in point. And when all is said and done, what Wihbey and her all-star team of dedicated professionals are accomplishing is summed up most articulately by the queen herself.

“We’re creating cutting-edge, grass roots leaders in a new economy.” 🌍

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PALM BEACH STATE HOSTS Fourth Annual Green Expo

by Glenn R. Swift

Photography courtesy of Deborah Forsten

The Green Institute at Palm Beach State College hosted its Fourth Annual Green Expo from 10am to 4pm Saturday, October 15 at its suburban Lake Worth campus.

The well attended event featured more than 50 exhibitors and sponsors with a panel of leading green industry experts who discussed a number of important environmental topics such as analyzing waste streams, evaluating the energy performance of a building and the effects of the BP oil spill on coastal wildlife.

The Expo included some of South Florida's most high-profile companies in the environmental movement, including three Our Wonderful World sponsors: Florida Public Utilities, SuperGreen Solutions and Radio Green Earth.

For more information about the Green Institute at Palm Beach State College, please visit www.palmbeachstate.edu/GreenInstitute.xml.





(Below) Sharon Fitzgerald of Florida Public Utilities.



(Left) Feeling the breeze of a Dyson fan.



(Above) Missy Tancredi-Strauss of Radio Green Earth



VERO BEACH AUTHOR CYNTHIA HURST ANNOUNCES NEW BOOK

THE PLATINUM PROJECT: MEN IN THE 21ST CENTURY

Local author to speak at the Vero Beach Book Center on Thursday, November 10 at 7pm

by Glenn R. Swift

Vero Beach author Cynthia Hurst celebrates true men she has encountered in her latest book, *The Platinum Project: MEN in the 21st Century* (Publisher WRB Books — Price \$15). This companion piece to *The Diamond Project: Ordinary Women Leading Extraordinary Lives* offers the reader an inside look at a plethora of platinum-quality men and their experiences in the 21st century. Stories run the gamut, ranging from the joy of fishing to surviving the Islamic Revolution in Iran. Also included are tales of a lion hunter, a World Bank executive, an Augustinian friar and a hockey player in the Yale Hall of Fame. There are adventures of a musician on a road trip to Hollywood, a navy rescue, a sail around the world, and a night on the town with a pub owner in Toronto. Next, we find reports from Egypt, China, Belgium, France, Italy and the U.S. Other topics of interest, from road rallies to rocket ships, pizza to puzzles, are found in this compilation of 33 essays, stories and literary pieces.

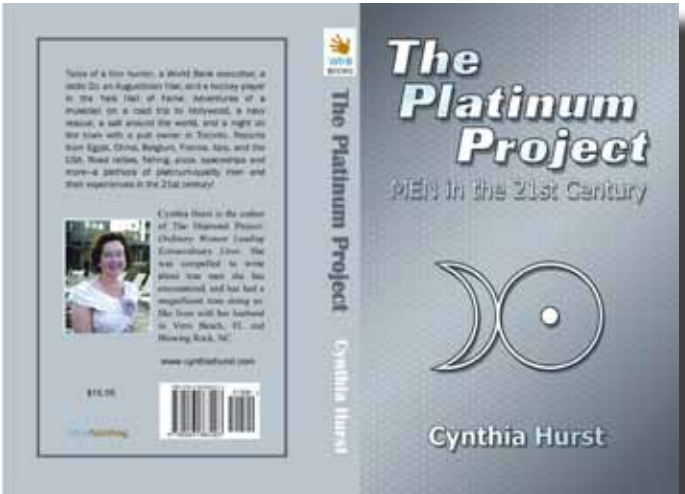
The author digs deeper to find connections and common threads. How do men channel the ancient need to hunt in modern-day society? Where do they go for adventure? How do they find love and meaning in a technological world? What makes them laugh and what makes them happy? What defines success in today's business climate? What inspires men and what

makes it all worthwhile? And finally, how are they faring on this journey called Life?

Local contributors include publisher and retired criminologist Walter R. Bodie, Lemon Tree restaurateur Paul Castraberti, jazz musician and Treasure Coast author Gene Hull, agricultural economist Jack Claar, graphic artist Brian Holmes, investment banker Bill Lewis and community fundraiser Karl Steene. Entrepreneur Gary Michaels of Miami, trophy hunter Barth Satuloff and actor/radio personality Neal Stannard add to the collection. The author's husband, Richard Hurst, a successful inventor with a unique outlook, is also featured.

Men will find fraternity, identity, hilarity and a surprisingly good ending. Women will find a better understanding and something to talk about in these pages—and discover a deeper appreciation for the men in their lives.

The Platinum Project will be presented by Cynthia Hurst, with a brief talk followed by an author signing, at the **Vero Beach Book Center on Thursday, November 10, 2011 at 7 pm.**



For more information about Cynthia Hurst and the *Platinum Project*, please visit www.cynthiahurst.com.

HIPPOCRATES HEALTH INSTITUTE HOSTS Wild West RawFest

by Glenn R. Swift

Photography courtesy of Sharon Quercioli

Hippocrates Health Institute, the world-renowned raw food institute in West Palm Beach, held an all-day, raw festival on Saturday, October 15. The Western-themed event drew thousands of patrons and featured dozens of health conscious exhibitors, live entertainment and a grand array of delicious and nutritious raw food delights. Several Our Wonderful World supporters were among the exhibitors: Sprouts, Inc., Healing Touch Buddies, Inc. and SuperGreen Solutions.

Deemed the world's number one teaching institute in 2000 by Spa Management Group, this historic and thriving center was founded by visionary and humanitarian Ann Wigmore and is currently under the leadership of Brian and Anna Maria Clement, PhDs. For a half of a century, the Institute has helped hundreds of thousands of guests realize that good health is every person's birthright, and that a life free of disease and pain is our human legacy. The Hippocrates philosophy is founded on the belief that a vegan, living, enzyme-rich diet—complemented by exercise, positive thinking and non-invasive therapies—are integral to optimum health. For more information about Hippocrates Health Institute, please visit www.hippocrateshealthinstitute.org.





Glenda Clausner and Linda Delprete of Healing Touch Buddies



Lindsay Babich performing Healing Touch



Jo Ellen Adams of Hippocrates Health Institute



Sean Herbert and Andrew Swinton of Got Sprouts

Candace Paradeau and Sharon Quercioli of Sprouts



Clare Cochrane of SuperGreen Solutions

Family Fun in Mizner Park



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LivingGreenFair.com

BOCA'S MIZNER PARK TO HOST 2011 WYLAND LIVING GREEN FAIR

by Glenn R. Swift

The 2011 Wyland Living Green Fair is an interactive community experience that brings together art, health & wellness, community involvement and environmental awareness. Targeting more than 10,000 attendees, the fair's goal is to educate families through active participation. The Fair will engage the audience with an array of experiences: Product Showcases, Unique Exhibitions, Stage Performances and Cooking Demonstrations.

Unique Components of the fair include:

Wyland painting a 50' mural with the audience

Mobile Learning Center: a biodiesel powered tractor trailer that has a computer controlled cinema, running river demonstration, a model city that rains, and other exhibits.

Clean Water Maze: 1000 sq ft. walk through maze. Start as a drop of water and make it to the ocean without getting polluted. Games, sounds, lights, fun!

Sustainable Kitchen: celebrity chefs give sustainable cooking lessons and samples to the audience.

Education Tent: Interactive educational sessions on: health & wellness, home gardening, food, energy, etc.

Live Music all weekend

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PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

Quote of the Month:

“Being deeply loved by someone gives you strength!”

(Lao Tzu)



Love Yourself & Your Pets with Essential Oils

The Essential 7 Kit is perfect for use with pets and people! Featuring a variety of single and blended essential oils for daily use, the kit was created so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. These oils may be used as dietary supplements, diffused, added to bathwater, applied on location, spritzed on your pet or with body massage. Refer to the individual oils for specific benefits and instructions.

The kit contains three single oils: Lavender, Lemon, Peppermint and 4 blends: Purification, Joy, Peace & Calming and PanAway.

Lavender is the most versatile of all essential oils and has been highly regarded as soothing to the skin. The French scientist René Gattefossé was the first to discover these properties when he severely burned his arm in a laboratory accident. It can be used to cleanse cuts, bruises, scrapes and skin irritations, including hot spots. Lavender has also been studied for its relaxing effects, both physically and emotionally.

Lemon helps support the immune system, according to Jean Valnet, M.D. It can serve as an insect or flea repellent and may be beneficial for the skin. Add a few drops to distilled water and spritz on your pet for a refreshing

lift after an active day. You can also add lemongrass or rosemary to the water.

Peppermint is soothing to the digestive system. Dr. Valnet studied peppermint's ability to affect the liver and respiration. Many studies have also verified peppermint's role in affecting impaired taste and smell and mental accuracy when inhaled. Peppermint is useful for digestive upset and to enhance your pet's appetite.

Joy is an exotic blend of lemon, ylang ylang, bergamot, mandarin rose, geranium, jasimine, palmarosa, rosewood and Roman chamomile that produces an uplifting magnetic energy bringing joy to the heart. When diffused, Joy can be refreshing and uplifting.

PanAway was created by Gary Young as a result of an injury in which he severely tore the ligament in his leg. This blend contains wintergreen, which has an active principle similar to cortisone; clove, which contains eugenol, a constituent used by dentists to numb gums; peppermint, calming for nerves; and helichrysum, soothing to localized discomfort.

Peace & Calming is a gentle, fragrant blend especially designed for diffusing. Its components are orange, tangerine, ylang ylang, patchouli and blue tansy, which promote re-



laxation and a deep sense of peace. When massaged on the pads of your pet's feet, it can be a wonderful prelude to a peaceful night's rest. This blend may be especially calming and comforting to your pet during an overactive, stressful day.

Purification is a blend of purifying essential oils, such as citronella, myrtle, lavandin, lemongrass, and melaleuca. When diffused, it can neutralize mildew, disagreeable pet odors and help cleanse the air. When applied directly to the skin, Purification can be excellent for soothing insect, flea or tick bites and for cleansing cuts and scrapes.

How Should You Use the Oils on Your Animals

Most animals are more sensitive to the effects of essential oil. They often seem to have a natural affinity to the healing influence of the oils. You should adjust the amount used based upon your pet's body weight. If the protocol for a human being (at about 160 lbs) calls for 3-5 drops, while a dog (at 16 lbs) would use as little as one-tenth that amount. Generally speaking, if you have never put oils on an animal before, you should start carefully, applying them only to the feet, paws.

In case of cats and small dogs, essential oils should ALWAYS be diluted before applying, because they are actually MORE sensitive to the biochemical's in the oils than humans. Be careful to avoid high phenol oils, such as

oregano and thyme, on cats because they can be extremely sensitive to these stronger oils. They should only be used in high rates of dilution (90%) and the diluted oils should only be applied to the paws.

Special Caution with Cats

Cats metabolize things very differently from dogs and other animals. In fact, certain oils are potentially toxic to cats and could result in injury if applied incorrectly. For example, cats generally have adverse reactions to citrus products, and citrus oils are sometimes used to deter cats from frequenting an area. Also, cats are very sensitive to strong odors. A safe alternative, when in doubt, would be to mist them lightly with floral water.

So, if you want a great way to love yourself and your pets, essential oils are a wondrous way to do just that! 🌍

To purchase Young Living Lemon Essential Oils and other Young Living products, go to www.youngliving.org/owwwmedia.

Disclaimer Notice: The information contained in this announcement is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition.

STAGE YOUR OWN SUCCESS

How to Find the Best Format for Your Speech

by Suzanne Kovi



“**T**o Be or Not To Be, That is The Question.” Shakespeare got it right when he wrote those words, and it seems even more poignant today in our society as people seem to be on a journey of self-discovery. With the changes occurring in the business world, to the challenges that our youth are facing, maintaining our identity and vision as we move through life’s difficulties can be challenging to say the least—and

without effective communication, many people continue to struggle. How can speaking help eliminate struggle? Through our ability to effectively and clearly state our intentions, needs and direction in business and in life, we create a space for opportunity to present itself.

What constitutes a powerful speaker? A speaker is like a performer who knows how to move their audience into making the choices that is best for their life. A powerful speaker also knows their topic so well that all is left is the story to support it. But how do we become powerful speakers, and how do we choose which format is best for our presentation? Let’s take a look at some traditional formats we can choose from and how traditional may not always be best.

1. The Persuasive Speech: This is normally reserved for speakers who are trying to get the audience to see their point of view and choose in favor of the speaker’s point of view.

2. Informative Speech: This is very common in both academic and business settings in which the speaker is sharing information that will educate the audience in a new area of interest.

3. Humorous Speech: This style of speech is commonly used at luncheons or less formal events. The purpose is to help the audience to relax and be entertained for a short while.

4. Inspirational/Motivational Speech: This is a speech that uses stories, challenges, triumphs and other forms of emotion to move the audience to become inspired in their own lives’ journey.

5. Vision Speech: This is my own term for what a true powerful speaker provides to her audience. It is a perfect balance between all of the above. A Vision Speaker can see beyond what is directly in front of them. They have an ability to be vulnerable, strong, supportive, nurturing and directing with their message while weaving in their story.

Stories touch lives and build communities. Great speakers use their stories and encompass all the above characteristics of a great speech: structure, it moves and inspires, educates on changing perspectives, persuades us to get on board with the speaker’s vision and teaches others go after their own dreams. Not every person is going to be a keynote speaker; not everyone wants to be. But I will always believe that everyone has a voice and a vision, and this is enough to start changing the world. 🌍



Suzanne Kovi is the founder of Staging Your Success. To learn more about how Suzanne can help you grow your business through speaking, visit www.StagingYourSuccess.com.

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THE INDIAN REMEDY IN THE CUPBOARD

by Marc Galaviz

A couple years ago my wife was on the receiving end of another one of my tirades about the over medication of America by greedy pharmaceutical corporations and challenged me for a solution. She countered that instead of complaining about it, I should do something. I reasoned that there was a time when Americans hadn't been so pill dependent and began to wonder what they did 50 years ago, 100 years ago or even further back, when there was most definitely a more natural solution.

Taking the bait, I accepted her challenge (and she accepted the silence) and went to go find an old Native American treatment of a person ailment of mine—debilitating migraines. After a couple of hours of searching on the Internet, I stumbled upon my personal wonder drug—willow bark tea.

Willow bark has been used in medicine as long as there has been medicine. Greeks used willow bark to treat arthritis and rheumatism, and the Greeks are generally considered to have been the fathers of modern medicine. The willow tree is relatively prevalent throughout most of the world, including Asia, Europe and North America. It can take the form of small shrubs or deciduous trees and is known by several names relating to the species: white, black, crack, weeping and purple willow. Typically, if you order some from an online vender, you will receive a mix of purple, white and crack willow. Some specialty venders will sell a single species of bark, but I personally haven't noticed a difference. Of course, what works for me may not for you.

Native Americans used various forms of willow to treat several ailments. Fever, headache, arthritis and toothaches were all treated by either chewing on the bark or making tea from the bark. So revered by most tribes, the willow often found its way into more religious uses. Lakota called the



willow “Cansasa” and used it in sacred pipe smoking rituals. The Ojibway used the willow to make dream catchers for their children.

Thankfully, using the tea is rather simple. Rather than trying to harvest my own, which would more than likely exacerbate my migraine, I order the bark from a reputable herb supplier. While some may find this counterintuitive for the whole “holistic from the community” thing, it’s just easier for me and my busy lifestyle. Then again, I actually find the ritual of making the tea almost as therapeutic as drinking it, and I (don’t tell myself) attribute it partially to placebo.

Draw and boil about two cups of water, to which you add four tablespoons of the bark, and simmer for fifteen minutes. Remove from heat and let stand for 30 minutes. That’s it! We’re not talking willow bark soufflé or anything. Better yet, I can manage to do it while reeling from a migraine.

Now a word about the flavor... Willow bark is an acquired taste (to say the least); so feel free to add some honey or lemon, and toss that lukewarm glass of tea into the microwave for a quick reheat.

While modern medicine has not recognized willow bark tea as a true medicine, the truth is that it was the basis for modern-day aspirin. In 1763, Edward Stone published an article noting the medical usages of willow bark, and, later on, the actual active ingredient, salicin,

was crystalized by a French pharmacist in the late 1820s. Much later (1897), a researcher, Felix Hoffman, created a synthetic version of salicin acid called acetylsalicylic acid (or aspirin by his employer Bayer AG) that was much easier on the digestive system.

So in a roundabout way, there is validity to the old herbal treatment. In fact, some people who have a hard time with pills claim similar results using willow bark tea. The general consensus is (while slower to act than traditional aspirin) that willow bark tea tends to last longer. Unfortunately, the FDA does not regulate what it considers dietary supplements, and without a perceivable income stream from doing the required testing, the pharmaceutical companies will more than likely not get involved. So, don’t expect actual prescriptions for the tea.

And so my wife’s challenge was met, and I now feel much better about using something a little more natural in my life. For me, it was a spectacular success. My migraines seem to dissipate faster, and the relief is immeasurable. From the moment I go into the cabinet for the teapot, it seems to start to still this whitewater river raging in my head. Honestly, it seems like the whole process is meditative—and I can’t recommend it highly enough.

Now if I could find a holistic cure for an overly contemplative husband, my wife would be ecstatic. 🌍



THE COLORFUL CARROT

by Sharon Quercioli

When I think of carrots, it reminds me of growing up and my brother Richard making carrot juice and telling me it is one of the healthiest drinks I can put in my body. Carrot juice improves stomach and gastrointestinal health. I actually love carrot juice and often make smoothies with it. So, let's get to the meat of the many health benefits of carrots, including reduced cholesterol, prevention from heart attacks and warding off certain cancers.

Most of the benefits of carrot can be attributed to its beta carotene and fiber content. This root, which has a scientific name of *daucus carota*, is an excellent source of antioxidant agents as well. Carrots are rich in vitamin A, vitamin C, vitamin K and potassium.

Children and adults like carrots because of its crunchy texture and sweet taste. Even though the color of original carrot is orange, it grows in other colors including white, yellow, red or purple.

These are some of the health benefits of carrots:

Prevents heart diseases: High cholesterol is a major factor for heart disease. Since regular consumption of carrots reduces cholesterol level, it is good to prevent heart related problems. A group of Swedish scientists discovered that root vegetables can reduce

the chances of having a heart attack. A study conducted at the Mario Negri Institute of Pharmacological Research in Italy found that those who ate more carrots had one-third the risk of heart attack as compared with those who ate fewer carrots.

Prevents cancer: Beta-carotene consumption has been linked to reduced risk of several cancers, notably lung cancer. British researchers discovered that increasing beta-carotene consumption from 1.7 to 2.7 milligrams a day reduced lung cancer risk more than 40%. The average carrot contains about three milligrams of Beta-carotene. In a study, researchers found that eating fiber rich carrots reduce the risk of colon cancer by as much as 24%. Another study shows that women who ate raw carrots were five to eight times less likely to develop breast cancer than women who did not eat carrots.

Macular degeneration: This is a common eye disease of the elderly. It impairs the macula. Researches found that people who ate the most Beta-carotene had a 40% lower risk of macular degeneration compared with those who consumed the least.

Improves eyesight: Deficiency of vitamin A can cause some difficulty seeing in dim light. Since carrot is rich in vitamin A, it is good for improving eyesight.



Stroke: A carrot a day reduces stroke risk by 68%! Many studies have strengthened the “carrot effect” on the brain. Studies conducted on stroke patients revealed that those with the highest levels of Beta carotene have the best survival rate.

Diabetes: Carrot is good for blood sugar regulation because of the presence of carotenoids in carrot. Carotenoids inversely affect insulin resistance and thus lower blood sugar.

Carrots have antiseptic qualities, and therefore can be used as laxative, vermicide and as remedy for liver conditions. Carrot oil is good for dry skin. It makes the skin softer, smoother and firmer. So, if your hungry and need a healthy snack, go for the colorful carrot! 🌍

Roasted Vegetables and Chickpeas



Ingredients

- 1 lb. carrots, peeled and cut in 2-inch pieces
- 1 lb. sweet potatoes, peeled and cut in chunks
- 1 large red onion, peeled, halved and cut in 1-inch wedges
- 1 lb. red or russet potatoes, cut in cubes
- 6 cloves of garlic, minced
- 1 16-oz. can of chick peas (garbanzos), rinsed and drained
- 2 to 3 tsp. of vegetable oil or olive oil
- 1 tsp. dried rosemary, crushed
- 1 tsp. packed brown sugar or granulated sugar

- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper

Directions

Position an oven rack in center of oven. Preheat oven to 425 degrees F.

Place all vegetables, garlic and chickpeas in a large shallow roasting pan.

In a small bowl, combine the oil, rosemary, brown sugar, salt and pepper. Drizzle over vegetables; toss well to coat. Roast, uncovered, about 45 minutes or until vegetables are lightly browned and tender, stirring twice.

I'm Dreaming of A Green Christmas

by Sandra Frens

As a child, Christmas was my most treasured holidays. I knew if I was good all year Santa would come down the chimney and reward me with a mountain of presents on Christmas morning. Each gift would be wrapped meticulously in the most exquisite of papers with the most beautiful bows—and in a flash those papers and bows would be nothing more than shreds waiting to be tossed out with the rest of the trash. Sadly, back then “Santa” and “Mrs. Claus” (my dad and mom) did not consider the waste they were creating with their thoughtful and beautifully wrapped gifts.

All the winter holidays involve some sort of traditional gift giving, and that usually means there will be gift wrapping. But do we have to give-up the trappings of a holiday with beautifully wrapped packages to live a more sustainable lifestyle? NO! There are many ways to wrap a gift and still live and breathe sustainability this holiday season or during any gift giving occasion!



[Click here to see Sprouts!](#)
Season's Greetings Cards and gift tags!

First, let's go over some major don'ts when it comes to choosing how to wrap your presents. Never use a foil gift wrap or put glitter on your presents! Foil gift wraps (not to be confused with kitchen aluminum foil), although beautiful in appearance, are the hardest on our environment with no ability to bio-degrade. Glitter is another one of those materials that is not recyclable. Even if used on eco-friendly paper, glitter will render it no longer recyclable. Just being aware of the materials you're using can make a big difference in staying eco-friendly.

Now let's talk about the many ways to wrap a gift and still be environmentally conscious.

- Holiday bags and boxes are two of the simplest ways to go green this holiday season; the trick is keeping them to use the next year, the year after and so-on! Just make sure they are made of eco-friendly materials because eventually they will wear out and need to be recycled.
- Use holiday fabric to wrap gifts. You will only need about a yard or two from the fabric store and use cloth ribbon to keep it all closed up. This will last for many years, and you will spend less than buying a new roll of gift wrap every year.
- Another cloth option is using a pillowcase and tying it up with a big beautiful cloth

bow. Or, if you are giving clothes and other presents, wrap the other presents in the clothes and tie with ribbon.

- A classic gift wrap alternative is using old newspaper or kitchen aluminum foil. These two are easiest to obtain and can be made up fancier with a decorative cloth ribbon and bow.
 - Using wrapping paper isn't totally out of the question either. Just be sure the paper you are purchasing is recyclable and comes from other recycled paper. This is easy to find by searching the Internet for “recyclable gift wrap.”
 - In addition to using sustainable gift wrap, make sure your gift tags and cards are also eco-friendly. Buy tags and cards that are made from 100% recycled paper, like Sprouts! plantable seed paper cards (www.sproutem.com). If you're using seeded tags or cards in your gift giving, you're also sending an extra gift of flowers, too!
- The holidays can still hold the beauty of established traditions and maintain a sustainable atmosphere. By just changing a few little things, we can have a huge impact upon the world we all share. Let's keep our various holiday traditions alive, only this year I'm dreaming of a GREEN Christmas.

GOING GREEN

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To this end, through education and behavioral changes, we can hopefully save, reduce and reuse as much water as possible onsite through solutions such as: installing low flow shower heads; water efficient toilets and faucets; and by looking to harvest rainwater in rainwater tanks (which are not always practicable for all homes and HOAs).

Some alternative products that are gaining in popularity in the clean drinking water market segment are the new Wellness Series of Atmospheric Water Filters. So, what do Atmospheric Water Filters do?

In simple terms, wouldn't it be nice if you could generate all the clean, safe, pure drinking water (5-7 gallons of fresh clean water per day) for your home or small business onsite with very little energy consumed, without having to continually replace those top mounted water filter bottles and without having to buy water in those nasty plastic bottles all the time?

Well, I'm pleased to tell you that the solution is at hand in the form of the Wellness Series of Atmospheric Water Filters. These units not only produce water from thin air as they remove the moisture (humidity) from the air, they cool the room as a handy by-product. It goes without saying that they purify the water through a series of reverse osmosis filters, carbon filters and UV lights. Then the water completes its trip through a custom-designed Alkaline-ionized filter. The resulting water is not only clean and pure, it has a perfectly bal-

anced PH level with a value of 9.5 PH. Thus, it is structured for up to SIX times faster hydration. And being Electron rich, it is endowed with essential antioxidant properties.

The Wellness 9.5 takes water purification to a new level. No plumbing is required, and, since its primary source of water already has no pollution or contamination, the water starts its journey much cleaner than any traditional source. If this wasn't enough, to filter the air first it also filters and dehumidifies your air in your home or business. By drying and cooling our air, we are often required to reset our AC thermostat because the air in our office is less humid. In turn, it feels cooler, thus saving me on my AC Bills, making the Wellness 9.5 not only health-friendly, but eco-friendly.

We have been very happy with our test unit over the past three months. One of our staff members who has been using the water no longer suffers from gout attacks because his uric acid is lowered due to the higher PH (alkaline) water. Besides having several happy clients using the water, I have heard reports that Hippocrates Health Institute and a few Olympic athletes are using these new Wellness 9.5 water filters with positive results. 🌍

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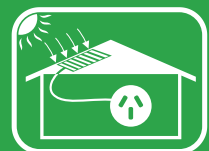
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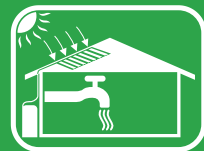


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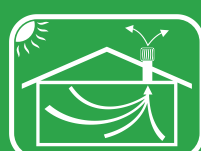
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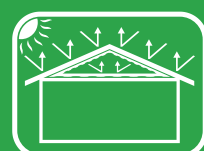
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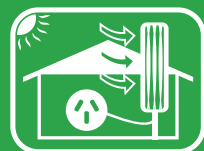
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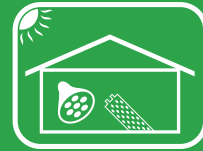
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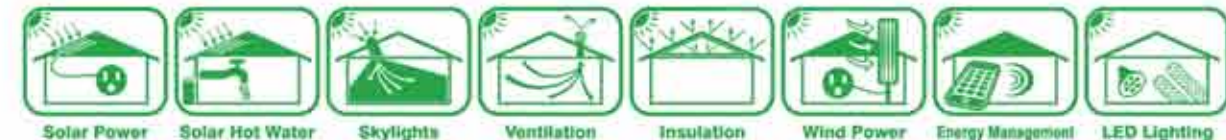
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ASK THE ENERGY EXPERT

Alternative Energy Vehicles

by Scott Ranck




On Friday, October 7, 2011 in Clearwater, FL, a natural gas filling station had a ribbon cutting ceremony officially opening the largest compressed natural gas filling station in the Southeast that will be open to the public. The City of Clearwater is converting all their sanitation vehicles to run on compressed natural gas. Verizon is moving approximately 100 natural gas fleet vehicles into the area that will also use the fill station. There were approximately 100 people at the ribbon cutting, including the Mayor of Clearwater, other elected officials from both the city and state and many natural gas industry people. The price at the pump for the natural gas is \$2.19 per gallon.

This is exciting to me on many levels. One, natural gas is a domestic product. The U.S. is considered the Saudi Arabia of natural gas. This could be one part of the answer of becoming a self-sustaining nation in relation to our energy needs. Two, the local Honda dealers are going to begin stocking their Honda natural gas vehicle. The cars have fewer emissions and get the full manufacturer's suggested mileage because of no ethanol additives that lower the octane of our regular gas. Three, there are options for people who have natural gas in their neighborhoods to have their own fill stations right in their garage.

For large fleets of vehicles that do daily runs and return to the home base nightly, the numbers make great sense as well. That is why we recently read in the Tampa news that the Tam-

pa International Airport has signed an agreement to convert all fleet vehicles to natural gas. There are many more compressed natural gas filling stations scheduled to be built all around Florida. As the momentum builds, the benefit will be greater than you and me having options. The OPEC nations will also see we are too industrious and innovative to allow them to hold us hostage. The price of regular gas will have to drop to stay competitive as we become less dependent.

It may be time for all of us to begin weighing our options. We may decide to become early adopters of what will become a growing trend in America. 

Click to hear an exclusive interview with Scott Ranck, Energy Specialist for FPUC.

Scott Ranck is the Conservation Program Coordinator & Energy Specialist for Florida Public Utilities. Feel free to e-mail any energy-related questions or comments to Scott at sranck@fpuc.com. Florida Public Utilities Corporation encourages "greener living" through energy conservation rebates, commercial incentives and a slew of valuable services, including "Free Energy Check-ups." And as the company continues exploring new ways to reduce environmental impact on a broader basis, its main focus is to provide every customer the direct tools they need to save money and energy in their home or business. For more information about Florida Public Utilities, please visit www.fpuc.com.

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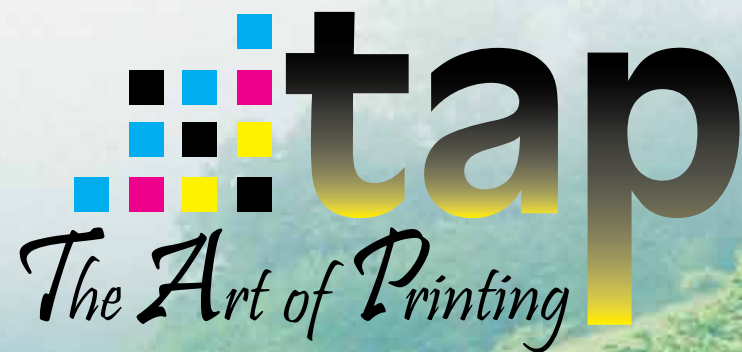
*Service Reactivation rebate is available for FPU customers in Palm Beach, Broward, Volusia, Seminole, and Marion Counties.

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REFLECTIONS OF GRATITUDE

by Betty Ann Baker, Executive Director Healing Touch Buddies



“Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.” Alan Cohen

November is dedicated to the most potent of disciplines—the practice of expressing gratitude and thankfulness, increasing our appreciation for life.

In preparing for Thanksgiving, we decorate our homes with symbols of bounty: food, family and the sharing of our good fortune. The leaves are muscled into the dining table as it swells to make room for more. The places may be set with the finest china, plastic or paper plates, and the food is home cooked, catered or donated, delivered by caring people.

All may be right in our world, with no terrible hardship or worry, or we may be searching for even one thing to be grateful for when all we see around us is a storm of challenge and loss. What connects us all, wherever we are, is our choice to focus on thankfulness. Do not mistake this call to practice gratitude as a chiding, “It could be worse,” or a judgment of one appearing to be ungrateful. Rather, know that humanity has learned, through the millennia of hard, long trial, that engaging in the practice is a way of finding peace and acceptance.

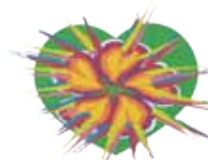
“Gratitude is a way of seeing, of being. It is a response from our innate wisdom to our accumulated confusion. It is the luminous ground

on which we plant our temporary feet.” Steven Levine

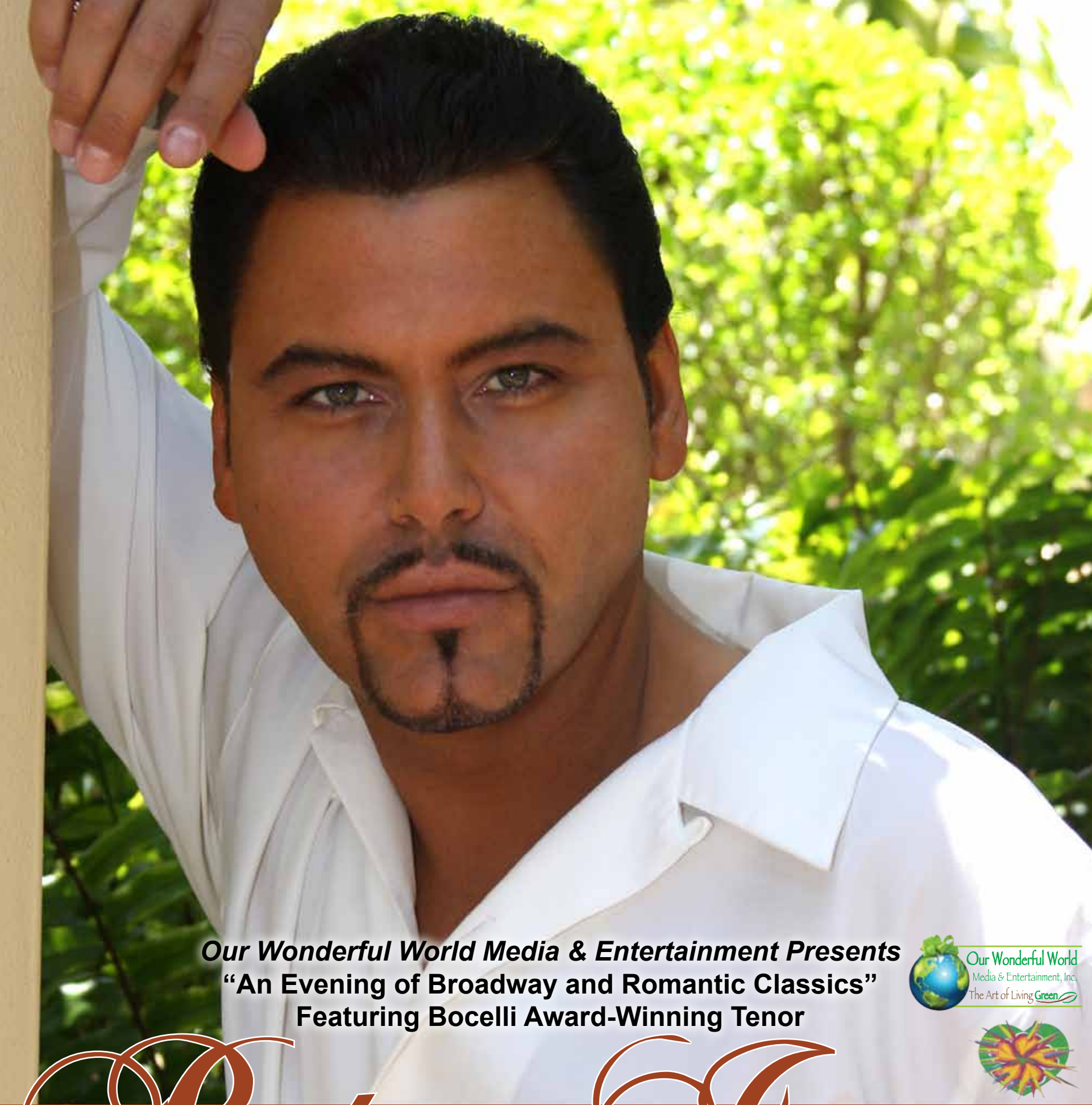
Healing Touch Buddies shares the following reflections of gratitude and appreciation from clients who have allowed us into their lives at a time of great personal challenge for them and for their families. Their words inspire.

“The service and support of Healing Touch Buddies has enhanced my recovery from a very difficult situation to a positive and enlightening process. Having HTB be part of this journey has evolved into my Buddy becoming a kindred spirit in my life that I will always treasure!” Patricia C.

“Being diagnosed with breast cancer was the scariest, most stressful thing I have ever had to do, and I could not have made it this far without my Buddy! Every time she gives me a healing touch treatment, I come out feeling soooo good! It’s really a wonderful thing. I feel so blessed and thankful for all she has done to help me.” Liz B. 🌍



Please join us in marking our 7th Year Anniversary of providing compassionate care to those challenged with breast cancer by making a generous donation on our secure website: www.healingtouchbuddies.org or by mail to 13901 US Hwy 1 Suite 10 Juno Beach, FL 33408. May your Thanksgiving be rich in heart and deed.



Our Wonderful World Media & Entertainment Presents
"An Evening of Broadway and Romantic Classics"
Featuring Bocelli Award-Winning Tenor



Roberto Larussi

A Benefit Concert for Healing Touch Buddies, Inc.
7pm Saturday, Jan. 7 @ The Eissey Campus Theatre
11051 Campus Dr., Palm Beach Gardens, FL 33410 | (561) 741-1671

Posessing a voice of outstanding beauty, exceptional range, color and dynamic capability, Mr. Larussi has drawn extraordinary praise from colleagues and audiences alike—but none as notable as the praise and encouragement he has been given from legendary icons Luciano Pavarotti, Placido Domingo and Jerome Hines, who have all attested to his tonal beauty, dramatic power and to the sheer “heart” of his singing.

It is, most especially, the “heart” that Roberto Larussi brings to this annual fundraising concert for Healing Touch Buddies Inc. (www.healingtouchbuddies.org), a nonprofit that provides “heart-centered” Healing Touch care to people challenged with breast cancer.

It is through the generosity of a Healing Touch Buddies client, Naomi Thomas, that this dazzling talent will be performing at the Eissey Campus Theatre on Saturday, January 7 at 7pm. All net proceeds from this benefit concert will be go to Healing Touch Buddies in keeping with Naomi’s vision to help the “Buddies” in their mission to bring true “Heart and Healing” to men and women in our community in their first year of breast cancer.

“An Evening of Broadway and Romantic Classics” will begin in the lobby of the Eissey Campus Theatre with an eclectic and treasure-rich

silent auction. The doors will open at 6:15 p.m. for early browsing.

At 7 p.m., we will enjoy Bocelli Award-winning Roberto Larussi, accompanied by a six-piece classical ensemble of the Theatre Orchestra of Florida. The concert will end at approximately 9 p.m.

Following the concert, there will be a private VIP “Artist’s Reception” backstage at the Eissey Campus Theatre for HTB’s Friends and Sponsors. Come enjoy light après-concert refreshments and meet Roberto Larussi.

General admission tickets are \$50 (donation) and go on sale in October 2011. For tickets, call the Eissey Box Office at (561) 207-5900.

For information and sponsorships, call Executive Director, Betty Ann Baker at (561) 741-1671 or e-mail her at htbuddiesinc@cs.com.

A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval or recommendation by the state. #CH30910 HTBUD-DIES is a 501(c)(3) tax-exempt charitable organization.



LOCALECOPIA MARKET PLACE

A Cutting-Edge Approach to Sustainable Local Agriculture

by Richard Hawkins

It's 5 o'clock somewhere," as the saying goes. Want to experience a place that feels like a perpetual Happy Hour while you explore how to Save the Planet? Engage in conversations about sustainability, innovation in energy efficiency and the local food movement? Then come to Key West to kick-off the month of November!

EcoWeek 2011 runs from November 2 – 5 in Key West in the Florida Keys. This multi-day event hosts a variety of educational events that celebrate environmental preservation while

highlighting the diversity of the Florida Keys. It promotes environmental initiatives that creates global change and leaves attendees empowered to incorporate sustainable practices into their core philosophy.


Localecopia will be there in spirit as a sponsor promoting the paradigm shift to sustainably sourced local foods. Localecopia is taking a more active role in promoting this shift through two pilot projects being launched here in South Florida under the banner Localecopia MarketPlace.

The first project is a wholesale Farm to School distribution platform that solves the challenges preventing fresh fruits and vegetables from reaching our public school lunchrooms. The wholesale distribution pilot seeks to engage local farmers in a shared distribution platform that ensures that quality, fresh local foods are available for procurement by schools, hospitals, hotels, clubs and restaurants.

The second project is an urban market and kitchen incubator that sells locally sourced foods in a market that also features prepared foods and a restaurant. The "local foods market" is targeting the up-and-coming Northwood neighborhood of West Palm Beach and aims to complement the other restaurants, arts organizations and trendy shops in the development of a thriving market district.

Localecopia MarketPlace will also feature a commercial kitchen that will be available to food-based start-up businesses. The project seeks to create jobs and enhance healthy local food availability in the Northwood and Pleasant City neighborhoods in West Palm Beach.

EcoWeek will also feature Localecopia's Executive Director and Founder of The Kapok Group, Michael Wallander, as a speaker on the topic of "New Innovations in Energy." Find Mike at the event and invite him to discuss Localecopia's exciting pilot projects!

While the conversation will be serious and the subject sobering at times, what better place to open your mind to a better way of sustainable living and working? We look forward to seeing you in Key West as we help to collaborate on realization of the EcoWeek Vision: To celebrate the paradigm shift to economically strong environmental stewardship; Create collaborative solutions for higher efficiency standards, elimination of environmental pollution and the preservation of ecosystems; and, Contribute to the local economy in a socially-responsible way while making a global impact on environmental awareness. For more information, visit www.ecoweekefloridakeys.com. 



Richard Hawkins is the Co-founder of Localecopia—a non-profit organization based in Palm Beach, Florida focused upon bringing businesses, producers, educators and government organizations together for the purpose of lessening our carbon

footprint by supporting local product consumption, helping operations better utilize waste and bringing together individuals to help achieve sustainable business practices. For information about Localecopia, please visit www.localecopia.org.



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Send the Magic of an Eco-Friendly Holiday with The NEW Season's GREENings Collection

Sprouts! is pleased to present our latest collection of eco-friendly plantable seed paper holiday cards, the Season's GREENings Collection!

This collection features 6 unique and green-themed designs that will send your best eco-friendly holiday wishes. When planted these cards will grow into beautiful wild-flowers. These beautiful cards can be planted outdoors or indoors if the weather is cold.

Send more than just a card to your family and friends, send a card that grows flowers. To get yours and see the other holiday cards Sprouts! has to offer visit:

<http://sproutem.com/category/Christmas-Standard-Size>



GREEN GOODIES



ALASKA

AMERICA'S LAST FRONTIER

*by Cynthia Hurst
Photography courtesy of Richard Hurst*



It is Sunday and I am out for my usual morning walk, but not in the usual surroundings of my Vero Beach neighborhood. Prepared for blustery weather, I have donned knit hat and soft woolen scarf in addition to my normal exercise ensemble. I am aboard the MS Westerdam, Day 2, sailing for Alaska. No one is on deck. I wonder about this briefly, but forge on. The waves are crashing in a sea of gray, moving away from the ship on white horses' manes. The wind nearly lifts me off my feet and then pushes my body down as I make my way along the promenade deck. Heading from port around the stern to starboard, soft sparkles appear on the water as the sun struggles through cloudy gloom, and the hills of a distant shore can be seen. When I come around again, the land is gone. We are heading for Juneau.

The following day I learn that seas were 18 feet during my morning walk, with winds around 35 knots. That night the waves hit 33 feet and winds of 43 knots (about 50 mph). We are heading for Sitka, where we will be greeted with 60-foot waves and hurricane-force winds. I have acupressure wrist bands (no drugs) that are actually working. No wonder hardly anyone is joining me at the buffet, the café or the gambling tables—they are all seasick!

Soon the captain comes on the PA and informs us that, due to weather conditions, he has changed the itinerary. We will skip Sitka and Hubbard Glacier, going directly to Juneau, then turn around and head south through the Inside Passage to Tracy Arm, one of Alaska's fjords. This means more time on the ship as there are no ports until Ketchikan, but offers calm seas and spectacular viewing.

Juneau is a mix of cultures, majestic scenery, the old Red Dog saloon, and a shopping strip of boutique and specialty shops within walking distance of the dock. The capital city is located between Mount Juneau and Mount Roberts, with the port along the Gastineau Channel. Douglas Island, across the channel, is home to many of the area's residents and allows them an isolated, distinctive area away from wanderers and tourists. In terms of geographic area, Juneau is huge, covering more than 3,000 square miles and accessible only by air or sea.





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SALE!



My husband and I have opted to take an excursion to the Mendenhall Glacier. The glacier spills into the Mendenhall Valley from Juneau Icefield (which covers 1,500 miles of the Coast Range), losing two feet per year as it gradually melts into Mendenhall Lake. The lake is choked with mini-icebergs that have calved from the glacier, tinged a vibrant aqua blue. The guide explains that this is not due to mineral or chemical oxidation, rather that blue is the only color in the light spectrum that escapes the denseness of the ice. As it melts and becomes less dense, the colors fade from blue to whitish and then clear. To the right of the glacier—which appears solid between two mountains but is in fact in constant flux—a waterfall of melted ice flows into the lake. I take photos and, despite cold wind and steady rain, savor the moment. (It is bone-chilling cold and I am a Florida girl, so it is with great pleasure that I purchase an exquisite Alpaca-wool sweater made in Bolivia at the Invisible World shop in downtown Juneau!)

The excursion also includes a short bus ride to the Glacier Gardens, 52 privately-owned acres of rain-forest surrounded by the Tongass National Forest. A pleasant blend of groomed gardens and natural rain-forest, this was a lovely getaway despite the weather. A knowledgeable guide (engaged to the owners' son) took us via golf cart on a tour of the forested land, a relatively temperate area, and indicated several places demonstrating how the rainforest continually regenerates itself.

As for manicured features, several upended tree stumps, rescued from a devastating 1984 mudslide, have been placed in the ground root- stem-up and turned into planters, with trailing vines and a variety of







flowers. A greenhouse at the end of the outing was a welcome sight, with heated floors, hot beverages, giant hanging planters and a ceiling covered with open umbrellas for sale. (This is, after all, a rainforest.)

The next day was spent on the ship, cruising through Tracy Arm. Usually cruise ships are not allowed in the fjords to protect the waters and preserve their pristine condition, but we are enjoying a special situation due to high seas and treated to marvelous views. The fjord, by definition, forms a narrow inlet between steep slopes. We are surrounded by dark hills of shiny, glacial rock, carved by hundreds of white streams of melting ice pouring into the fjord in an array from gentle flows to spectacular waterfalls.

Blue icebergs float by the ship, and several dot the shoreline. In addition to the glacial rock, there are steep hills of forested land covered in pines. As we come around each bend and turn, new hills and waterfalls appear, and white birds emerge from the gray mist. It is like a fairy land to which only our ship is privy. I sit on the veranda deck in amazement as incredible view after view unfolds before us. On Observation Deck 10, our fellow passengers are feeling better, and the lifting of spirits is almost tangible as we take in the natural beauty of Tracy Arm together.

The following morning we arrive in Ketchikan. Gray, cold and rainy again, but we suit up and go ashore. The weather improves as

the day goes on, and the sun makes a sporadic appearance for five or so minutes at a time. No side trips this time. My husband and I prefer to venture out on our own to explore the town. I notice recycle bins everywhere in threes: one each for cans, paper and trash. We visit a taxidermist from Massachusetts who has found his niche in life, is respectful of animals and environmentally conscious—and happy as a clam to be living in Alaska.

On the water's edge we spot Alaska's Fish House and enjoy the best halibut we've ever tasted. Lightly crisp and golden outside, pure white and flaky inside, it is a flavor delight. With fries and delicious vinegar coleslaw, served on waxy newspaper in a basket, we sit at old wooden tables and sate ourselves and watch the world go by. At other meals we feasted on sockeye salmon, lobster, crabmeat and cod, all superb due to the freshness of the fish and the deep, cold waters of the Pacific Ocean from which they came.

Alaska is our largest state, covering a fifth of the lower 48 and, even though I saw only a small portion, a sight to behold. The state has vast areas of forested land, glacial and volcanic mountains, and abundant wildlife; dotted with pockets of civilization, hunting cabins and lodges.

Alaska is a constant reminder of the power of nature and the diversity of America—a true testament to Our Wonderful World. 🌍

BOB LAPPIN & THE PALM BEACH POPS PRESENT

The Music of Burt Bacharach, Cole Porter & More

by David Quilleon



Providence, Rhode Island native John Pagano is a truly a singer's singer. As the lead vocalist in the legendary Burt Bacharach's band for 15 years, Pagano has traveled extensively, performing in major concert venues and with numerous symphony orchestras. In addition to his ongoing association with Mr. Bacharach, he has collaborated with Grammy Award-winning writer/

producer Barry Mann, renowned composer/producer George Duke, George Howard, Elvis Costello, Garth Brooks, Whitney Houston, Faith Hill, Wynona Judd and David Cassidy. Along the way, his voice caught the ear of Jerry Seinfeld, for whom he opened shows in both Las Vegas and Atlantic City. Pagano's film credits include the Adam Sandler film *CLICK* and Jim Carrey's *Yes Man*.

Pagano is featured on ten albums including his recent solo release *Pure Imagination*, which he recorded with a 40-piece orchestra at the legendary Capitol Recording Studio A in Hollywood, California. Having his friend and mentor, Burt Bacharach, play on and produce cuts on the album further enriched the experience for him. Reacting so quickly and yet so gracefully to one's surroundings requires a formidable musical intelligence and Pagano is quick to credit the 15 years that he has spent as Bacharach's lead singer.

"I've learned so much from Burt.... When I was younger, I thought it was all about going for it and singing as loud as you can to get people to react. But I remember him saying to me, 'You can make someone cry with the softest note.' He taught me to translate that sensitivity to the smallest gestures." Three of Bacharach's songs are featured on his album with arrangements, piano, and production on two of them provided by the master himself.

"I've always had the feel for it," he says. "My father woke us up every morning to go to

school with Sinatra!" While his brother, now a professional drummer (who plays on several tracks on *Pure Imagination*), brought the sounds of jazz into the household, his sister introduced him to R&B renaissance happening around him in the '70s and '80s — thus Stevie Wonder, Marvin Gaye, Luther Vandross and Donnie Hathaway emerged as strong early influences on Pagano. Beginning his career as an R&B vocalist, he was signed to MCA Records and began to make a mark as a solo artist and behind the scenes as a producer before signing on with Bacharach.

The result is *Pure Imagination*, an affecting project that draws from Pagano's rich experiences. "I'm doing these songs in a way that suits my voice. I try to do what the arrangements and the songs tell me to— I learned that from Burt. When it came time to record, I closed my eyes, I listened and I reacted. It's like being a boxer—you can train all you want in the gym, but it's totally different when you step into the ring," concludes Pagano. 🌍

Concerts for The Palm Beach Pops begin November 29 and 30 at the Kravis Center in West Palm Beach; December 5 at the Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens; and December 1, 2 and 4 at the Carole and Barry Kaye Performing Arts Center at Florida Atlantic University in Boca Raton. Tickets start at just \$29 and are available by calling (561) 832-7677 or visiting www.palmbeachpops.org/bacharach.



BOB LAPPIN & THE PALM BEACH POPS 20th ANNIVERSARY



Bob Lappin & The Palm Beach Pops

2011-2012 Concert Tickets Now On SALE



American Songbook Spectacular November 4-5 and 7-10, 2011

Kicking off the 20th anniversary celebration with your favorites from the Great American Songbook including songs by Harold Arlen, Irving Berlin, Jerome Kern, Frank Sinatra, Doris Day, Judy Garland and more. With world famous Big Bands songstress, LYNN ROBERTS & Palm Beach Pops Big Band



The Music of Burt Bacharach, Cole Porter & More Nov. 29-30 and Dec. 1-2 & 4-5, 2011

Showcasing the music of American composers Burt Bacharach and Cole Porter in a concert that is sure to be a favorite with hits like *Alfie*, *Night and Day*, *What The World Needs Now*, *Let's Fall in Love* and *Wives & Lovers*. Featuring lead singer for Bacharach for over 15 years, JOHN PAGANO.



An Evening with Clint Holmes January 6-11, 2012

Back by popular demand, CLINT HOLMES will join us for a night of standards from the Great American Songbook. An outstanding entertainer, Clint is sure to engage our audience again with his magnetic personality and incredible charisma on stage.



Wonderful World: A Salute to Louis Armstrong February 6-8 & 10-12, 2012

Join The Palm Beach Pops in honoring the legacy of Louis "Satchmo" Armstrong with *Hello Dolly*, *Wonderful World* and *Mack the Knife*. Hailed by critics as one of the world's finest trumpet players, LONGINEU PARSONS joins us along with Broadway superstar and Tony Award Winner, LILLIAS WHITE.



The Genius of George and Ira Gershwin February 29 and March 1-3 & 5-6, 2012

The Palm Beach Pops will *Strike Up The Band* and celebrate the *Fascinating Rhythm* of the brilliant brothers whose compositions like *Rhapsody in Blue* bridged the world of Tin Pan Alley, Broadway, Hollywood as well as Symphony Halls.



The Magic of Broadway & Disney Favorites March 29-31 and April 1-3, 2012

A Palm Beach Pops tradition, delight in the music of Broadway's greatest hits featuring Broadway stars LEA SALONGA, Tony and Drama Desk Winner, known as the singing voice in Disney movies and for *Miss Saigon* & *Les Mis*, as well as audience favorite DAVID BURNHAM of *Wicked* & 2007 Helen Hayes Award winner.

Tickets Start at \$29. Call 561.832.7677
Choose Your Seat - 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

Limited Number of Season Subscriptions Still Available.
6 Concert Packages \$125 and up.

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



LYNN ROBERTS

SONGBIRD

EXTRAORDINAIRE

by Glenn R. Swift

Those of us who have been privileged to share musical moments with Lynn Roberts are grateful that she has prevailed as one of the few stars to bridge the decades. Her dedication and success have provided us with a legacy of an endless flow of wonderful music from the Big Band Era to the present. Then again, it takes only one short session with her to know that Lynn Roberts is one of the greatest songbirds of all time.



Roberts started her amazing career at the tender age of 8 as a vaudeville performer before going on to perform with Charlie Spivak as a young teen. After spending a year with Spivak, she then spent a year with Vincent Lopez, five years with Tommy and Jimmy Dorsey, ten years with Benny Goodman and four years with Harry James. She also shared the spotlight with Sammy Kay for a year and a half on the ABC-TV show *Music From Manhattan*. Roberts also sang with the Pied Piers for many years.

Her career momentum led her to stellar performances throughout the United States, Europe, Japan and Israel. Many famous clubs became routine stops on her busy schedule: the Café Rouge at the Statler Hotel in Manhattan, the Coconut Grove and the Palladium in L.A., and the renowned Paramount Theatre in New York City, where she performed with the fabulous Dorsey Brothers and Frank Sinatra. Roberts enjoys the distinction of being the only female singer to have sung with all the superstar Big Band leaders.

In 1978, famed producer Michael Bennett featured her as “Marlene” in the Broadway production of *Ballroom*. It was there that the acclaimed critic Rex Reed said “Lynn Roberts sings like an angel, and the way she handles ‘Dreams,’ the evening’s best song, is a thing of pure beauty.

In recent years Roberts has performed with

over 40 symphonies throughout the U.S. and Canada, starring in major productions ranging from specials to Judy Garland, George Gershwin, Doris Day, Songs of World War II and tributes to Benny Goodman, Harry James, Frank Sinatra and Tommy Dorsey. So how has Lynn Roberts been able to thrive in such a constantly changing musical environment?

“By holding fast to my style and performing the kind of music I love—The Great American Songbook,” said the ageless performer. Of course, when you’re Lynn Roberts, you don’t need to change anything. 🌐

Don’t miss the opportunity to hear the legendary Lynn Roberts when she performs the American Songbook Spectacular with South Florida’s finest pop orchestra, the Palm Beach Pops, in the Pops’ upcoming 20th season.

For tickets and more information, please visit www.palmbeachpops.org/songbook.

Click here to hear an exclusive interview with Lynn Roberts courtesy of SeaView Radio (www.seaviewradio.com), 95.9 FM, 106.9 FM and 960AM.

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Eissey Campus Theatre Palm Beach State College, Palm Beach Gardens announces the

2012 ADMIRAL'S COVE CARES "ARTS IN THE GARDENS" SERIES

by Nancy Denholm

The Admiral's Cove Cares Charitable Foundation is this year's series sponsor for the Arts in the Gardens. Their generous support makes it possible for the Eissey Campus Theatre to bring you these wonderful professional shows for just \$25-\$30.

There is still time to become a subscriber and get six shows for the price of five...\$150 orchestra/\$120 balcony or buy shows individually for \$30 orchestra/\$25 balcony. Call our Ticket Office (561) 207-5900 Mon - Fri 11 am - 4 pm or visit www.eisseycampustheatre.org for a listing of all of our events. Be sure to Like Eissey Campus Theatre on Facebook!

Mon, Jan 9 at 8 pm Golden Dragon Acrobats

Hailing from the Republic of China, this troupe leaves audiences spellbound by the graceful presentation of the ancient folk art of acrobatics including jugglers, cyclists and tumblers.

Mon, Feb 6 at 8 pm The Rat Pack Now starring local celebrity Bob Hoose as Sinatra

This evening of nostalgia with live band pays tribute to the musical and comic genius of Frank Sinatra, Dean Martin and Sammy Davis, Jr. The evening includes classic songs like "I've Got You Under My Skin," "New York, New York," "Fly Me to the Moon," "Everybody Loves Somebody," "Volare," "That Old Black Magic" and "Luck Be a Lady."

Sponsored by: Louis J. Kuriansky Foundation in Memory of Morton R. Shapiro

Thurs, Feb 16 at 8 pm – Stig Rosen in Concert with his Band "Lovers and Heroes of Broadway and Beyond"

An evening of Broadway and pop favorites starring one of Denmark's finest singers who has toured the world in over 1500 performances starring as Jean Valjean in "Les Misérables."

Thurs, Feb 23 at 8 pm – Barrage in "Soundtrack of the Globe"

A high energy string group that features an international, multi-talented cast performing a mix of music, song, fiddling and dance.

Sun, Mar 4 at 8 pm – Jim Witter in "Piano Men II"

Join Jim Witter on piano with his incredible band on a journey through the '70s and into the '80s. The show features the music of Billy Joel and Elton John along with a dynamic multi-media display!

Sponsored by: Charles and Lynne Weiss

Wed, Apr 11 at 8 pm – Ballet Folklorico "Quetzalli de Veracruz"

This visual fiesta of culture and folklore features many regional dances of old Mexico. The music, performed live on authentic stringed instruments, punctuates the meticulous movement, colorful costumes and perfect pulse established by these dancers from Mexico. 🌍

Eissey Campus Theatre

2012 Admiral's Cove Cares

Arts in the Gardens

Mon Jan 9

Golden Dragon Acrobats

Mon, Feb 6

The Rat Pack Now

Featuring local celebrity
Bob Hoose as Sinatra

*Sponsored by: Louis J. Kuriansky Foundation
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Sponsored by: Charles & Lynne Weiss

Wed, Apr 11

Ballet Folklorico

"Quetzalli de Veracruz"

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Meet the Team...

SHARON QUERCIOLI

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, book-marks 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



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.

Art Director



GLENN SWIFT

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.

Co-Founder & Editor-in-Chief



KRISTIN PURCELL

Kristin is a native Northern Ohioan with over 15 years in operations as a Client Services Manager. The majority of her managerial experience has been with the insurance industry where today she is still a licensed insurance agent in Ohio. "I am thrilled to have the opportunity to work with a state-of-the-art digital magazine focusing upon the Art of Living Green!"

Kristin is no stranger to green initiatives as she worked vigorously with two insurance agencies helping them transition to a paperless environment. "It is really important to me to recycle and do as much as possible to save our precious planet. I have two young children and teach them every day the importance of living green for their future and the future of their children."

Operations Manager



Meet the Team...



Photographer

ROBBY ANTONIO

Robby is a native South Floridian who holds two bachelor degrees in Management Information Systems and Marketing. His background in photography started at an early age shooting with the inspiration from his family and friends. Under the tutelage of a great teacher in high school and some extremely talented friends, he has honed his craft to capture life through a viewfinder. Robby continues to pursue his passion as a freelance photographer shooting with friends, travelling, and as an active member of the Freelance Photography Studio in West Palm Beach. He views each shoot as a new challenge, never knowing what he can expect when he gets there. So far with Our Wonderful World he's shot in 9° temperatures for ICE! at the Gaylord Palms Hotel in Orlando and in the rain at the Worth Avenue Christmas Tree Lighting Ceremony.

"Photography is an adventure, and you can never be afraid to do what it takes to get the shot."

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



MISSY STRAUSS

Missy 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. 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 Founding 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 Executive 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 government, education, healthcare and commercial development industry representatives.

Contributing Columnist