



# Our Wonderful World

December, 2011  
Volume 2 :: Number 12

## The Art of Living Green



## Star of Wonder

*Was there a star in the east?*

Make It  
a Green  
Holiday!

Meet  
Viktoras  
Kulvinskis  
“Father of the  
Raw Food Diet”

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# Our Wonderful World

The Art of Living Green



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# FROM THE PUBLISHERS



Welcome to the December, 2011 issue of *Our Wonderful World*, Florida's leading green digital magazine. This issue is not only special because of the holidays, but it marks a truly remarkable achievement by our very own Green Goddess, Sharon Quercioli, who was named Woman of the Year by the Northern Palm Beach County Chamber of Commerce. I hope you will take the opportunity to congratulate Sharon ([sharon@owwmedia.com](mailto:sharon@owwmedia.com)) for being recognized as one of Northern Palm Beach County's most extraordinary community and business leaders. Sharon has shown great personal integrity and business savvy over the years, as well as working tirelessly for numerous charities and nonprofit organizations. Her recognition was well deserved, and I am very proud to call her my partner. Be sure to read about her award on pages 16-23.

Our main feature, "Star of Wonder," explores the scientific evidence behind what many astrologers refer to as the "triple conjunction" that took place in the sky above the Middle East sometime between 4 and 6 BC (or CE if you prefer). Was there a "Star in the East"? Of course, we will probably never know, but we are confident that you will enjoy the story!

Kudos to Sandra Bogan for showing us a number of exciting ways to "Make It a Green Holiday" and to the Green Goddess for enlightening us with her "Pearls of Wisdom" as to the many benefits of Valor Essential Oils blend. In keeping with the spirit, the Goddess

also educates us as to the numerous health benefits of one of our favorite fruits in "An Apple a Day."

Chris Cherniak of Radio Green Earth has also contributed a fabulous story about a hole in the ozone layer that recently appeared over the Arctic.

Well, we've got a lot more in store for you including a number of exciting events in Northern Palm Beach County that we participated in, all of which have helped to make this a more wonderful world.

Sharon and I wish you all a healthy and happy Holiday Season!

Sincerely,  
Glenn R. Swift



*Glenn*  
Glenn Swift,  
Editor in Chief  
[glenn@owwmedia.com](mailto:glenn@owwmedia.com)



# STAR OF WONDER

by Glenn R. Swift



*"The heavens declare the glory of God." (Psalm 19:1)*

Few stories have fascinated Christian believers like the Star of Bethlehem. For many, the image of a bright star radiating gloriously above the manger is indelibly linked to the Nativity scene and the birth of Jesus. Ironically, the Star also symbolizes something else—humanity's differences with regard to understanding the relationship between the natural universe and the Divine.

Of course, matters of faith cannot be proven or disproven. There are those who accept Matthew's gospel account on faith alone. To them, the event is simply one of God's miracles, beyond the realm of scientific explanation. Then there are the skeptics and the nonbelievers, who dismiss the story out of hand. Even many Christian theologians regard the reference to the star in Matthew's gospel as "midrash"—a story made up to satisfy an Old Testament prophecy ("a star shall come forth out of Jacob..." Numbers 24:17).

But there are also those who believe that God works through natural laws of divine origin. Christians of this persuasion do not

see a contradiction in accepting the biblical story and believing that it must somehow be rooted in a historical event. From those so inclined, a question is posed and one to which astronomers for over five centuries have been searching for an answer: is there any scientific evidence that some sort of astronomical phenomenon took place that could account for the story? Ever mindful of the line that separates science from religion, the answer is yes. So, what is the evidence?

Over the years a number of explanations have surfaced. Some astronomers support the idea of a supernova, while others speculate that the astonishing event can be explained by either a comet or a meteor. A more complex theory, the triple conjunction, asserts that a rare three-fold alignment of Jupiter and Regulus (a bright star in the constellation of Leo) was responsible. All these explanations are supported by anecdotal evidence citing everything from sophisticated computer models to ancient Chinese astronomical records. More recently another theory has surfaced, and one that continues to garner greater



acceptance. Incredibly, this new hypothesis came about largely by accident—after the purchase of a Roman coin in a Middle Eastern bazaar.

Michael Molnar, a Rutgers astronomer who also collects ancient coins, haphazardly came across a 2000-year-old Roman coin from Antioch, Syria. What struck Molnar was that the coin showed a zodiacal sign, Aries the Ram. Intrigued by what he saw, the curious astronomer purchased the coin for \$50 and began researching the meaning behind it. Molnar's research slowly began turning up some interesting clues.

For starters, he learned that the Tetrabiblos (the so-called “Bible of Astrology” written by Claudius Ptolemy in the second century A.D.) clearly identified Aries the Ram as the sign of the Jews (“the people of Judea, Idumea, Samaria, Palestine and Coele, Syria”). This finding was confirmed by another source dating to the period, the writings of the Roman historian Seutonius. With this as a basis of understanding, Molnar theorized that the coin was most likely issued by the Romans to commemorate their takeover of Judea in 6 A.D.

Up to this time, researchers had not looked in the constellation of Aries for evidence of the Star of Bethlehem. That is, until Molnar. But before embarking upon his search for evidence of a celestial event in Aries that would have signified the birth of Jesus, the “star-

struck” astronomer first had to approximate the year in which Jesus was born.

Sounds simple right? Not so fast.

The chap who was responsible for counting the years as we do, Dionysius Exiguus, made a few...let's be honest here...MISTAKES. Nicknamed “Dennis the Little,” this sixth-century monk later proved to be a “menace” to chronologists and historians alike. Here's why...

After what he thought was a painstaking analysis in which he used the records of the reigns of the various Roman emperors, Dionysius “carefully” selected 1 BC for the birth of Christ. (Yes, he forgot about that little thing called a zero, but hey... nobody's perfect.) As was customary in his time, Dionysius also set the date of Jesus's birth at December 25.... Big Problem!

In recounting the years, Dennis (here's where the menace thing comes in) forgot that one of his beloved Roman emperors, Caesar Augustus, had ruled under the name of Octavian for four years. Thus, he made a four-year error right from the git-go. Making matters worse, many historians also believe that our friend Dennis missed another year or two. Bottom line, Jesus was most likely born between 4BC and 7 BC. Interestingly, this coincides with Matthew's account that Jesus's birth took place during the reign of King Herod, whose death historians definitively date to 4BC.



Molnar then set out to see if there was an astronomical event in the constellation of Aries that fit this time period, and one that would have been deemed significant by Middle Eastern star-gazers. One more detail...A reference in Luke refers to there being “shepherds in the field, keeping watch over their flocks by night” (Luke 2:8) at the time of Christ’s birth. Bethlehem is cold and wet during the winter months, and even to this day Middle Eastern shepherds typically avoid staying out at night with their flocks at this time of the year. Traditionally, sheep have been put out to grass between March and November, with shepherds being with their flocks at night most often during the spring lambing season (March-April). So, Molnar began focusing upon the spring within the 4BC-7BC time frame.

Bingo!

On April 17, 6BC, two years before Herod’s death, the planet Jupiter emerged in the east as a morning star in the constellation of Aries. Molnar’s finding was startling for several reasons. To begin with, Matthew twice refers to the Star as being in the east. Secondly, the planet Jupiter was deemed by Middle Eastern astrologers as being associated with the birth of kings and was even known as the Royal Star of Zeus. Even more intriguing, lunar conjunctions (close approaches) with Jupiter were viewed as magnifying the greatness of the future ruler. And what did Molnar find with regard to the position of the moon on April 17, 6BC? Computer models confirm that the

moon was in such close conjunction with Jupiter on that day that it would have been close enough to be considered an eclipse!

There’s more...

The three ruling “stars” of the day (Sun, Jupiter, Saturn) were all present in Aries. Although we might view this event as trivial today, for ancient astrologers this configuration was truly awesome. But who were the “wisemen,” and would they have been able to recognize the significance of this celestial manifestation? In the original Greek, the gospel uses the word magi to describe these faithful and yet mysterious wanderers who traveled across the desert to pay homage to the birth of Jesus. According to the Greek historian Herodotus (484BC – 425 BC), the Magi were a priestly group from Mesopotamia (modern-day Iran and Iraq) who performed religious ceremonies and interpreted signs and portents. From the fourth century BC onward, Roman records show that the Magi became increasingly associated with astrology.

So there you have it. Do we know for sure what the Star of Bethlehem was? No, we’ll probably never be able to answer this question on a scientific basis alone. But then again, it does kind of make you wonder...

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# SHARON QUERCIOLO

Named Northern Palm Beach Chamber 2011

## WOMAN OF THE YEAR

by Sandra Frens

The Women in Business Council of the Northern Palm Beach County Chamber of Commerce presented Sharon Quercioli, President of Sprouts!, Inc. with its 2011 **Woman of the Year Award**. The presentation was made at the Council's annual award luncheon at the renowned Jupiter Beach Resort on Tuesday, October 25. The prestigious gathering included some of the most high-profile business and community leaders of Northern Palm Beach County.

The Women in Business Council presents its annual Woman of the Year award to the

outstanding leader and female entrepreneur who has attained the highest level of professional excellence in the Northern Palm Beach County community. The recipient is an exemplary model of strength, passion and devotion to all in their business and personal life.

The four finalists consisted of Maria V. Davis, Town Manager of Lake Park; Janet Harris-Lange, President of the National Women in Business Owners Corp. & Agenda Dynamics Inc.; Esther LaBovick, CFO of LaBovick Law Group; and Sharon Quercioli, President



of Sprouts!, Inc. ([www.sproutem.com](http://www.sproutem.com)), the West Palm Beach-based manufacturer of plantable seed paper products that was named 2009 Small Business of the Year by the Northern Palm Beach Chamber.

Dr. Jean Wihbey, Provost of Palm Beach State College, led off the event by giving a compelling presentation on leadership in which she discussed the finer points of being a woman in a leadership role. Following Dr. Wihbey's presentation, Sharon was announced as Woman of the Year. During her acceptance speech, Sharon gave thanks to the Women in Business Council, Betty Ann Baker, Executive Director of Healing Touch Buddies, Inc. who nominated Sharon, her friends, business associates and dedicated staff. Sharon congratulated the other nominees and dedicated the award to all women whose perseverance allows them to sail through even the roughest of waters.

Sharon's poise in the face of adversity and personal trials these last few months, during which she had to endure the loss of her beloved brother, revealed her steadfast commitment to family, friends, business associates and community.

"One of my true passions is giving back to the community through charitable organizations and by mentoring women, men and children. I'm honored to have been named Woman of the Year and want to thank the Northern Palm Beach County Chamber for this prestigious award."



*Dr. Jean Wihbey, Sharon Quercioli and Ed Chase*



*Suzanne Neve and Sharon Quercioli*



*Diane D'Amico and Sharon Quercioli*



*Sharon Quercioli, Maria Davis, Janet Harris-Lange, Esther LaBovick and Nancy Mobberley*



*Candace Paradeau, Sharon Quercioli and Jane Pike*



*Candace Paradeau, Sharon Quercioli and Sue Chieco*



*Trisha Burke, Sharon Quercioli, Glenda Clausner and Elizabeth Shoudy*



*Sharon Quercioli and Dr. Jean Wihbey*



*Rene Buice, Sharon Quercioli and Dr. Jean Wihbey*

# BOCA RATON'S MIZNER PARK HOSTS 2011 Wyland Living Green Fair

by Glenn R. Swift

Thousands learned how to live more environmentally friendly at the 2011 Wyland Living Green Fair on November 5-6 in Boca Raton's upscale Mizner Park. The event featured 100 "green" vendors, live entertainment, food/drink and, of course, the renowned artist himself.

Activities included a life-size water maze, cooking demonstrations, an organic gardening exhibit and a showcase of green technology.

Kids also had the chance to paint a 50-foot mural with Wyland.

"I hope the fair will give everyone a greater appreciation for the environment and the need to protect it. These kids are gonna be our youth ambassadors for the planet, and we need to plant the idea of conservation deeply through art and science," Wyland said.

Funds raised at the fair benefit the Wyland Foundation ([www.wylandfoundation.org](http://www.wylandfoundation.org)), a nonprofit organization dedicated to helping families realize the importance of oceans and waterways. For more information about the Wyland Living Green Fair, please visit [www.livinggreenfair.com](http://www.livinggreenfair.com).







*Candace Paradeau and Deborah Nellson manning the Sprouts! booth*



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# SHRIMP RULE! City of Lake Park Hosts Second Annual Seafood Festival

by Glenn R. Swift

Downtown Lake Park served up some of the best dishes the seafood world has to offer on Saturday, November 12—baked shrimp, fried shrimp, sauteed shrimp, shrimp scampi, and all the fish and crab you could eat. Featuring over 90 vendors and round-the-clock live entertainment, the Second Annual City of Lake Park Food Festival was a huge success drawing over 5,000 patrons.

At the festival, the Lake Park community also introduced its first “Park Avenue Sunflower Green Market.”

“We exceeded all expectations and are looking forward to an even bigger event next year,” said Jennifer Spicer, City of Lake Park Economic Development Officer and organizer of the event.

*For more information about the City of Lake Park and its upcoming community events, please visit [www.lakeparkflorida.gov](http://www.lakeparkflorida.gov).*



Betty Ann Baker and Sharon Quercioli



*Candace Paradeau and Glenn Swift*



*Scott Benge*



*Jennifer Spicer, City of Lake Park Development Officer and Event Organizer*

# THE VERO BEACH BOOK CENTER HOSTS CYNTHIA HURST

## Renowned Author Launches New Book by Glenn Swift

### The Platinum Project — MEN in the 21st Century

Vero Beach author Cynthia Hurst addressed an attentive audience the evening of Thursday, November 10 at one of that beautiful seaside town's leading cultural institutions, the Vero Beach Book Center.

Hurst spoke passionately about what encouraged her to go ahead with *The Platinum Project* and the criteria she used in selecting the various forward-thinking men who contributed to it.

*For more information about Cynthia Hurst or to purchase her book, please visit [www.cynthiahurst.com](http://www.cynthiahurst.com).*



*Sharon Quercioli, Cynthia Hurst and Glenn Swift*



*Kimberly Ligon, Cynthia Hurst and Kenneth M. Ligon III*

# Florida Festivals & Events Association Announces SUNSATONAL AWARDS

by Suzanne Neve

The Florida Festivals and Events Association has announced its winners in the annual SUNsational Awards Program, and the Northern Palm Beach County Chamber of Commerce is pleased to accept four awards for its submissions for the 2011 ArtiGras Fine Arts Festival.

The Florida Festivals and Events Association's mission is to promote and strengthen the festival, event and fair industry in Florida through education, networking, dissemination of information and the cultivation of high standards for the industry. The FFEA SUNsational Awards Program recognizes its member's innovation, individuality and creative collaboration.

Award applications are accepted in 14 categories and are judged based upon individual criteria within each category. ArtiGras received awards in the following categories:

## Brochure

ArtiGras printed program detailing artists, event map and all of the wonderful things to do while at the show. 50,000 printed and distributed at event gates.

## Miscellaneous Printed Piece

ArtiGras 2011 Sponsor Fulfillment Guide showing event photos, demographics and sponsor initiatives. 1,000 printed and distributed to sponsors after the event.

## Promotional Item

In partnership with Sprouts!, artwork from the winners of the ArtiGras Youth Art Competition are printed on Sprouts! custom note cards made from eco-friendly Plantable Seed Paper. A portion of the proceeds from each box of Sprouts Plantable Seed Paper greeting cards go to support the ArtiGras Education Fund.

## T-Shirt

ArtiGras Youth Art Competition Winner artwork is printed on Child t-shirts and sold as commemorative merchandise at the event.

The awards were presented at the FFEA Annual Convention in Naples, FL on August 10, and accepting on behalf of ArtiGras was NPBC Chamber Director of Communications and Marketing, Tess Lozano.



# PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

*Quote of the Month:*

**“Remember, if Christmas isn’t found in your heart, you won’t find it under a tree.”**

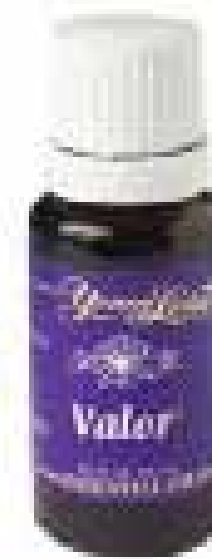
*(Charlotte Carpenter)*



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**Spruce** – helps the respiratory and nervous systems. Its aromatic influences help to open and release emotional blocks, bringing about a feeling of balance. Also known as the black spruce, this tree has a tall thin profile with short branches. The needles on the tree stand out angularly from the branch at all angles and contain the resin ducts that bear the majority of essential oil in the tree. The branches

**Here’s a comment from Gary Young:**

“Try Valor for a good night’s sleep. Going to bed, take 6 drops of Valor, and rub each foot very well with it. Valor on the feet is such a marvelous experience for improving your sleep patterns for those that have restless sleep, restless legs, you know, some of those things that go along with being upset, hormonal imbalance. Hormonal imbalance is a major promoter of restless nights, restless legs, waking up/going to sleep, tossing and turning. It’s very common, very typical and Valor is such a tremendous support to those things.”

Believe me, I use it every night and love it!

at the crown tend to cluster together forming a “crow’s nest” and protecting the small (1 ½ inch diameter), purplish, seed-bearing cones, which small animals use for food and shelter. The bark is scaly and relatively thin with a dark muddy green-brown to grayish hue. Specialty items made from black spruce include healing salves from the gum, antiscorbutic and diuretic beverages from twigs and needles, and rope from the roots.

**Rosewood** – is soothing and nourishing to the skin. It has been researched at Weber State University for its inhibition rate against gram positive and gram negative bacterial growth. It balances the immune system by influencing the central nervous system. Its 70% linalool content accounts for its sedative effect, and



also for its usefulness in dispelling a general feeling of malaise. The floral, woody aroma of this oil makes it perfectly suited for a post-workout massage or soak in the tub.

**Blue Tansy** – is highly relaxing and balancing. Its main constituent is azulene, which has a powerful effect on the brain and is the element responsible for the bright blue color of this oil.

**Frankincense** – is considered the “holy anointing oil” in the Middle East and has been used in religious ceremonies for thousands of years (Exodus 30:34). It was well known during the time of Christ for its anointing and healing powers. Today it is being used therapeutically in European hospitals. High in sesquiterpenes, it is stimulating and elevating to the mind and helps in overcoming stress and despair, as well as supporting the immune system.

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*To purchase Young Living Valor Essential Oil Blend and other Young Living products, go to [www.youngliving.org/owwmedia](http://www.youngliving.org/owwmedia).*

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MEET THE RAW FOOD MASTER

# VIKTORAS KULVINSKAS

by Glenn R. Swift

**B**orn in Lithuania during World War II under a Piscean sky, Kulvinskis received his M.S. Degree in pure mathematics from the University of Connecticut, where he later taught mathematics. For six years he was computer consultant for Harvard University, the Massachusetts Institute of Technology, Smithsonian Astrophysical Observatory and the Apollo Project. Kulvinskis is a member of the Physics Honor Society, Sigma Pi Sigma. He also co-founded, with Dr. Ann Wigmore, the world-renowned Hippocrates Health Institute ([www.hippocratesinst.org](http://www.hippocratesinst.org)), where he was the Director of Research.

As a nutritionist, Kulvinskis was the personal health consultant to comedian/activist Dick Gregory during his 900-mile run for peace. He is an independent Senior Double Diamond Super Blue Green Algae distributor and lectures at Cell Tech functions. Kulvinskis is the author of five books, and has contributed articles to many New Age journals, among them, Vegetarian Voice, Vegetarian Times, Vegetarian World, Health Street Journal and Alternatives. Besides his best seller *Survival Into 21st Century*, he has authored/co-authored *The Lover's Diet*, *Sprout for the Love of Everybody*, *Love Your Body*, *New Age Directory*, *Life Extension Recipes and Program*, *Life in the 21st Century* and *Don't Dine Without Enzymes*. This coming year he will be releasing two new books.

Kulvinskis travels extensively and has given seminars for the World Symposium on Hu-

manity in Canada and Australia. He has also lectured for over 10,000 hours at such events as the New Earth Exposition, Whole Earth Festival, World Vegetarian Congress, Cancer Victims and Friends Convention, National Health Federation Convention and many others.

The "Father of the Raw Food Lifestyle" invites you to visit his website ([www.viktorasretreats.com](http://www.viktorasretreats.com)) and e-mail him to share your comments at [viktorasretreats@gmail.com](mailto:viktorasretreats@gmail.com). Soon to be released are new books, indoor garden and food preparation videos, newsletters, Internet home pages, retreat and lecture schedules, news on the Arkansas Women's Festival of the Healing Arts, updates on resources to appliances, seed sources and other helpful connections. 🌍

***Interested in a life-changing vacation to Costa Rica? Accompany Viktoras to this Central American paradise for a Raw Yoga Bliss Retreat — January 7-14, 2012. For more information, please visit [www.viktorasretreats.com](http://www.viktorasretreats.com).***

***Be sure to [CLICK HERE](#) for an exclusive interview with Our Wonderful World Media and Entertainment and SeaView Radio.***

# AN APPLE A DAY KEEPS THE DOCTOR AWAY!

## 5 Health Benefits of Apples

**Y**ou 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](http://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](http://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

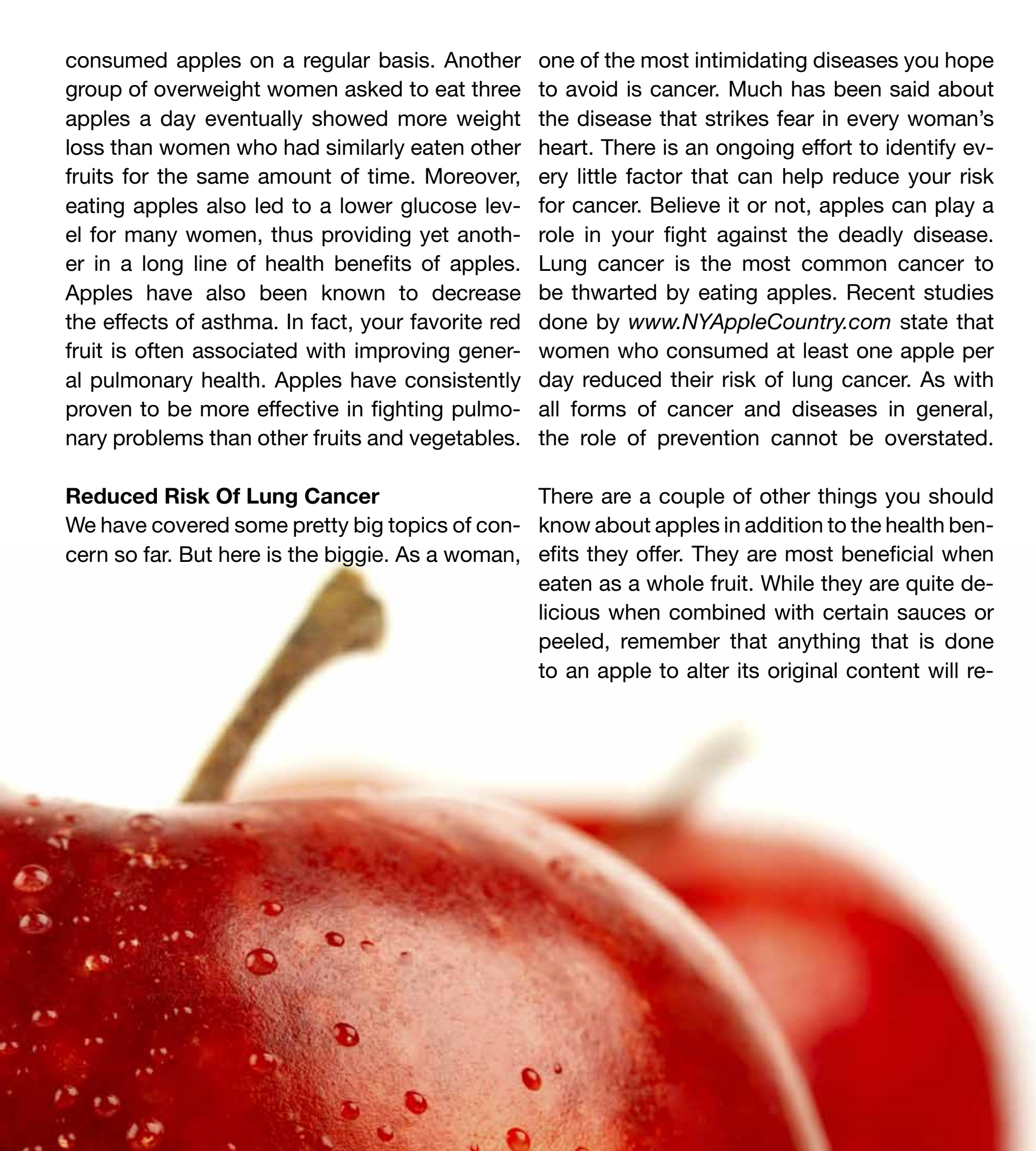
One of the biggest myths in the medical field is the idea that women do not need to be concerned about heart disease. It has long been thought of as a “man's disease,” but the tide has turned in recent years. We now know that women are prone to heart dis-

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](http://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](http://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](http://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.

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# 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](http://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](http://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](http://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](http://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](mailto: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](http://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!**

*Thanks to Treasure Coast Parenting ([www.tcparenting.com](http://www.tcparenting.com)) for their assistance in the publication of this article.*

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

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# AN OZONE HOLE FORMS OVER THE ARCTIC

## Why and What It Means

by Chris Cherniak, Radio Green Earth Correspondent

According to researchers reporting in the most recent issue of the journal *Nature* ([www.nature.com](http://www.nature.com)), an ozone hole, unprecedented in both size and occurrence, opened up over the Arctic during this past spring. Ozone plays an important role in protecting plants, animals and us. So, this comes as unsettling news. Why did this occur and what does it mean?

### Why Did This Happen?

First a little background on ozone. Ozone is a simple compound consisting of three oxygen atoms

combined in an uneasy alliance with each other—uneasy because the oxygen molecule we breathe comes in a stable pair (O<sub>2</sub>). But under certain conditions, a third oxygen atom can come along and turn that O<sub>2</sub> molecule into O<sub>3</sub>, or ozone. This oxygen triplet becomes, in chemistry terms, “unstable.” No one’s happy, three’s a crowd, and we’ll get to the consequences of that arrangement in a bit.

Depending upon where it is in the atmosphere ozone can either be good or bad for us. In the troposphere (that’s the layer of air we breathe and where most of our weather resides) it’s bad for us. Our lungs like O<sub>2</sub>, but dislike ozone. In fact, long-term exposure to ozone can damage our lungs, inviting a host of respiratory problems. But, at higher levels of our atmosphere (stratosphere), ozone plays an important role in protecting our planet by: 1) absorbing ultraviolet radiation, like UV-B rays; and 2) converting that radiation into heat, which keeps that part of the atmosphere warm.

Ozone’s unstable bond can be broken when it comes in contact with chemicals called chlorofluorocarbons, or CFCs. CFCs are man-made chemicals that were once used as, among other things, coolants and propellants “back in the day.” (Remember aerosol deodorants? CFCs were in those cans; hope you’re happy...)

Their production was finally halted beginning in 1987 with the signing of the Montreal Pro-

TOCOL, but because CFCs are so chemically stable (they can last up to a century before breaking down), a significant concentration of them still remains throughout both the troposphere and stratosphere.

So why do holes in the ozone only occur at the poles? What’s interesting is that the ozone destruction process prefers cold environments. And the process is greatly accelerated when the atmosphere is cold enough to make clouds in the stratosphere (we’re talking 60,000 feet up!). These polar stratospheric clouds (PSCs) act like ozone destruction factories, by providing convenient surfaces for the chlorine in CFCs to be released and, to paraphrase NFL ref Ben Dreith, start “giving ozone the business.”

Since the early 1980’s, researchers have been well aware that ozone depletion occurs each year in the Antarctic. They also recognized that ozone losses in the Arctic were always much less than that of their colder southern cousin, with concentrations decreasing by only 5% to 30% on average. But last winter, cold air became trapped above the Arctic in something aptly called the Arctic Vortex. This vortex allowed PSCs to form, setting the stage for CFCs to break ozone’s weak bond.

Did it ever! This past spring, ozone concentrations above the Arctic dropped by nearly 80%, resulting in the first known case of twin ozone holes, one over each pole. What’s more, during late March and portions of April,



the Arctic ozone hole was positioned over populated areas of Western Europe, allowing greater than normal levels of damaging ultraviolet rays (UV-B) to reach the earth's surface. By the way, the ozone hole lessens and closes over the summer as the atmosphere warms and the CFC-based reactions decline.

### What Does This Mean?

Since we live at 7,000 feet, we all know that the Sun's UV-B radiation can cause sunburn, skin damage and sometimes cancer. We get that, and make sure we're all adequately covered up when outdoors, both summer and winter. But researchers have also observed that UV-B rays can harm a plant's chemical processes and reduce crop yields in agricultural settings, including rice and wheat.

Ozone within the stratosphere is therefore crucial in protecting the earth's plants, animals and humans from harmful UV-B radiation, and every one percent loss of ozone will allow 1% more UV-B rays to pass through the atmosphere. One important note: ozone holes do not contribute to global warming. Visit the Union of Concerned Scientists website for a good explanation ([www.ucsusa.org](http://www.ucsusa.org)).

So, connecting the dots, a cycle of continuous destruction is potentially created as less ozone in the stratosphere results in a colder stratosphere, which allows more PSCs to form during the winter and spring, which sets the stage for more ozone destruction, and so on and so forth.

The good news is that, except for black market production and trade, CFC manufacturing is no longer allowed. We can thank the Montreal Protocol, industry's begrudging compliance and whoever developed stick deodorant for that. As a result, the levels of CFCs are slowly decreasing over time, but only by about one-half of one percent a year, meaning that the chances for more ozone holes will likely remain for decades to come. So, if you find yourself at either pole during the Spring, I suggest SPF 600. 🌍

***"Radio Green Earth"** is an award-winning weekly program produced for Public Radio focusing upon environmental education. The show offers current environmental news from experts on subjects such as alternative energy, green buildings, energy efficiency, endangered species, environmental protection, Everglades restoration, water conservation and much more. We inform listeners about the technologies, products and practices they can employ to become greener in every area of their business and personal lives.*



*Hear Radio Green Earth on:  
WPBI 90.7 in West Palm Beach, Thursday from 7-8 PM  
WQCS 88.9 FM HD2,*

*Treasure Coast NPR Affiliate, Wednesday 8-9  
[www.radiogreeneearth.org](http://www.radiogreeneearth.org) – Just click on "Listen Live"*

*For more information about Radio Green Earth, please visit [www.radiogreeneearth.org](http://www.radiogreeneearth.org).*

# ASK THE ENERGY EXPERT

## “Use Integrity to Conserve”

by Scott Ranck



One definition of integrity is “Unified in all parts.” I want to give you a simple tool today to modify your own energy use at your home. I want to use the concept of integrity to help “the lights go on” so to speak. Imagine integrity in this use, meaning your place of living is unified with the conditions that are currently outdoors. If it is dark outside, it is dark inside. If it is hot and humid outside, it is hot and humid inside. If it is cool and dry outside, it is cool and dry inside. This would mean the inside of your home is “at integrity” with the outside; both realms are identical. It would be the condition of your home during a massive power outage similar to the picture. Think of this condition as the ultimate energy conservation!

Now, I want you to consider everything you turn on, plug in or fire up to alter the space inside your home to make it different from the outside. Because you are actually forcing the inside to go against nature, it requires massive amounts of energy. When you want it light inside when it is dark outside, energy is required. When you want it cool inside and it is hot and humid outside, it will take energy to make that happen. The greater the degree of difference you desire on the inside, the higher the cost to create that difference. When you want to totally change the environment inside your home or even outside, like at the holiday season, there is a price to pay.

So, your intuitive way to conserve energy is to lessen the differences between inside and outside while still remaining comfortable. In the spring and fall times of year, when humidity is low and temperatures cooler, turn off the AC and open some windows. Observe what is happening outside, and, as much as possible, allow the inside to conform. In doing this you will discover a natural way to lower your energy costs. 🌍

*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 [srancck@fpuc.com](mailto:srancck@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](http://www.fpuc.com).*

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# TAP INSULATION

An incredibly green option for both pest control and insulation

by Mandy Nolen, Marketing Director, Nozzle Nolan, Inc.

**T**hermal Acoustical Pest Control Insulation is an innovative product that combines two great technologies: Borate-based pest control and energy efficient, all-natural, cellulose insulation. Protect your home this winter from both pests and cold interior temperatures during cold fronts. TAP Insulation also helps keep homes cooler in the summer while lowering electricity usage. TAP insulation is an EPA Energy Star labeled pest control insulation with superior fire-retardant, sound reducing and pest eliminating properties. TAP helps to eliminate roaches, ants, silverfish and termites, among other pests.

TAP Insulation is an incredibly green option for both pest control and insulation. The product earned its Energy Star Award because of its role in protecting America's vital energy reserve by providing superior insulation. The typical energy savings that homeowners and business owners experience with tap ranges from 20% to 38%! TAP Insulation is greener than the cheaper fiberglass insulation in production, operation and disposal because 87% of TAP consists of recovered newsprint. It comes from the same newspapers and print materials that we throw into the recycling bin every day. Most of the cellulose insulation is made with a high percentage of locally-generated raw materials. Other than the borates, which are about 11 percent of TAP by weight, it is not necessary to transport raw materials long distances to cellulose insulation plants. In addition, recycling newsprint locally as cellulose insulation makes it unnecessary to expend energy transporting it to distant landfills or de-inking plants.

Since TAP is blown into attics and sprayed into walls, there is virtually no waste. Any excess insulation is swept up and reused. And if TAP must ever be removed because of damage, it may be landfilled without restriction and presents no environmental hazard if ever removed. Because TAP Insulation is basically treated newspaper, it is biodegradable.

Put simply, it takes less energy to make TAP; it takes less energy to heat and cool a home with TAP, and TAP presents no environmental hazard if ever removed. Call Nozzle Nolen for a free evaluation of your home's eligibility for TAP Insulation, and start saving on you electric bill now! 🌍

*For more information about Systemic Root Injection, please visit Nozzle Nolen at [www.nozzlenolen.com](http://www.nozzlenolen.com).*

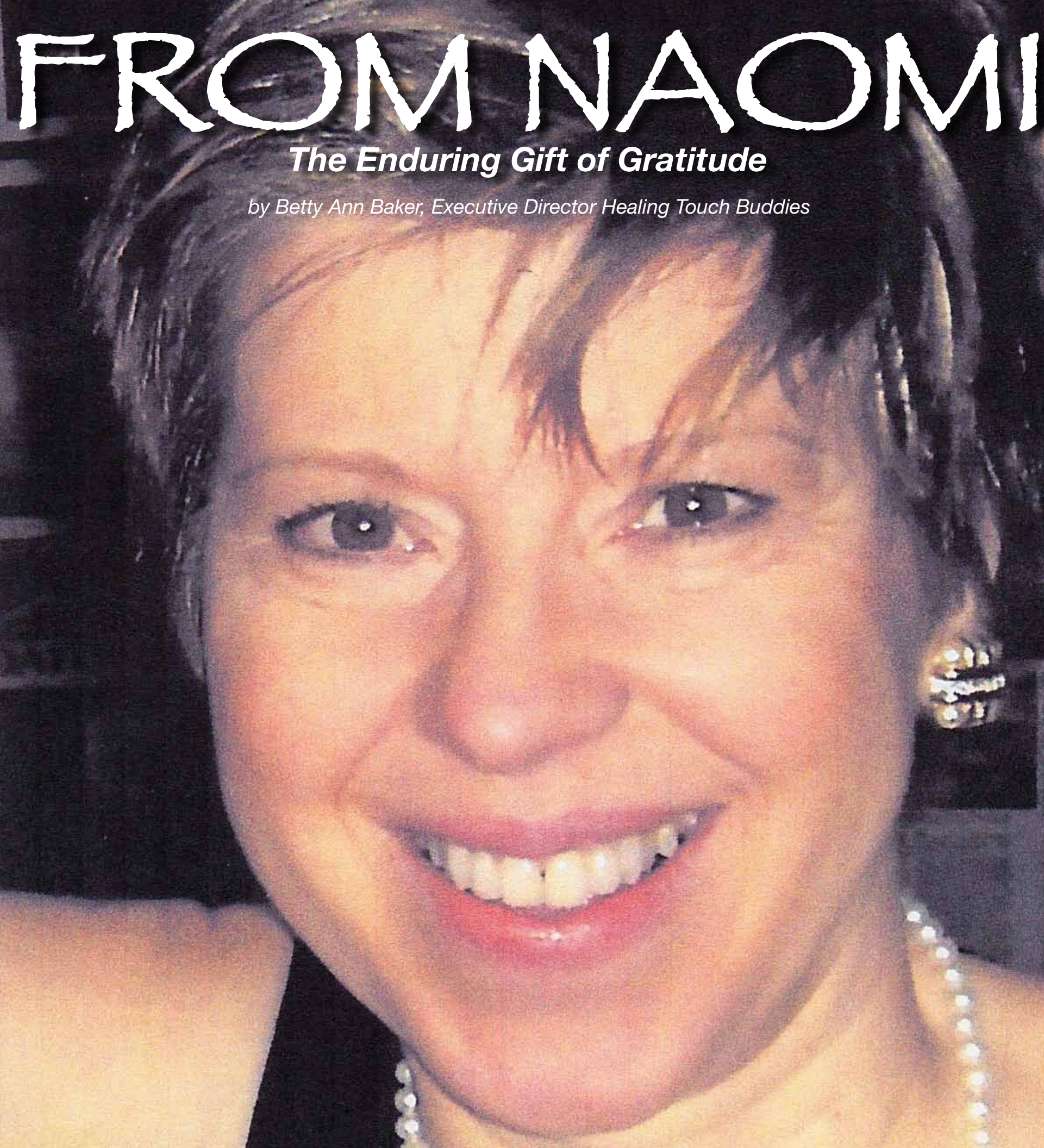
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# FROM NAOMI

## *The Enduring Gift of Gratitude*

*by Betty Ann Baker, Executive Director Healing Touch Buddies*

Naomi saw something in our Healing Touch Buddies program that she believed should outlive her own need for us by her side. While she inhabited this place with us, she questioned, explored, promoted peace and demanded social justice. She defended the health and preservation of the environment. Naomi was an accomplished pianist, played and loved classical music. She cherished friends and family, and she had their love and devotion.

Faced with a difficult diagnosis of breast cancer in the prime of her life, Naomi researched her options and made choices for her treatment that were congruent with her values and beliefs. In a challenge with the disease that was to last several years, she was the example of discipline and carried out her quest for physical healing with immense determination and courage.

But, as gains became plateaus and then reversals, Naomi sought to leave the world she'd loved an even richer place still. She carefully arranged to provide bequests to support the nonprofits that would carry on in her absence. She arranged to leave funds for her favorite public radio and television stations and her favorite environmental conservancy. And to Healing Touch Buddies, she entrusted us to be her continuation, to tend her light here beyond her passing...to insure that another woman, perhaps one alone and without support, might receive the compassion and comfort she had been gladly given

by Colleen, Mary Ann, Ingrid and myself.

It is with deep gratitude to Naomi for this honor that we dedicate:

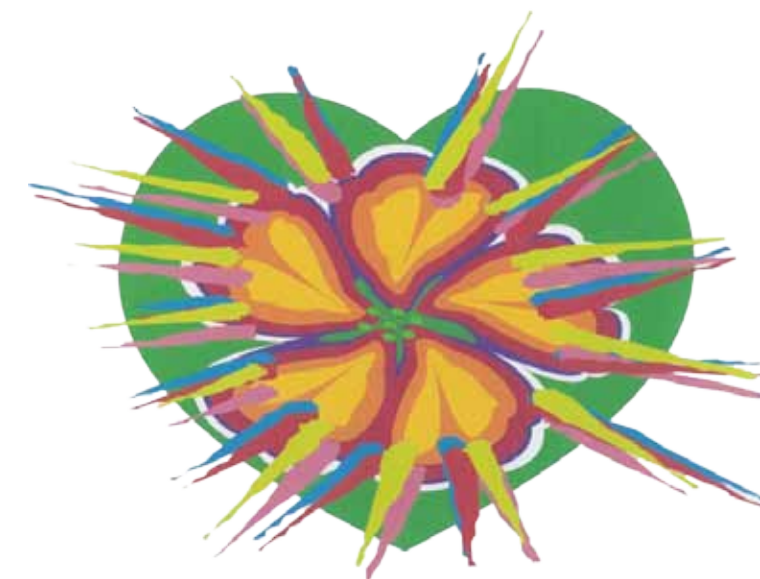
"An Evening of Broadway & Romantic Classics" to benefit the Naomi Thomas Endowment Fund for Healing Touch Buddies. 🌍

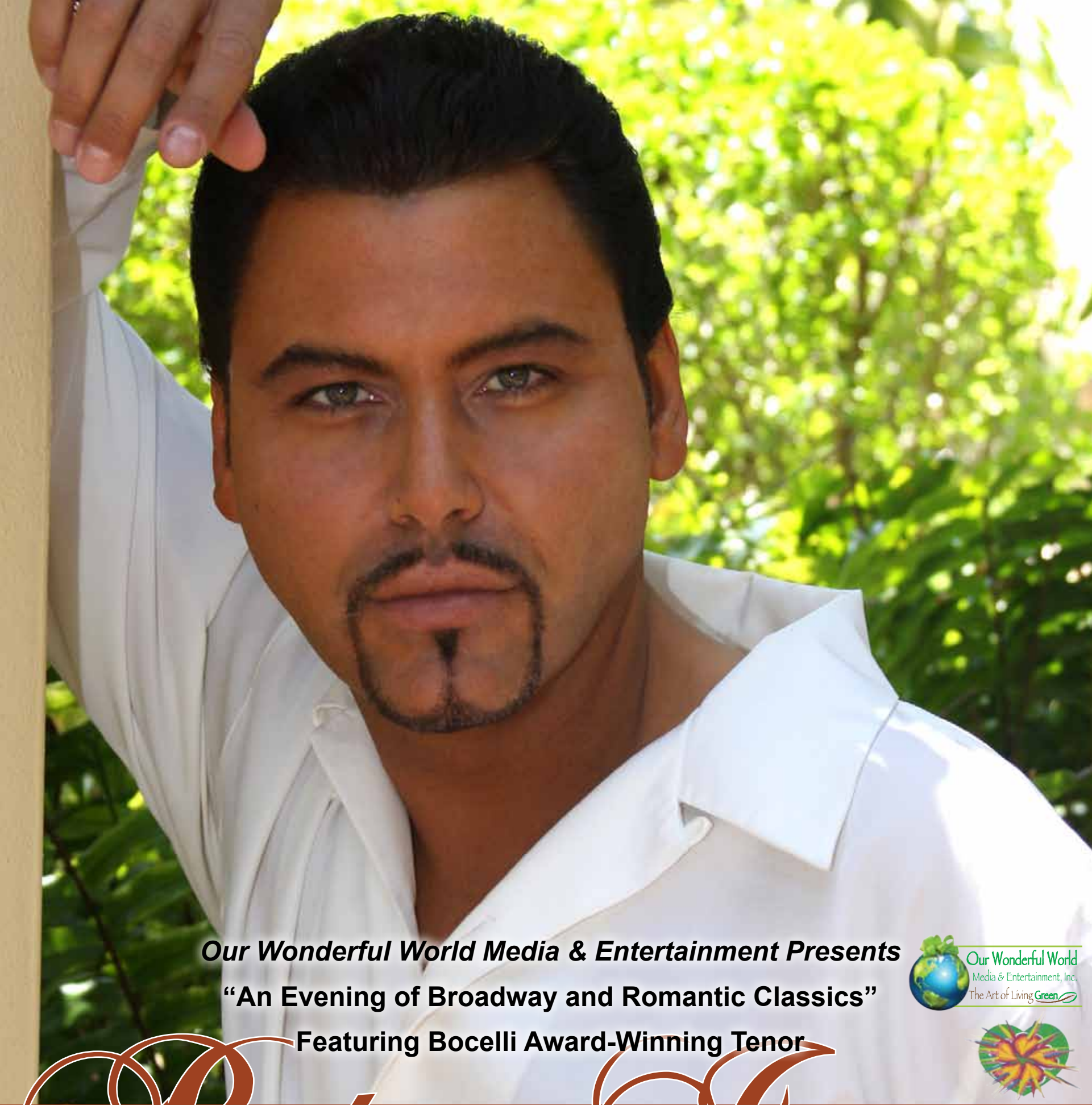
*We hope you will join us in an evening that promises to uplift and delight, with the extraordinary talent of the Bocelli Award-winning tenor, Roberto Larussi.*

[www.robertoiarussi.com](http://www.robertoiarussi.com)

[www.healingtouchbuddies.org](http://www.healingtouchbuddies.org)

"Music is a higher revelation  
than all wisdom and philosophy.  
Music is the electrical soil  
in which the spirit lives, thinks and invents."  
~ Ludwig van Beethoven ~





**Our Wonderful World Media & Entertainment Presents**

**“An Evening of Broadway and Romantic Classics”**

**Featuring Bocelli Award-Winning Tenor**



***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***

Possessing 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](http://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.

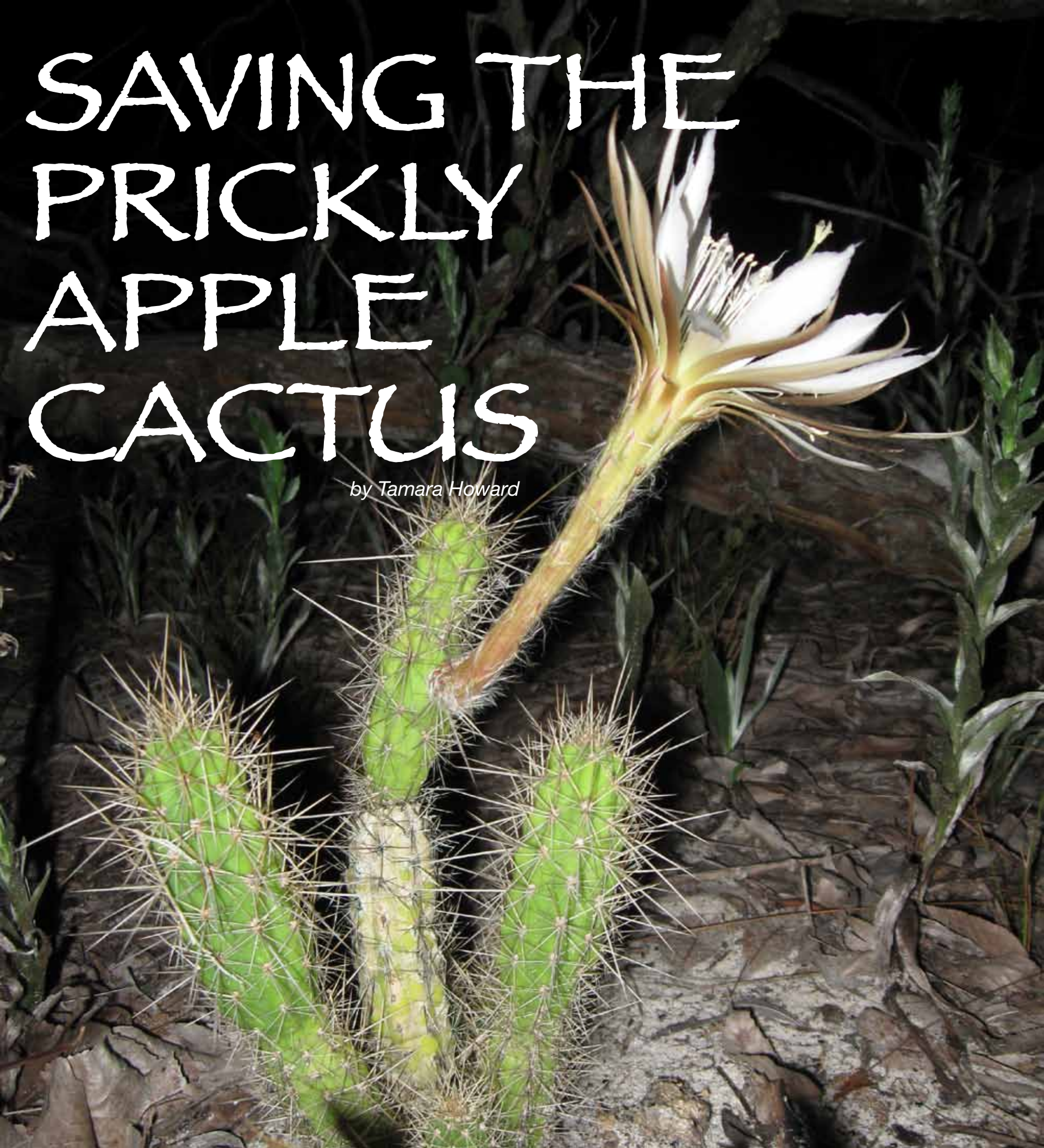
General admission tickets are \$50 (donation) and go on sale in October 2011. For tickets, call the Eissey Box Office at (561) 207-5900.

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

# SAVING THE PRICKLY APPLE CACTUS

by Tamara Howard



The fragrant prickly apple cactus (*harrisia fragrans*) is an endangered species of cactus that only grows on the Atlantic coast of Florida. It is a surprisingly large cactus, reaching a height of up to 15 feet. Despite its size, however, most people have never seen it because it only grows in scrub habitat along the Atlantic Coastal Ridge. The majority of the fragrant prickly apple cacti that exist today are found at Savannas Preserve State Park in St. Lucie County, within the Florida Atlantic University service area.

Jon Moore, Ph.D., Associate Professor of Biology at FAU's Harriet L. Wilkes Honors College, has grown a number of seedlings from a fruit that he rescued from one of these cacti in January, 2006. Moore has received funding from the Florida Native Plant Society to create five experimental populations that restore this species to areas of its former range. This is the first time that anyone has ever attempted to transplant or reintroduce this particular species.

In conducting this important project in environmental preservation, Moore received permission from the Savannas Preserve State Park to transplant seedlings that the park itself sprouted. And more seedlings were donated by a member of the Florida Native Plant Society. To date, Moore and his assistants have planted 249 seedlings. The locations of the experimental populations are the dunes at FAU's Harbor Branch Oceanographic Institution near Fort Pierce, as well as the North Se-

bastian Conservation Area and the Hallstrom Farm Conservation Area, both in Indian River County. Plans include planting another 70 cacti in Indrio Savannas Natural Area near Fort Pierce and Sebastian Inlet State Park.

Moore, along with his field assistants (his 20-year-old son and 22-year-old daughter) is working to monitor these cacti. They go out once a month to measure the size and growth of individual plants. They also look at survival rates and spray the plants with insecticidal soap to kill any pests. In addition, they record the number of flowerings and pollinators and any new fruit.

"Scrub habitat is especially at risk for development. Everyone wants to build in well-drained areas," Moore said. "When Flagler built his railroad right along the scrub ridge, it ran from north of Jacksonville to Miami. There are a number of plants found in scrub habitat besides the prickly apple cactus that are in danger from the resulting loss of scrub habitat."

That makes this plant's comeback a wonderful success story. 🌍

*Tamara Howard is a 2011 graduate of the Harriet L. Wilkes Honors College at Florida Atlantic University, a four-year residential liberal arts and science college for high achieving undergraduates.*

Across disciplines that span  
marine and coastal issues, biotechnology  
and contemporary societal concerns,  
Florida Atlantic University is advancing  
research and education  
*to improve our quality of life.*

MARINE AND COASTAL ISSUES, BIOTECHNOLOGY, SOCIETAL CHALLENGES

FAU  
FLORIDA  
ATLANTIC  
UNIVERSITY



*Florida Atlantic University*, founded in 1961, is currently serving 29,000 degree-seeking students on seven campuses and sites located along the state's southeastern coastline. The University's student body, which ranks as the most ethnically and culturally diverse in Florida's State University System, includes many men and women of non-traditional age. Long known as an outstanding teaching institution, FAU is rapidly developing as a hub of cutting-edge research, particularly in the biomedical arena. This process has been accelerated by the University's partnerships with three internationally known biomedical research organizations, the Scripps Research Institute, the Torrey Pines Institute for Molecular Studies and the Max Planck Society. FAU's Charles E. Schmidt College of Medicine recently received preliminary accreditation and welcomed its charter medical school class for fall 2011.

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# TIME FOR A CHANGE?

by Richard Hawkins



A small news article appeared on November 9 with the headline “World Headed for Irreversible Climate Change in 5 Years, IEA Warns.” This caught my attention, though it would have been easy to miss with larger headlines about a Kardashian break-up, alleged misconduct by political candidates, the NBA lockout and a European debt crisis.

Apparently the International Energy Agency has determined that unless bold action is taken, our opportunity to prevent reaching a threshold of

carbon dioxide in the atmosphere that could create catastrophic changes in our climate will be out of reach if changes are not implemented now—right now. I may have a skewed take on things, but it seems like this should have been the “big story” grabbing the headlines.

Those who have been adamant that the “theory” of manmade climate change is unproven are becoming quieter. Even the scientists that have been hired to poke holes in this theory are struggling to find evidence to support them.

Four years ago climate scientist created models based upon various atmospheric carbon dioxide levels including a worst case scenario. Now the US Department of Energy has calculated that the global output of carbon emissions has jumped by the biggest amount on record, exceeding the worst case scenario parameters.

With this information known, should we not be clamoring for change?

The leading cause of the increased output of pollution is energy production. The core of our planet's energy infrastructure is burning carbon. While it would make sense to steer our efforts towards safe renewable energy sources, the world's focus still clamors for extracting carbon once safely sequestered under the earth to burn for energy. We continue to spend our time, energy and tax dollars on new and innovative ways to increase atmospheric carbon levels. If we would just start taking a longer view, wouldn't we be putting our efforts in renewable energy sources now?

Another leading source of carbon emissions is our current industrial food system. Industrial agriculture companies control most of the world's food production. This production runs on oil. Commercial agriculture needs oil for equipment, fertilizers and crop sprays. The large scale food processing and transport system requires much more petroleum energy than the food energy it finally delivers to the consumers. Unfortunately, the deci-

sions regarding the direction of food systems made by representatives in Washington are guided by the experts from the largest industrial food companies.

Of course we all have a voice and the power to make change. If we really care about the world we are making for our children, grandchildren and all living things we share our planet with, we cannot hope that change will happen while we do nothing. Simple decisions in our everyday lives can make a difference. Ride a bike instead of starting your car. Put a solar system on your house instead of taking that expensive vacation. Ask for food from a local farm at the market and restaurants.

We really need to think about change, and change starts with each of us.



*Richard Hawkins is the Co-founder of Localecopia—a nonprofit 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](http://www.localecopia.org).*



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GREEN GOODIES

# VEGAS ENTERTAINER CLINT HOLMES

PERFORMS WITH  
BOB LAPPIN & THE  
PALM BEACH POPS

JANUARY 6-11  
IN SOUTH FLORIDA



CLINT HOLMES, ONE OF THE HOTTEST TICKETS ON THE LAS VEGAS STRIP,  
RETURNS TO SOUTH FLORIDA TO PRESENT THE WORLD PREMIERE OF  
HIS NEWEST SHOW, **INSPIRED**

**Bob Lappin & The Palm Beach Pops** welcome to their stage once again superstar Vegas entertainer **Clint Holmes** to celebrate the 20<sup>th</sup> anniversary season of the orchestra with the world premiere of his new show, **INSPIRED**, a musical journey through the artists and artistic creations that have inspired him. With a six-night engagement in South Florida from January 6 – 11, Holmes plans to include music from Nat King Cole, Bobby Darin, Marvin Gaye, Frank Sinatra, Ella Fitzgerald and more.

Each night Clint redefines the role of entertainer as he weaves the audience through a variety of musical styles including Jazz, Broadway and treasures from the American Songbook. After seeing Clint Holmes' multifaceted performance numerous times, Maestro Bob Lappin worked diligently to bring Clint to perform with The Palm Beach Pops in February, 2010, which was an unforgettable concert that received rave reviews by the audience as well as music critics and reviewers. David A. Frye of the *Palm Beach Daily News* named Clint's performance with The Palm Beach Pops as his favorite concert of the season two years in a row.

Maestro Lappin praises Clint Holmes as, "One of the biggest talents I've ever seen!" Clint is famous for making every one of his performances an original and for captivating audience members with his signature style. He is best known for his silky vocal stylings and has honed his many other talents, which include dancing and a warm comedic touch. Clint headlined at Harrah's in Vegas for seven years where he was also voted *Singer of the Year* twice. With his powerful voice and magnetic stage presence, Clint was crowned *Atlantic City Entertainer of the Year* three times! 🌍

## TICKETS

Tickets \$29-\$89; Call (561) 832-7677 or visit: [www.palmbeachpops.org/holmes](http://www.palmbeachpops.org/holmes)

► **January 6 & 7 at 8:00 p.m.**

Kravis Center for the Performing Arts – Dreyfoos Hall, West Palm Beach

► **January 9, 10 & 11 at 8:00 p.m.**

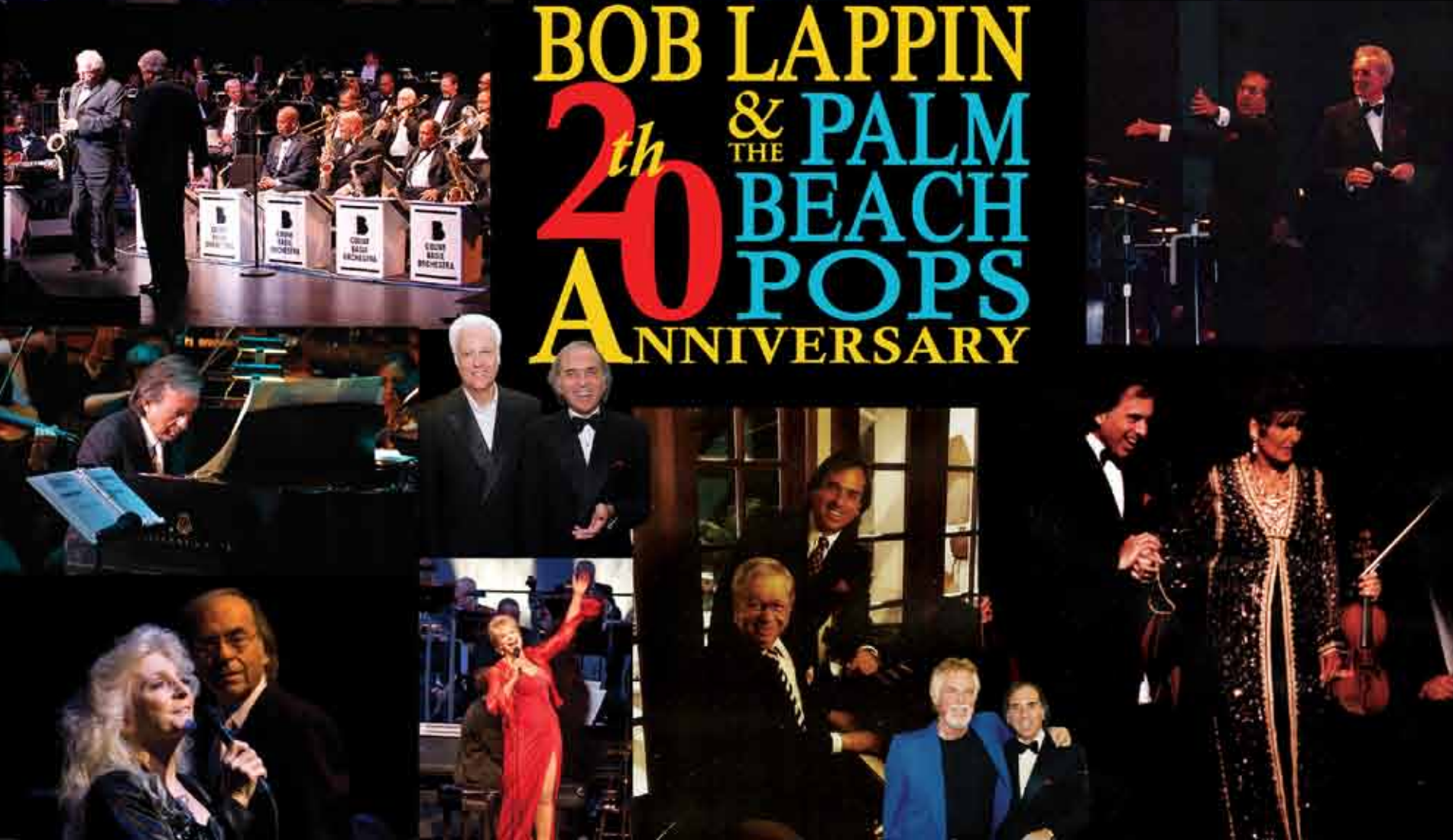
Carole and Barry Kaye Performing Arts Auditorium at FAU, Boca Raton

► **January 8 at 8:00 p.m.**

Eissey Campus Theatre (Palm Beach State College), Palm Beach Gardens



# BOB LAPPIN & THE PALM BEACH POPS 20th ANNIVERSARY



## The Palm Beach Pops 20th Anniversary 20% Off Holiday Special

**An Evening With  
Clint Holmes**

January 6-11

An audience favorite, Vegas entertainer **CLINT HOLMES** returns to honor the music of the Great American Songbook. Holmes is the buzz around town each time he appears with The Palm Beach Pops, in concerts that receive rave reviews, including **Critic's Pick** in the *Palm Beach Daily News*.

Bob Lappin and 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 around the world.

Feb 29 & Mar 1-3, 5-6

**The Genius of  
George & Ira  
Gershwin**

**A Salute to  
Louis  
Armstrong**

**Wonderful  
World**

February 6-8 & 10-12

Honor the legacy of Louis "Satchmo" Armstrong's music with **Hello Dolly**, **Wonderful World**, **Mack the Knife** and more. Featuring Broadway superstar and Tony Award winner **LILLIAS WHITE** and trumpeter **LONGINEU PARSONS**.

A Palm Beach Pops tradition, delight in the wondrous songs of Broadway and Disney's greatest hits. With Broadway stars **LEA SALONGA**, Tony & Drama Desk Winner, best known as the singing voice in Disney movies and for her roles in *Miss Saigon* and *Les Miserables* and audience favorite **DAVID BURNHAM** of *Wicked*.

Mar 29-31 & Apr 1-3

**The Magic of  
Broadway**

Featuring  
**Lea Salonga &  
David Burnham**

## Give the Gift of Beautiful Music!

Now through January 6, 2012, reserve GREAT seats to experience each of these 4 incredible concerts featuring  
**Bob Lappin & The Palm Beach Pops**,  
for as little as **\$22 a ticket!**

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Individual Tickets: [www.PalmBeachPops.org/tickets](http://www.PalmBeachPops.org/tickets)

Venue	Holmes	Armstrong	Gershwin	Broadway
Kravis 1	Fri - Jan 6	Mon Feb 6	Wed - Feb 29	Mon - Apr 2
Kravis 2	Sat - Jan 7	Tue - Feb 7	Thur - Mar 1	Tue - Apr 3
FAU 1	Mon - Jan 9	Wed - Feb 8	Fri - Mar 2	Thu - Mar 29
FAU 2	Tue - Jan 10	Fri - Feb 10	Mon - Mar 5	Fri - Mar 30
FAU 3	Wed - Jan 11	Sat - Feb 11	Tue - Mar 6	Sat - Mar 31
Eissey	Sun - Jan 8	Sun - Feb 12	Sat - Mar 3	Sun - Apr 1

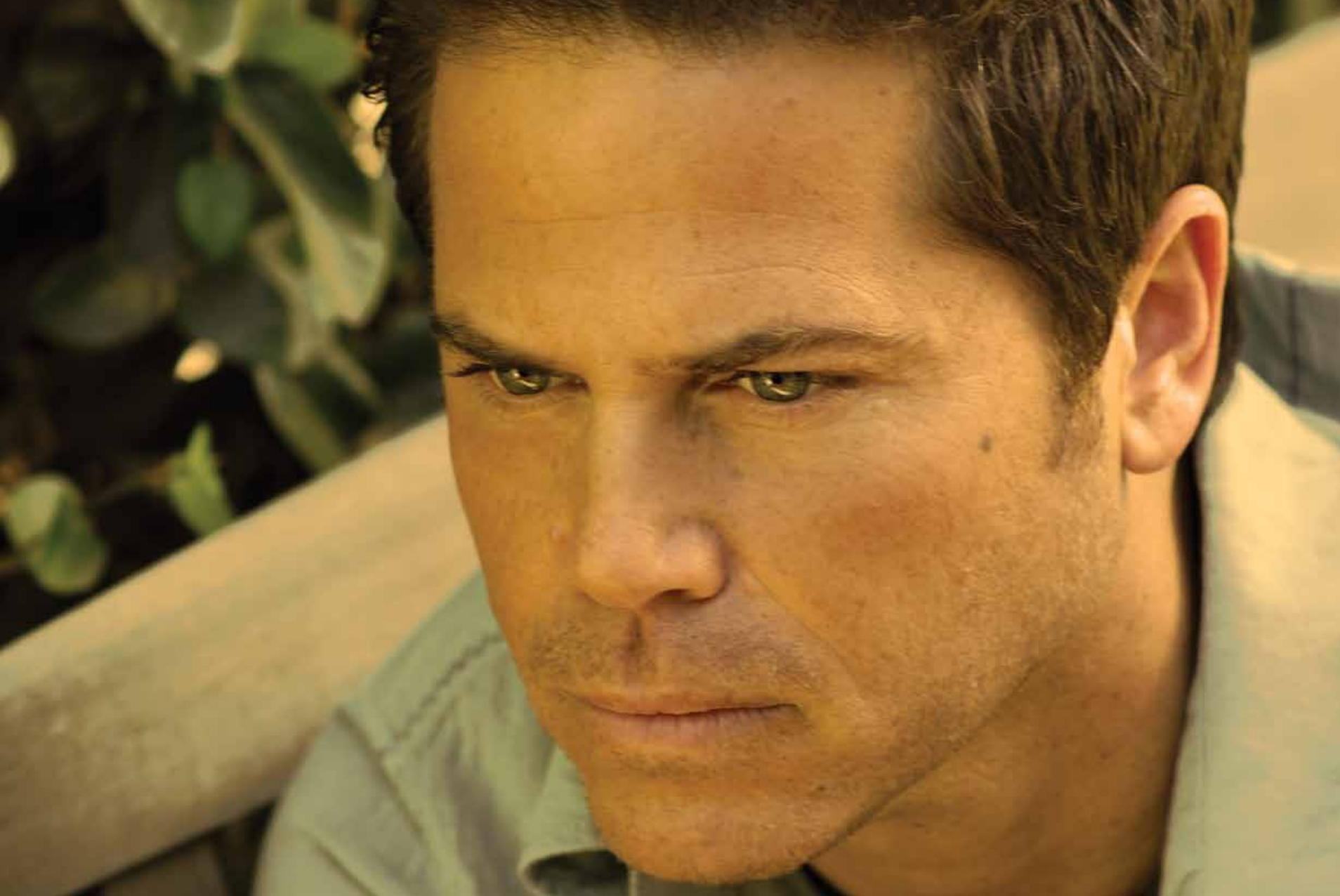
No refunds or exchanges. All sales final. Performances begin at 8pm. Artists, dates, performances and pricing subject to change. \*Does not apply to prior purchases.

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# JOHN PAGANO COMING TO PALM BEACH

Renowned Vegas Entertainer to Perform with The Palm Beach Pops

by Glenn R. Swift



Palm Beach aficionados of the Great American Songbook are in for a real treat when Burt Bacharach's featured soloist, John Pagano, takes to the stage alongside South Florida's leading pop orchestra, The Palm Beach Pops, from November 29 to December 5 at selected venues in Palm Beach County. The renowned Ve-

gas performer will be singing a number of selections for the Pops' upcoming production: ***The Music of Burt Bacharach, Cole Porter & More.***

The great American songbook is rarely approached with the unique blend of honesty, inventiveness and reverence that John Pagano accords it. His lat-

est CD, *Pure Imagination*, is from conception to execution a refreshing, daring journey, encompassing twelve timeless, classic songs — setting well-known standards alongside more unexpected, revealing selections. Pagano took a few minutes to speak with ***Our Wonderful World*** and Seaview Radio about his latest CD, what it's been like to work with Burt Bacharach over the years and his upcoming engagements with The Pops.

"With *Pure Platinum* I wasn't trying to follow guidelines," Pagano said. "For years I've dealt with record companies telling me what to do. This CD is the sound of me making the decisions myself, experiencing the freedom of being able to be creative without someone else calling the shots."

Pagano's unbridled spirit is immediately apparent from the very outset of *Pure Imagination*, as he caresses the opening verse of Cole Porter's "Let's Fall In Love" with tender anticipation before surging brass herald the chorus's arrival. Pagano's soulful tenor then glides in with assurance, gusto, and playfulness. Throughout, Pagano wisely sets aside ring-a-ding swing-era vocal clichés and falls back on his own razor-sharp instincts. Recording in a classic old-school style — with Pagano singing live in the studio with the band and orchestra — brought an element of risk to the proceedings which only elevated the intensity of his performances.


"You never know what you'll hear when you step up to the mic in the studio," he reflected. "Maybe a certain string part will bend your ear. I'd hear the violas do something and my heart would react, leading me to resolve a phrase just a little bit differently, or take a line up or down in a way I haven't tried before. I just let myself follow those feelings."

Reacting so quickly and yet so gracefully to one's surroundings requires a formidable musical intelligence, and Pagano is quick to credit the fifteen years (and counting) that he has spent as Burt Bacharach's lead singer — a role that has put him in front of symphony orchestras around the world. Pagano has also served as vocalist for Bacharach's song demos, exposing him to new, often challenging material.

"I wasn't close to the singer I am now before I met him," Pagano says with noticeable awe and respect. "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 *Pure Imagination*, with arrangements, piano and production on two of them provided by the master himself. "Of course, I've learned a lot more than just music from Burt. He's been an amazing mentor."

As for what it's like to be performing with The Pops, Pagano did not try to hide his enthusiasm.

"It's incredible to perform the great music of the Great American Songbook with an orchestra of the caliber of The Pops. I can't wait!"

Neither can we... 

*Don't miss the opportunity to hear John Pagano and The Palm Beach Pops performing **The Music of Burt Bacharach, Cole Porter & More** in late November and early December. For tickets or more information, please visit [www.palmbeachpops.org](http://www.palmbeachpops.org).*

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<b>Anne Murray</b>	<b>Johnny Mathis</b>	<b>The Carpenters</b>
<b>Simon &amp; Garfunkel</b>	<b>Barbra Streisand</b>	
<b>Neil Diamond</b>	<b>Perry Como</b>	

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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