



Our Wonderful World


January, 2011
Volume 2 :: Number 1

The Art of Living **Green** 

Green
New Year's
Resolutions
Ones You Can Keep!

'Tis the
Season
To Be Healthy

Manifestation
Believe and Achieve

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Our Wonderful World
Volume 2 Number 1

HAPPY NEW YEAR

Table of Contents

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

Contributors and Advertisers

Letter from the Publishers

Cover Story

Ecologically Friendly New Year's Resolutions

by Artie Megibben

Feature Story

New Year's Resolution Number One

by Cheryl Alker

Health & Wellness

'Tis the Season to be Healthy

by Sean Herbert

Ten Steps to Healthy Feet

by Karen Levine Cantor

Pearls of Wisdom from the Green Goddess

by Sharon Quercioli

Eating Well

The Power of Blue

by Sharon Quercioli

Nonprofit/Charity

Resolutions and Revolutions

by Betty Ann Baker

Going Green

Greening Your New Year's Resolutions

by Sandra Frens

Go Paperless and Save!

by Claire Baker, CPA

Radio Green Earth

by John Poggi

Going Green continued

FPL — Steward of Treasured Lands?

by Jim Jackson

Corn-Based Ethanol — A Green Fuel Near Its End?

by Chris Cherniak

How to Recycle Electronics

by Valerie Jennings

Green Goodies

Green Goings

OWW Hosts Concert for Healing Touch Buddies

by Glenn R. Swift

SeaView Radio's Joe Raineri Hosts Birthday Party

by Glenn R. Swift

Office Depot Foundation Holds Tropical Holiday Celebration

by Leon Rubin

MacArthur Beach State Park Celebrates Successful Snowfall!

by Denise Burnside

Arts & Entertainment

Bobby Collins – Comedy Was His Destiny

by Glenn R. Swift

Three Great Shows Coming to Eissey Campus Theatre

by Nancy Denholm

Jason Bishop — America's Hottest Illusionist

by Glenn R. Swift

A Palm Beach Treasure — The Palm Beach Pops

by Christine Stickney

Northwood University to Host Broadway and Hollywood Classics Go Green

by Robert Hooper

Meet The Team



For downloadable pdf click here.



Our Wonderful World
Volume 2 Number 1

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FROM THE PUBLISHERS

This time of year we're all busy making resolutions with the very best of intentions. Sadly, most of us fall short of the mark in keeping them. Well...Sharon and I want 2011 to be a year of change for all of us. And to start us off in the right direction, our cover story by Artie Megibben includes a number of pre-packaged New Year's resolutions designed to help us save on energy and be kinder to our planet. Sandra Frens of Sprouts, Inc. gives us still a few more green resolutions for the New Year.

Now just in case you are like most people and have splurged during the holidays and ready to pay the price for your actions, be sure to check out Sean Herbert's "Tis the Season to be Healthy." Sean can get you back on the right track.

In keeping with the theme of change in 2011, stretch and flexibility expert Cheryl Alker gives us a few tips on how we can get into shape, while Betty Ann Baker and our very own Green Goddess provide us some spiritual guidelines as to how we can manifest our dreams. And speaking of the Goddess, check out the Power of Blue in our Eating Well sec-

tion and why you should be eating blueberries regularly!

Our Community Partner, Radio Green Earth, has done another fine job with show host Jim Jackson giving us a "sights, sounds and smells" story about Florida's Barley Barber swamp, while Chris Cherniak provides some clarity on corn-based ethanol.

In our A&E section, we have an exclusive interview with comedian Bobby Collins, who apart from being a very funny guy has dedicated himself to a number of charities involved with autistic children.

For those of you who attended Our Wonderful World's benefit concert for Healing Touch Buddies at the cozy Mosart Theatre in Lake Park, or the birthday party of Seaview Radio's "Cup of Joe" Raineri at B.B. King's in downtown West Palm, you might just find yourself in the magazine. *So, check it out!*

Remember to be the change you want to see in the world.

Happy New Year!



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Photo courtesy of Robby Antonio

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ECOLOGICALLY FRIENDLY NEW YEAR'S RESOLUTIONS

by Artie Megibben

We've all made them. New Year's resolutions. We swear off of sweets, alcohol, caffeine and bad relationships. We promise to exercise more, eat less and be all around better people. And every now and then, one of these resolutions actually stick. We run that marathon. We finish that paperback copy of War and Peace. We start being a better spouse. Not perfect, mind you, but better. It's a start. Right?

Well, it's about time to start making that New Year's Resolution List. And it's a good idea to make it a long one. After all, most of these good intentions never see the light of day. So, to help you in your list-making process, here are a few pre-packaged resolutions on how we can save on energy and be kinder to our planet.

Shorten your shower.

You can save on your water bill and help your community simply by hopping out of the shower sooner. Lather up. Rinse up. Out of there.

Start a compost heap.

30% of household garbage is vegetables, leaves, etc. Segregate your refuse into trash, recyclables and compost. It will save you on fertilizer and lighten your load when you take out the garbage.

Change your bulbs.

This year, say so long to incandescent

bulbs. Install compact fluorescent light bulbs in your home or office. This will be better for the environment and save you money on your electricity bill too. Fluorescent bulbs can be found in most major retailers or you can buy them here: www.ecolightbulbs.org/store.

Shop for some shopping bags.

Your options are no longer limited to paper or plastic. Buy a few fabric shopping bags and stow them in your car. Then bring them with you to the grocery store. Less to recycle, right?

Bookmark some cool, green websites.

Like this one: www.dothegreenthing.com Mind your P's and Q's. Want to use less ink in your printer? Download a more ecologically friendly font like this one. It uses up to 20% less ink. Download it for free: www.ecofont.eu/downloads_en.html

Eat less cow.

Red meat is less healthy for you and less healthy for the planet. That's right. The cultivation of beef generates massive amounts of greenhouse gasses that are warming the planet and using up valuable water resources.

Stop smoking. Again.

This time may be a charm. Not only is smoking unhealthy and expensive, it pollutes the planet.

**Plant a tree.**

Plant a tree with your child. Watch them both grow.

Walk more.

Pick someplace you regularly go by car, and go there by foot at least once this year. 🌍

Have a happy New Year and a happier planet!

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NEW YEAR'S RESOLUTION NUMBER ONE

by Cheryl Alker



As the clock strikes its last chime, so will come countless New Year's resolutions. Across America, millions of people will promise themselves and others that they are going to get fit and healthy in 2011. Unfortunately, by the end of January a significant proportion of those well-intentioned folks will have quit their New Year's regime. By March, 2011 anywhere between 50% to 75% will no longer be exercising regularly and will have quit their healthy eating habits.

So why do we find it so difficult to maintain a healthy lifestyle?

We know that regular exercise combined with healthy eating will not only give us the body shape we desire, but more importantly in most cases will improve our overall well-being.

Here at 24Seven we would like to take the "Commitment to be Fit and Healthy" pledge in 2011 and provide you with as much information as we can to keep you focused on your goals.

So let us begin at the beginning, where and how do you start?

Exercise The first question you have to ask yourself is what type of exercise you think you might enjoy?

- Do you love to swim?
- Will you be happy just running or walking on a treadmill or do you need the latest machines to keep you motivated?
- Is yoga, stretch or pilates your thing?
- Are you the outdoor type?
- Would tennis or golf be something that could keep you motivated?

Answering the above questions is vital for success. Your enthusiasm may be high at the moment, but unfortunately, even with all the best will in the world, this will wane. The right choice must be made now.

If you have decided that joining a gym is the answer for you, then consider the following:

- If variety is your thing, you'll need a gym with lots of group classes, maybe a pool, a racquetball and basketball court and many different types of machines.
- If you just need to get in and out, find a facility set up for a "quickie workout." This way you won't be paying for all the classes and amenities you won't be using.
- If your daily life runs at 110 miles per hour, maybe you need to consider some balance; therefore, a mind/body studio that offers yoga, stretch and pilates would be more beneficial.

The good thing is they are all available and will no doubt be close by; although, convenience is a priority. It will be far too easy not to go if your travelling time is too great. Decide when you're going to work out most of the time. If it's in the morning or on weekends, a facility close to home may be more suitable; however, if you want to fit your workout in during lunch or after work, choose a gym close to the office.

When you are checking out gyms, besides researching the facilities and amenities they offer, ensure that you ask what type of credentials the staff has. Also check the facility's emergency procedures; not only should their staff be able to coach you through a safe and effective



tive exercise program, they should know how to handle a medical emergency.

Of course a gym may not be what you are looking for; perhaps outdoor pursuits are more up your alley, like walking, cycling, tennis, etc. If this is the case, you'll need to consider how the weather variations throughout the year will affect your ability to adhere to your program regularly and long term. A back-up plan may need to be put in place. For instance, when temperatures soar, swimming or walking may be your first choice and in the cooler months cycling, tennis or jogging. When the storms arrive you may have to consider working out first thing in the morning when it is cooler – and you're less likely to be hit by a thunder bolt on your run!

No matter what your preference, consider finding a "workout buddy." Making an appointment with someone, whether it's a friend or a trainer, ensures a greater chance that you won't cancel on yourself. No matter how you feel on your workout day, make yourself a promise that you do at least ten minutes. If, after that first ten minutes you are still not up to the challenge, then you may stop and go home. You will often find the most difficult part of your workout is getting there; once you have started it really is not that bad!

As we all know regular exercise is only half of the equation for success you have to couple it with a healthy eating plan. Healthy eating is not about strict nutrition philosophies, staying unrealistically thin or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy and keeping yourself as healthy as possible – all of which can be

achieved by learning some nutritional basics and incorporating them in a way that works for you.

Choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer, and diabetes. Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.


Healthy Eating Here are some tips for how to choose foods that improve your health and avoid foods that raise your risk for illnesses while creating a diet plan that works for you.

Eat enough calories but not too many. Maintain a balance between your calorie intake and calorie expenditure. That is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends upon your age, sex, height, weight and physical activity.

Eat a wide variety of foods. Healthy eating is an opportunity to expand your range of choices by trying foods – especially vegetables, whole grains, or fruits – that you don't normally eat.

Keep portions moderate. Especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend and don't order supersized anything.

Eat plenty of fruits, vegetables, grains, and legumes. Foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat



Cheryl Alker specializes in flexibility training and postural alignment, working with a select clientele across Palm Beach County. Her company, Stretch Results International, certifies health professionals in her results-based stretching program, educates consumers through public speaking and offers private or class consultations to clients who wish to lose their muscular pain and gain flexibility to achieve full and active lifestyles. For more information, please call Cheryl at (561) 889-3738 or visit www.stretchresults.com.

and free of cholesterol. Try to get fresh, local produce.

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems (especially the kidneys and bladder) of waste products and toxins. A majority of Americans go through life dehydrated.

Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds.

Don't be the food police. You can enjoy your favorite sweets and fried foods in moderation as long as they are an occasional part of your overall healthy diet. Food is a great source of pleasure, and pleasure is good for the heart – even if those French fries aren't!

One step at a time. Establishing new food habits is much easier if you focus upon and take action on one food group or food fact at a time

Healthy eating begins with learning how to “eat smart.” It's not just what you eat, but how you eat. Paying attention to what you eat and choosing foods that are both nourishing and enjoyable helps support an overall healthy diet.

➤ **Take time to chew your food.** Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors.

➤ **Avoid stress while eating:** When we are stressed, our digestion can be compromised, causing problems like colitis and heartburn. Avoid eating while working, driving, arguing or watching TV.

➤ **Listen to your body:** Ask yourself if you are really hungry. You may really be thirsty, so try drinking a glass of water first. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly. Eating just enough to satisfy your hunger will help you remain alert, relaxed and feeling your best.

➤ **Eat early, eat often.** Starting your day with a healthy breakfast can jumpstart your metabolism, and eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going and ward off snack attacks.

Exhausted? Don't be – now you have made this important decision. Don't set yourself up for failure. Get it right at the outset, and this will be the last year you make “Getting Fit & Healthy” your Number One New Year's Resolution. 🌍



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'TIS THE SEASON TO BE HEALTHY

by Sean Herbert

Happy New Year and Happy New YOU! If you are like most people, you have splurged during the holidays and are ready to pay the price for your actions! Sure you may have imbibed in holiday spirits, sampled every confection ever dreamed of by

Martha Stewart and gorged on holiday dinner parties until you resembled Saint Nick! NOW WHAT? Ease into the New Year, not by making a resolution but by being resolute!

Here are some Healthy Living Tips from Hippocrates Health Educator Jill Swyers, who has been teaching for over twelve years on how to live in balance and change your lifestyle one step at a time. All her work is linked with naturopathic nutrition, raw-vegan and cooked foods.

(She's basically the 12 step process for us junk food junkies!)

1). Out with the old and in with the NEW: detox, cleanse and nourish your body with living foods.

Add Juicing and Sprouts: Substitute your morning caffeine with 1oz wheatgrass juice on an empty stomach. Don't eat or drink anything for a half-hour after. After a week, build up to 2 ounces per day. This will break your caffeine habit and infuse the body with oxygenating chlorophyll stopping the spikes in alertness and sugar cravings.

2). Implement Juicing and Smoothies using fresh sprouts; made fresh is always best, but if necessary make your juice or smoothie in the morning and keep it cool at work.

GREEN PROTEIN JUICE RECIPE

(You'll need a Juicer for this one).

Call Got Sprouts for information...

8oz Sunflower Sprouts or Pea or both
(about 4 handfuls)

4 Leaves of Kale

8 Leaves of Romaine Lettuce

2 Cucumbers

4 Sticks of Celery

2 Slices of Ginger

1/2 Apple or Lemon Juice

(add as necessary to suit your taste)

(Should make 16oz of Juice or two servings)

Drink 8 ounces as your breakfast or before breakfast and 8 ounces 2 hours after lunch.

Lunch: Incorporate sticks of celery, carrots, sprouts to salads wrap sandwiches or soups? Drink 8oz of Juice 2 hours after lunch

SMOOTHIE: Blend same ingredients with 3 cups water, and you can add avocado and lemon juice. Blend to change texture and taste.

3). Eat a healthy dinner with salad using sprouts.

This will softly detox the body and infuse your body with energy while strengthening the immune system. Want to be healthy, have energy and live a vibrant life? **Start your Sprout-LIFE today!** 🌍

gotsprouts?

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TEN STEPS TO HEALTHY FEET WITH A PEDICURE

by Karen Levine Cantor



People often associate getting a pedicure with getting their “toes painted” or as part of their grooming routine. Sure, it can be nice to paint the town red with candy apple red toe nails or to add a little pink pizzazz to those feet that are peaking through that great new pair of peek-a-boo shoes. Pedicures are not just about esthetics, but there are health benefits that can be gained as well.

When it comes to a pedicure, there are several steps involved:

Step one: Feet are soaked in warm water, which provides relaxation and softens the skin on your feet.

Step Two: Old nail polish is removed and preferences of length and shape are communicated to the Nail Technician.

Step Three: Nails are cut with disinfected implements. Cutting, clipping and cleaning the nails prevents them from growing inward and causing infection. Joanne Ramsey, Nail Technician and Licensed Massage Therapist at the Lane Spa, explains “Some people are blessed with perfect nail beds, but the reality is most are not. It takes someone with confidence and experience to know how to trim and file the nails to prevent injuries and perhaps even correct damage already done in the past. At home, people might lack the proper tools to use to effectively do this.”

Step Four: Cuticles are pushed back and dead skin is removed.

Step Five: Calluses are removed with an implement like pumice. Jessica Proctor, Lane Spa Nail Technician, explains removing calluses from your feet is important because they cause uneven pressure while you are walking, which can lead to discomfort.

Step Six: An exfoliating scrub is rubbed in to remove dead skin cells on the legs and

the feet. A good exfoliation of the epidermis helps aid in the detoxification of the body, says Ramsey.

Step Seven: Lotion or oil is massaged into each leg and foot. Ramsey expresses, “The relaxation that comes from having your feet and legs massaged is one of the best benefits, but deeper than that, the increased circulation and blood flow from the massage.”

Step Eight: Feet are cleaned with alcohol-based spray. The elimination of dirt and bacteria from your feet will also help prevent nail diseases, disorders and unpleasant odor.

Step Nine: Polish color of choice is applied. Clients can choose from a variety of the latest colors like “Ski Teal We Drop” or add sparkle to your toes with “Glitzerland” gold.

Step Ten: Nail oil is applied to keep skin hydrated.

To enjoy all the benefits pedicures have to offer, visit The Lane Spa today. They offer an expansive variety of services in a relaxing environment nestled in the heart of Palm Beach Gardens. Their highly-skilled, educated professional staff takes time with each client to ensure extraordinary results. Click here to take advantage of their monthly specials. 🌍

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

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MANIFESTATION

by the Green Goddess, Sharon Quercioli

“The more clear and definite you make your picture and the more you dwell upon it, bringing out all its delightful details, the stronger your desire will be, and the stronger your desire, the easier it will be to hold your mind fixed upon the picture of what you want,” said Wallace Wattles a century ago.

The word manifest comes to mind.

Webster’s New World College Dictionary defines the word as “palpable, evident; to make clear, show plainly, reveal; to show itself.” Sounds like magic, but it is as simple as this quote by Henry Ford, “Whether you think you can or can’t you are right.”

I don’t know about you, but I would much prefer to think I can all of the time. I can create my own

Quote of the Month: **“Whatever your mind can conceive and can believe, it can achieve.” (Napoleon Hill)**

reality and I choose that reality to be one that revolves around the basic concept of “I can.” The first step in manifesting your dreams is to write them down. Once you commit your dreams to paper they become a real goal that you can now break down into steps necessary to achieving your dream. Napoleon Hill says it all: “Whatever your mind can conceive and can believe, it can achieve.”

What is it that you want to manifest in 2011? Even Pablo Picasso once said, “Everything you can imagine is real.” Is it a new job, new relationship, more income or better health? Sit down and think of your dream situation and then commit it to paper. Goals are really just dreams with a timeline. Mark Victor Hansen said, “You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own.”

If you really want to “up the ante,” I recommend that you share your written dream with at least one person. I am a firm believer in the more people you tell the more chances for success. Another great thing about sharing your dreams is getting feedback from those who support you. Ignore the naysayers at all costs and fill your world with those who are there to offer positive feedback, suggestions and key con-

nections for helping you manifest your dreams. Anything is possible. Wayne Dyer has said, “The power of intention is the power to manifest, to create, to live a life of unlimited abundance, and to attract into your life the right people at the right moments.” When I decided to go back to work I knew exactly the type of job I wanted. I decided I wanted to open my own business, Sprouts plantable seed paper products, to educate people and children about saving the environment, work with children and charitable organizations, and write a Green Gossip Newsletter informing our customers and followers about what we are doing with charitable organizations and where we will be showing our products. I wanted to make a difference and give back to the community and also win Small Business of the Year. I knew exactly who to call, my mentor, who was thrilled to give me several ideas. He was on board with my dreams. Not only did I get exactly what I wanted, I love what I am doing and love the people I am involved with and the charitable organizations that I support.

The power of intention is amazing if you truly believe that you are worthy to reap the rewards. This year I want to work on getting more free time for myself, which is always a challenge for me and receive an award for our green digital magazine Our Wonderful World. All things are possible if you believe them



to be so. Carl Sandburg said, “Nothing happens but first a dream.”

There will be obstacles in your path. There will be naysayers who tell you that you can’t succeed, won’t succeed, and the best one, you will never make any money doing that. Don’t listen to those people. Most of them never believed they could reach their own dreams, so why should you be able to reach yours.

James Allen said, “A man sooner or later discovers that he is the master gardner of his soul, the director of his life.” Don’t let others rip away your dreams. If you are passionate about something, if it brings you great joy, then follow your true desires. Miracles will happen. Watch out for past history playing a part in your future. You may have tried other things in the past that may not have worked out as you expected. Use those as learning experiences to succeed in the future, not as reasons to stop you from following a new dream.

I love this quote by Eckhart Tolle: “The past has no power over the present moment.” Unless you try, one shall never know. It is better to try and fail than to never have tried at all.

I wish for you all that you wish for in 2011.
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THE POWER OF BLUE

by Sharon Quercioli



Blueberries – the Super Antioxidant! They are great plain, in yogurt, shakes, pancakes, waffles on top of cereal and many other recipes. My favorite is washing and eating them right from their container for breakfast or a healthy snack. A healthy food that's delicious every day.

The USDA's Dietary Guidelines for Americans are clear: eat fruits and vegetables every day! Consumers looking for delicious ways to get the recommended amount of fruit into their daily diets (1 to 2½ cups) will find blueberries the ideal choice. Just ½ cup of blueberries delivers one fruit serving and is a good source of dietary fiber. It's a Daily Dose of Blue that's easy, tasty and so good for you.

Wild Blueberries Are the Leader in Antioxidants

Wild Blueberries deliver a potent antioxidant punch. In fact, they have the highest antioxidant capacity per serving when compared with more than 20 other fruits. Using a lab testing procedure called Oxygen Radical Absorbance Capacity (ORAC), USDA researcher Ronald Prior, Ph.D., found that a one-cup serving of wild blueberries had more total antioxidant capacity (TAC) than a serving of cranberries, strawberries, plums, raspberries and even cultivated blueberries. Wild blueberries also outperformed selected fruits in an advanced procedure known as the cellular antioxidant activity (CAA) assay, a new means of measuring bioactivity inside cells.

The study was conducted by a Cornell University research team led by Dr. Rui Hai Liu. Simply put, this makes wild blueberries powerful allies in the quest for good health.

"Wild Blueberries are stars in terms of their antioxidant capacity," said Dr. Ronald Prior, lead researcher at the USDA Arkansas Children's Nutrition Center and Agricultural Research Service.

Antioxidants Fight Aging, Cancer and Heart Disease

Wild blueberries provide powerful, natural anti-aging and disease prevention qualities. Every day our cells wage a battle against free radicals – unstable oxygen molecules associated with cancer, heart disease and the effects of aging. Dietary antioxidants come to the rescue. These phytonutrients, natural substances found in fruits and vegetables, neutralize free radicals and help prevent cell damage. Antioxidants also protect against inflammation, thought to be a leading factor in brain aging, Alzheimer's disease and other diseases of aging. The potent antioxidants found in wild blueberries include flavonoids and other phenolics such as anthocyanins; wild blueberries are higher in anthocyanin content than other fruits and vegetables.

Healthy Aging: The Power of Blue

Potent antioxidants are highly concentrated in the deep-blue pigments of wild blue-



berries. Scientists around the world are studying the ways in which the Power of Blue may help combat disease and promote healthy aging. The many potential health benefits of wild blueberries include:

Brain Health: Ongoing brain research shows that blueberries may improve motor skills and actually reverse the short-term memory loss that comes with aging, making blueberries a natural “brain food.”

Cancer Prevention: Research shows that blueberry compounds may inhibit all stages of cancer.

Heart Health: Research indicates that blueberries may protect against heart disease and damage from stroke.

Urinary Tract Health: Like cranberries, blueberries may help prevent urinary tract infections.

Vision Health: Research around the world has indicated that blueberries may improve night vision and prevent tired eyes. 🌍

RECIPE

Blueberry Salsa Salad Original Recipe Yields 6 Servings

Ingredients

- 2 cups fresh blueberries
- 1 medium red apple, diced
- 1 large navel orange, peeled, sectioned and chopped
- ½ cup finely chopped sweet onion
- 1 tablespoon minced fresh cilantro
- ¼ cup red wine vinegar
- 3 tablespoons unsweetened apple juice
- 2 tablespoons sugar
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1 (5 ounce) package spring mix salad greens
- ½ cup crumbled blue cheese

Directions

In a large bowl, combine the blueberries, apple, orange, onion and cilantro. In a small bowl, whisk the vinegar, apple juice, sugar, oil and salt; drizzle over fruit mixture and toss to coat. Let stand for 10 minutes.

Divide salad greens among six serving plates. Using a slotted spoon, arrange blueberry salsa over greens. Drizzle with dressing left in bowl. Sprinkle with blue cheese.



RESOLUTIONS & REVOLUTIONS

“Do What I Say And Not As I Do”

by Betty Ann Baker, Executive Director Healing Touch Buddies

Is not the approach that fosters the most trust in any relationship, personal or professional. Many of us grew up hearing adults tell us to never lie, curse, drink, to go to bed early, turn off the TV and read a book! Then you noticed that they said one thing and did another.


It's harder to have respect and accept good direction from someone not walking the walk, like catching a glimpse of health care workers taking a break in the outdoor smoking area of the hospital.

Sure, we're all human and fallible. But, whether a parent, teacher, or health care provider, all can be much more effective in encouraging life affirming behaviors in those they care for or who seek their counsel if they appear to be following their own advice. Those of us who look to them are more to resolve to take on the vital challenge of change if we can picture the results we want in front of us. We're less likely to revolt against the idea of adopting positive lifestyle changes when we can see and believe in the possible benefits to our well-being.

A substantial focus of the 15-hour Healing Touch Buddies Volunteer Seminar is devoted to enhancement of the fundamentals of mirroring self-care to the patient. That means fine tuning skills such as active listening, personal well-being and boundary setting. Being clear that we're "serving not saving" means that we find ways to help empower the patient to meet the challenge of a breast cancer diagnosis with newfound personal resources, like self-energy balancing techniques, meditation practice, relaxation, guided imagery or perhaps yoga or exercise.

The volunteer "Buddy" is be matched for up to a year following the patient's diagnosis

breast cancer. Typically, the patient may be facing possible surgery, chemotherapy, radiation and all layered over "the usual stresses of daily life" and then some. The quality of the relationship depends upon the volunteer healing touch provider presenting not just an image, but the reality of calm, balance and compassion consistently during their time together. As part of each healing touch session, patient and volunteer set short-term and long-term goals, address lifestyle changes and measure progress. For any of us who have faced any kind of serious life change, having a gentle guide through rough terrain is a Godsend. To learn life affirming tools from someone who lives in a way that inspires is how we make it real.

“Be the change you want to see in the world.” Mahatma Gandhi 

A special note of thanks to the South Florida Affiliate of Susan G. Komen Race for the Cure for once again providing partial funding for our annual Breast Cancer Specific Healing Touch Seminar. Please DONATE to help us cover the remaining expenses of April's volunteer training.

Donate by credit card on www.healingtouchbuddies.org or mail to: Healing Touch Buddies, Inc. C/O Healing Arts Institute of Juno Beach 13901 US Hwy 1 Suite 10, Juno Beach, FL 33408 | (561) 741-1671 htbuddiesinc@cs.com

2011

Greening Your New Year's Resolutions

by Sandra Frens



Well, another year has come and gone! If you're like most people you are getting ready to make your resolutions for the New Year. This year, many of our friends, family and colleagues will vow to exercise more, eat healthier, make more time to volunteer and be more organized. They're the standard promises made to make the coming year better for ourselves. Yet, there is one resolution missing in these goals we strive for: the green resolution, the resolution to better our environment and planet.

For this New Year's resolution, set a goal to change five aspects of your life to make the way you live greener! Changing even the smallest thing can make a lasting impact upon your health and the health of our planet. Take a reusable water bottle with you instead of a plastic one. Stop using paper and plastic bags when you shop and carry a canvas bag. Buy locally grown organic produce, which will be healthier for you, save you money, cut down on truck emissions from shipping and stimulate your local economy.

To help inspire you in keeping with your green resolution, write your goals on

Sprouts Plantable New Year's Wish Sprouters. Watch your declarations grow and bloom on the outside as it does within you. When you tend to your plants, it will remind you about the commitment you made to yourself and to our all-important planet Earth.

For those of you who have already incorporated green living into your daily routine, see if you can assist the people in your life with their transition into a greener lifestyle. Inspire others to become as passionate about the environment as you are by giving them a pack of Sprouts New Year's Wish Sprouters.

Let's make a resolution to not just better ourselves, but better our environment and our planet. Make the green resolution!



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GO PAPERLESS AND SAVE!

by Claire Baker, CPA

Do you own a small business? What if I told you that you can become more profitable, more efficient and help save the environment, all with an investment of under \$2,000 and almost no learning curve? No, it isn't Santa on steroids. It is called: going paperless. There is little reason for keeping paper files anymore, and going paperless can reduce costs and boost productivity in a number of ways.

To begin with, look around your administrative offices and observe the file cabinets. How many do you have? One for receivables, for payables, for customer files, daily sales receipts, tax returns and financial statements and for contracts, bank loans, correspondence, etc. So, you probably have at least five filing cabinets, at \$500 or more each – a minimum of \$2,500. How much space do those cabinets take? Typically about 15 square feet per filing cabinet, or a total of 75 square feet. With office space averaging \$11 to \$15 per square foot plus cam, you are paying over \$1,000 per year just to store paper.

Next, take a look at the paper you use. What do you use it for? Sales receipts in multiple copies? Invoices? Internal staff memos? A printed sales receipt serves no purpose for internal use. All accounting systems have the capability of maintaining customer files and the accounting department can access sales receipts and reports right from the accounting system. If you are a service business, you typically send out monthly invoices. How many do you send? 100? 500? 1,000? That is anywhere from \$44 to \$440 per month in postage alone. Add another 20 cents each for paper and envelopes. Then, of course, there is the postage meter rental and the time spent printing and stuffing envelopes. What if you simply e-mailed your invoices instead? You already set up your customers' mailing addresses and phone numbers in your accounting system, by simply adding their e-mail ad-

resses, invoices can be sent with a push of a button at no cost.

What about internal staff memos? Do you print them out and pass them around? Often, some employees will copy and file the memo for their future reference. Why not simply set up departmental or group e-mail distribution lists and e-mail internal communications to appropriate lists?

Finally, how many times have you gotten mired down with stacks of paper on your desk? You start a project and get interrupted, push the documents aside and pull out another file. Something else comes up, and out comes another file. What if you never had paper on your desk? What if you had multiple computer monitors and they became your desk? You would never have to shuffle stacks of papers because the document is always filed. Just click to access.

What is the investment to achieve this efficiency? It depends on the size of your business, but a small business could make the transition for less than \$1,000 per employee. 🌍



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



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RADIO GREEN EARTH

by John Poggi, Executive Producer Radio Green Earth

Welcome to our section of Our Wonderful World. We're Radio Green Earth and we're excited to bring the following stories to you this month. In this issue we visit the Barley Barber Swamp in Indiantown, Florida. Our tour guide is Jean Passolano, Chief Biologist and Education Director for Treasured Lands, the foundation that runs the Barley Barber Swamp tour. We'll also tell you about the corn ethanol subsidies and what they really mean.

Radio Green Earth is South Florida's only weekly radio program produced for public radio focusing on the environment. We bring the latest environmental news from the experts on subjects like marine conservation, endangered species, alternative energy, energy efficiency, protecting the environment, Everglades restoration, water conservation and much more.

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





FPL IS A STEWARD OF TREASURED LANDS... WHO KNEW?

Jim Jackson, Host of Radio Green Earth

“You want to keep your eyes open as we move along this dirt road, especially up on the poles and in the trees. We’ve got our Turkey Vultures, black vultures, different kinds of hawks and osprey. I’ve seen Caracara (Mexican Falcon) here and Bald Eagles.”

A half dozen birders and I crane our necks around to spy the tops of spreading live oak and red bay as the Barley Barber swamp unfolds before us. Our tour guide is Jean Pasolano, Chief Biologist and Education Director for Treasured Lands, the foundation that runs the Barley Barber Swamp tour in Indiantown, Florida.

“Watch out for that alligator. He suns himself on the road as you can see. You might also spot deer, hogs, coyote, bobcat, the list goes on and on, so keep your eyes open.”

You’d think we were on a Disney bus, except we didn’t park in Goofy, take a tram to a monorail to shell out 65 bucks, then stand in line just to get on this bus. What I did do was pull into the lot adjacent to the Historic Seminole Inn on Rt 710 in Indiantown.

Then I wandered into the quaint Mission Revival-style hotel lobby and registered for the tour, which is ABSOLUTELY FREE. Then I roamed the halls of this historic inn looking at the aging pictures on the walls. I was halfway through the murals depicting all the Seminole Chiefs in the second floor lobby when the call

to board the Swamp Bus went out.

A video playing during the bus ride tells the tale of the Swamp, from the days when Barley Barber homesteaded the area to harvest timber and plant cane. Florida Power and Light bought the land in 1972, then became a steward of Barley Barber and opened the swamp to the public. After 9/11, Homeland Security demanded FPL close the swamp to the public because it was so close to the huge FPL hybrid power plant. Once you are in the swamp you can see why. The seemingly impenetrable maze of jungle undergrowth and slash pine forest has concealed many dark secrets over the centuries.

The ban’s been lifted and FPL funded the Treasured Lands Foundation to reopen Barley Barber and provide tours, hence my trip this warm November day into the depths of a pristine sample of old Florida flora, fauna and history.

We trek along a newly renovated boardwalk that takes us into the 440-acre tract. Barley Barber was a piece of the magnificent mosaic of rivers, plains, wetlands and estuaries that comprised the historic Everglades. My first impression was, how could anyone live in here? But they did. More on that later.

Midpoint in the tour you see the crown jewel of the Swamp, the second largest cypress tree in Florida. NINE HUNDRED years old with a gnarly, twisting 20-foot diameter trunk;



it is a huge ghastly looking thing. I realized that its craggy appearance was a product of dozens of hurricanes that had decapitated the old monster over the centuries, but it just kept growing new trunks and branches out of the old, giving it the look of those horrid craggy trees in the Wizard of Oz.

As the tour winds down, the mysteries of Barley Barber emerge. Chuck Barrowclough, our

Swamp Bus driver and Executive Director of Treasured Lands Foundation, recounts the tales surrounding the manmade land formations in the swamp. As he tells us the story, the dappled shadows cast by the ancient hundred-foot tall cypress canopy adds to the sense of mystery. Even though it was high noon, it got a little creepy in there.

"You see this ridge that runs in this direction

and another ridge over there. Then there is a flat area in the middle and a fourteen-foot high ridge back there that connects the other two. They are mounds dug with seashells by aboriginal tribes and built with soil that came from the coast 30 miles away. There are several more like it around Lake Okeechobee, but nowhere else, and we don't know why they were built."

Chuck offers the speculation put forth by different archaeologists. Perhaps a place of trade or worship, or a gaming area...maybe a fish farm. But why and how did they haul all that dirt? I offered an alternative theory, that is was a landing zone. The birders twittered. Chuck rolled his eyes.

I wanted to learn more about Barley Barber, because we were told that he disappeared after he shot a man in 1926. I soon learned that the 81-year-old owner of the Seminole Inn, Iris Wall, was the one person to go to get the truth.

"I'm not really a historian. I just heard all the stories around the supper table," she says with a constant twinkle in her eye as we talk on the back porch of the inn.

"I was born here in this hotel, and we built forts right over there under the house." Yes, for you long-time Floridians, she is THE Iris Wall, the matriarch of the W & W Lumber company, and octogenarian cattle baroness who still rides trail on horseback.

"Granddaddy said Barley harvested cane but only part of it was used for syrup. The rest went to moonshine, and after the harvest Barley had what grandpa called a frolic. Everybody come, and Barley lived with this Indian squaw and another Indian came, and they all got to drinkin' the moonshine and the Indian started makin' eyes at the squaw, and the squaw started makin' eyes back, and Barley got mad and pulled out his pistol and shot the Indian dead. Then all the boys grabbed a knife and closed it in the Indians hand and made it look like self-defense by the time the High Sheriff arrived. That satisfied the Sheriff, but not the brother of the Indian, who lived up there toward Tallahassee.

"Before you knew it, and word traveled faster than people in those days somehow, word got back to the swamp that the Indian's brother was on his way south to kill Barley Barber. Well, granddaddy rode out there one day and Barley had boarded up the place and was gone. And I've talked to people around here all my life and never found anyone who ever heard anything about Barley Barber ever again."

You'll never find a ride like that at Disney World, and it's free. Just call the Seminole Inn at (772) 597-3777 and tell 'em you want a ride on the Swamp Bus.



To hear the entire audio production, visit www.radiogreeneearth.org.

CORN-BASED ETHANOL: A GREEN FUEL NEAR ITS END?

by Chris Cherniak, P.E., Radio Green Earth

A Gore was recently quite critical of corn-based ethanol and the subsidies that support the ethanol industry. He stated that his support of the industry back in 2000 was politically based, citing the need to secure the farm vote. He now recognizes that the amount of energy required to generate ethanol through corn is roughly equal to the amount of energy it produces. He also believes that “second generation” or non-food based ethanol, like switchgrass or jatropha, has far better ratios of energy output to input.



His political mea culpa aside, Gore’s criticism of corn-based ethanol couldn’t come at a more crucial time for the industry because at stake are two forms of federal support — a 45-cent-per-gallon tax credit given to refiners and a 54-cent-per-gallon tariff on Brazilian sugarcane-based ethanol imports — both of which are set to expire at the end of the year.

U.S. ethanol is made by extracting sugar from corn, an energy-intensive process. Incredibly, the U.S. ethanol industry will consume about 40% of the U.S. corn crop this year or 15% of the entire global corn crop, according to Goldman Sachs. Total U.S. ethanol subsidies reached \$7.7 billion last year according to the International Energy Industry, which said bio-fuels worldwide received more subsidies than any other form of renewable energy.

Without this tax credit and tariff, the ethanol manufacturing industry will struggle. But despite his admission that he once supported ethanol because of presidential ambitions, Gore is right about one thing: corn-based ethanol wasn’t good policy.

In addition, subsidies are really unnecessary for the ethanol industry because the federal government already mandates the sale of it! In fact, ethanol use has tripled in the past five years because of the requirements outlined in the Energy Policy Act of 2005, which established a renewable energy standard and the requirement of fuel producers to blend it into their gasoline.

The tax credit and tariff is set to expire at the end of 2010, and Congress is in a lame duck session, so it’s not likely much will get done. Perhaps there will be a compromise with one or the other sunseting or some percentage reduction in the credit and/or tariff. It’s doubtful that both will go away entirely, but politicians from both sides of the aisle are lining up to reduce government subsidies in general.

And ethanol could be their first victim.

But don’t cry for ethanol just yet. Producers should be somewhat pleased with an apparent change in position from one of its long-time foes: the California Air Resources Board. CARB has recently suggested it will revise its analysis of the impact of corn ethanol on greenhouse gas emissions.

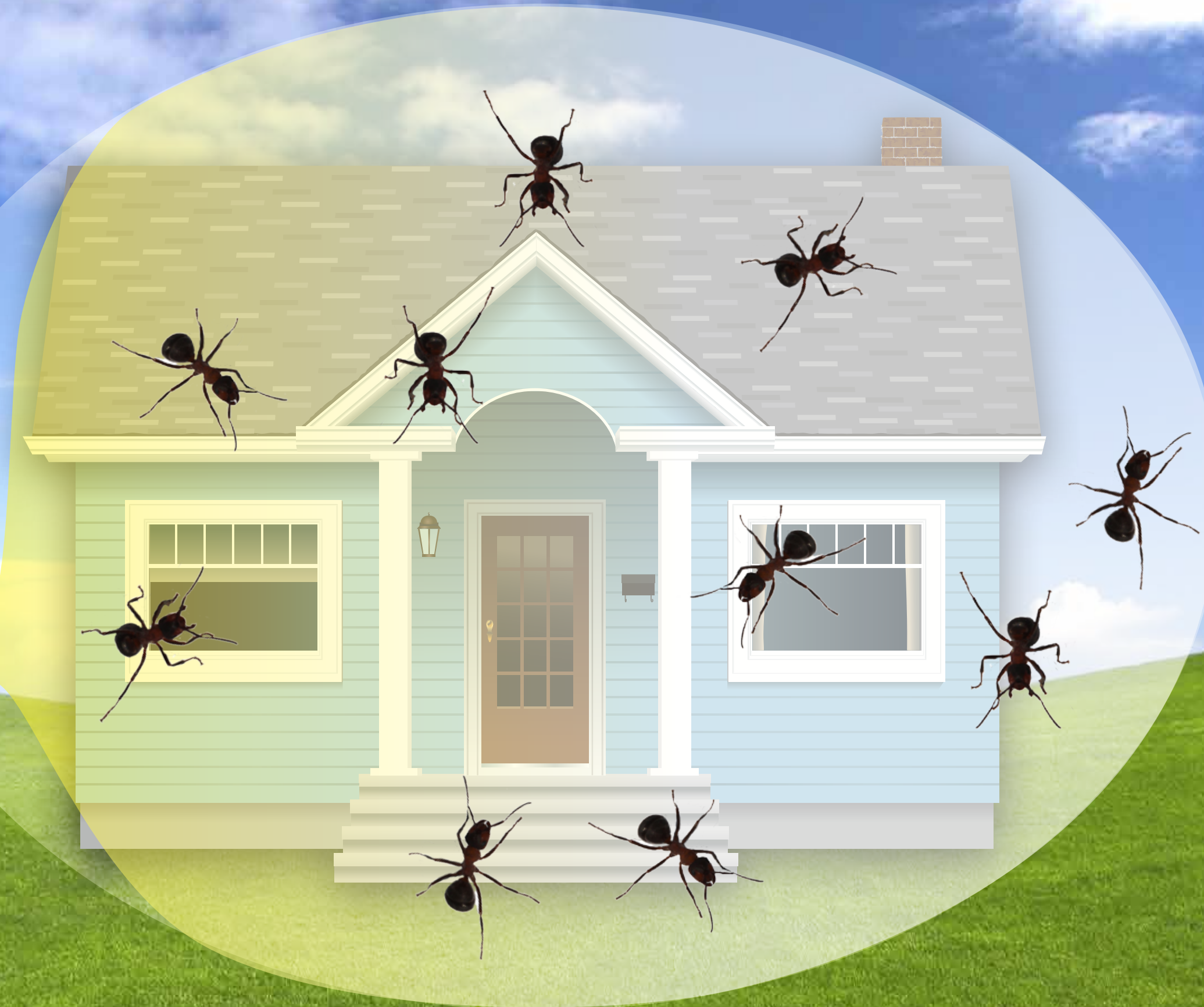
CARB currently gives corn-based ethanol a very poor emissions score — slightly worse than petroleum. And this score won’t meet California’s low carbon fuel standard. That means right now the fuel would essentially be banned from use in the state. A revision to the analysis won’t keep corn-based ethanol in California forever, but it will buy it at least a few more years on the market.



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HOW TO RECYCLE ELECTRONICS THIS HOLIDAY SEASON

by Valerie Jennings

Brad Roderick, Executive Vice President of InkCycle, a Kansas City company with a recycled line of ink and toner cartridges known as grenk, recently reviewed the importance of recycling electronics this holiday season www.grenkblog.com.

According to an article from <http://www.thedailygreen.com>, it is important to recycle old electronics this holiday, considering that 20 to 50 million tons of electronic waste is discarded globally every year. The article states that if all that “e-rubbish” were put into containers on a train it would go once around the world. E-waste is the fastest growing component of the municipal solid waste stream, and currently makes up 5% of all municipal solid waste. (<http://www.thedailygreen.com/green-homes/latest/computer-recycling-electronics-recycling-461219>).

Roderick said that this holiday many people will be receiving new electronic gadgets. “It is vital that people understand why it is important to recycle as well as how to recycle electronics properly. According to [thedailygreen](http://www.thedailygreen.com).

[com](http://www.thedailygreen.com), The Consumer Electronics Association, which represents electronics manufacturers, encourages people to recycle their e-waste and has set up a handy website to make the process simple. Visit mygreenelectronics.org, where you can search for local recycling drop-off points by zip code and product category. You’ll also find tips and information about electronics recycling, and a cool energy calculator that will show you how much juice each product uses. This would be a great tool to utilize, especially during the holidays,” said Roderick. 

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

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Grenk is a line of remanufactured ink and toner cartridges designed to leave the smallest environmental footprint possible. Powered by InkCycle, grenk delivers brand name quality at a fraction of the cost.



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GREEN GOODIES

With untold numbers of sea turtles in jeopardy in the Gulf of Mexico due to the recent catastrophic oil spill,

Loggerhead Marinelif e Center of Juno Beach, Florida is gearing up to meet the challenge. A 501(3)(c) nonprofit corporation, LMC's mission is to promote conservation of Florida's coastal ecosystem through education, research and rehabilitation, with a special focus on threatened and endangered sea turtles.

One way you can support this leading oceanographic research institution is through the purchase of Sprouts plantable seed paper notecards that have been customized designed for LMC. These beautiful cards feature the images of actual sea turtles that have been rehabilitated at the Center during the past year. Sprouts! Inc., the West Palm Beach-

based manufacturer, donates a portion of the proceeds from the sale of each box of cards back to the Center.

One of the sea turtles depicted below is Morgan, a loggerhead sea turtle who was released from the LMC on March 27, 2010. Morgan is LMC's first sea turtle patient to be equipped with a satellite transmitter, which provides valuable data such as water temperature and Morgan's location. You can track Morgan by going to the Home Page of www.marinelif e.org.

For more information about the partnership between Sprouts! and the Loggerhead Marinelif e Center, go to www.sproutem.com/category/Loggerhead-MarineLife-Center.

Here are some of the beautiful notecards designed by Sprouts! for the Loggerhead Marinelif e Center:



Shredder



Mother



Kent



Ichabod



Morgan



Hammish

To purchase these cards and support Loggerhead Marinelif e Center, go to www.sproutem.com/category/Loggerhead-MarineLife-Center.

Our Wonderful World Media & Entertainment Holds BENEFIT CONCERT FOR HEALING TOUCH BUDDIES

by Glenn R. Swift

Photos by Penelope Petkas Taylor

The Mos'art Theatre in downtown Lake Park was rockin' Saturday, December 4 with a Relive the Music of the '60s and '70s concert. The event got off to a great start with a brilliant opening performance by solo artist Scott Benge of Port. St. Lucie, which was immediately followed by yet another powerful rendition by Palm Beach County's very own Acoustic Remedy. Both artists performed classic rock covers from the legendary acts of the Classic Rock era (Beatles, Rolling Stones, Pink Floyd, Cream, Crosby, Stills & Nash, Allman Brothers, Grand Funk Railroad and many more. While groovin' to the beat, concertgoers feasted on pizza courtesy of Giovanni's of Palm Beach Gardens.

The concert was a fundraiser for Jupiter-based Healing Touch Buddies and was the second such event in the last year produced by Our Wonderful World.

Healing Touch Buddies, Inc. is a local nonprofit health and education organization, dedicated to improving the quality of life of those challenged with breast cancer, providing patients with Healing Touch and volunteer practitioners with instruction and support. Our additional intention is to gather data on the impact of HT on specific symptoms associated with breast cancer and its treatment. For more information about Healing Touch buddies, please visit www.healingtouchbuddies.org.



Scott Benge with another powerful melody



SeaView Radio's Joe Raineri introduces Sharon and Glenn



Acoustic Remedy drummer Bill Meredith



Ina Roseman, Sharon Quercioli and Steve Roseman



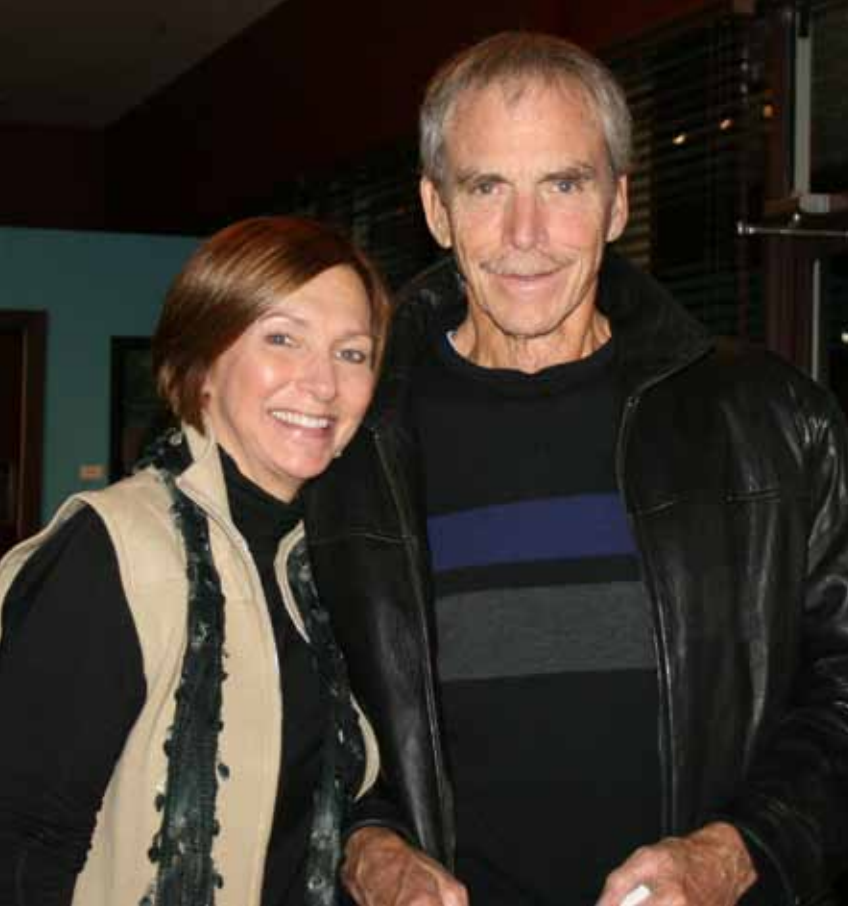
Steve Jones, lead vocalist/guitarist for Acoustic Remedy



Acoustic Remedy guitarists Andy Stein and Steve Jones "in the moment."



Shawna Nys and Mac Baker



*Donna Minard and Radio Green Earth
host Jim Jackson*



Lori Katz, Dr. Art Katz and Pam Wooten



Candace and Dave Paradeau



Damian Bilesi and Laurel Hardy



*Acoustic Remedy's
all-star bassist/vocalist
Stephanie Krowka*



Peter and Diane Childs



Gail and Sandy



Lindsay Babich and Betty Ann Baker



Corinne Murphy and Katie



Jonanthan Taylor, Tim Reed, BAB, Shawna Nys, Mac Baker, Brighton Hall



Youth Volunteers



Glenn Swift announces another Chinese auction winner



Acoustic Remedy



Mike Mulach and Maureen Barber



Acoustic Remedy lead guitarist Andy Stein



Steve Jones, Sharon Quercioli and Glenn Swift



Jean Wihbey, Sharon Quercioli and Cindy Sheldon



Radio Green Earth Executive Producer John Poggi and Karen Meyer



Rosi Fortna, Cecilia Enzo-Fritz and Lee Nugan



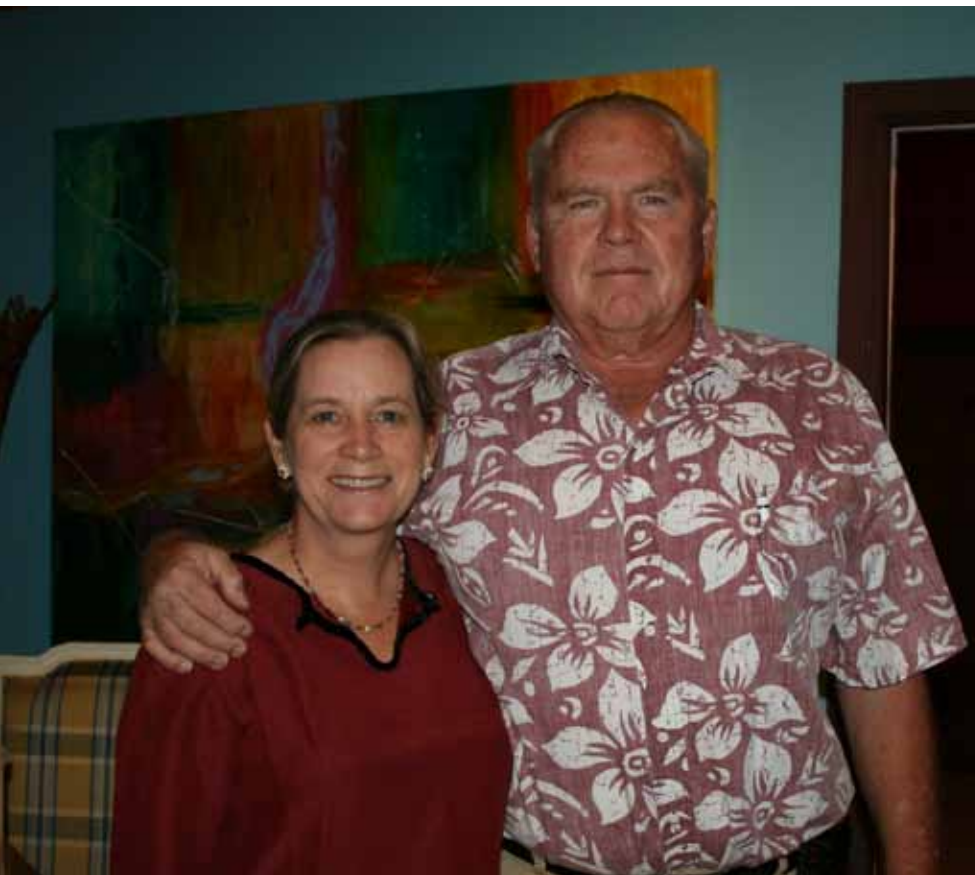
Volunteer Em Wooten



SeaView Radio General Manager Chet Tart, Sharon Quercioli and "Cup of Joe" Raineri



Scott Benge bends a note



HTB Executive Director Betty Ann who worked tirelessly and husband Richard Baker who generously helped sponsor the concert



Alyse Porter, the concert's driving wheel



Acoustic Remedy, Glenn Swift, Sharon Quercioli and Scott Benge

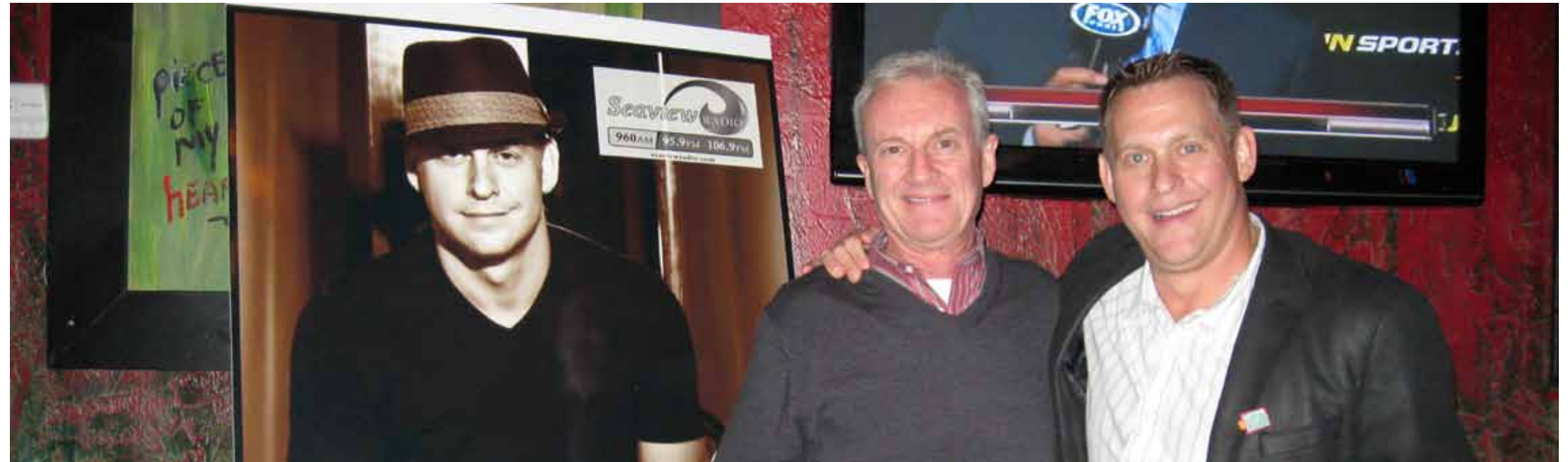
SeaView's Joe Raineri Hosts BIRTHDAY PARTY AT B.B. KINGS

by Glenn R. Swift

Photos by Patty Palmer and Sharon Quercioli

A throng of loyal friends and fans gathered Wednesday, December 15 at B.B. King's Restaurant and Blues Club in downtown West Palm Beach for the birthday party of Seaview Radio's Joe Raineri — a birthday party like no other. You see, in typical Raineri style, Joe played the game a little differently. At this party, the partygoers got the gifts! Needless to say, the host of "Cup of Joe" has never been so popular.

SeaView Radio's Cup of Joe show hosted by Joe Raineri airs weekday mornings from 7am to 9am on 95.9 FM/960 AM in the Palm Beaches, on 105.9 FM on the south Treasure Coast and streams live at www.seaviewradio.com.



SeaView's GM Chet Tart and "Cup of Joe" Raineri



Julie Calderon, Rose Brenkus and Tiffany Riordan

Office Depot Foundation Holds TROPICAL HOLIDAY CELEBRATION

by Leon Rubin

Photography courtesy of Carlos Aristizabal

The Fourth Annual Office Depot Foundation's Tropical Holiday Celebration took place December 10 in the Mizner Center at the historic Boca Raton Resort and Club. The Florida-themed event was highlighted by the inspiring words from Emmanuel "Manny" Ohonme, Founder, President and CEO of Samaritan's Feet International, which has distributed over 2.5 million pairs of shoes to needy children since 2003. In addition, the Foundation recognized the distinguished recipients of the 2010 Listen Learn Care Awards, which recognize outstanding creativity, innovation and achievement in serving the community of mankind. This year's honorees included:

- Arthur Bushkin, CEO, The Stargazer Foundation, Washington, DC
- Mark Dobosz, Vice President of Development, SCORE, and Executive Director, SCORE Foundation, Herndon, VA
- Patrick Franklin, President and CEO, Urban League of Palm Beach County, West Palm Beach
- Tim Snow, President, George Snow Scholarship Fund, Boca Raton
- Dr. Blanca Vazquez, Clinical Assistant Professor, Department of Neurology, NYU Comprehensive Epilepsy Center, New York, NY

The Tropical Holiday Celebration began with a reception at 5:30 pm and continued with a delicious dinner featuring international cuisine served from multiple stations around the magnificent Mizner Center Ballroom. Following the program, the evening was capped off with coffee and a decadent dessert buffet. The gala affair was truly a relaxing and inspiring way to spend a delightful December night in Boca Raton!

For more information about the Office Depot foundation, please visit www.officedepotfoundation.org.





Emmanuel "Manny" Ohonme, Founder, President/CEO of Samaritan's Feet International



(Left) Mary Wong President Office Depot Foundation



(Right) former Miami Dolphin all-star receiver Nat Moore



MacArthur Beach State Park CELEBRATES SUCCESSFUL SNOWFALL!

by Denise Burnside

The laughter of children playing in snow filled the air...in our very own South Florida.

The Friends of MacArthur Beach State Park, along with Park Rangers and over 100 volunteers, presented “Blizzard at the Beach” on Sunday, December 5. The star of the event was 20 tons of snow piled into two mounds where children could climb, slide and pat, and parents could capture their thrills on cameras and phones. The excitement shone on the faces, many were experiencing snow for the very first time.

Along with the snow, the children enjoyed three bounce houses, face painting, crafts, kid’s corner to help with holiday shopping, free kayaking and entertainment from the students of The Benjamin School, and a demonstration from Japan Karate-Do Genbu Kai of Florida. Adding to the festivities, the awesome School of Rock came and played for over two hours. Tasty food was on offer, including of course, snow cones. There were even photos with Santa on the beach!

The event raised over \$24,000 and will help the nonprofit Friends of MacArthur Beach State Park continue their mission of supporting and enhancing the educational programs at the Park. Over 5,000 schoolchildren, teachers and parents visit the Park annually to take part in the free Nature Classroom program — a program based upon the Florida Sunshine State Standards for Grade Level Expectations. The park will be completing a new 2.1 million dollar facility in Spring 2011. This new facility, The Pew Family Natural Science



A young visitor to the Park enjoying the snow

Education Center, will be used for classes, educational activities, research, meetings and special events. The Center will be equipped with wet labs, PupilCAM, microscopes, computer stations and more. The classroom will accommodate school groups of up to 40 students and instructors and will increase the teaching potential by up to 72% at the Park.

The Friends of MacArthur Beach State Park unanimously declared Blizzard at the Beach a huge success. Not only did it help thousands of people come out and see the beauty that is on offer at John D. MacArthur Beach State Park, but it helped to highlight the need to fund all the educational programs currently provided and in the future at the new Pew Family Natural Science Education Center. For more information, please visit the Park at www.macarthurbeach.org



Board Members Janet Heaton, Suzanne Fruehauf and Marjorie Gadarian Graham greet visitors at the Friends table.



BOBBY COLLINS

COMEDY WAS HIS DESTINY

by Glenn R. Swift

As one of today's leading and most sought after comedic talents, Bobby Collins heartfelt and witty humor engages audiences with a clever blend of characterizations and hilarious observations to which everyone can relate.

Collins shows people themselves. While half the audience is nodding in knowing approval from hearing him tell some of their favorite stories and from seeing him on TV, many of the "newbies" are there because they've recently heard him on satellite radio. It's that enthusiastic fan base and the tremendous word of mouth buzz that sells out Bobby Collins' shows.

Collins lives to make people laugh. From the moment he hits the stage, he connects with the crowd, gets into their mind and draws them inside his world. They willingly surrender to his energy and visual antics targeted directly at tickling their funny bones.

Tickle them he does.

He holds up a mirror to each of us and helps us not to take ourselves so seriously. From starring in his own Showtime specials and being Rosie O'Donnell's predecessor to hosting VH1's Stand-Up Spotlight, to opening for such names as Cher, Dolly Parton, Julio Iglesias and Tony Bennett, Bobby Collins delivers. He was nominated for a CableACE Award as well as for the American Comedy Awards "Stand-up Comic of the Year." Col-

lins' first CD, *On The Inside*, showcased his wide-ranging observational material and his second CD, *Out of Bounds*, earned him a Grammy nomination. His most recent DVD, "I'm On The Boat." **WOMEN AND CHILDREN FIRST!** has garnered critical acclaim. While live stage performances in New York, Las Vegas and Atlantic City are forever expanding his list of faithful followers, Collins has also appeared in five feature films and numerous television shows.

As for how he ended up doing what he does, you could say comedy was Collins' destiny. Growing up in a large family in a rough neighborhood of Queens, NY, Collins knew he wanted to be a comedian when everyone gathered to watch the Ed Sullivan show and the laughs never ceased.

"At school I was a total class clown," he recalled. "I used my wit and humor to get out of fights and doing homework."

Then again, there's often something in a name.

"I was named after my father's favorite comedian, Bob Hope. Although I never saw him perform, a newspaper reporter from New York City caught my act in Philadelphia when I was performing there for the first time. The guy liked me so much he put me on the entire cover of the paper's weekend section. Funny thing is, lost in the cover's corner was a tiny picture of Bob Hope. While I was visiting with



friends at the club, a black limousine pulled up and the driver handed me a manila envelope. There was a signed photo of Bob Hope inside along with a handwritten note saying 'How dare you get top billing on a weekend' with a happy face drawn at the bottom. I still have it to this day."

Ironically, Collins was well on his way to a very successful career in corporate America. In fact, at age 26 he was atop the corporate ranks as vice president of Calvin Klein, but one night at a local comedy club in Manhattan Collins had what you could call a "conversion experience."

"After about an hour and a half at the club my girlfriend wanted to leave, but I was having way too much fun and told her, 'Sorry, I've got to stay.'"

What happened next?

"I got a cab for her," laughed Collins.

What happened to the girlfriend?

"I married her," cracked Collins.

Not long after that memorable evening, Collins convinced the staff at one of Manhattan's premiere comedy clubs, Catch A Rising Star, to let him take the stage. Needless to say, he was a hit. Collins then continued to hone his skills until arriving on the Las Vegas scene a

couple years later. He gave up Calvin Klein and it's been a riot ever since.

"Making someone laugh for a few minutes of their day is a very gratifying experience," Collins said. "They may be going through a difficult time in their life and not have laughed for quite awhile. I appreciate those moments when I help make a difference by connecting in a positive way." With reverence to his favorite entertainment icons, he describes his comedic style as a combination of the physical movement of Jerry Lewis, the sleek, good looks of Dean Martin, the heart of George Burns and the city spunk of David Brenner.

"Laughing can be a stress reliever. And when I interact with the audience, they see new things about their everyday world that make them smile. It's a release." 🌍

Don't miss out on seeing one of the biggest comics on the circuit today when Bobby Collins takes the stage at the Coral Springs Center for the Arts on Friday, February 12 at 8pm and at the Sunrise Theatre in Fort Pierce on Friday, February 18 at 7pm and 9pm. For tickets to the Coral Springs event, call (954) 344-5990 or visit www.coralspringscenterforthearts.com.

For tickets to the Sunrise Theatre performance, call (772) 461-4775 or visit www.sunrisetheatre.com.

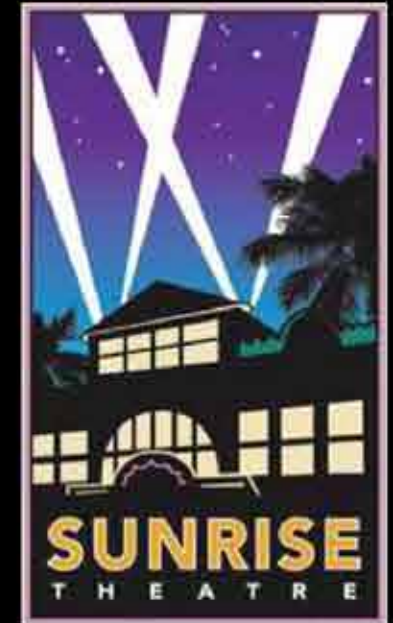


Bobby Collins

Bobby is back and he is wittier, clever and more hysterical than ever. NY Times calls him the most natural comedian working today.

February 12th at 8pm

Coral Springs
Center for the Arts
2855 Coral Springs Drive, Coral
Springs, FL 33065
Box Office: 954.344.5980



February 18th at 8pm

Sunrise Theatre
117 South Second Street Fort
Pierce, FL 34950
Box Office: 772.461.4775



THREE GREAT SHOWS COMING TO THE EISSEY CAMPUS THEATRE

by Nancy Denholm



Wed, Feb 2 @ 8 pm: *Young Artists of the Palm Beach Opera*

Join Palm Beach Opera's talented Young Artists as they perform a taste of opera's most beloved arias, duets and ensembles, including excerpts from Palm Beach Opera's current season, and warm your heart with musical theater favorites and standard American songs. Featuring Greta Ball, Soprano; Alison Bates, Soprano; Brandy Lynn Hawkins, Mezzo-soprano; R. Kenneth Stavert, Baritone; Evanivaldo Correa, Tenor

and Christopher Dickerson, Bass. Hosted by General Director, Daniel Biaggi.

The Palm Beach Opera Young Artist Program (YAP) targets skills necessary to develop a successful career as an opera performer and helps further the young career of a few select artists. These are emerging professional artists who are at the precipice of beginning a fully-professional career. **This show is sponsored by** Paul & Sandra Goldner.



Wed, Feb 9 @ 8 pm: *The Best of Copeland Davis*

Copeland Davis is a renowned piano player who has established himself as one of the finest jazz musicians in the country. This concert features Davis on the piano with his band. Davis appears as a jazz pianist, but he can send his instrument into the pop, rock or classical ends of the spectrum. The keyboard is his kingdom. What makes him outstanding is that he is comfortable in all phases. When Davis plays, watch his fin-

gers! They dance across the keyboard with a fast, strong pace, and then they back off in a soft, graceful and almost quiet serenade that fills the soul with beautiful music. As one music critic said: "He is a special person. He captivates the audience when he plays. He makes it fun. He has phenomenal technique on the piano. He combines mechanical proficiency with spontaneous artistic creativity."

This show is sponsored by Charles and Lynne Weiss



Wed, Feb 23 @ 8 pm: *The Music Man*

Meredith Willson's All-American Broadway musical... Follow fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa in 1912 into buying musical instruments and uniforms for a boy's band he vows to orga-

nize. Filled with musical fun, tender romance, barbershop quartets and favorites including, "Ya Got Trouble," "Seventy-Six Trombones," "Goodnight My Someone," "Gary, Indiana" and "Till There Was You."

This show is sponsored by Faith Lutheran School and New Day Adult Day Care. 🌍

Tickets are just \$30 and \$25 to these three great shows. To get your seats now or for more information, call the Theatre Ticket Office at (561) 207-5900 (Mon-Fri 11am-4pm) or visit www.eisseycampustheatre.org.

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All Shows at 8 pm

Subscriptions:
\$120 & \$150

Single Tickets:
\$25 & \$30

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

Tues, Jan 25

Jim Witter in "Feelin' Groovy"

The music of Simon and Garfunkel

Sponsored by: The Louis J. Kuriansky Foundation

Wed, Feb 2

**Young Artists of the
Palm Beach Opera**

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

Sponsored by: Paul & Sandra Goldner

Wed, Feb 9

Copeland Davis

Jazz piano plus pop, rock & classical

Sponsored by: Charles and Lynne Weiss

Wed, Feb 23

"The Music Man"

Wed, Mar 2

'S Wonderful

Gershwin song and dance

Wed, Mar 23

"BabaLu-cy"

Music of Desi Arnaz featuring
the Xavier Cugat Orchestra



**PALM BEACH STATE
COLLEGE**

SeaView RADIO
95.9 FM 960 AM
SEAVIEWRADIO.COM

The “Cup of Joe” Morning Show

with Joe Raineri
Monday - Friday
7 - 9 am



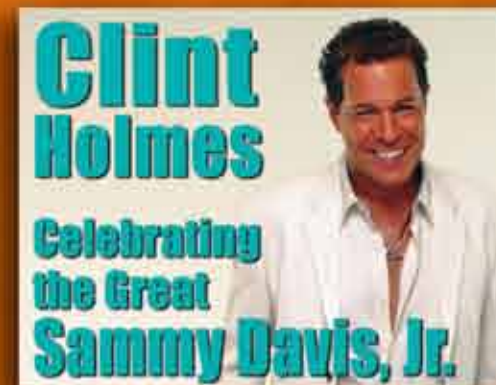
Bob Lappin & The Palm Beach Pops

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



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

FAU: Jan 4, 5 & 6. Eisey: Jan 9. Kravis: Jan 10-11



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

FAU: Mar 9, 11 & 12. Eisey: Mar 13. Kravis: Mar 14-15



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

Eisey: Feb 8. Kravis: Feb 9-10. FAU: Feb 11, 12 & 14

See All 4 Concerts
at One Great Price!

Ticket Packages
\$85 to \$335.

Call 800-448-2472
TODAY!



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

Kravis: Apr 4-5. FAU: Apr 7, 8 & 9. Eisey: Apr 10

Tickets \$29-\$89.

Call 561.832.7677
www.PalmBeachPops.org

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



Photo courtesy of Studio Palm Beach



THE PALM BEACH POPS PRESENTS
The
STREISAND SONGBOOK
FEATURING GLORIA LORING

by Christine Stickney

Bob Lappin and The Palm Beach Pops showcase singer and actress Gloria Loring in an exciting concert featuring the music of one of the greatest living legends...Barbra Streisand. Many know Loring as “Liz Chandler” in the daytime drama, *Days of Our Lives* and her #1 pop hit, “Friends and Lovers.” She brings to life the timeless songs “The

Way We Were,” “People,” “Somewhere,” and other memorable Streisand tunes as well as music from Oscar-winning movies, *Funny Girl* and *Yentl*.

Gloria Loring

As a singer, entertainer and host, Loring is known for her energy, commitment and joy. A graduate of North Miami Beach High School, she is the recording artist of the #1 hit song “Friends and Lovers”; co-composer of television theme songs “Diff’rent Strokes” and “Facts Of Life”; an audience favorite from daytime TV’s *Days Of Our Lives*; spokesperson for the Juvenile Diabetes Research Foundation; author of four books; a keynote speaker for corporations and non-profits; and one of the few artists to sing two nominated songs at the Academy Awards.

In a recent performance of classic rock and blues at The Music Box at Fonda in Hollywood, Loring received six standing ovations. She hosted and sang for a holiday PBS Special *Live from the Dorothy Chandler Pavilion*. She recorded Peggy Lee’s classic, “Fever,” with saxophone hottie Jimmy Sommers for his new CD, “Time Stands Still.” In an intriguing twist, Loring released her newest CD, *A Playlist*, which features her Grammy Award-winning son, Robin Thicke, on two cuts, and just days later got a phone call from jazz guitarist Gil Parris inviting her to record Robin’s R&B mega hit “Lost Without You” with him for his upcoming CD.

With ten albums to her credit, Loring has performed in concert all over North America, Europe and Australia. Her performances prompt reviews such as the one written by Don Heckman of the Los Angeles Times: “She told stories with the panache of Lena Horne, sang torch songs like Judy Garland, and scatted with the rhythmic thrust of a young Ella Fitzgerald. She did all of this with one of the best vocal instruments in pop music since the salad days of Barbra Streisand.”

Loring has shared the stage with Billy Crystal, Bill Cosby, Al Jarreau and the late George Carlin. She’s starred in movies of the week, TV specials and in theatrical productions including the national tour of *Anything Goes*. 🌍

The Streisand Songbook

January 4-6, 2011 at 8pm
Kaye Auditorium at Florida Atlantic University, Boca Raton

January 9, 2011 at 8pm
Eissey Campus Theatre at Palm Beach State College, Palm Beach Gardens

January 10-11, 2011 at 8pm
Kravis Center, West Palm Beach

Tickets: \$29-\$89. Call (561) 832-7677 or visit www.palmbeachpops.org/streisand.



NORTHWOOD UNIVERSITY TO HOST “BROADWAY AND HOLLYWOOD CLASSICS GO GREEN”

by Robert Hooper

As part of its belief that sustainability, creativity and an appreciation of the arts all play meaningful roles in business success, Northwood University will host *Broadway and Hollywood Classics Go Green* on Saturday, February 5, 3pm at its Turner Education Center Auditorium in West Palm Beach.

The carbon neutral event is designed to bring an understanding and awareness to the value of green initiatives. The event will be entirely offset by purchasing renewable energy credits, by

being promoted digitally and by serving organic wine and cheese with sustainable flatware at the reception.

Thanks to the expertise of United States Green Building Council Palm Beach Chair Missy Tancredi-Strauss, a Leadership in Energy and Environmental Design Accredited Professional who is a Certified Sustainable Business leader and Vice President of Eco Advisors, LLC, the event will highlight environmentally friendly practices which can be embraced by organizations

throughout the South Florida area. Eco Advisors are scientific and engineering experts offering professional consulting on sustainability, environmental and ecological issues. They deliver consulting to clients with an integrated, results-focused program that lowers costs, improves profit and competitive advantage, while reducing an organization's environmental footprint, waste and risk.

Presented by the Theatre Orchestra of Florida (www.theatreorchestrafl.com), the event will unveil a stunning evening of award-winning music from Broadway and Hollywood featuring Bocelli Fellowship-winning tenor and audience favorite, Roberto Larussi. The performance is a celebration of some of the most beautiful and popular music ever written for the stage and screen, featuring the magnificent works of Andrew Lloyd Webber, Rogers and Hammerstein, Lerner and Lowe, Leonard Bernstein and other masters, and is a celebration of some of the most beautiful

and popular music ever written for the stage and screen.

Admission to the event is \$60 per person for general admission or \$75 per person for VIP admission, which includes the wine and cheese reception with Theatre Orchestra of Florida's Artistic Director and Conductor, Mark Giuliani, and featured artist, Roberto Larussi. 🌍

For further information, please call: (772) 323-6925 or e-mail: glenn@glennswift.com.

Tickets may be purchased by contacting Carol Wagmeister at: wagmeister@northwood.edu.



THEATRE ORCHESTRA OF FLORIDA 2011 SEASON

January, 15: Saturday @ 3pm and 7pm

An Evening with Tony and Oscar at the historic Lyric Theatre in downtown Stuart (www.lyrictheatre.com)

January, 30: Sunday @ 3pm

Beethoven Celebration at the Coral Springs Center for the Arts in Coral Springs (www.coralspringscenterforthearts.com)

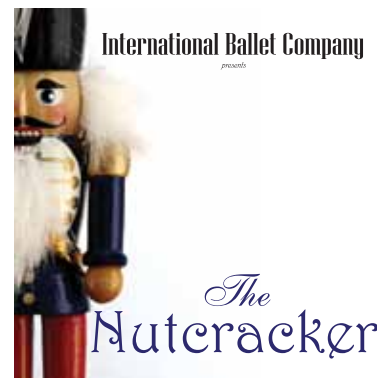
February, 5: Saturday @ 3pm

An Evening of Broadway & Holiday Favorites at the Northwood University Turner Education Center Auditorium in West Palm Beach (<https://www.northwood.edu/media/press-room/newsarchives/?NewsID=5888>)

March, 11: Saturday @ 8pm

An Evening with Tony and Oscar at the Coral Springs Center for the Arts in Coral Springs (www.coralspringscenterforthearts.com)

CORALSPRINGS CENTER FOR THE ARTS



DECEMBER 11TH & 12TH



DECEMBER 26TH - 7:30PM



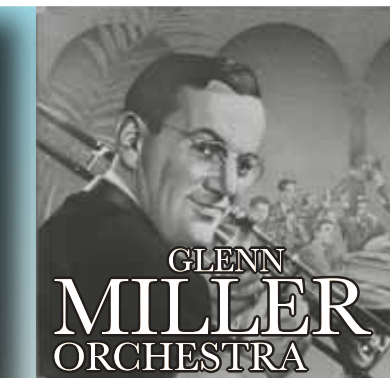
DECEMBER 31ST - 8PM



JANUARY 8TH - 8PM



JANUARY 15TH - 8PM



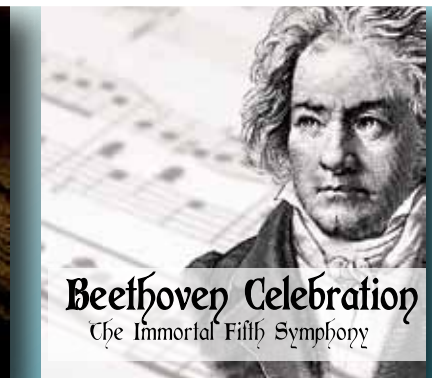
JANUARY 16TH - 2PM



JANUARY 22ND - 8PM



JANUARY 28TH - 7:30PM



JANUARY 30TH - 3PM



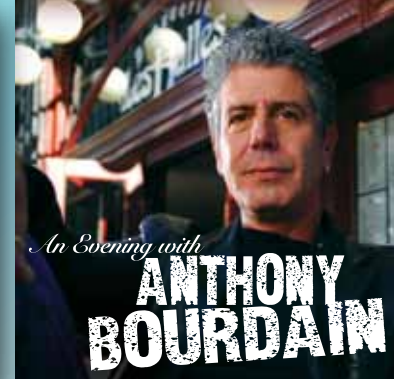
FEBRUARY 5TH - 8PM



FEBRUARY 11TH - 8PM



FEBRUARY 12TH - 8PM



FEBRUARY 15TH - 7:30PM



FEBRUARY 16TH - 7:30PM



FEBRUARY 17-20TH, 23-27TH



FEBRUARY 21ST - 7PM



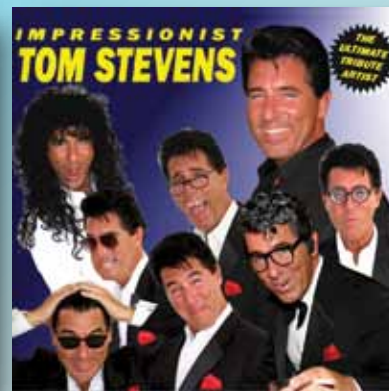
MARCH 4TH - 7:30PM



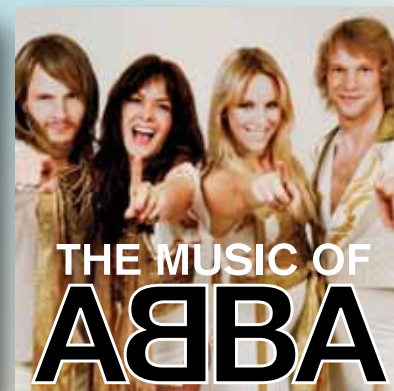
MARCH 5TH - 8PM



MARCH 11TH - 8PM



MARCH 12TH - 7:30PM



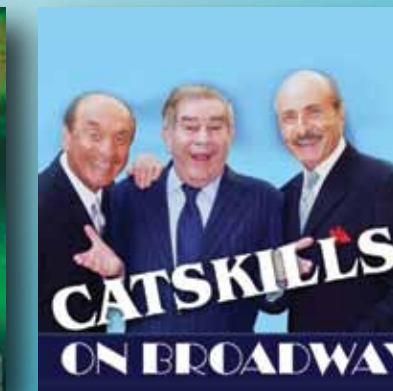
MARCH 15TH - 7:30PM



MARCH 17TH - 7:30PM



MARCH 19TH - 2 & 7:30PM



MARCH 26TH & 27TH



APRIL 1ST-3RD



APRIL 9TH - 8PM



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

SEASON 2010-2011

find us on

"Glitzy & Bold!"

– Associated Press

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

TIME TO GET LUCKY!

Directed by Stephen Bourneuf

January 13 - February 6, 2011

This dazzling musical comedy is the perfect balance of story, dance, music, and romance featuring your favorite songs like: "Luck Be a Lady," "A Bushel and a Peck," "Sit Down You're Rockin' the Boat," and many more!

"'Jacques Brel' is an incredible and romantic journey."

– The Daily News

"An exhilarating musical revue."

– The New York Times

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A poignant musical featuring the
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English translation by Eric Blau
and Mort Shuman

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TIM CONWAY & FRIENDS
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LEWIS BLACK
Saturday March 12 at 8pm



BILL COSBY
Saturday Jan 29 at 6&9pm

For Tickets, Gift Certificates and Membership Information, call the Box Office at 772-461-4775
To see the entire season schedule, including video previews, visit www.SunriseTheatre.com

JASON BISHOP

AMERICA'S HOTTEST ILLUSIONIST

Coming to the Sunrise Theatre in Fort Pierce | Sunday, January 23 at 3pm

Tickets: \$25, 12 & under \$15

by Glenn R. Swift

Jason Bishop might have a person passing through his body one moment or make goldfish appear from nowhere the next. Bishop is an international award-winning illusionist who was the youngest person to win the Magician's Alliance of Eastern States Stage Award and one of the youngest people to compete in the Society of American Magicians World-Class competition. Bishop's interest in magic ran throughout his youth, truly taking shape in his mid-teens. In college, Bishop studied theatre and then went on the road performing at resorts and amusement parks, anywhere he could find an audience, including the street. As audiences enjoyed the show more and more he altered his magic to become larger and more impressive. The Jason Bishop Show now tours the most



dynamic illusion and magic show in the US. The show currently features exclusive large illusions, award-winning sleight of hand and "close-up" magic that is captured live and projected onto LCD screens for the audience to have a clear view of every detail. Bishop is currently the only illusionist in the U.S. to tour with the rare Double Levitation, Plasma illusion and Op-Art. His performance abilities have led him from New Mexico to Maine and Florida to New York, as well as every state in-between.

For tickets or more information, please call (772) 461-4775 or visit www.sunrisetheatre.com.

Palm Beach Dramaworks presents the Southeastern Premiere of

Treva's Last Session

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

by **Mark St. Germain**

Directed by **William Hayes**

Executive Producer Virginia Sand

December 17, 2010 - February 6, 2011

Featuring:

Dennis Creaghan and Chris Oden

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

322 Banyan Boulevard, West Palm Beach, Florida 33401

Showtimes:

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

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

Box Office and other information:

561-514-4042

Theatre To Think About



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Anniversary
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www.palmbeachdramaworks.org



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Palm Beach Daily News
THE SUNNY SHEET

Community Foundation
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- Improv Comedy
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Meet the Team...

SHARON QUERCIOLO

Sharon Quercioli is a highly successful entrepreneur with over 20 years in the recycle industry. The former Vice President of Static Control components, Inc. and four-time president of her own companies, Quercioli is widely recognized as a marketing guru and has consulted numerous companies across the United States. In 2004, Quercioli founded Sprouts, Inc., an innovative company that uses 100% recycled paper embedded with flower seeds to create a diverse array of eco-friendly products including greeting cards, bookmarks and unique marketing pieces that grow flowers when planted. In 2009, Sprouts was named Small Business of the Year by the Northern Palm Beach County Chamber of Commerce, and in 2010 the company received recognition by the U. S. Chamber of Commerce for being one of the leading small businesses in the country.

Co-Founder & President



MISSY TANCREDI-STRAUSS

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

Contributing Columnist



JOHN POGGI

John Poggi is an environmental scientist and the 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

GLENN SWIFT

Co-Founder & Editor-in-Chief



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

DORI BEELER

A native Southern Californian, Beeler graduated with a BFA from Cal State University Fullerton in 1995. Since graduating, Beeler has worked professionally in graphic design for numerous companies and ten years ago founded her own firm, where she served as operating project manager and senior graphic designer. Her vast experience ranges from developing Web sites to designing high-end craft books. Beeler is also the Graphic Designer for 24Seven Digital Media, LLC.

Art Director



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

