



Our Wonderful World

February, 2011
Volume 2 :: Number 2

The Art of Living **Green** 



Love Grows
in February

Save the
Chimps!

Florida-
Friendly
Landscaping


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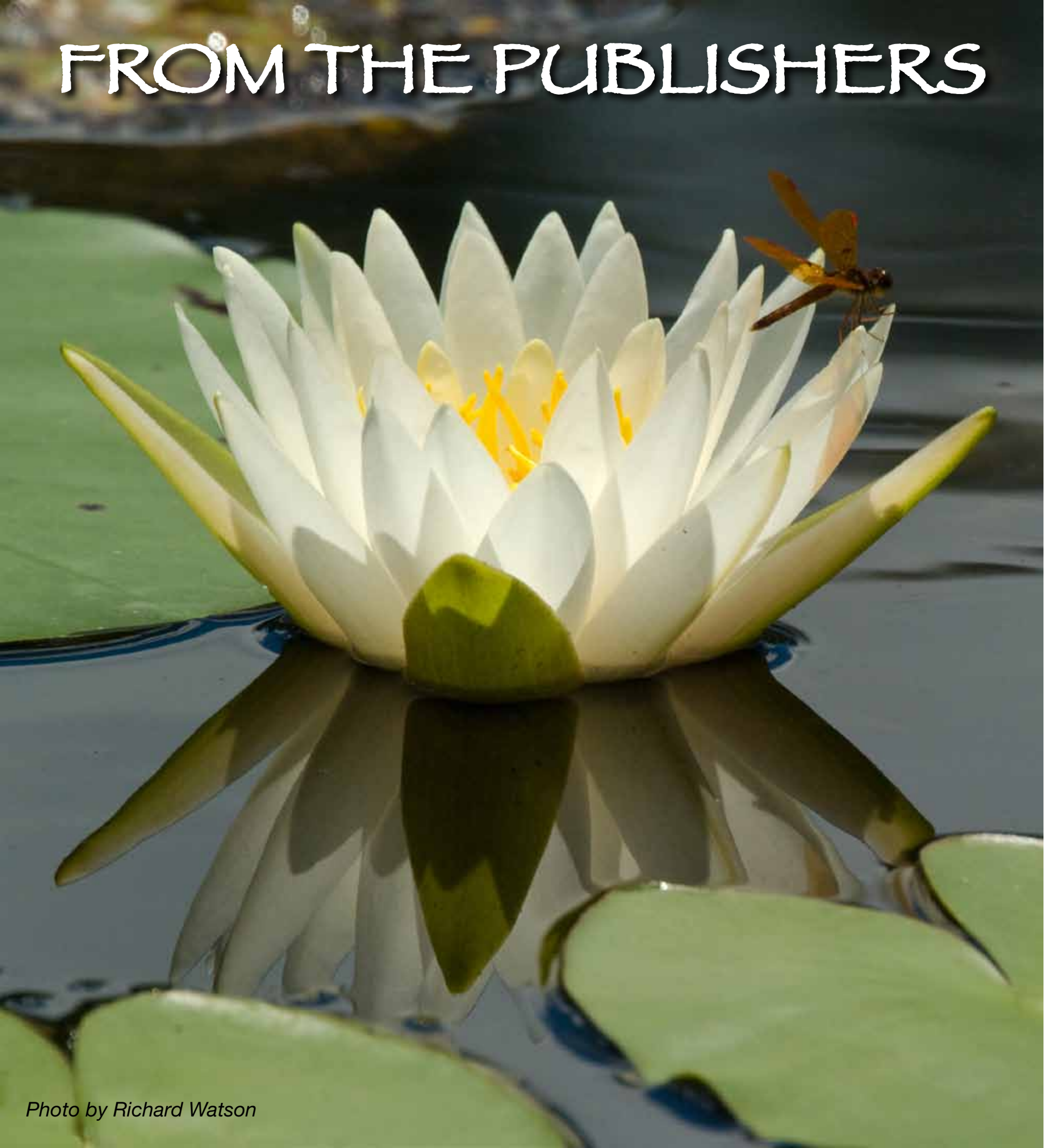


Photo by Richard Watson

Welcome to the February issue of *Our Wonderful World*, Florida's leading green digital magazine.

Thanks to Missy Tancredi-Strauss, Host of OWW's Community Partner, Radio Green Earth, our feature story, "Save the Chimps," is definitely one of the most important...and moving...editorial pieces that we have published since we began this project last May. The heartrending article features the nation's largest chimpanzee sanctuary in Fort Pierce, Florida, and we want to thank Triana Romero, Director of Development at Save the Chimps, for making it possible. I'm sure you will be very moved when you hear this tragic, yet empowering story.

Special thanks to Sammy Frens for her "Love Grows in February" piece, which gives us a fascinating bit of Valentine's Day history as well as some eco-conscious ways to show that special someone just how we feel.

Paul Sugrue of Nozzle Nolen has done an excellent job in educating us as to how we can maintain our lawn in an environmentally sensitive manner, while Betty Ann Baker's story about serving the needs of the heart to those

challenged with breast cancer is sure to uplift.

Karen Levine Cantor's informative article about Manual Lymph Drainage Massage or "MLD" once again shows why The Lane Spa has garnered the reputation as one of the leading wellness centers in Northern Palm Beach County.

Kudos to Stan Bronson, Executive Director of Florida Earth Foundation, our newest editorial contributor for enlightening us as to what may very well be the best kept secret in Florida.

Our very own Green Goddess has given us a great story in our Eating Well section, "Celebrating Celery," as well as another powerful Pearl of Wisdom to help us all achieve Abundance and Prosperity in 2011.

Of course, we have a whole lot more, too!

Enough from us...Time to start clickin'!



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SAVE THE CHIMPS!

by Missy Tancredi-Strauss, Host of Radio Green Earth
Photography courtesy of Triana Romero

Spud



If you have ever doubted the impact one person can have upon this world and make a difference in the lives of others, human and/or non-human, you need only learn the incredible story of an inspired, compassionate, driven woman, Dr. Carole Noon, founder and force behind a chimpanzee sanctuary in Fort Pierce, Florida — Save the Chimps.

According to her biography on the organization's website, Noon was first exposed to the plight of the chimpanzee when she attended a lecture given by Dr. Jane Goodall while attending Florida Atlantic University. From that moment, Noon knew that her life's goal was to work with and help these remarkable beings who, despite the fact (or perhaps because of the fact) that they are so much like us, had been exploited and harmed by humans, both in the wild and in captivity. She sought the counsel of Goodall as well as primatologist Dr. Geza Teleki, and both encouraged her to continue her studies.

Noon gained experience with chimps wherever she could, primarily by observing them in zoos. Then Teleki introduced her to the Siddles of Zambia, who were running a sanctuary (Chimfunshi Wildlife Orphanage) for chimpanzees orphaned by the bushmeat trade in Africa. She lived and worked at the sanctuary, completing her dissertation on the re-socialization of chimpanzees and completed her doctorate in 1996. Sadly, Noon passed away just three years later.

Some of the information Noon may have learned about chimpanzees in Goodall's lecture may have included that these amazing creatures native to the continent of Africa are an endangered species. In fact, along with *bonobos* (another species of ape), chimpanzees are our closest living relatives. Incredibly, we share approximately 98% of our DNA with chimps. Perhaps that's why chimps have been used extensively as experimental subjects for chemicals, drugs, products, diseases and even the US Air Force's space program. Speaking of the latter, it was the



end of the chimpanzees in space program that sparked the beginning of Noon's greatest achievement — Save the Chimps.

Noon founded Save the Chimps in 1997 in response to the US Air Force's announcement that it was divesting itself of all of its chimpanzees and placing them up for bid. More than 140 veterans or descendants of chimpanzees used in the early days of space research had the opportunity for retirement, and Noon intended to give it to them. However, the Air Force rejected her bid and sent most of them to The Coulston Foundation, a biomedical research lab in Alamogordo, New Mexico with a history of violating the Animal Welfare Act.

Noon raised enough funds and was able to sue the Air Force on the chimps' behalf, eventually settling out of court for custody of 21 chimpanzees. In 2001, the chimps arrived at the sanctuary she built for them on 150 acres in Fort Pierce, Florida with the assistance of the Arcus Foundation.

One year later, The Coulston Foundation went bankrupt, and once again with help through a special grant from Arcus, Noon and Save the Chimps purchased the lab and rescued 266 chimpanzees along with 61 monkeys. Overnight, Save the Chimps had become the world's largest chimpanzee sanctuary.

Noon worked tirelessly to improve their conditions, train staff to care for them with com-

passion, raise funds for their care, introduce them into families (or troops) prior to their relocation to Florida, while overseeing expansion of the sanctuary to prepare for the migration of the chimps from the Coulston Labs site. Today, that sanctuary consists of twelve islands separated by waterways (chimps don't swim), with each island occupied by its own family troop. The last group of chimpanzees is due to arrive in Florida later this June.

In December I was contacted by a friend of the late doctor's and Save the Chimps in hopes that Radio Green Earth might do a radio segment on the sanctuary to get the word out about the wonderful work being done there and the need for donations. As soon as I learned of this amazing place right here in our own backyard, it took no convincing to contact them and set up an interview on location.

The visit was one I will forever cherish.

Upon arriving, I was warmly greeted by Triana Romero, Director of Public Relations for Save the Chimps, and taken for a tour while Sanctuary Director Jen Feuerstein, whom I also was to interview, finished up a conference call. Triana and I hopped in a golf cart and headed to the first island, appropriately named Air Force, the one that started it all.

Each island is equipped with its own house, a large expanse of grass, jungle gyms and toys, and lots of blankets. (Apparently, chimps love



fleece blankets.) The house is heated using solar panels and can accommodate the whole family troop on a cold night or during inclement weather. It was here that I got to meet my first chimp, David. Keep in mind, a true sanctuary does not allow direct human contact with the animals, so when we met it was through a tall chain link fence. Triana had a plastic tube with her about 12 inches in length that she used to scratch or tickle the chimps. Not unlike their human counterparts, the chimps also enjoy a good scratch. David allowed Triana to scratch his arms with the tube gently as we discussed David's history and the sanctuary itself.

David was an older chimp, and as I recall the head of his family, which would make him the alpha male. You could tell he had been around the block a few times, in his 40s, just like me. I would have sworn he was thinking exactly that as we looked one another in the eye and studied the depth of expressions on each other's faces. Rather than David the statue, which immediately came to mind when Triana introduced us, this David I would have compared to the statue of The Thinker. He was calm, strong and secure and could communicate that without moving a muscle.

We left David and moved on to another family's house and island, where I met a couple of younger chimps. One of them, Melody, was a showoff extraordinaire! She saw us pulling up and skipped over toward us a few feet away from the fence and dropped to the patio floor

to begin the greatest breakdance routine I have ever seen! She was hilarious — and she knew it. Triana and I enjoyed the impromptu show, as did Melody's family members in the close vicinity.

Back into the golf cart and on to the next island and chimp family, where I was then introduced to a strong, handsome chimp named Bobby. Triana explained to me that Bobby was a self-mutilator, one of the psychological side-effects from prolonged experimentation. I asked if he was safe to be around the other chimps, and Triana assured me that he had never hurt or displayed the desire to hurt another chimp, but he hurt himself. This magnificent creature had experienced so much prolonged abuse through experimentation, he hurt himself. All I could think was, "What have we done?"

I came to learn that Bobby's story isn't the only story of self-mutilation, nor is it the worst. There are chimps that came from Coulston and other laboratories that sat in cages suspended from the ceiling (they were easier to clean that way) for 20, even 30 years; never having set foot on the ground or felt grass, dirt or anything other than a cold, unforgiving cage the size of a large kennel crate — some with no vision of or connection to the outdoors whatsoever.

"My God, what have we done?"

As of November 2007, there were 1,300 chimpanzees housed in ten U.S. laboratories,





Lil, Mini and Jennifer

either wild-caught or acquired from circuses, animal trainers, misguided “pet owners” or zoos. Most of the labs either conduct or make the chimps available for invasive research, defined as “inoculation with an infectious agent, surgery or biopsy conducted for the sake of research and/or drug testing and not for the sake of the chimpanzee.” Chimpanzees used in biomedical research tend to be used repeatedly over decades, rather than used and killed immediately as with most laboratory animals.

What the pioneering Dr. Noon inherently understood when she learned of the plight of these incredible beings was that they need us. When we extracted them from their homes in Africa and bred them in captivity in the name of research, entertainment and space exploration, we made them need us. They did not ask for this life; we thrust it upon them, treated them however we saw fit, and then discarded them like yesterday’s news when they no longer fulfilled our purpose. It is our duty, our obligation and their right, to live in the manner for which they were put on this earth.

Save the Chimps provides such a place for the Chimpanzees, and Save the Chimps needs us. They are funded solely by grants and donations of goods, services and money. The amazing Dr. Noon was a catalyst for change, and her work together with others made a difference in the lives of many. If you would like to help support making it right for the chimps, you need go no further than their website, www.savethechimps.org, and learn about their incredible story, staff and mission — and discover how you too can help save the chimps. 🌍



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THE POWER OF MLD MASSAGE

by Karen Levine Cantor

Manual Lymph Drainage Massage, commonly known as MLD, is a light form of circular massage performed by a MLD Certified and Licensed Massage Therapist. Unlike other massage therapy, this type of body

work must be applied to bare skin without massage oils or lotions for the treatment to be effective. There are four basic movements that are performed softly, rhythmically and in the direction of lymph flow that are not used in classical massage.

MLD is used specifically in the treatment of *lymphedema*, a condition characterized by fluid retention at key points in the body. Because surgery disrupts the normal flow of lymph, MLD may be used to reduce inflammation, pain, bruising and the possibility of infection. MLD has a calming effect and a stimulating effect upon the central nervous system, simultaneously, which induces a deep state of calm, meditation and even sleep while promoting recovery and restoring strength. The lymphatic system is also an important part of the body's immune function. Keeping this system moving efficiently through MLD may result in a boost to the immune system. In essence, MLD stimulates and allows waste to move more freely through the body, making it a wonderful body detoxifying treatment as well.

Pioneered by Dr. Vodder and his wife in the 1930s, this style of massage is very gentle, making it suitable for people of all ages. While working as Massage Therapists in the French Riviera, the couple noticed that those clients with chronic colds had swollen lymph nodes. Vodder successfully treated his patients with this massage technique and the colds vanished. Thus, Vodder's European method was

developed, and he spent the rest of his life educating others.

The Lane Spa in Palm Beach Gardens offers the Vodder method of Manual Lymphatic Drainage. Resident certified MLD Licensed Massage Therapist, Donna Verfaillie, developed the first MLD protocol for post-operative and cancer patients on the Treasure Coast. With 33 years of clinical and supervisory experience, you will be in the best hands with Donna and The Lane Spa. According to Donna, many of her clients have stated after MLD, "I have never been so relaxed and calm."

Remember to consult your physician before making an appointment for manual lymph drainage. Any medical conditions or personal preferences should be communicated to your Licensed Massage Therapist so that your feedback can be taken into consideration. 🌍

About The Lane Spa Located off Prosperity Farms Road in the heart of Palm Beach Gardens, the 3500-sq. ft. spa features 34 professional and licensed staff members offering an array of quality services using top grade products. The Spa offers every service imaginable including airbrush tanning, facials, peels and skin care treatments, Green Coffee Detox body treatments and numerous innovative massage therapies. Visit their website to learn about their monthly specials and MLD at www.thelanespa.com or call (561) 691.0104.

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RECIPE FOR ABUNDANCE AND PROSPERITY

by the Green Goddess, Sharon Quercioli

It is the New Year and everyone is striving for great things in 2011! I hear from many people that this year will be a better year. Yes, it will be for all of us. I have written my goals on paper as to what I want to manifest this year, and Abundance and Prosperity are at the top of my list. I am going to share a protocol described below that has ALWAYS shifted things for people when used — including myself!

VALOR

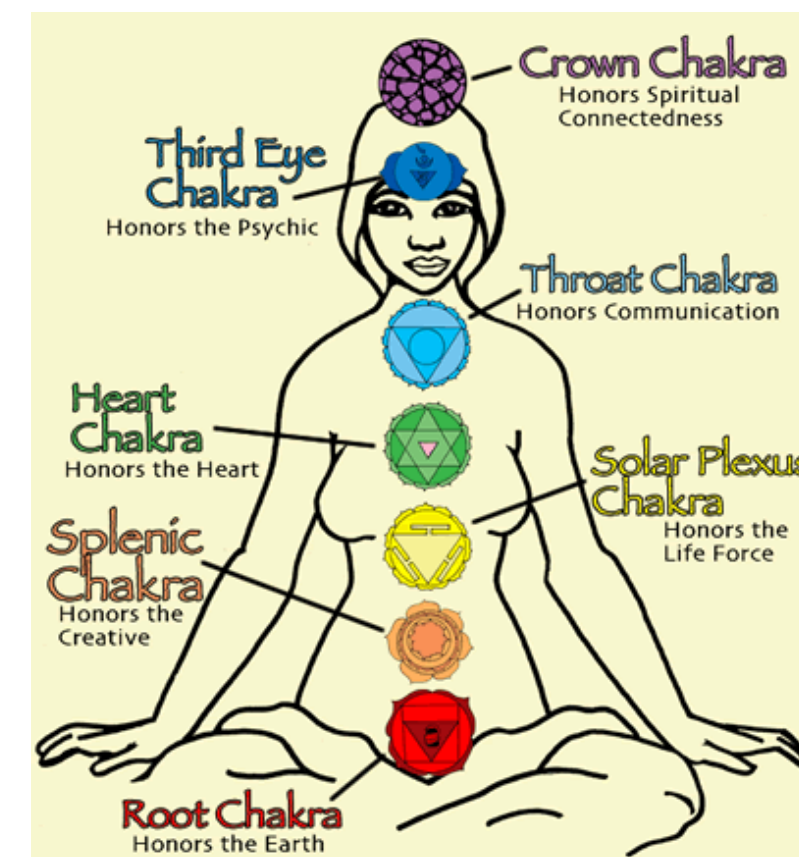
Valor is an empowering blend that promotes feelings of strength, courage and protection. Valor has also been found to support energy alignment in the body. So, in the morning after your shower (or as needed) apply three drops of Young Living Valor Essential Oil blend to the bottom of your feet. Massage your feet gently, and breathe in the aroma to center and balance your energy.

ABUNDANCE

Abundance combines oils like orange and ginger, which were used by ancient cultures to attract prosperity and magnify joy and peace. Apply a drop of Young Living Abundance Essential Oil blend to each chakra. (You may click on the chakra and be taken to a description of its function.)

CHAKRA

What is a chakra? A chakra is a vortex of energy. There are seven main chakra points on the human body, which start at the base of the spine and finish at the crown. Simul-



taneously, they vibrate to create the body's electro-magnetic field or aura. We know from quantum physics that color is a vibration of light; each chakra has a corresponding color.

A chakra is believed to be a center of activity that receives, assimilates and expresses *life force energy*. The word chakra literally translates as wheel or disk and refers to a spinning sphere of bioenergetic activity emanating from the major *nerve ganglia* branching forward from the *spinal column*. Generally, six of these wheels are described, stacked in a column of energy that spans from the base of the spine to the middle of the forehead, the seventh lying beyond the physical world. It is the six major chakras that correlate with basic states of *consciousness*.



Breathe in this beautiful fragrance of Young Living Abundance Essential Oil. Remember this aroma increases the attraction of abundance and success as it enhances the frequency that creates the “law of attraction,” a harmonic magnetic energy field around you. Think of prosperity and what it looks like for you. What are you doing? What does it feel like? Meditate for a few minutes on that feeling. Let it sink into your very essence. You will begin to experience an expansion of your energy, feeling strong with a wonderful sense of well-being.

BELIEVE

Believe helps you overcome feelings of despair and move to a higher level of awareness. Releasing your unlimited potential, this blend contains Idaho balsam fir and frankincense essential oils and encourages feelings of strength and faith.

Apply two drops of Young Living Believe Essential Oil blend to your temples, forehead and heart. Breathe in that aroma... The Idaho Balsam Fir in this blend is exquisite and opens emotional blocks and recharges vital energy, while giving you a feeling of strength and inner peace. This blend will also help to release the unlimited potential that you possess, making it possible to more fully experience health, happiness and vitality, bountifully restoring the feelings of HOPE.

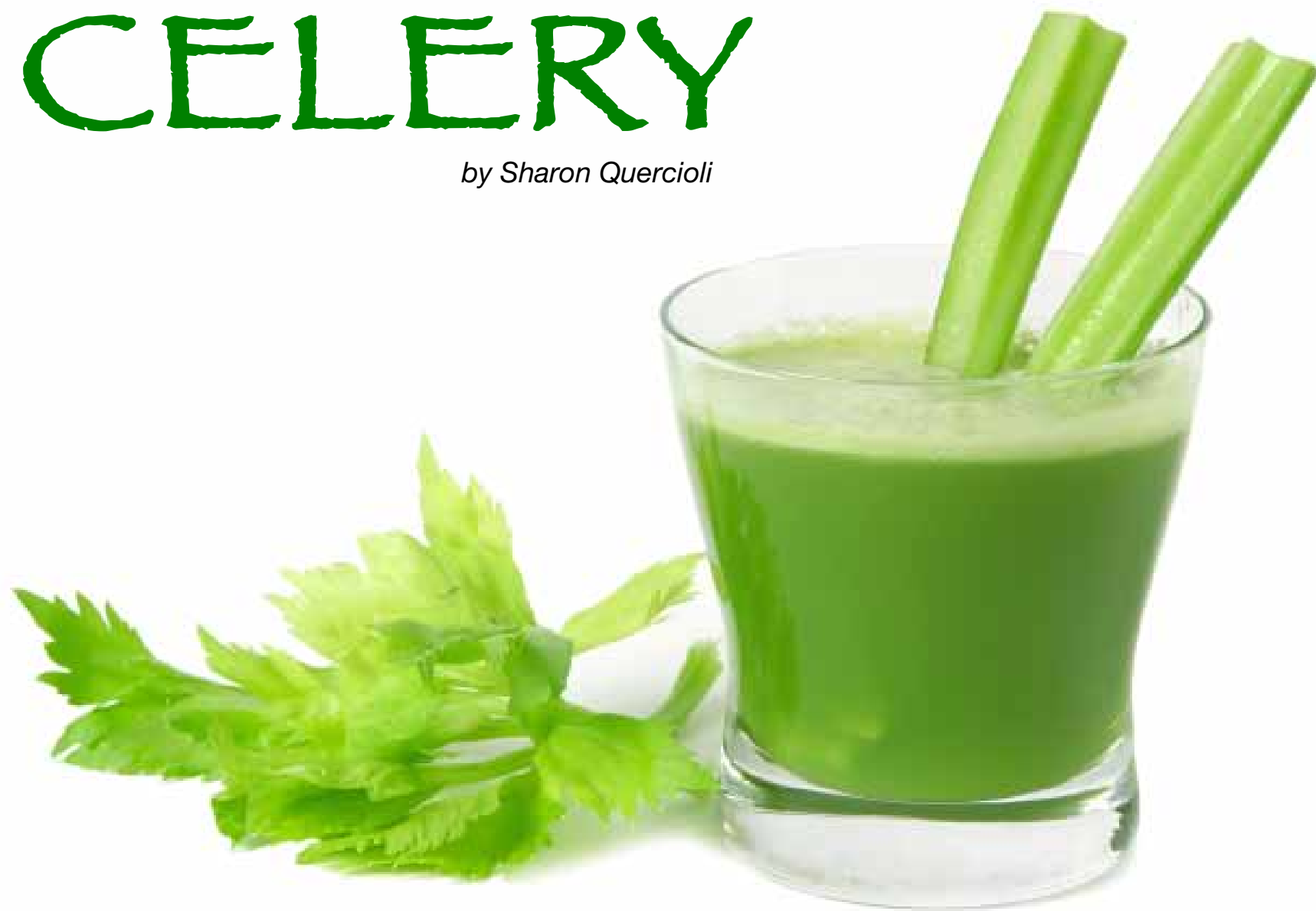
Create some goals and affirmations — write them down or know in your heart what they are. Be sure to include a sense of gratitude for what is already in your life to trigger the release of the abundance. 🌍

To purchase Young Living’s Valor, Abundance and Believe Essential Oils, go to www.youngliving.org/owwmedia and scroll down about three-quarters of the way toward the bottom of the page.



CELEBRATING CELERY

by Sharon Quercioli



The health benefits of celery are more than just lowering blood pressure. They also contain at least eight families of anti-cancer compounds.

When I decided to write about celery, I thought how boring. Most people don't think celery is that healthy or at least from what I hear. I happen to love celery and put celery in my green drinks and eat it raw all the time. I actually wash it in a few drops of Young Living Lemon Oil and water and put the celery in a container and add some pink sea salt. Then I put it in the fridge and when I am hungry indulge myself. It is low in calories, nutritious and great for you. I also love celery with peanut butter or cream cheese on it. (OK...not so healthy, but I do treat myself sometimes!) Well, let's get down to the nitty gritty on celery.

For starters, the health benefits of celery are more than just lowering blood pressure. Celery also contains at least eight families of anti-cancer compounds.

Celery is a crunchy vegetable from the same family with parsley and fennel, the umbelliferae family, and can grow to a height of 16 inches. The white celery is grown shaded from direct sunlight, thus has less chlorophyll compared to its greener counterparts. That's why you should choose green celery when possible.

The ribs of celery are crunchy and often used to make soup or salad. It has a salty taste, so celery juice is a good mix with the sweeter fruit juices. Depending upon the variety, some will taste saltier than others.

NUTRITIONAL BENEFITS

Celery leaves has high content of vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids.

Nutrients in the fiber are released during juicing, aiding bowel movements. The natural organic sodium (salt) in celery is very safe for consumption. In fact, it is essential for the body. Even individuals who are salt-sensitive can safely take the sodium in celery, unlike table salt (iodised sodium), which is harmful for those with high blood pressure.

While many foods lose nutrients during cooking, most of the compounds in celery hold up well.

HEALTH BENEFITS

Celery has always been associated with the lowering of blood pressure. Moreover, recent studies have also shown that celery might also be effective in combating cancer.

Some of the health benefits of celery juice are: **Acidity:** The important minerals in this magical juice effectively balance the body's blood pH, neutralizing acidity.

Athletes: Celery juice acts as the perfect post-workout tonic as it replaces lost electrolytes and rehydrates the body with its rich minerals.

Cancer: Celery is known to contain at least eight families of anti-cancer compounds. Among them are the acetylenics, which have been shown to stop the growth of tumor cells; phenolic acids, which block the action of prostaglandins (which encourage the growth of tumor cells); and coumarins, which help prevent free radicals from damaging cells.

Cholesterol: This humble pale juice has been shown to significantly lower total cholesterol and LDL (bad) cholesterol.

Colon and Stomach Cancer: The phytochemical coumarins can prevent the forma-



tion and development of colon and stomach cancers.

Constipation: The natural laxative effect of celery helps to relieve constipation and to relax nerves that have been overworked by man-made laxatives.

Cooling: During dry and hot weather, drink a glass of celery juice two or three times a day between meals. This wonderfully helps to normalize body temperature.

Diuretic: The potassium and sodium in celery juice helps to regulate body fluid and stimulate urine production, making it an important aid in ridding the body of excess fluid.

Inflammation: The polyacetylene in celery provides amazing relief for all inflammation like rheumatoid arthritis, osteoarthritis, gout, asthma and bronchitis.

Kidney Function: Celery promotes healthy and normal kidney function by aiding the elimination of toxins from the body and preventing the formation of kidney stones.

Lower Blood Pressure: Drinking celery juice every day for a week significantly helps lower blood pressure. A compound (phtalides) helps relax the muscle around arteries, dilating the vessels and allowing blood to flow normally. To be effective, drink the juice for one week, stop for three weeks, then start over.

Migraine Headaches: Presence of coumarins gives relief from migraines.

Nervous System: The organic alkaline minerals in celery juice have a calming effect upon the nervous system, making it a wonderful drink for insomniacs.

Weight Loss: Drink celery juice frequently throughout the day to curb your cravings for sweets and rich food.

Urinary Stones: The diuretic effect of celery juice also aids the breaking and elimination of urinary and gall bladder stones.

Because of the high calcium content, celery calms the nerves. Celery acts as an antioxidant, too. All parts of celery including seeds, roots and leaves can be used. Drinking celery juice before a meal will help you to reduce your weight. Then again, celery has many other nutritional benefits. Eating celery regularly helps to avoid diseases of the kidney, pancreas, liver and gallbladder; neuritis; constipation; asthma; high blood pressure; catarrh; pyorrhea and dropsy; brain overwork; acidosis; anemia; obesity and tuberculosis. It also helps in the improvement of teeth.

So the next time you want to eat something healthy and tasty, go to the fridge and get yourself a few celery stalks. I am right now! 🌍



LIGHT HEARTED HEALING

by Betty Ann Baker, Director/Co-Founder Healing Touch Buddies

It's wonderful to be in a month devoted to the heart and to love. Our heart's desire for romantic love, familial and brotherly love produces the very best in us as individuals, families and human beings. From the heart comes passion, compassion, empathy, forgiveness and joy — all powerful in creating the rich environment for whole healing.

For a Healing Touch Buddy, knowing and serving the needs of the heart are at the center of our practice. As we learn to become accomplished

tenders of our own hearts, we are then able to connect and open to others in a way that elevates them and leaves us enriched and not depleted. From the earliest healing touch trainings, heart centering is taught as the basis for being able to connect to that energy of compassion and love that fuels healing and connection to others. From a practice introduced as a step before beginning a healing touch session, it soon can become a state of being in the world, an understanding that being "in the heart" is a powerful, peaceful and healing place to live.

In the tradition of giving gifts of love in this month of roses, lace, chocolates and amorous declarations, we share an adaptation for you to enjoy for yourself. So, find a quiet spot and a few minutes just for that heart that serves you. It will love you for it!

FOR YOUR HEART

As you lie down or sit quietly, you may gently allow your eyes to close. You are slowing everything down. Bringing your attention to your heart center, between your breasts, take the next breath in as though it comes directly into your heart. Feel the quality of that breath, how self nurturing it feels. Repeat for a number of breaths. You notice that as you exhale any areas of holding or stress just melt away flowing from your fingers and toes.

Now add to that heart breath an emerald green light. See it as it moves in, like a mist, warmth and light filling your chest... should

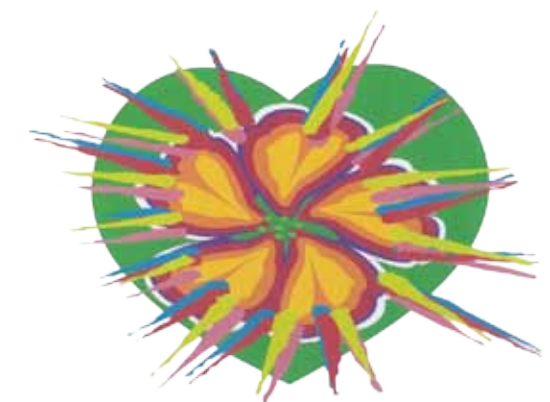
ders...arms... head... abdomen...thighs, legs and feet.

Bring to your mind's eye someone you need to forgive. You may find that it is someone else or it is you. Breathe into the heart center again, adding the word "forgiveness" to the breath as it fills you. Let the word and the color and the breath bathe you in compassion as you let go and release what you are holding. Be so very gentle.

Now, very gently, begin to feel the cool air as it enters your nostrils, as it touches your face. Take a deep breath in as you come back to full awareness of your surroundings. Look forward to getting to know your heart. It wants only the best for you!

Happy Valentine's Day! 🌍

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





FLORIDA'S BEST KEPT SECRET

FLORIDA EARTH FOUNDATION

by Stan Bronson, Florida Earth Foundation Executive Director

Sometimes the best kept secrets are right under our noses. Such is the case with Florida Earth Foundation. Started in Palm Beach County and having a global impact in just five years, Florida Earth is doing ground breaking work in natural resource education, outreach and facilitation both locally and internationally.

Begun in 2002 as a University of Florida initia-

tive for Everglades Restoration education, the organization was taken private in 2004. Within a non-advocacy framework, the organization has honed in on its "honest broker" reputation, bringing people together to have conversations about water, land use, conservation, climate change and other subjects that need the facilitative platform Florida Earth provides. Considered a "partnership builder," Florida Earth's seventy


or so partners bring ideas to the Foundation that generally requires the participation of many organizations to orchestrate. Florida Earth then mixes and matches its partners to leverage the resources of each partner in turning the ideas or concepts into a viable program or project. Several programs of the organization illustrate this rare talent.

Water Choices is a series of forums Florida Earth began in the Fall of 2010. Using its university partners as venues, the Florida Earth team creates giant think-tanks to develop conversations around Florida's water challenges and prompt innovation in solutions. Water Choices I was held at the University of Central Florida on October 19, 2010. Water Choices II will be held at the University of Miami's BankUnited Center in Coral Gables and has invited Senator George LeMieux to open the session along with Agriculture Commissioner Adam Putnam to lead the discussion. Water Choices II will look at how we vision the future of water in Florida and set the stage for Water Choices III, which will be held at the University of North Florida in Jacksonville in the first part of July 2011.

Six years ago, Florida Earth was approached by the United Nations to help develop an education program that could help students of the world-famous UN University, UNESCO-IHE, located in Delft, Netherlands. Also called the "Institute for Water Education," UNESCO-IHE awards Masters and PhD degrees to developing country students in water disciplines.

Florida Earth brings their Department of Hydroinformatics to Florida every summer so students can see what technologies we are developing in the United States, bringing that technology back to their home countries and helping solve their own domestic water challenges. Since the first class in 2005, Florida Earth has hosted over 120 students from over 40 countries.

As a spin-off of the UNESCO-IHE/Florida Earth program, the Dutch Consulate in Miami brought another concept to the organization in what became a flagship program, the Florida-Holland Connection Project. Florida Earth brings official delegations to the Netherlands to see what the Dutch are doing in water management, climate change and growth stewardship. Two teams go to the Netherlands in May and June each year with the mission of scientific and policy exchange in these important disciplines.

Hopefully, this well kept secret will not remain so much longer. 

For more info about Florida Earth Foundation, please visit www.floridaearth.org or give Stan Bronson, Executive Director, a call at (561) 686-3688.





LOVE GROWS IN FEBRUARY

by Samantha Frens

Roses are red, violets are blue; Valentine's Day is when we say I love you! It's February and love is in bloom, but did you ever wonder how the holiday of love got its start? Many stories are attributed to the beginnings of the tradition we know as Valentine's Day. The most recognized origin of the holiday is attributed to the romanticized legend of St. Valentine, a persecuted Christian who was prisoner of

Claudius II the pagan emperor of Rome. According to The Golden Legend, Valentine was said to have written to his jailer's daughter and signed his notes "From your Valentine," thus the roots of first Valentine card. The writing of Valentine cards would continue, but the romantic element would be cultivated many years later.

The idea of romance in association with Valentine's Day would not come from Rome, but grew from Medieval England. It was a time of knights in shining armor, courtiers attired in the finest gowns and royalty adorned in the most exquisite of jewels — and there was the poet Geoffrey Chaucer emphatically leading the charge of love! He wrote the poem The Parliament of Fowls, a romantic tribute to the engagement of England's King Richard II to Anne of Bohemia. In the piece Chaucer cited the pair as love birds meeting on St. Valentine's Day (the first historical link to romantic love on the holiday) and where we get the saying "love is for the birds." In time, the holiday would flourish in England, and, by the 18th century it became tradition to give cards and gifts on February 14. Eventually, the sharing of Valentines would spread to North America and take off in the 1850s when Esther A. Howland became the first to mass produce the cards that express one's token of love.

Today, the holiday has spread throughout the world and is celebrated in most of Europe, parts of Asia, Central and South America. Perhaps one of the most interesting ways Valen-

tine's Day is celebrated is found in Japan. On Valentine's Day, women will bring gifts of chocolate to the man they are interested in. If the man is interested in cultivating the relationship, he will respond with a gift of white chocolates on March 14 (known as White Day for the white chocolate replies).

Romance is always in bloom on Valentine's Day, but don't forget to tend to your garden of family, friends and furry friends — they need a little extra love, too. The main idea behind Valentine's Day is the expression of one's love for those they care about. Let this be a day of fun by giving a little present to remind your loved ones you care about them. Even the smallest of gifts can leave the lasting impression of love; this gesture can mean the world to someone (especially on Valentine's Day).

A great way to share your love (and the most traditional) is to send a card. This Valentine's Day show your loved ones you stopped to think about them with not just a card, but a card that grows flowers! As their flowers grow, they become a lasting symbol of your caring for the recipient. A great place to purchase cards that grow flowers is from Sprouts! They offer more than just a variety of Valentine's Day and other cards, but a whole array of plantable products that make great gifts. 🌱

For more information about Sprouts, visit www.sproutem.com or email info@sproutem.com. Love grows in February, but don't forget to let it bloom all year round!

Eco-Friendly Plantable Seed Paper Products That Grow Flowers!

Sprouts 100% recycled handmade plantable paper is filled with flower seeds. When the paper is planted, your message is remembered for months as the recipient watches easy-to-grow Sprouts become beautiful flowers!

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



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 very excited to bring you this issue's feature story, "Save the Chimps," penned by our ever so talented host, Missy Tancredi-Strauss. In this compelling piece, Missy visited with Triana Romero, Director of Development of the Save the Chimps sanctuary in Fort Pierce. While at the sanctuary, Missy also visited with other staff members as well as the chimps themselves, who represent a varying range of life experiences — former lab experiments, abandoned pets, circus performers and some who have even been to space with NASA. I hope you'll enjoy reading this story as much as we did creating it.

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

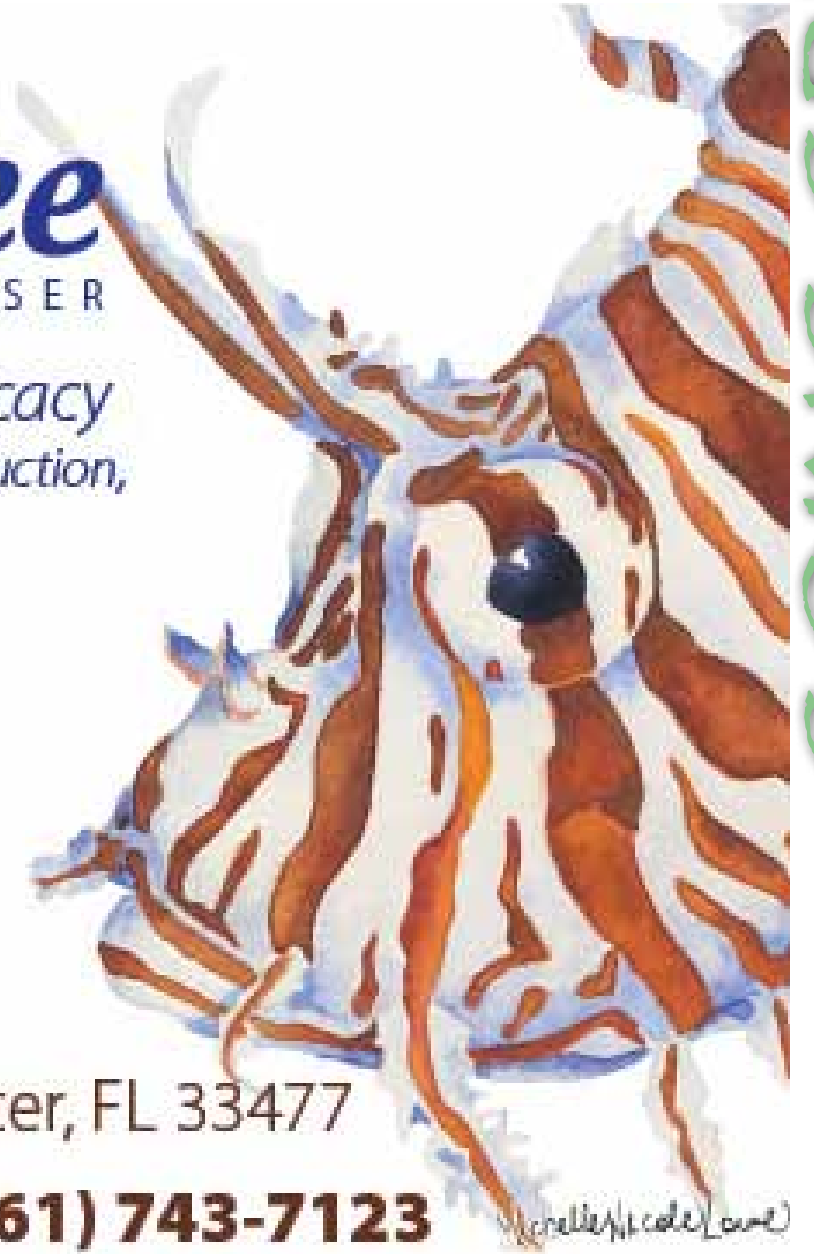
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GOING GREEN

START A BIOTECH CAREER — RIGHT IN YOUR OWN BACKYARD

Palm Beach State College is the new Employ Florida Banner Center for Life Sciences

by Joyce Edelstein

South Florida's life sciences industry needs highly skilled workers for cutting-edge jobs. Solution: Look no further than your own backyard — Palm Beach State College is leading the way in job training for Florida's life sciences industry.

Yes! Palm Beach State is the place to be for biotechnology and life sciences. In fact, it's the College's reputation as an innovative science educator that led to its recent designation as the new Employ Florida Banner Center for Life Sciences. Selected by Workforce Florida to establish the Banner Center, Palm


Beach State will serve as the statewide job training developer for the life sciences industry, including the biotechnology, pharmaceutical and medical device sectors. As a Banner Center, Palm Beach State's "backyard" soon will include the whole state.

"We're thrilled and honored to join together with Workforce Florida to realize the shared goal of building a highly skilled workforce to support Florida's expanding life sciences industry and keep it competitive on a global level," said Dr. Libby Handel, Director of Palm Beach State's Biotechnology Program and the new Banner Center.

The Banner Center and Palm Beach State's science programs are based at the BioScience Technology Complex at the College's Palm Beach Gardens campus. Opened in 2008, the 90,000-square foot, \$15 million complex features state-of-the-art classrooms and laboratories designed to replicate the bioscience workplace and train future professionals in the life sciences. As a Banner Center, the College will create modules to be deployed statewide in training and education centers, with the goal of generating a pipeline of entry-level and advanced workers equipped to meet current and emerging industry demands.

Palm Beach State's biotechnology program focuses on job preparation, granting both an Associate in Science degree and college credit certificate. The curriculum trains stu-

dents in such diverse areas as basic laboratory skills, recombinant DNA technology, proteomics, tissue culture, instrumentation and quality assurance/control — all taught by a renowned faculty with industry experience. In addition, students do internships with area bioscience firms and institutions. As a result, Palm Beach State's graduates are pursuing exciting careers in industry and research and enjoy a distinct advantage over other students when they choose to continue their education at a four-year university.

Scott Novick, a Palm Beach State biotech graduate now employed at The Scripps Research Institute, is extremely satisfied. "I cannot overemphasize how impressed I have been with the curriculum. All of my biotechnology professors have been Ph.D.'s with extensive real world experience." Or as **Lorena Rincon**, a recent bachelor's degree graduate who completed Palm Beach State's biotechnology program to gain much needed job skills, commented, "The hands-on experience and the teaching faculty have provided unequivocally the best education I have ever received." 



If you're interested in a career in the life sciences, you owe it to yourself to learn more about Palm Beach State College...

right in your own backyard!

For more information, go to palmbeachstate.edu/Biotechnology.xml.

Happy New Year



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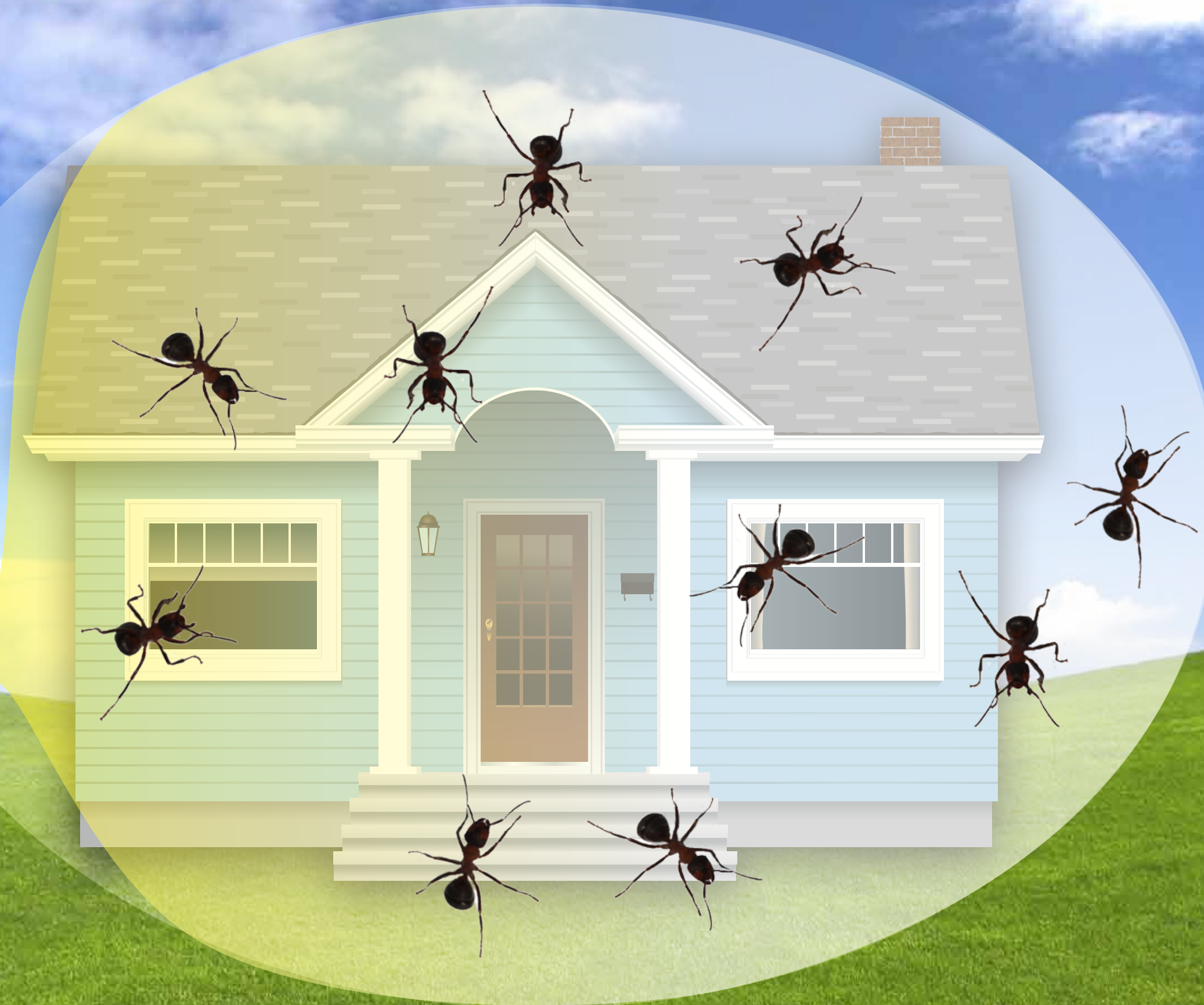
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FLORIDA-FRIENDLY LANDSCAPING

A Guide to Best Management Practices

by Paul Sugrue

Planting and maintaining a lawn in an environmentally sensitive way in Florida can be a challenge. Beautiful landscaping often needs a lot of care and attention, and when this care is administered improperly it can lead to considerable pollution and waste. Luckily, Best Management Practices (BMPs) offer a great guideline for landscaping in a sensitive, ecologically conscious manner. BMPs are released and revised periodically by the Florida Department of Environmental Protection (DEP) in conjunction with the University of Florida's Institute of Food and Agricultural Sciences (IFAS).

The purpose of the BMPs is to reduce non-point source pollution and promote the efficient use of water. Some ways to do this are: by using appropriate site design and plants; using the proper amounts and methods of applying fertilizers; using Integrated Pest Management to minimize pests and chemical usage; and reducing off-site transport of sediment, nutrients and pesticides.

This all may sound very technical, but there are some extremely simple ways to implement the BMPs that make a difference. Before planting grass, prepare the soil by cleaning debris and leveling the soil so that the grass has a nice, even surface to grow on. This makes for easier mowing and reduces water and chemical runoff.

When using fertilizer, stay away from storm drains and do not apply fertilizer within three

feet of the edge of any body of water. This can sometimes lead to a "ring of responsibility," which occurs when grass closer to a neighboring lake or river is noticeably less vibrant than the rest of the lawn. Keeping fertilizers away from impervious surfaces such as sidewalks and driveways is also important. It minimizes waste and insures that fertilizers won't run off into storm drains. Also, know when to fertilize. If your plants are all established, healthy and producing flowers or fruit, then fertilization is probably unnecessary.

Lastly, using Integrated Pest Management (IPM) helps lawn and ornamentals stay healthy with minimal chemical usage. The idea behind IPM is to be aware of the pests affecting the lawn and to treat them site specifically as to use minimal product while still eliminating the pests that damage landscaping. For more BMP tips or for a free evaluation of how you can better implement these practices, call Nozzle Nolen. 🌍

Nozzle Nolen is a member of the U.S. Green Building Council (USGBC) and a contributor to Radio Green Earth. For more information about Nozzle Nolen and its Certified Green Solutions Program, visit www.nozzlenolen.com or call (800) 22-NOLEN.

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Sprouts!
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As Valentine's Day draws near, one question becomes quite clear, "What do I give to my beloved dear?" Candy, jewelry, a new sweater or two... I need something special... something different...something new!

Plantable Valentine's Day Cards

Give the gift that keeps on giving!
Sprouts unique Valentine's Day Cards are printed on eco-friendly plantable seed paper. Handmade from 100% recycled paper and embedded with flower seeds, when Sprouts cards are planted they grow flowers!



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Share a message of love, friendship, hope or joy with Valentine Wish Sprouters. Plantable Wish Sprouters are enjoyed by all. Add some extra fun to your Valentine's Day gifts or project with Plantable Heart Die Cuts. Use them as tags, embellishments or for children's Valentines!



***All of Sprouts Plantable Seed Paper Cards and Products are fully customizable. Expedited shipping is also available.
Please call the Sprouts Office at 561-840-8089 for more information.***



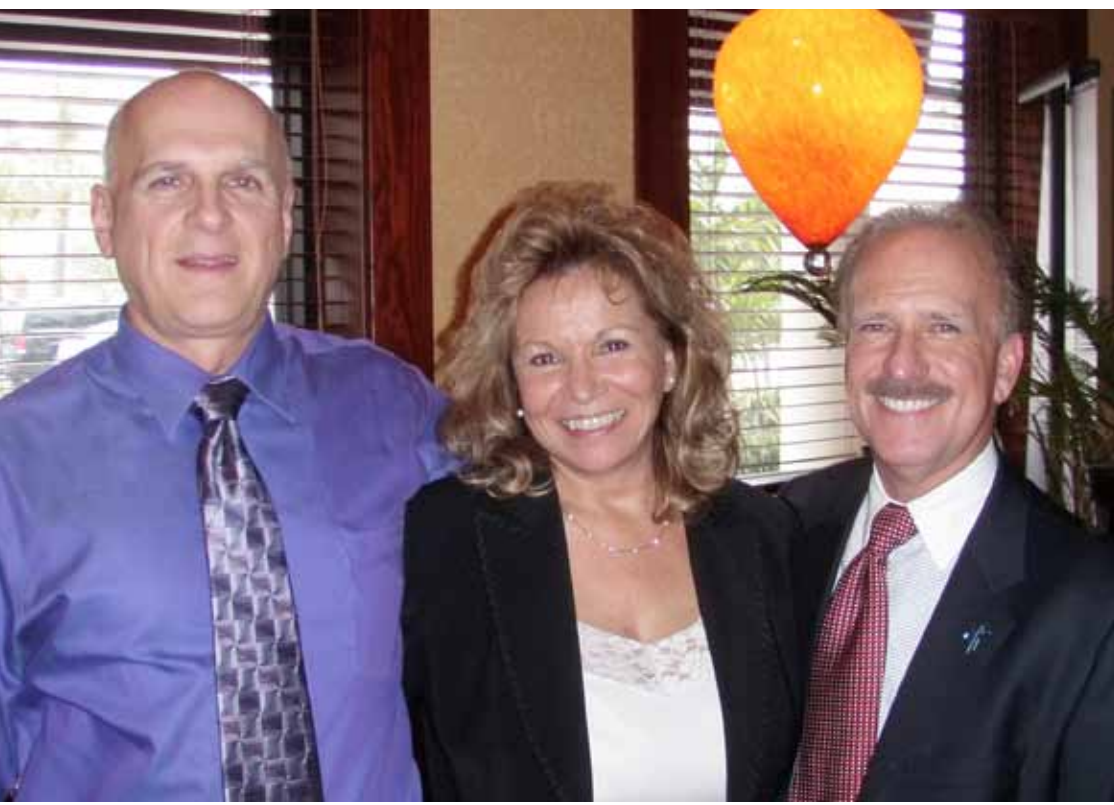
Garden in a Box

Deliver your loving wishes with style in a box that blooms! Sprouts Garden in a Box contains one of our Heart or Butterfly Boxes as well as a coir pot, pieces of our paper to plant and soil pellets. Just add water! Sprouts plantable seed paper boxes naturally biodegrade. When planted beautiful flowers grow - providing your loved one with a growing reminder of you!

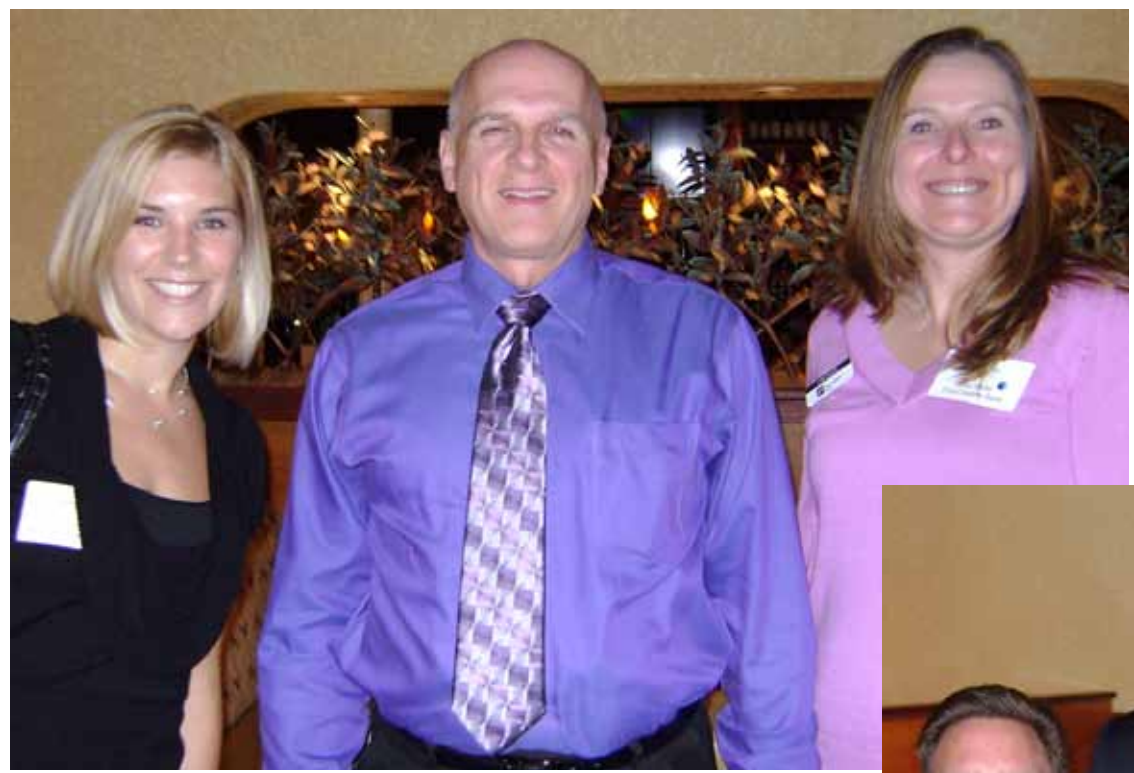
Northern Palm Beach County Chamber Young Professionals Host 3 COURSES WITH 3 CONNOISSEURS

by Glenn R. Swift
Photography by Tess Lozano

On Wednesday, January 26 the Northern Palm Beach County Chamber of Commerce Young Professionals hosted its first **Three Courses with Three Connoisseurs luncheon at the Bonefish Grill in Palm Beach Gardens.** The event offered a rare opportunity for young professionals to break bread with three of the most successful professionals in Northern Palm Beach County — Greg Leach, President of Hospice of Palm Beach County Foundation; Sharon Quercioli, President of Sprouts! and Our Wonderful World Media & Entertainment; and Bob Handel, IT Corporate Human Resource Manager for TBC/Tire Kingdom. Chamber President and CEO, Ed Chase, served as event moderator.



The three connoisseurs: Bob Handel, Sharon Quercioli and Greg Leach



Speakers rotated between the guests while enjoying a delicious three-course meal (Bang Bang Shrimp, House Salad and Chicken Marsala) courtesy of the Palm Beach Gardens dining hotspot. The “Connoisseurs” shared tips on how they transitioned their career over the years from young professional to high-powered executive.

For more information about the Northern Palm Beach County Chamber of Commerce, please visit www.npbchamber.com.



Northern Palm Beach County Chamber of Commerce presents **SIXTH ANNUAL RED, WHITE AND ZIN**

by Glenn R. Swift

Photography by Nikki Parks and Sharon Quercioli

For the sixth consecutive year, the Northern Palm Beach County Chamber of Commerce presented “Red, White & Zin,” a gourmet food and wine tasting, on Thursday, January 27 from 6pm to 9pm at STORE Wine Storage in Palm Beach Gardens.

The chic event featured an extensive selection of over 40 varieties of fine wine, as well as gourmet food from several leading local eating establishments. The evening also included live jazz, artwork from local artists and a silent auction to benefit local school art programs. In addition, the event served as the Official Kick Off for the 2011 ArtiGras Fine Arts Festival.

For more information about the Northern Palm Beach County Chamber and the ArtiGras Fine Arts Festival, please visit www.npbchamber.com and www.artigras.org.





THREE GREAT SHOWS COMING IN FEBRUARY TO THE EISSEY CAMPUS THEATRE

by Nancy Denholm

Copeland Davis

Wed, Feb 2 at 8pm

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 at 8pm *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 Davis 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 at 8pm *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 organize. 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: \$30 and \$25. Call the Theatre Ticket Office at (561) 207-5900 Mon-Fri 11am-4pm.

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The music of Simon and Garfunkel

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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"

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Saturday, March 11 @ 8pm — Coral Springs Center for the Arts

by Glenn R. Swift

Theatre Orchestra of Florida, one of South Florida's newest and most highly acclaimed crossover classical acts, will unveil a stunning evening of award-winning music from Broadway and Hollywood featuring Bocelli Fellowship-winning tenor and audience favorite, Roberto Larussi, and acclaimed soprano, Jennifer Roberts-Jenkins, at the Coral Springs Center for the Arts on Saturday, March 11 at 8pm.

Led by composer/arranger and Theatre Orchestra of Florida's Artistic Director Mark Giuliani, 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. 🌍

Admission to the event is just \$42.40 per person.

For tickets, please visit www.coral Springs Center for the Arts.com.



Theatre Orchestra of Florida



Bobby Collins

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February 18th at 8pm

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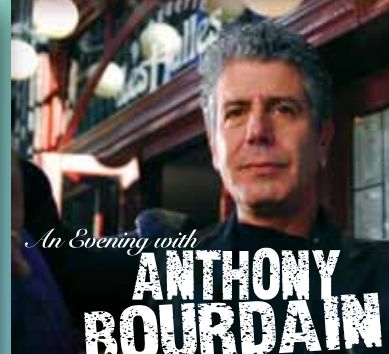
FEBRUARY 5TH - 8PM



FEBRUARY 11TH - 8PM



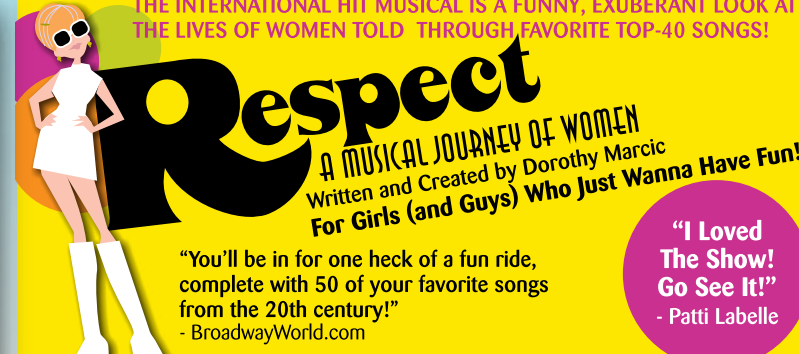
FEBRUARY 12TH - 8PM



FEBRUARY 15TH - 7:30PM



FEBRUARY 16TH - 7:30PM



FEBRUARY 17-20TH, 23-27TH



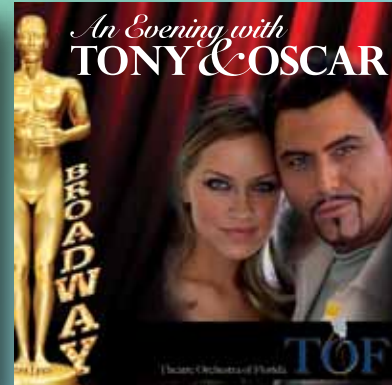
FEBRUARY 21ST - 7PM



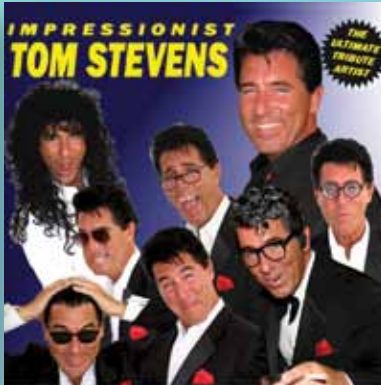
MARCH 4TH - 7:30PM



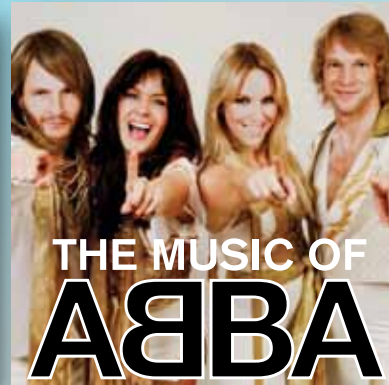
MARCH 5TH - 8PM



MARCH 11TH - 8PM



MARCH 12TH - 7:30PM



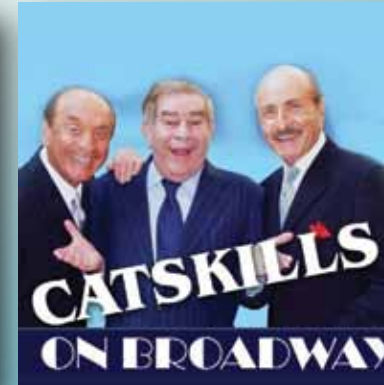
MARCH 15TH - 7:30PM



MARCH 17TH - 7:30PM



MARCH 19TH - 2 & 7:30PM



MARCH 26TH & 27TH



APRIL 1ST-3RD



APRIL 9TH - 8PM

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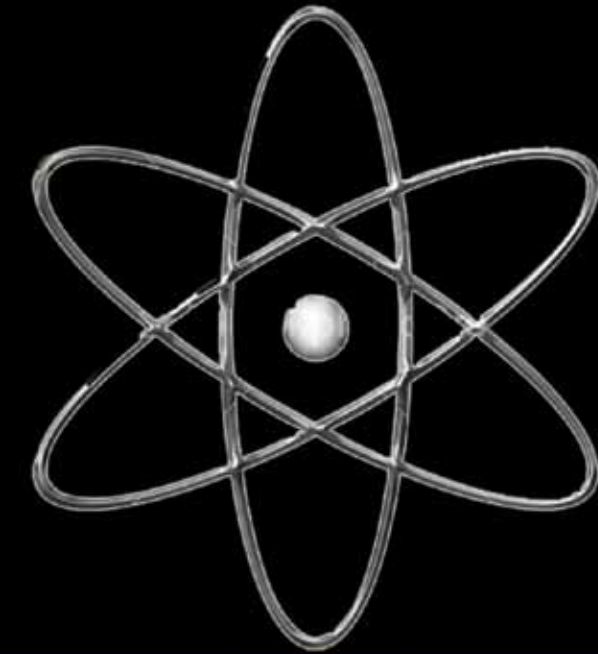
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COPENHAGEN

By Michael Frayn

Directed by Allen D. Cornell

Michael Frayn's award-winning, international smash-hit play Copenhagen, is a brilliant dramatization of an actual secret meeting that took place at the height of World War II in Nazi-occupied Denmark. German scientist Werner Heisenberg calls on his teacher and mentor, Danish scientist Niels Bohr, to discuss information and dilemma of building a nuclear bomb. Did Heisenberg call the meeting to spy for the Nazi's or was he trying to assist the Allies by passing on information? By invoking the ghosts of Bohr, Heisenberg and Bohr's wife, Frayn invites the audience to participate in a compelling moral debate.

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RICHARD NADER'S ROCK AND ROLL AND DOO WOP

by Glenn R. Swift

**Featuring Bo Donaldson and the Heywoods,
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Enjoy the best of modern American Rock n' Roll and Doo
Wop music from the groups that made us dance!**

**Sunrise Theatre in historic downtown Fort Pierce
Friday, February 11 @ 8pm
Tickets: \$75 / \$49 / \$39**

BO Donaldson and the Heywoods had been performing for nearly a decade when they hit Teen-Idol pay dirt. Touring in the mid '60s as an opening act for supergroups like The Rascals, Paul Revere and The Raiders, Box Tops, Grassroots and Herman's Hermits gave the group enough exposure to garner them a strong following on the live circuit. But an opening stint for The Osmond Brothers and appearances on Dick Clark's *American Bandstand* and *Action '73* TV shows poised Bo Donaldson and The Heywoods into the realm of superstardom.

Their first single, "Special Someone," hit the charts in 1972, and the group's next hit "Deeper and Deeper" came in 1973. A year later, "Billy, Don't Be A Hero" shot Bo and The Heywoods to the #1 spot for two weeks, sold more than three million copies and earned the group a gold record. Four more Top 40 singles soon followed, including the Top 15 smash, "Who Do You Think You Are," an utterly irresistible pop song from the pens of Jigsaws Clive Scoff and Des Dyer.

The rest as they say is history... 🌐

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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



GLENN SWIFT

Co-Founder & Editor-in-Chief



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

DORI BEELER

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

Art Director



MISSY TANCREDI-STRAUSS

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

Contributing Columnist



JOHN POGGI

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

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

Contributing Columnist

ALICIA DONELAN

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

Photographer

