



Our Wonderful World

March, 2011
Volume 2 :: Number 3

The Art of Living **Green** 

A Galapagos
Journey

All About
Body Wraps

2011 ArtiGras
Draws
150,000

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Our Wonderful World
Volume 2 Number 3

Photography by Michael Goldstein

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

A Galapagos Journey

by Hilde Hartnett Goldstein

Health & Wellness

All About Body Wraps

by Karen Levine Cantor

Pearls of Wisdom from the Green Goddess

by Sharon Quercioli

Eating Well

Outrageous Oranges

by Sharon Quercioli

Nonprofit/Charity

Heart-centered Healing

by Betty Ann Baker

FAU Designated Tree Campus USA

by Terry Gearing



For downloadable pdf click here.



Our Wonderful World
Volume 2 Number 3

Going Green

Sprouts! Showcases Prize-Winning Artwork

by Glenn R. Swift

Investing in Green Technology

by Richard Ewing, CLU, CFP

Energy Saving Tax Incentives

by Claire Baker, CPA

Green Goodies

Green Goings

2011 ArtiGras Art Festival Draws 150,000

by Glenn R. Swift

Arts & Entertainment

Clint Holmes Returns to South Florida

by Christine Stickney

Theatre Orchestra of Florida Presents An

Evening with Tony & Oscar

by Glenn R. Swift

Sunrise Theatre Presents The Doobie Brothers

by Glenn R. Swift

Meet The Team

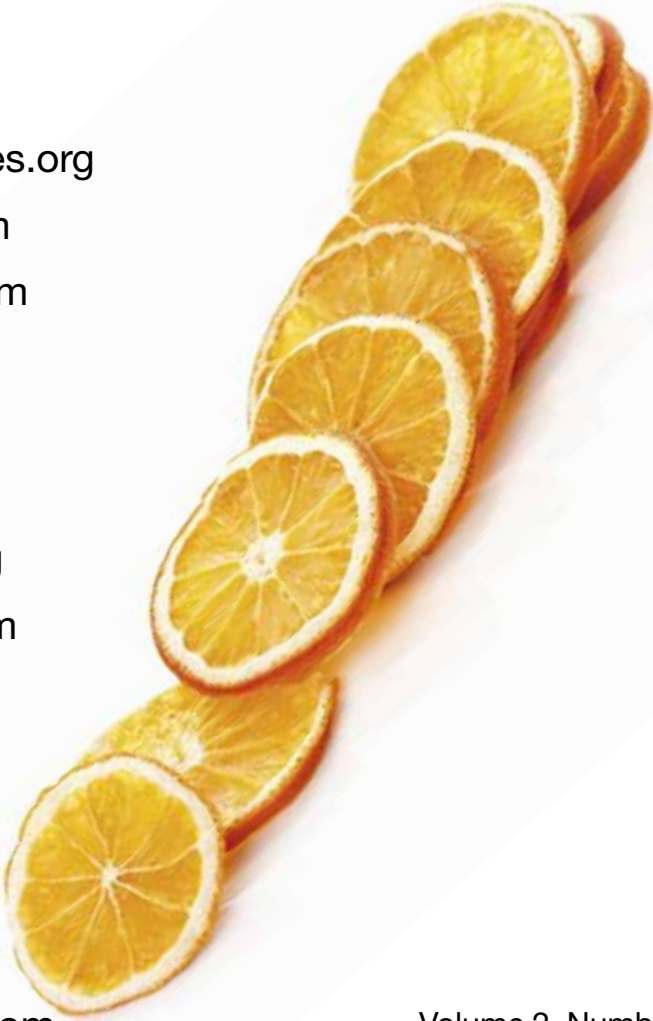
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The Art of Living Green



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FROM THE PUBLISHERS



Photography by Michael Goldstein

Welcome to the March issue of Our Wonderful World, Florida's leading green digital magazine. Our cover story takes you on a journey to one of the most exotic and mysterious places on earth — the Galapagos Islands. Superbly written by Hilde Hartnett Goldstein and Madeleine Goldstein, the story features the extraordinary photography of Michael Goldstein and vividly brings to life a land that is truly like no other.

Karen Levine Cantor has done another great job with "All About Body Wraps," and Betty Ann Baker has penned another uplifting piece, "Heart-Centered Healing." Kudos to the good folks at Sprouts! for another stellar job in promoting the prize-winning artwork for some of Palm Beach County's budding young artists at the recent ArtiGras Art Festival.

Our very own Green Goddess brings you yet more of her Pearls of Wisdom, as well as giving us a whole host of reasons to be eating oranges. (Some of us didn't need any!)

In his first article for OWW, Richard Ewing provides some valuable insight with "Investing in Green Technology," and Claire Baker

gives us some more great "Energy Saving Tax Incentives."

And if you haven't purchased your tickets to the Palm Beach Pops in March, you better! The Pops are featuring renowned pianist and audience favorite, Clint Holmes, a show that is sure to have you at the edge of your seat.

Speaking of great performances, Bocelli Award-winning tenor, Roberto Larussi, will be performing with the Theatre Orchestra of Florida on Friday, March 11 at the Coral Springs Center for the Arts. Be sure to check out their ad in the Arts & Entertainment section.

Last, but certainly not least, we want to congratulate Florida Atlantic University's John D. MacArthur Campus in Jupiter for being recognized as a 2010 Tree Campus USA. FAU Jupiter garnered the award in recognition of its dedication to environmental stewardship and is only the fifth college in Florida to attain this certification. A "High Five" to Terry Gearing for a job well done.

Ok... That's enough from us...Time to start clickin'!

Until next month,



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A GALAPAGOS JOURNEY

by Hilde Hartnett Goldstein and Madeleine Goldstein

Photography by Michael Goldstein

When a misguided traveler heading for Peru in 1535 found himself instead in what we now call the Galapagos, he had some trouble seeing the islands' charms.

"It looked like God had caused it to rain stones," wrote Tomas de Berlanga, then the Bishop of Panama. "The earth is much like dross, worthless, because it has not the power of raising a little grass."

In the moments after we first landed on the Galapagos island of Baltra last December, it seemed a fair description. The island rose like a black, pock-marked plateau out of the ocean; aside from the 100 or so humans crowding the tiny airport, the main form of life seemed to be the patches of gray, scorched-looking grass pushing through the rocky ground.

But it didn't take long for our eyes to refocus on a place a world away from the easy lushness of South Florida. By the time we reached the nearby harbor and the boat where we would spend the next week, we were already marveling at the creative forces at work in this remote archipelago.

A sea lion and several marine iguanas – the only seagoing lizards in the world – basked on the dock and barely seemed to notice as we walked by. Red-throated frigate birds soared overhead, waiting for other birds to catch fish that they could steal. And in the



Photography by Michael Goldstein



Photography by Michael Goldstein

distance, volcanic rock formations protruded from the water, looking like giant, floating fortresses.

Born of still active volcanic forces, the Galapagos Islands offer a glimpse of nature as a work in progress, geologically and biologically. They also give us vivid evidence of both the tenacity and creativity of living things, and the threat our presence poses even to creatures that have flourished despite droughts, deluges and harsh terrain.

The Galapagos Islands are located 600 miles off the coast of South America, right at the Equator, and are part of Ecuador. Formed by volcanic activity deep beneath the Pacific Ocean, these islands are young, geologically speaking – the oldest, Espanola in the east, is 3 million years old; Fernandina, to the west, is just 500,000 years old. Three major ocean currents meet in the waters that surround the islands, so the seas here are teeming with life, but the land – 13 major islands and more than 100 islets and rock formations – has a different story. None of these islands have ever been connected to any mainland, so whatever species developed here first had to cross hundreds of miles of open ocean.

To survive on the islands that helped inspire Charles Darwin's Theory of Natural Selection, they developed some incredible traits. There are both mocking birds and finches that drink the blood of seabirds when water is scarce, which is often. There is the only animal known on earth – a lizard -- whose skeleton shrinks when food is in short supply. And there are tortoises that can live for a year with no food or water.

One species that never lived in the Galapagos, until quite recently, is ours. The first known human visitor was Fray de Berlanga nearly 500 years ago. Pirates and then whalers followed, and their impact was felt almost immediately. They took tortoises on board for a ready supply of fresh meat and released goats,





Photography by Michael Goldstein

pigs and other animals to create a food source for future visits. The new species quickly multiplied, taking a major toll on the native plants and animals that continues today. There were several small human settlements through the years; a group of Norwegian fishermen, a penal colony, a few adventurous and eccentric Europeans – Darwin spent five weeks here aboard the Beagle in 1835 — but until World War Two, when Americans built an airstrip on Baltra Island, few people lived here.

That has changed dramatically in the last 50 years. While many islands are inhospitable to people, four have fresh water sources and fertile highlands suitable for farming. There are now more than 25,000 people living in the Galapagos, making a living by fishing, farming or catering to the tourist trade, which is booming. In 1970, 1000 tourists visited the islands; thirty years later, in 2000, there were 68,000; and in 2008, there were more than 170,000.

With people has come the biggest threat the islands face – hundreds of introduced species, some brought intentionally, like the goats, others by accident. Among them are pigs, cats, dogs, fire ants, wasps, blackberries, guava and even viruses.

Ecuador is among the poorest South American countries, and the tourism industry is one of the few bright spots. Between the 1970s and the 1990s, when the government increased enforcement of residency laws, thousands of Ecuadorians moved to the islands in search of a decent life.

“You will not die of starvation here,” said our tour guide, Morris Garcia, who grew up here. “People may not have money or big screen televisions, but they can find food and shelter,” he said. The new arrivals also brought their needs for water and food, and their pets, not to mention garbage and sewage, putting huge stress on the islands’ fragile ecosystems.



Photography by Michael Goldstein

Tourists bring their own stresses to the environment, though a visit here is not your typical island vacation. Virtually all visitors stay aboard boats, not in hotels. There are 80-some licensed tourist vessels in the Galapagos. Ours, the Nemo II, had room for twelve guests; the largest accommodate up to 100 guests. All groups must be accompanied by licensed naturalists, and follow strict itineraries, visiting only certain places on the islands at arranged times, as the number of people on an island at a time is tightly controlled.

Every tourist pays \$100 fee to the Galapagos National Park upon arrival, money which is used for research, conservation efforts and other needs. While the park service controls 97 percent of the islands' land, visitors are restricted to only a few areas, and nothing -- not a shell, stone, or feather -- can be taken from the islands. Visitors must stay on trails and keep at least six feet away from animals. While we saw a disco in Puerto Ayora, the islands' biggest town, our evenings were spent learning about the islands and watching the stars unscroll over the Pacific Ocean.

The creatures of the Galapagos have no fear of humans, and that is perhaps the greatest marvel of a trip here. On beaches we walked among dozens of sea lions, many of them nursing babies. We watched from steps away while waved albatrosses performed their mating ritual, clicking beaks, bowing and bobbing their heads in an elaborate dance. We swam with penguins, sharks and green turtles, and





Photography by Michael Goldstein

saw so many sea lions that we began to take them for granted.

The question we left with is a familiar one, which applies to Florida and to the world at large, not just to this handful of islands in the middle of nowhere: how do you balance the needs of people with the needs of nature?

The Galapagos Islands are a different world. Hopefully, they will stay that way. 🌍

Hilde Hartnett Goldstein is an award-winning journalist and staff writer for Radio Green Earth. Please join RGE 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 RGE live at www.radiogreenearth.org or download any of their podcasts from iTunes.





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ALL ABOUT BODY WRAPS

by Karen Levine Cantor

Body wraps not only have many benefits, but are an enjoyable treatment for so many reasons. There are various types of body wraps, all offering different positive benefits. They should be performed by a Licensed Massage Therapist or Licensed Esthetician with a Body Wrapping certification.

Typically, all body wraps begin with dry brushing, which is invigorating, feels great and exfoliates the skin. Then pleasant wraps are applied to the body as the guest lies down on the massage table with a warm blanket covering them for 30-40 minutes. It is a very soothing and comforting process for spa guests.

While you wait, you will get a facial cleansing. Then light massage techniques will be used on the feet, neck, face and possibly even the head or scalp. A rocking motion is used during the massage for enhanced relaxation. Next, the wrap is removed and a firming cream is massaged onto the body.

The Lane Spa offers a few Body Wraps that are sure to meet your needs. In addition, unlike other spas, The Lane Spa takes special care with claustrophobic guests by allowing them to assist with the wrapping and leaving the hands and arms out of the cocoon so that they do not feel confined. Located off Prosperity Farms Road in the heart of Palm Beach Gardens, the 3500-sq. ft. spa, with its 34 professional and licensed staff members, offers an array of quality services using top grade products. The spa offers every service imaginable, including airbrush tanning, facials, peels and skin care treatments, body treatments and numerous innovative massage therapies. Body Wraps they offer include:

Pevonia Fluffy Seaweed Wrap: Detoxifies the body from illness, medication, alcohol and tobacco. Before wrapping, a mixture of essential oils and lightly textured, mineral-enriched seaweed is applied to the body in a thin layer from head to toe.

Micronized Green Coffee Wrap: Has noted benefits like firming skin, fat dissolution and hydrating or rejuvenating the skin. This detoxifying wrap is very stimulating, and there

are visual results after just one wrap. A series of six wraps, one time per week along with a healthy diet, exercise and sufficient water, consumption daily is recommended to see gradual and progressive results.

Contouring Inch Loss Wrap: Perfect to jump start a weight loss or exercise program, Jannean Russo, The Lane Spa's Licensed Esthetician recommends this wrap. They use medical grade bandages, which are soaked for several hours in micronized algae. This includes a blend of trace elements, minerals and antioxidants from the sea. Before and after measurements can be taken if desired to allow guests a feeling of instant gratification. "Most clients notice the appearance of their skin is smooth, and there is also an immediate result of inch loss, firmness and toning of the skin. Guests leave with a feeling of energy, but later experience a sense of calmness and relaxation," Russo said. 🌍

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 Body wraps at www.thelanespa.com or call (561)691.0104.

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BREATHE AGAIN

by the Green Goddess, Sharon Quercioli

Quote of the Month: “Just as the tide is to the beach, the breath is to the body.” (Ancient Sufi wisdom teaching)

With so many of us currently in transition and change in our lives, getting intimately familiar with our own breath brings calm, clarity and an open state of acceptance to the circumstances life presents. Let's use our breath consciously to reach the point of stillness within ourselves where we can surrender to our greatest and highest good.

The breath is the soul of physical life, the governing, nourishing life-giving, creative energy of the Source, which is within all of us. Breath is the fundamental consistency of all life throughout the Universe. Its rhythm is constant and eternal, and as the ancient Sufi saying goes: “Just as the tide is to the beach, the breath is to the body.”

Because breath is so vital to our physical, spiritual and emotional well-being, every night before I go to bed I use an especially formulated proprietary blend of oils — Young Living's Breath Again Essential Oil Roll-On.

Breathe Again contains four powerful eucalyptus oils: Eucalyptus staigeriana, Eucalyptus globulus, Eucalyptus radiata and Young Living's original Ecuador single, Eucalyptus blue. Eucalyptus oils contain high amounts of cineole, which has been stud-

ied for its potential to support healthy lung function. The essential oils peppermint, myrtle and copal also play an integral part in this blend. Breathe Again is available in a portable roll-on applicator, making natural relief available anywhere.

Ideal for invigorating the senses, Breathe Again is Young Living's all-natural answer to fighting the congestion that accompanies winter sniffles. Well known for supporting the respiratory system, the eucalyptus oils in Breathe Again aid in awakening the airwaves and opening the nasal passages. By rubbing Breathe Again on the chest or under the nose, this Young Living Therapeutic Grade oil blend is designed to promote healthy sinus function.

Key Ingredients

Eucalyptus staigeriana, Eucalyptus globulus, Eucalyptus radiata and Eucalyptus blue all have natural plant compounds that aid in restoring respiratory health. Eucalyptus has also been studied for immune system enhancement and improved nasal function.

Peppermint Essential Oil (Menthe piperita)

This is one of the most highly regarded herbs for soothing discomfort, especially in the neck and head.



Myrtle Essential Oil (*Myrtus communis*)

This essential oil is highly supportive of the respiratory system and noted for its soothing effects when inhaled.

Copaiba

Obtained from the trunk of South American leguminous trees, this stimulant has traditionally been used to relieve joint and stomach discomfort. Traditional healers have also used copaiba in teas to support proper digestion. It is the highest anti-inflammatory essential oil.

Primary Benefits

Eucalyptus essential oils soothe respiratory function.

Breathe Again Essential Oil Roll-On helps support proper immune system function.

The combination of peppermint, myrtle and copaiba essential oils can help reduce localized discomfort.

The essential oil roll-on offers portability and convenience in a no-mess application.

Copaiba is not traditionally distilled through processes of heat and pressure, producing an even more natural form of essential oil.

How To Use

Apply generously to chest or under the nose every fifteen minutes for up to four applications

Did you know?

Copaiba is the only essential oil extracted through tapping, similar to how maple and rubber are gathered.

Through extensive research, Young Living has discovered that the most potent form of copaiba essential oil is found in a particular grove of copaiba trees, just outside the Amazon rain forest basin.

What Makes This Product Unique?

Breathe Again Essential Oil Roll-On offers the benefits of Young Living Therapeutic Grade essential oils in a new application. The unique roll-on applicator offers convenient, no-mess application for your favorite essential oils.

Breathe easy by using Breathe Again. 🌍

To purchase these and other Young Living products, go to www.youngliving.org/owwmedia.

OUTRAGEOUS ORANGES

by Sharon Quercioli

When I was a little girl my family would take me out of school in Ohio so that we could come down to Florida for the winter months. While we were in Florida, Mom and Dad would enroll me in the local school system. Although the switching of schools from Ohio to Florida was a bit stressful, I have fond memories of those days and remember vividly my Dad taking me to the groves to pick oranges and grapefruits. As a child, it was one of the greatest things I ever did. Dad also used to take me to the farms to pick strawberries and all kinds of vegetables. That was so much fun, too!

These days I live in Florida full time, but every January I load up on honey bell tangelos (my favorite citrus fruit) to ship home to

my family in Ohio. Of course, I keep a few for myself! In fact, I eat citrus almost every day and still love to make fresh orange juice. As for the juice from the honeybells, that's good enough to die for!

Well, let's get to the nutritional benefits of oranges...

Nutritional Benefits

Oranges are an excellent source of vitamin C and flavonoids. One orange (130 grams) supplies nearly 100% of the recommended daily dietary intake of vitamin C.

When you eat a whole orange, it provides good dietary fiber. Leave in the albedo (the white matter under the peel) as much as possible because the albedo contains the highest amount of bioflavonoids and other valuable anti-cancer agents.

Oranges are also a good source of vitamin A, the B vitamins, amino acids, beta-carotene, pectin, potassium, folic acid, calcium, iodine, phosphorus, sodium, zinc, manganese, chlorine and iron.

Health Benefits

An orange packs over 170 different phytonutrients and more than 60 flavonoids, many of which have been shown to have anti-inflammatory, anti-tumour and blood clot inhibiting properties, as well as strong anti-oxidant effects.

The combination of the high amount of anti-oxidant (vitamin C) and flavonoids in oranges makes it one of the best fruits in helping to promote optimal health.

Arteriosclerosis: Regularly consuming vitamin C retards the development of hardening of the arteries.

Cancer prevention: A compound in oranges called liminoid has been found to help fight cancers of the mouth, skin, lung, breast, stomach and colon. The high vitamin C content also acts as a good anti-oxidant that protects cells from damages by free radicals.

Cholesterol: The alkaloid synephrine found under the orange peel can reduce the liver's production of cholesterol. Whereas the anti-oxidant fights oxidative stress — the main culprit in oxidizing the LDLs in our blood.

Constipation: Even though the orange "tastes acidic," it actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, relieving constipation.

Damaged sperm repair: An orange a day is sufficient for a man to keep his sperm healthy. Vitamin C, an anti-oxidant, protects sperm from genetic damage that may potentially cause a birth defect.

Heart disease: A high intake of flavonoids and vitamin C has been known to halve the risk of heart diseases.



High blood pressure: Studies have shown that a flavonoid called hesperidin in oranges can lower high blood pressure.

Immune system: The strong content of vitamin C stimulates white cells to fight infection, naturally building a good immune system.

Kidney stones prevention: Drinking orange juice daily can significantly drop the risk of formation of calcium oxalate stones in the kidney.

Skin: The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging.

Stomach ulcer: Consuming vitamin C rich foods helps to lower the incidence of peptic ul-

cers, thereby reducing the risk of stomach cancer.

Viral infection protection: The abundance of polyphenols have been shown to provide protection against viral infections.

Oranges are a real ray of sunshine on the tongue, especially in the winter, but for most of us the leftover peels are tossed out in the garbage. Bad decision! Here's a list of alternative uses:

Compost: If you're throwing them away anyway, consider adding them to a compost pile if you have the space and any use for fresh, healthy soil. Orange peels have all sorts of good stuff to make your soil extra fertile.

Exfoliating Scrub & Bath Oil: Ground orange peels with a dash of some other ingredients can be used as a powerful exfoliating scrub. Adding a little orange peel oil to your bath will make it extra stimulating as well as imparting healthy benefits to your skin.

Potpourri: Dried orange peels have long been used as an ingredient in potpourri mixes for an extra citric tang. If your home feels a little musky or stuffed up, boiling some potpourri in water on the stove can really lighten the air.

Orange Zest: Orange peels have been used in cooking for far longer than the fruit itself and can be used in an endless variety of dishes.

Kindling: The oil in orange peels is flammable. To see for yourself, try squeezing a fresh orange peel in front of a candle. Be careful, because a small burst of fire will be the result. Dried orange peels retain some of this oil, and they will burn longer than twigs, giving a new fire more time to spread. Smells nice, too!

Flavored Olive Oil: Adding orange peels to aging olive oil adds extra zest and is especially great on salads and pasta. Ant Repellant: Got ants? Get orange peels, ants hate 'em! You can simply set some orange peels around problems areas. They're also helpful on picnics and camping trips.

Bath Powder: If you don't want to go to the trouble of rendering the essential oil of orange

peels, you can simply wait for them to dry out and grind them into a fine powder. A mortar and pestle work best. The powder has a similar effect to the bath oil.

Deodorize Garbage Cans: The powerful aroma of orange peels can fight the nasty smells that accumulate in a garbage can over time. Try dropping the peels of a couple oranges in the bottom of the can before you put in the trash bag. This will also keep away bugs if you have them.

Sponge: Before the orange peel dries out, they can be used as a very effective sponge due to the degreasing properties of its oil. Give it a shot on a greasy stove top or sink.

Mosquito Repellant: Rubbing fresh orange peels over your skin will repel mosquitoes from biting when you are exposed in the outdoors.

Lowering Blood Pressure: Herbalists recommend consumption of orange peels as an effective method of lowering your blood pressure, and the Chinese have used the peels of bitter oranges as herbal medicine for thousands of years.

Aromatherapy: The oils of orange peels can be used as aroma therapy to treat the conditions of depression and anxiety. 🌍



FLORIDA ATLANTIC UNIVERSITY DESIGNATED TREE CAMPUS USA

by Terry Gearing
Photograph by Terry Gearing and Alana Edwards

The Arbor Day Foundation recently honored Florida Atlantic University's John D. MacArthur Campus in Jupiter as a 2010 Tree Campus USA for its dedication to environmental stewardship. FAU is the fifth college in Florida to attain this certification.

The Tree Campus USA program recognizes college and university campuses that:

- ✓ Effectively manage their campus trees;
- ✓ Develop connectivity with the community beyond campus borders to foster healthy, ur-

ban forests;

- ✓ Strive to engage their student population utilizing service learning opportunities centered on campus and community forestry efforts.

The campus met the required five core standards of tree care and community engagement to receive Tree Campus USA status. Those standards include the establishment of a campus tree advisory committee; evidence of a campus tree-care plan; verification of dedicated annual

expenditures on the campus tree-care plan; involvement in an Arbor Day observance; and the institution of a service-learning project aimed at engaging the student body.

"This is a wonderful honor for the university," said Joyanne Stephens, Ph.D., Vice President for Regional Campuses at FAU. "This accomplishment shows FAU's dedication to environmental stewardship on the Jupiter campus."

Tree Campus USA, a national program launched in 2008 by the Arbor Day Foundation, honors college and universities and the leaders of the campus and surrounding communities for promoting healthy urban forest management and engaging the campus community in environmental stewardship.

The MacArthur Campus is home to the Robert J. Huckshorn Arboretum, named in honor of FAU's Vice President Emeritus and Founder of the campus. The arboretum is planted with Florida native plants including typical species found in pine flatwoods, tropical hardwood hammocks, mixed hardwood swamps and oak hammock. The arboretum also features Florida Power & Light's "Right Tree, Right Place" demonstration project, educating homeowners about which trees to plant under and near power lines.

"We started with a butterfly garden by installing both nectar and caterpillar food plants," said Alana Edwards, Education and Training Coordinator for the Center of Environmental

Studies (CES) at FAU Jupiter. "Then we added several groupings of trees to reflect a variety of Florida eco-systems.

"Part of the success in the arboretum is that we've planted in layers: trees in the canopy, a shrub layer and groundcover. These layers provide hiding places for birds and other wildlife and many species of the plants produce flowers and berries that serve as a food source.

"Since planting the coontie plant, we've seen Atala Hairstreaks, stunningly beautiful butterflies, making the Arboretum their home," Edwards added. "It's wonderful to see this species, along with so many others, flourishing in our butterfly garden."

Each year the campus celebrates Arbor Day with a special program in the arboretum. On April 29, the celebration will be especially exciting as representatives from the Arbor Day Foundation will present FAU with a recognition plaque and a Tree Campus USA flag. The event is free and open to the public. For more details about the Arbor Day event, contact aedwards@fau.edu. 🌍

The Arbor Day Foundation is a nonprofit conservation organization of nearly 1 million members with a mission to inspire people to plant, nurture and celebrate trees. For more information about the Tree Campus USA program, visit www.arborday.org/TreeCampusUSA.

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Florida Atlantic University, founded in 1961, is currently serving 28,000 degree-seeking students on seven campuses located along the state's southeastern coastline. The University's student body, which ranks as the most ethnically and culturally diverse in Florida's State University System, includes many men and women of non-traditional age. Long known as an outstanding teaching institution, FAU is rapidly developing as a hub of cutting-edge research, particularly in the biomedical arena. This process has been accelerated by the University's partnerships with three internationally known biomedical research organizations, the Scripps Research Institute, the Torrey Pines Institute for Molecular Studies and the Max Planck Society. FAU's Charles E. Schmidt College of Medicine recently received preliminary accreditation and is now recruiting students for its charter medical school class to begin in fall 2011.

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HEART-CENTERED HEALING THE ESSENCE OF HEALING TOUCH

by Betty Ann Baker, Executive Director Healing Touch Buddies




Spring brings our annual Breast Cancer Specific Healing Touch Seminar. Since its 2004 inception, Healing Touch Buddies (HTB) has trained scores of Healing Touch volunteers — mostly healthcare and social service practitioners — to provide one-on-one therapy that reduces side effects of conventional breast cancer treatment to women of diverse cultural and socio-economic backgrounds in a service area that includes Martin, Palm Beach and Bro-

ward counties, with blossoming new programs in Florida's Suncoast, Central Florida and Melbourne.

Healing Touch (HT), a nursing education program developed by RN Janet Mentgen in 1989, is a complementary care modality with a rigorous certification process featuring five progressive levels of training and a mentored apprenticeship. Our Healing Touch Buddies program offers students seeking certification in healing touch the opportunity to develop skills, case management and other internship requirement, and, for those health professionals already certified in healing touch, it is a wonderful opportunity to ease the suffering of someone challenged with breast cancer while giving back to the community as a member of a highly regarded nonprofit affiliated with the top health care providers in the area.

Again this year, we are honored by the hospitality of our friends at Hospice by the Sea as they provide the perfect location and environment for this heart-centered training. A small grant from Susan G. Komen for the Cure and donations through our fundraising efforts will help to cover a portion of the costs of the training seminar, additionally enabling five volunteers to become "cultural ambassadors," each providing HT to a member of her own cultural community while also educating friends and family members about available breast cancer resources and complementary care. The seminar (for up to 12-14 students) provides 27 continuing education credits and

hands-on training in pre- and post-operative treatments, including techniques specific to relieving nausea, pain, anxiety, fatigue and depression, often experienced as a result of standard cancer treatment. Special focus on mirroring self-care to the patient allows the therapist to educate clients on such issues as healthy boundaries and other methods of relaxation (i.e., meditation, yoga and resource referrals).

We are all working together, as we view our sacred mission, to alleviate suffering where we find it in the world. You can help us by covering the training tuition of a volunteer for \$250 or by donating any amount to any portion of the remaining expenses of the seminar. Please contact Executive Director Betty Ann Baker at (561) 741-1671 or htbuddiesinc@cs.com. 

For secure donations by credit card, please visit www.HealingTouchBuddies.org.

Mail checks to: Healing Touch Buddies, Inc.
c/o The Healing Arts Institute of Juno Beach
13901 US Hwy 1 Suite 10, Juno Beach, FL 33408



10-8:25 AM
10-3:15 PM
→

SPROUTS! SHOWCASES PRIZE-WINNING ARTWORK OF LOCAL STUDENTS AT ARTIGRAS

by Glenn R. Swift



Sharon Quercioli and Candace Paradeau of Sprouts!, Inc.
Photography courtesy of Sandra Frens, Sharon Quercioli and Sean Reed.

Sprouts!, Inc., an innovative West Palm Beach-based company that uses 100 percent recycled, hand-made paper embedded with flower seeds to create a diverse array of environmentally friendly products, played an active role in this year's ArtiGras Fine Arts Festival by printing beautiful note cards featuring the prize-winning artwork of local students.

"We are thrilled to be involved in this year's Festival and especially proud of our work with the youth artists," says Sharon Quercioli, Sprouts! owner and founder.

The company's note cards, featuring prize winning student artwork, is available online for sale at www.sproutem.com/category/ArtiGras-2011-Note-Cards. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund.

"Sprouts! is committed to supporting our youth and to educating the community about waste reduction and conservation through our products and environmental education efforts," added Quercioli.

Sprouts! products reflect the beauty and simplicity of a green message.

"Instead of ending up in the landfills, our products can be planted in the earth and



Jordan, our favorite Hungarian, gives a thumbs up to Sprouts!



Marissa Chu, Timber Trace Elem., and Sharon



Elizabeth Harrmann-Barclay, Jupiter Community H.S.



Sharon and Alyssa Hearing, Jupiter Christian School



Aparna Bhattacharya, Suncoast H.S.

produce flowers that create oxygen and provide food for small organisms, all the while beautifying the world," Quercioli continued. 🌍



Founded seven years ago by Sharon Quercioli, a lifelong entrepreneur with over twenty years in the recycle industry, Sprouts! products include greeting cards, bookmarks, Blooming Boxes™ and a host of custom marketing pieces — all of which grow flowers when planted.

Sprouts! products can be purchased directly from the company's Web site (www.sproutem.com) or custom printed to accommodate various volumes, sizes and print specifications. Next time you need to send a greeting card or your company plans to send out a mailing or distribute hand-outs, consider using one of Sprouts! "Green Greetings" or "Blooming Boxes." It's a fun, easy and environmentally responsible way to help tackle a growing problem.

GOING GREEN

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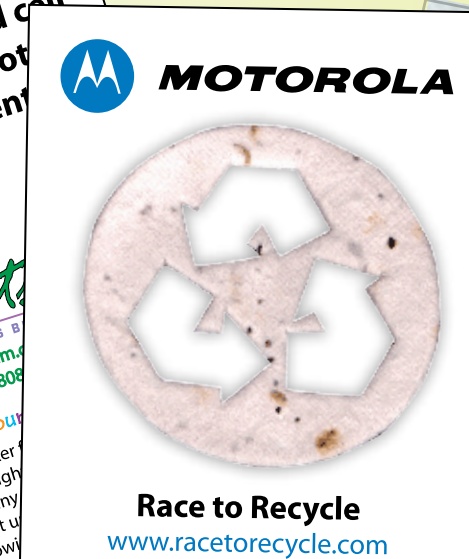
Sprouts manufactures eco-friendly plantable seed products handmade from 100% recycled material embedded with top quality flower seeds. Our Growing Green Plantable Promotional Items (note card, holiday cards, bookmarks, blooming boxes, etc.) meet the needs of eco-conscious companies looking for a green product to spread their message. Unlike traditional promotional paper products, when our Seed Paper Products are planted in soil, they naturally biodegrade and grow into beautiful flowers.



For more information, please email:
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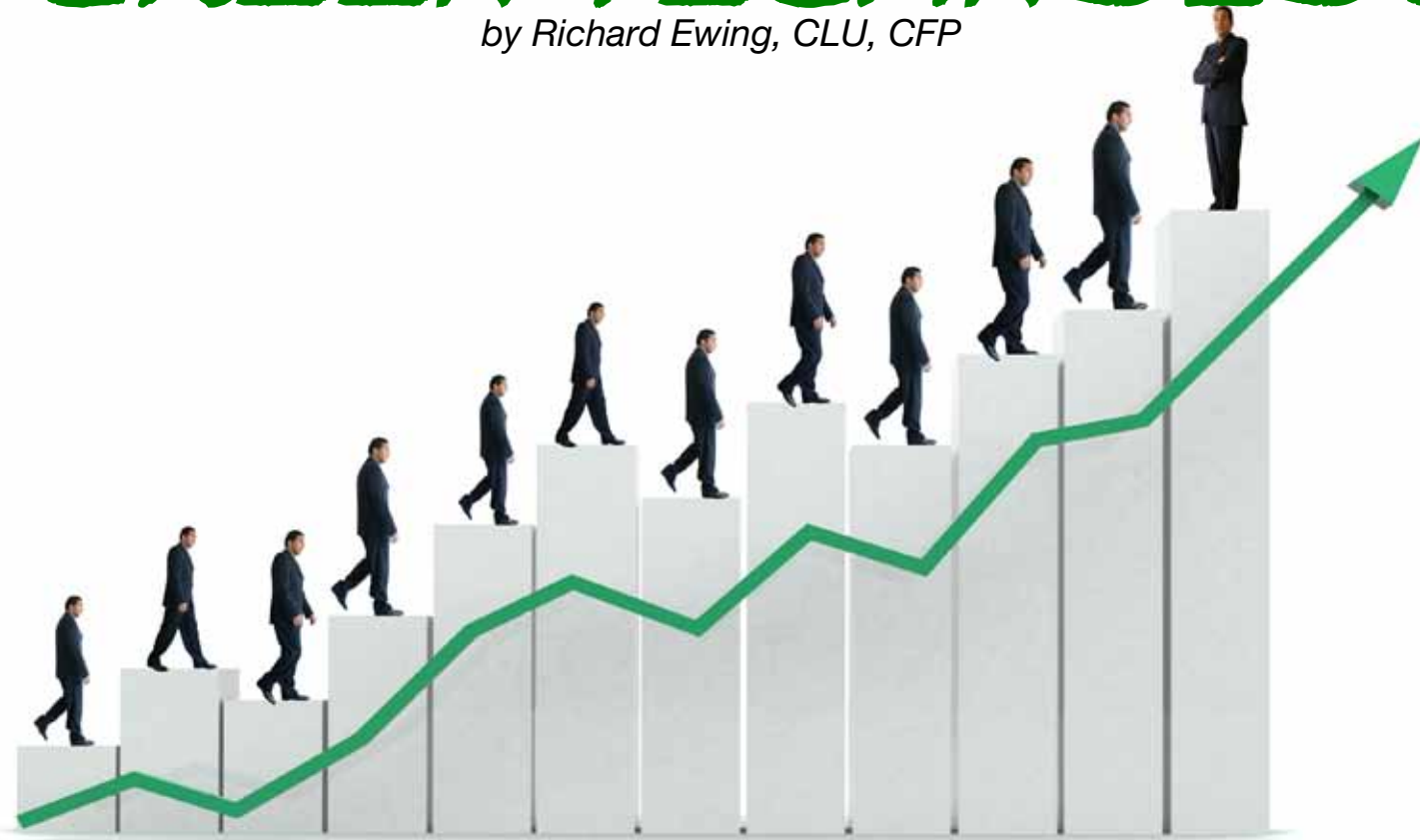
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INVESTING IN GREEN TECHNOLOGY

by Richard Ewing, CLU, CFP



If you're considering investing in green technology hoping to make another kind of green (the folding kind), you'll need to deliberate carefully. Interest from governments, the public and venture capital enhances the attractiveness of green companies. Also, daydreaming about finding the equivalent of Microsoft, getting in early and retiring on the proceeds is a popular pastime. But while technologies that can help clean up and preserve the planet may have enormous potential, potential isn't necessarily the same thing as profit.

What is green technology?

Generally, the concept includes renewable ener-

gy, clean water, clean air and other technologies that can help reduce overall consumption, particularly nonbiodegradable substances. Such a broad scope can make it difficult to choose among the myriad of investment opportunities.

Individual stocks or funds?

One of the key questions for many investors is whether to invest broadly in the future of green technology as a whole or to focus upon specific companies. If you have special knowledge of an industry, you may be able to rely on your understanding of the field, but don't let that blind you to fundamental considerations about a particular stock.

If you don't have expertise about a particular field, the time or energy to acquire that expertise or the stomach for what can be a very bumpy road with an uncertain destination, an alternative strategy is to invest in larger companies that have made a significant commitment to green initiatives. Though behemoths typically don't have the rapid growth potential of their smaller cousins, they often have the resources to acquire green technologies or to manufacture and market them globally more efficiently than a smaller company might.

Some exchange-traded funds and mutual funds focus upon green technology or specific segments of it, such as wind or solar energy. If you believe in the future of an industry but hesitate to commit to one company, a fund that concentrates on your area of interest might be the ticket. Be sure to investigate its investment objective, risks, fees and expenses, which can be found in the prospectus available from the fund, and carefully consider them before investing.

Researching green

If you choose to focus upon individual stocks, here are some considerations that are especially important for developing technologies: What's the competitive landscape? An idea that seems promising can quickly be superseded by the latest innovation. While it's difficult to forecast technical turning points, it's helpful to know the major players in the field, their key development efforts and roughly how they're positioned. Don't forget that cleantech

is a global playing field; many other countries are making significant green investments, hoping for homegrown worldwide dominance of the industries of the future.

How dependent is a company upon external support? Last year's American Recovery and Reinvestment Act (aka "the stimulus bill") authorized billions of dollars for tax credits, loan guarantees and pilot programs related to green technology. However, political support for such initiatives can come and go, as can investor enthusiasm for specific technologies.

How capital-intensive is the technology? Many green technology companies may have little or no profits at this time, but a substantial need for capital from a cash flow standpoint and/or as a result of the technology itself. That could make a company vulnerable to a credit crunch, which could have a significant impact upon its ability to develop and market even the most promising technology. 🌍

*Richard Ewing is a CLU, CFP®, Senior Financial Advisor and Associate Vice President for Cornell, Ewing & Associates - Ameriprise Financial Services, Inc. at 11300 US Highway 1, Suite 600 in Palm Beach Gardens, FL 33408. Office: 561 383-3600
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ENERGY SAVING TAX INCENTIVES

by Claire Baker, CPA



In the December issue of Our Wonderful World, I talked about a number of energy saving tax incentives that were available for qualified items placed in service by December 31, 2010. Maybe this was a tad unfair. After all, who can focus on “sealing the envelope” during the hectic holiday season?

Well, since I wrote that article, there was the famous year-end tax compromise. Included in that bill, which is now law, was an extension of the non-business energy property tax credits that were set to expire last year. The extended credits are not always as attractive as the original ones, but certainly worth taking a look at.

There are three groups of tax credits available to the homeowner. The first group is a tax credit of 10% of the cost of qualified energy efficiency improvements (building envelope components) and the expenditures incurred for the purchase of (a) advanced main air circulating fans, (b) qualified natural gas, propane or oil furnace or hot water boilers, and (c) energy-efficient building property. This credit generally has an aggregate \$500 lifetime limit, but some items have lower specific limits ranging from \$50 to \$300. To qualify, the purchases must be placed in service by December 31, 2011, and must be an existing home and your principal residence.

Those of us in South Florida tend not to be as concerned with the circulating fans, furnaces or water boilers, but the building envelope components should be of utmost interest to us each year as we try to tame the effects of the mid-summer’s heat. Qualified components include qualified insulation, weather stripping, spray foam and caulk. It also includes qualified energy efficient windows, doors, skylights and qualified metal and asphalt roofs. Qualified gas, oil, propane or heat pump water heaters are also included in this group, but are eligible for only a \$300 tax credit.

The second group of tax credits is for more major purchases and do not expire until December 31, 2016. These credits are for qualified geothermal heat pumps, small (residential) wind turbines and solar energy systems. Credits for these items are available for both

existing homes and new construction, and both your principal residence and your second home qualify. The tax credit is 30% of the cost with no upper limit.

Finally, a tax credit is available for qualified residential fuel cell and microturbine systems. This credit is also available for existing homes and new construction, but for your principal residence only, not. Second homes do not qualify. The credit is 30% of the installed cost of the system up to \$500 per .5kW of power capacity.

Again, you must be sure that the purchases you make meet qualifications. Be sure to keep receipts and the manufacturer’s certification statements (normally available on the manufacturer’s website). Also be sure to note the building qualifications (i.e., existing home, new construction, primary/secondary residence). Finally, be sure to congratulate yourself on saving taxes, saving the environment and saving energy costs well into the future.

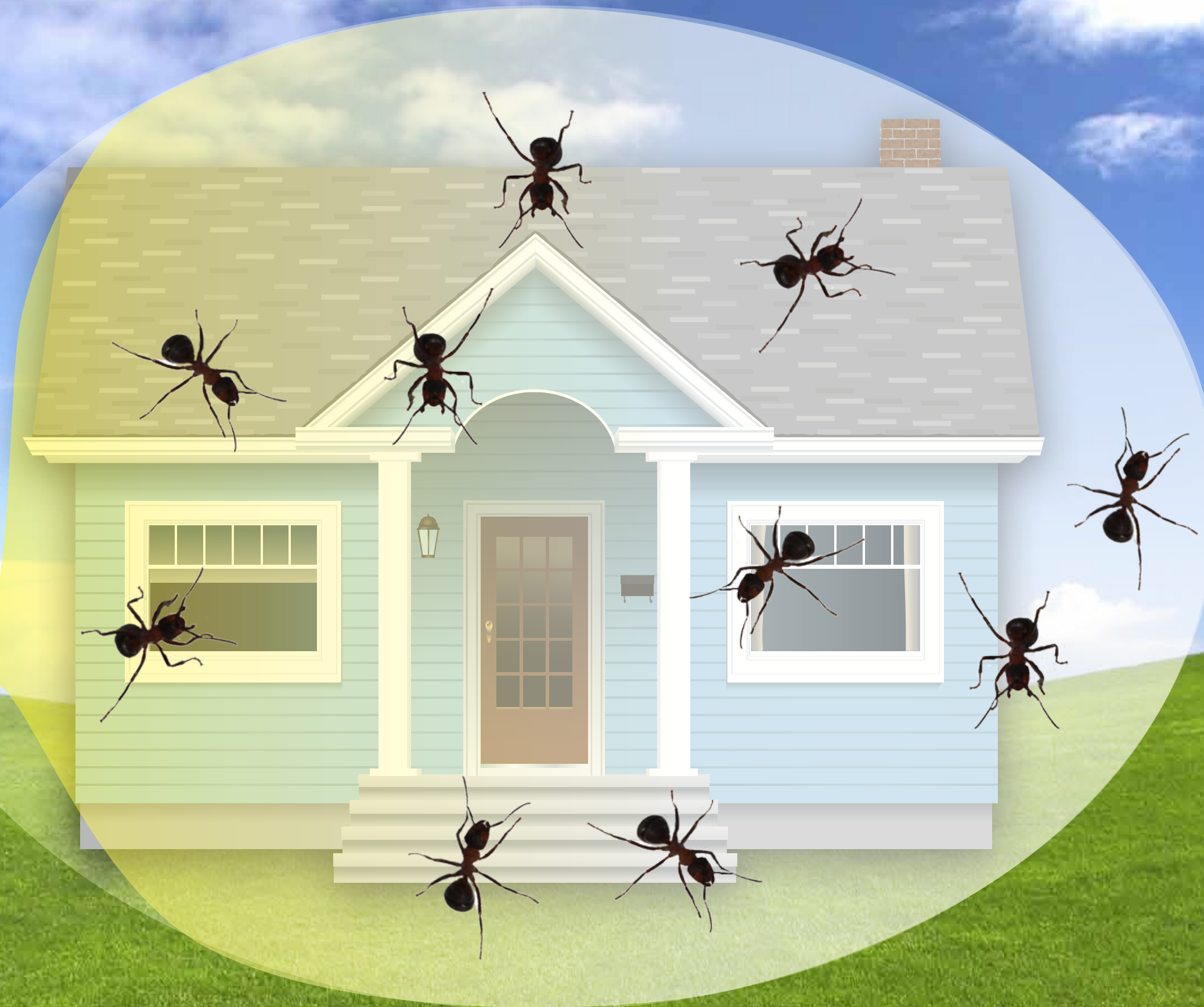


Claire E. Baker, CPA is a full-service CPA firm with a focus on privately-held businesses and individuals. Visit her website at www.cbakercpa.com.

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GREEN GOODIES

Raising Funds for ArtiGras Art Education Fund

Purchase Sprouts Cards featuring the Artwork of Award-Winning Students!

Sprouts!, Inc., an innovative West Palm Beach based company that uses 100% recycled, handmade paper embedded with flower seeds to create a diverse array of environmentally friendly products, is playing an active role in this year's ArtiGras Fine Arts Festival by printing beautiful note cards featuring the prize-winning artwork of local students.

"We are thrilled to be involved in this year's Festival and especially proud of our work with the youth artists," says Sharon Quercioli, Sprouts owner and founder.

The company's note cards, featuring prize-winning student artwork, will be available for sale in the Sprouts booth, located in the Youth Art Gallery. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund.

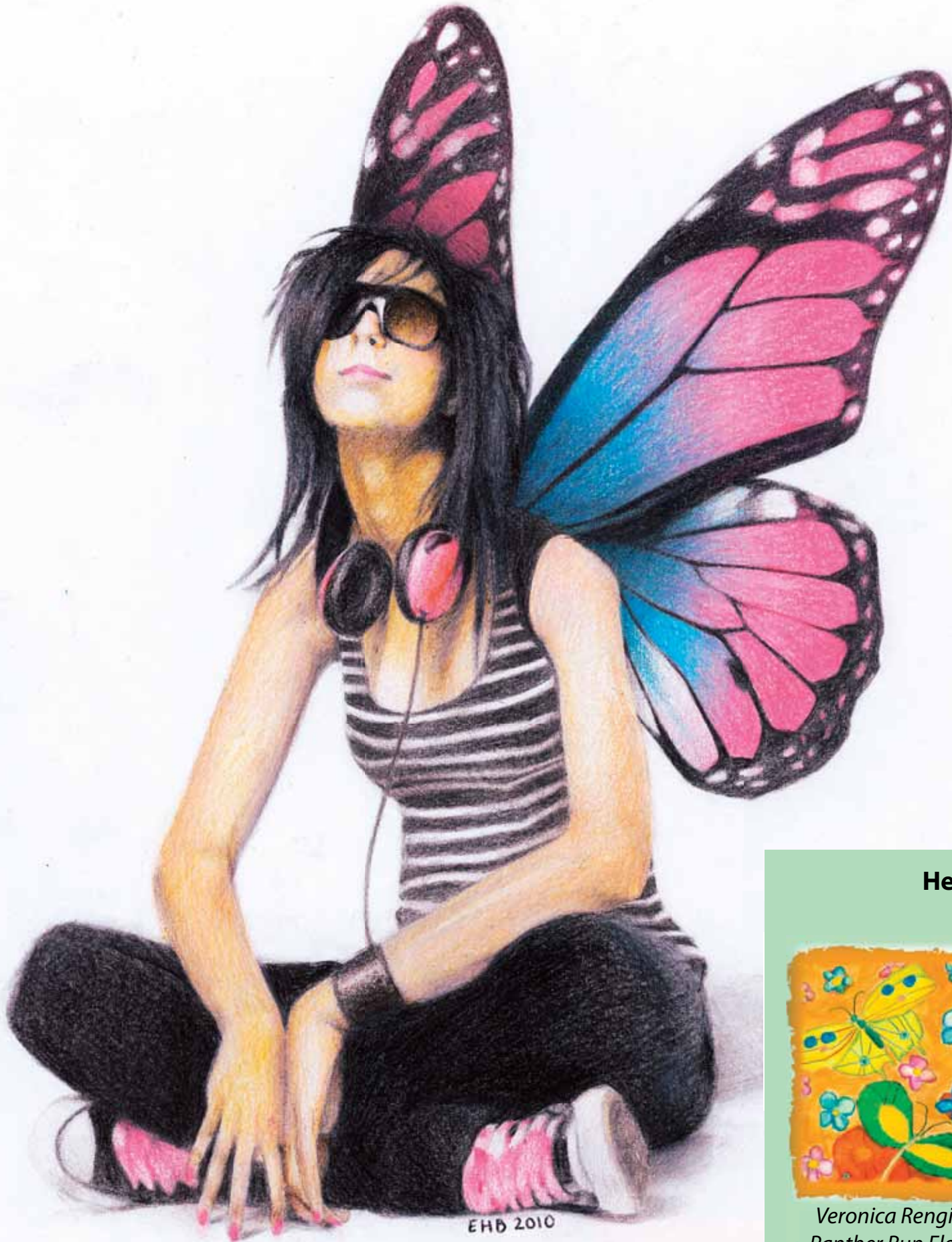
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Sprouts products reflect the beauty and simplicity of a green message.

"Instead of ending up in the landfills, our products can be planted in the earth and produce flowers that create oxygen and provide food for small organisms, all the while beautifying the world," Quercioli continued.

Next time you need to send a greeting card or your company plans to send out a mailing or distribute handouts, considering one of Sprouts "Green Greetings" or "Blooming Boxes." It's a fun, easy and environmentally responsible way to help tackle a growing problem.

For more information about Sprouts and its eco-friendly products, please call (561) 840-8089 or visit www.sproutem.com.



Here are some of the beautiful note cards designed by Sprouts. Purchase these cards and support the ArtiGras Art Education Fund by going to www.sproutem.com/category/ArtiGras-2011-Note-Cards.



Veronica Rengifo
Panther Run Elem.



Jake Lover
St. Mark's Episcopal School



Elizabeth
Harrmann-Barclay
Jupiter Community H.S.



Alyssa Hearing
Jupiter Christian School



Merissa Chu
Timber Trace Elem.



Nancy Ton
Palm Beach Gardens Elem.

26th Annual ArtiGras Festival

DRAWS OVER 150,000

by Glenn R. Swift
Photos by David R. Randell

From its humble beginnings at the North Palm Beach Country Club to its current ranking as one of the premier fine art festivals in the United States, the ArtiGras Fine Arts Festival has stayed true to its purpose — to promote cultural arts in Northern Palm Beach County in a family-friendly environment.

ArtiGras marked its 26th year February 19-21 at Abacoa Town Center in Jupiter by drawing its largest crowd ever — over 150,000. The three-day festival included the Fine Arts Area with a juried exhibition of nearly 300 artists, a Homegrown Arts section for local, emerging artists and the ArtiKids Area for young talent. In addition, ArtiGras featured live music ranging from jazz and R&B to folk rock and reggae island music, on-the-hour art demonstrations and an Activity Avenue, where adults participated in a painting class while enjoying complimentary wine and cheese.

Ranked as one of the top 50 art shows in the United States according to Sunshine Artist Magazine, the festival raises funds for the ArtiGras Foundation, which provides scholarships and support for local school art programs. For more information about ArtiGras, please visit www.artigras.org.









VEGAS ENTERTAINER CLINT HOLMES RETURNS TO THE SOUTH FLORIDA STAGE WITH BOB LAPPIN & THE PALM BEACH POPS

by Christine Stickney

An overwhelming audience favorite, Vegas entertainer Clint Holmes returns to honor one of the greatest entertainers of all time...Sammy Davis, Jr., along with other favorites on March 9-15 in Palm Beach County. Holmes was the buzz around town last February when he made his debut with Bob Lappin and The Palm Beach Pops in a concert that received rave reviews and critical acclaim, including a Critic's Pick in the *Palm Beach Daily News*' season review. Named *Atlantic City's Entertainer of the Year* three times and heralded as "Best Singer" in Las Vegas by the readers of Las Vegas Review-Journal, the multi-talented, charismatic Holmes is an American treasure.

Clint Holmes is more than a singer. Like a painter with a blank canvas, he makes every performance an original. His powerful voice and magnetic stage presence embrace the upbeat side of life. When on stage, anything can happen. And it usually does.

Born in England, Clint's first break came when Joan Rivers invited him to be her sidekick and announcer on the now defunct, The Late

Show. This was followed by a two year stint on Entertainment Tonight, for which he served as their musical feature and event correspondent. Although his visibility was greatly enhanced by those roles, it wasn't until he landed his own Emmy-winning talk/variety show, New York at Night, on WWOR-TV that it all came together for Clint. Television producers from coast to coast have long recognized the added value of including Clint in their productions, and it has led to his numerous appearances on network TV programs including two Miss America Pageants, The People's Choice Awards, The Parade of Stars and the Emmy Awards. Clint is probably best remembered for his Top Ten smash hit, "Playground In My Mind (My Name Is Michael)." Clint recently starred for six years in a nightly show seen at Harrah's Las Vegas Hotel and Casino.

Tickets start at \$29 and are available by calling (561) 832-7677 or visiting www.palmbeachpops.org/holmes.

Michael Cavanaugh Handpicked by Billy Joel

Handpicked by the legend Billy Joel himself to



star in the hit Broadway musical, *Movin' Out*, as the original lead of the captivating "Piano Man," Michael Cavanaugh has been entertaining audiences worldwide to rave reviews ever since. A truly gifted pianist and vocalist, Cavanaugh debuts with Bob Lappin & The Palm Beach Pops on April 4-10 to combine the hits of Billy Joel including "Just The Way You Are," "Piano Man" and "New York State of Mind," as well as songs from other music legends for an amazing concert, sure to close out the season on a very high note!

Michael Cavanaugh is one of the most sought-after entertainers performing today. His ease with audiences complements his superlative vocal and musical abilities. Cavanaugh is a charismatic performer, musician and actor, made famous for his piano/lead vocals in the Broadway Musical *Movin' Out*. Handpicked by Billy Joel to star in title role, Cavanaugh evokes a style rivaling the Piano Man, appearing in the show for three years and in over 1,200 performances, receiving accolade after accolade, which culminated in 2003 with both Grammy and Tony award nominations.

His first full time gig as a musician was an extended engagement in Orlando at a piano bar called Blazing Pianos. In January of 1999, Michael received an offer that would unknowingly change his life, with an opportunity to play Las Vegas at the famed "New York, New York Hotel and Casino." It was there that Billy Joel spotted Michael and joined him on stage one fateful night in February, 2001. It only took

two songs before Billy was convinced that he had found his new Piano Man...Michael Cavanaugh. Michael moved to New York City to work alongside Billy Joel and Twyla Tharp, to shape the Broadway Musical that would be called *Movin' Out*.

With the close of *Movin' Out* in 2005, Michael began touring, creating a show that reinterprets the modern pop/rock songbook. Michael soon became one of the most in-demand artists and continues to perform worldwide for corporate, sporting and charity events. It wasn't long before Symphony Orchestras discovered Michael's talents and audience appeal.

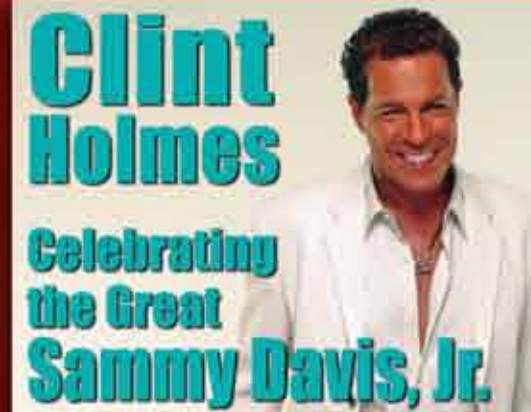
In 2008, he signed with Warner/ADA to distribute his first CD titled *In Color*. The CD features hit songs, which pay homage to rock legends that have influenced Michael over the years including Pete Townshend, Bob Dylan, Billy Joel and Joe Cocker. "With each interpretation, I wanted to bring something new to the tracks yet maintain their original integrity," says Cavanaugh. *In Color* also includes four new songs, of which "Miles Away" and "Give It Time" were written by Michael. Of all the songs he's performed over the years, this collection best represents Michael Cavanaugh the musician, the writer, the performer and fan of the artist who first performed them. 🌍

Tickets start at \$29 and are available by calling (561) 832-7677 or visiting www.palmbeachpops.org/cavanaugh.

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

See Video Clips at

www.PalmBeachPops.org/holmes



Handpicked by Billy Joel to star in the hit Broadway show *Movin' Out*, Tony/Grammy-nominated **Michael Cavanaugh** has been entertaining audiences worldwide ever since. Michael is a gifted pianist & vocalist and will be spotlighting the hits of **Billy Joel** with "New York State of Mind," "Piano Man," "Just The Way You Are," "She's Got A Way" as well as songs from other music legends!

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

See Video Clips at

www.PalmBeachPops.org/cavanaugh

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

by Glenn R. Swift

*Sponsored by Krupnick Campbell Malone Buser Slama Hancock
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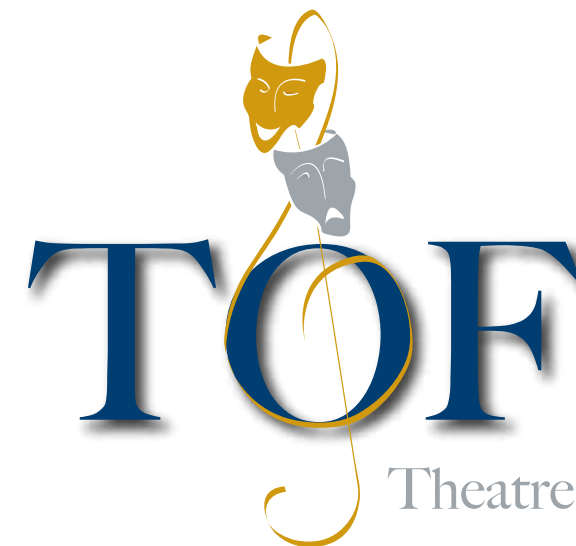
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Theatre Orchestra of Florida

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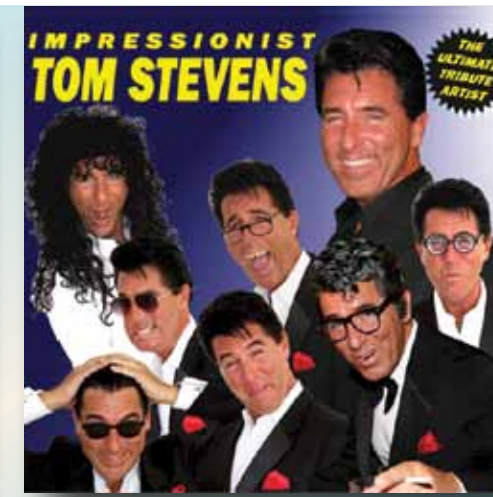
MARCH 4TH - 7:30PM



MARCH 5TH - 8PM

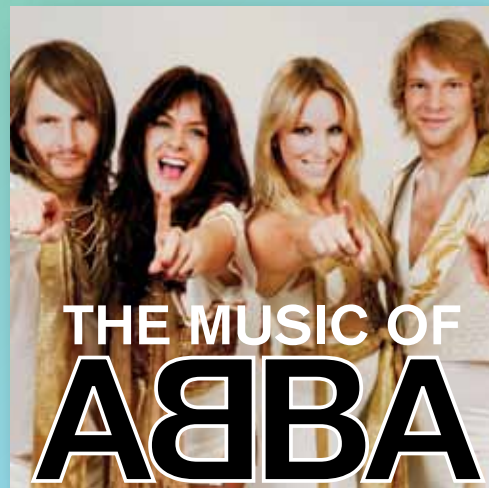


MARCH 11TH - 8PM



MARCH 12TH - 7:30PM

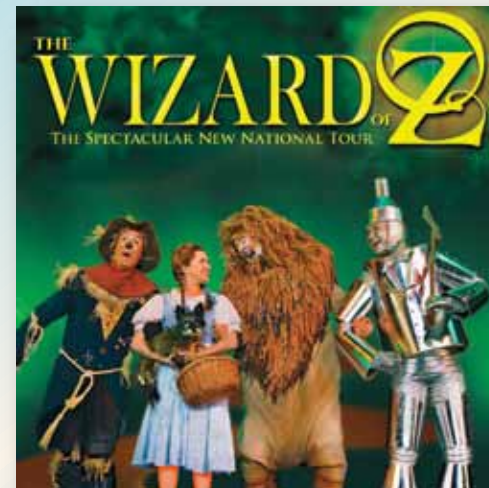
YOUR
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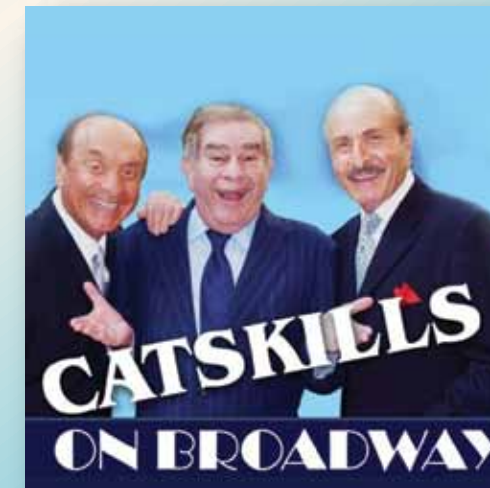
MARCH 15TH - 7:30PM



MARCH 17TH - 7:30PM



MARCH 19TH - 2 & 7:30PM



MARCH 26TH & 27TH



APRIL 9TH - 8PM



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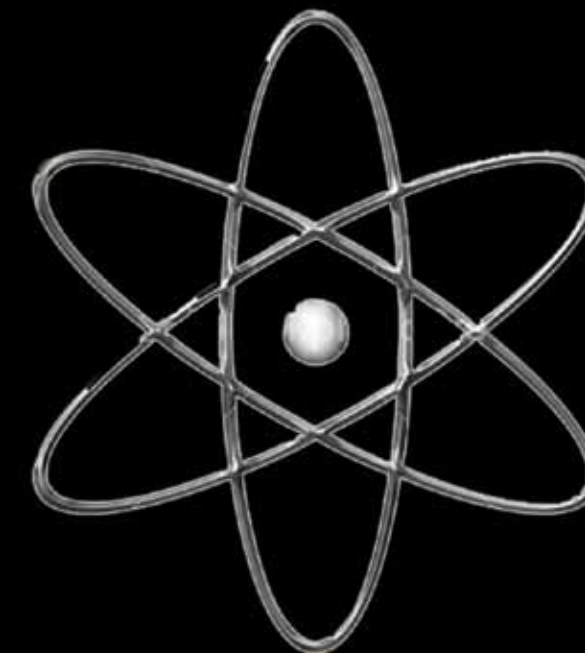
NOW - March 20, 2011

Winner of 12 Tony Awards, The Producers is one of Broadway's biggest blockbusters. This hilarious tour-de-force that spoofs the big, old-fashioned Broadway musical while paying tribute to it at the same time.

On The Waxlax Second Stage

"The Season's most intellectually stimulating
and emotionally satisfying play."

– The New Daily News



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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SUNRISE THEATRE PRESENTS THE DOOBIE BROTHERS

Wednesday, March 9 at 7pm
Tickets: \$79/\$65

The Doobie Brothers are one of the very few American musical groups that have been able to achieve a phenomenal level of success and sustain it for decades. In fact, since breaking onto the pop music scene in 1970, The Doobies have sold a staggering 50 million records worldwide. This includes multiple Grammy awards, 27 chart singles, 16 top 40 hits (including two number 1s), 11 multi-platinum albums, 13 Gold albums, and that most rare of distinctions, The Diamond Award, which is bestowed following the sale of 10 million units of a single title, *Best Of The Doobies: Vol. 1*.

bands. Of course, at the heart of their success lies in their diversity.

Over the years, the band's music has evolved from a country/blues base into a sound emphasizing everything from R&B and Jazz elements to guitar fueled rockers like "China Grove" and "Long Train Running," to the folky chart topper "Black Water." They have continually defied categorization, while maintaining their signature sound. Forever in pace with the American Spirit, The Doobie Brothers will continue to rock well into the future. 🌍

Combined with their consistent appeal on the road, The Doobies have earned a fanatical loyalty for their high-energy shows and are truly one of America's most loved rock n' roll

Don't miss out on this chance to see one of the greatest rock bands of all time! For tickets or more information, please visit www.sunrisetheatre.com or call (772) 461-4775.



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Meet the Team...

SHARON QUERCIOLI

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

Co-Founder & President



DORI BEELER

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

Art Director



GLENN SWIFT

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

Co-Founder & Editor-in-Chief



KRISTIN PURCELL

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

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

Operations Manager



Meet the Team...



Photographer

ROBBY ANTONIO

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

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

ALICIA DONELAN

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

Photographer



MISSY 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