



Our Wonderful World

April, 2011
Volume 2 :: Number 4

The Art of Living **Green** 

EcoWeek
Costa Rica


August, 13-19

Earth Day

*Honoring Our
Precious Planet*

2011 Art Fest

Draws Record Crowd

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Our Wonderful World
Volume 2 Number 4

Photo provided by Sharon Quercioli

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FROM THE PUBLISHERS

The shovelnose guitarfish is one of many fascinating undersea creatures found off of Costa Rica's Pacific Coast.

Welcome to the April issue of Florida's leading green digital magazine, *Our Wonderful World*. This month's cover story highlights EcoWeek Costa Rica — an annual *Celebration of the Environment and Culture* of Costa Rica taking place August 13-19. EcoWeek will celebrate Costa Rica's unique culture and environment with a series of events and activities for both nationals and visiting tourists. We're proud to announce that *Our Wonderful World* will be serving as an international media sponsor for EcoWeek and look forward to keeping you posted as events unfold. As for the story, we want to thank Richard Stewart and our very own Green Goddess for some extraordinary photos.

We also want to call your attention to our feature story highlighting fellow EcoWeek sponsor, Lost Iguana Resort & Spa. Gently nestled in the midst of a primal Costa Rican tropical rainforest near the base of a 5,500 ft. active volcano, Lost Iguana is a destination that must be experienced to be believed.

Speaking of the Green Goddess, be sure to check out "The Spectacular Strawberry" in Eating Well and "Boost Your Metabolism" in Health & Wellness. We also want to introduce Jenn Cohen for her first editorial contribution to *Our Wonderful World*: "Five Simple Ways to Be a Natural Mama," also to be found in the Health & Wellness section.

Stan Bronson of the Florida Earth Foundation keeps us abreast of what's going on with regard to water quality in the Sunshine State, and Rick Hawkins sheds light on how Localecopia is leading a paradigm shift with regard to the sustainability of local agriculture in Palm Beach County.

Joyce Edelstein informs us of the leading role Palm Beach State College is playing in terms of the promotion and implementation of cutting-edge green technologies, and Sandra Frens has done another superb job in articulating the history and importance of Earth Day. Of course, we've got a lot more, too!

So start clickin'!

Until next month,



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ECOWEEK COSTA RICA

AUGUST 13-19, 2011

**A Celebration of the
Environment and Culture**

by Richard H. Stewart



Costa Rica has long been known not only as the most peaceful nation in Central America – it has no military – but as the most eco-friendly as well. As the second most sought after eco-destination, next to the Amazon, Costa Rica offers a rich and diverse environment from rainforests and volcanic mountains, to plains and powdery beaches.

In Costa Rica there is an abundance of wildlife that includes 850 species of birds and 220 species of reptiles, and 5% of the world's biodiversity is here in this "rich coast." Even more amazingly, there are 12 different climate zones and close to 27 weather patterns.

In celebration of this country's unique environment and culture, EcoGroup Costa Rica has organized a week-long event, EcoWeek Costa Rica, featuring an assortment of activities throughout the various provinces.

Kicking off this ecotourism event is the Green Living Fair in San Jose, the capital of Costa Rica. Located at the historic San Jose Tennis Club, the Green Living Fair is a gathering of national and international businesses offering everything from green products, organic food, coffee and cocoa, to eco-resort and adventure tours. Other attractions at the fair will be the Children's Eco and Recycle Art Display, Medical Tourism presentations, a showcase of wellness, spa and beauty facilities, as well as Green Communities featuring developers and home builders specializing in LEED certification construction.

In the area of La Fortuna, home to the famous and active Arenal volcano, there will be yoga and meditation, wellness and alternative medicines activities, as well as spa, hot springs and mud bath programs. Also participating in EcoWeek in the La Fortuna vicinity in full view of the majestic volcano, is the magnificent Lost Iguana Resort & Spa (www.lostiguanaresort.com), a boutique hotel with 42 uniquely appointed rooms on 120 acres gently nestled in a primal tropical rainforest.

*The amazing La Paz
Falls Butterfly Garden
in Monteverde.*





Costa Rica offers numerous zip-lining opportunities.

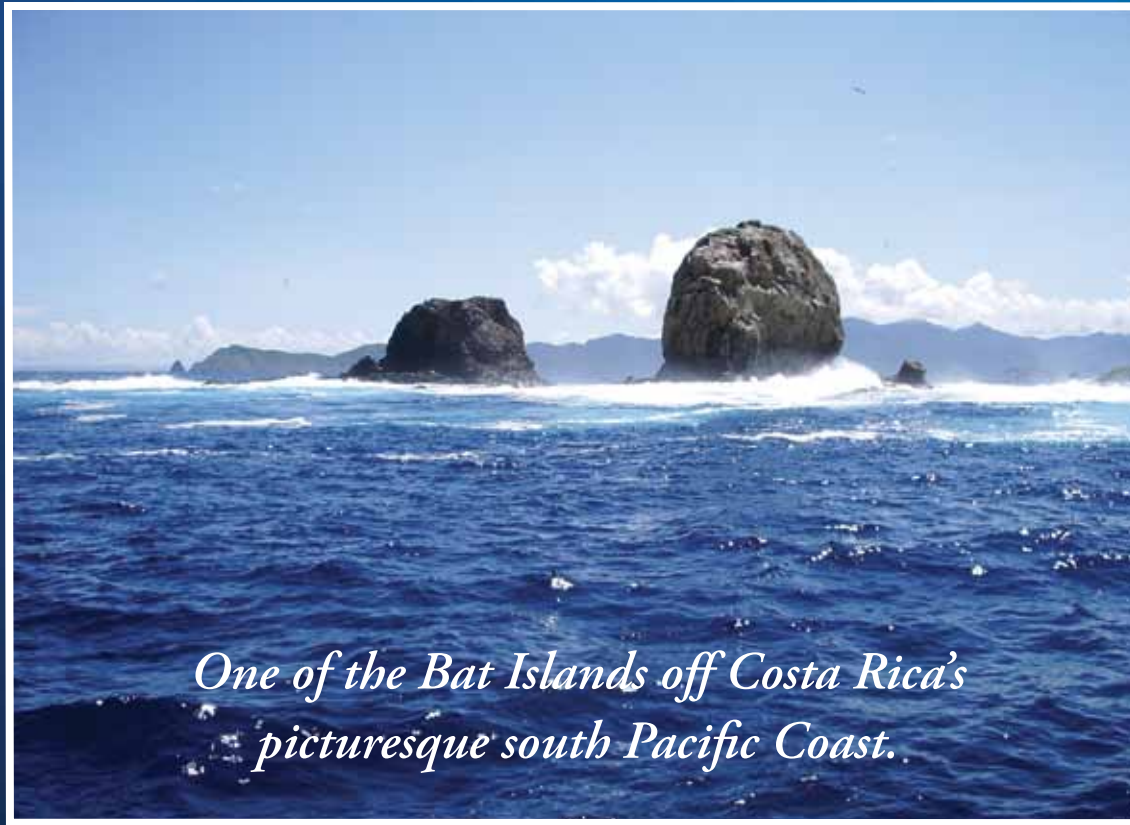


The Green Goddess flying through the rainforest.



*Towering above the clouds is
the magnificent Arenal Volcano.*





One of the Bat Islands off Costa Rica's picturesque south Pacific Coast.


The abundance of bait fish in Costa Rica's warm, pristine waters make it one of the world's finest sportfishing destinations.



Cano Beach, Costa Rica

In Monteverde there will be ECOsta Rica Kids Camp, sponsored by the Rainforest Alliance, where the campers will learn about Costa Rica's amazing biodiversity, along with fun-filled adventure activities like canopy tours and zip-lining among others.

The Guanaste area is world renowned for its majestic Pacific Ocean vistas, a hundred miles of jagged cliffs that hug the rolling foothills meeting the rainforest. Guanacaste will be host to a variety of activities from the country's first-ever Green Golf Tournament; the country's first-ever State of the Oceans Summit – sponsored by the Ocean Realm Society; the EcoPhoto Challenge – sponsored by EcoGuides - where the winner receives a nation-wide ecotour taking them from North to South and East to West, as well as having the picture featured in EcoGuide Costa Rica; a Snorkel Treasure Hunt – sponsored by National Geographic Snorkeler; Canopy and Zip Line Tours and more!

EcoWeek Costa Rica is the largest, organized ecotourism event ever to be produced for the green traveler – a once in a life time opportunity to see and experience Costa Rica's spectacular biodiversity and culture. For more details, visit www.EcoGuideCostaRica.com. 

Our Wonderful World Media & Entertainment, Inc. is proud to be serving as an international media sponsor for this extraordinary event. Stay posted for additional details in our future issues.

Greet Naturelized in Costa Rica!



Traveling to Costa Rica has never been more exciting...and **EcoWeek** is the best time to visit if you love **nature** and seek **wellness** in life. Visit rain forests, take a canopy tour, kayak the mangroves, snorkel the reefs, attend the Green Living Fair and visit a wellness and beauty hot spring and spa. **DOZENS of special travel packages to celebrate Costa Rica's eco-environment and culture.** Visit www.EcoWeekCostaRica.com for all of the **August 13 to 20** activities and travel details!

Green Living Fare, San Jose. **Wellness and Alternative Medicine**, La Fortuna. **Canopy Tours**, Arenal. **Rainforest Tours**, Monteverde. **State of the Oceans Summit**, Guanacaste. **Green Golf Tournament**, Guanacaste. **Hot Springs and Mud Baths**, La Fortuna, **EcoPhoto Challenge**, Guanacaste, **Snorkel Treasure Hunt**, Guanacaste. **Yoga and Meditation**, La Fortuna. **Recycle Art Show**, San Jose. **Scuba Exploration**, Guanacaste. **Kayak Tours**, Lake Arenal. **Coffee and Cocoa Tasting**, San Jose.

Photography By RichardHStewart.com



EcoWeek Costa Rica is a production of EcoGroup Costa Rica | 863.353.5466 | info@EcoWeekCostaRica.com | www.EcoWeekCostaRica.com | Skype: EcoWeek

*Rushing water warmed by the
nearby Arenal Volcano.*

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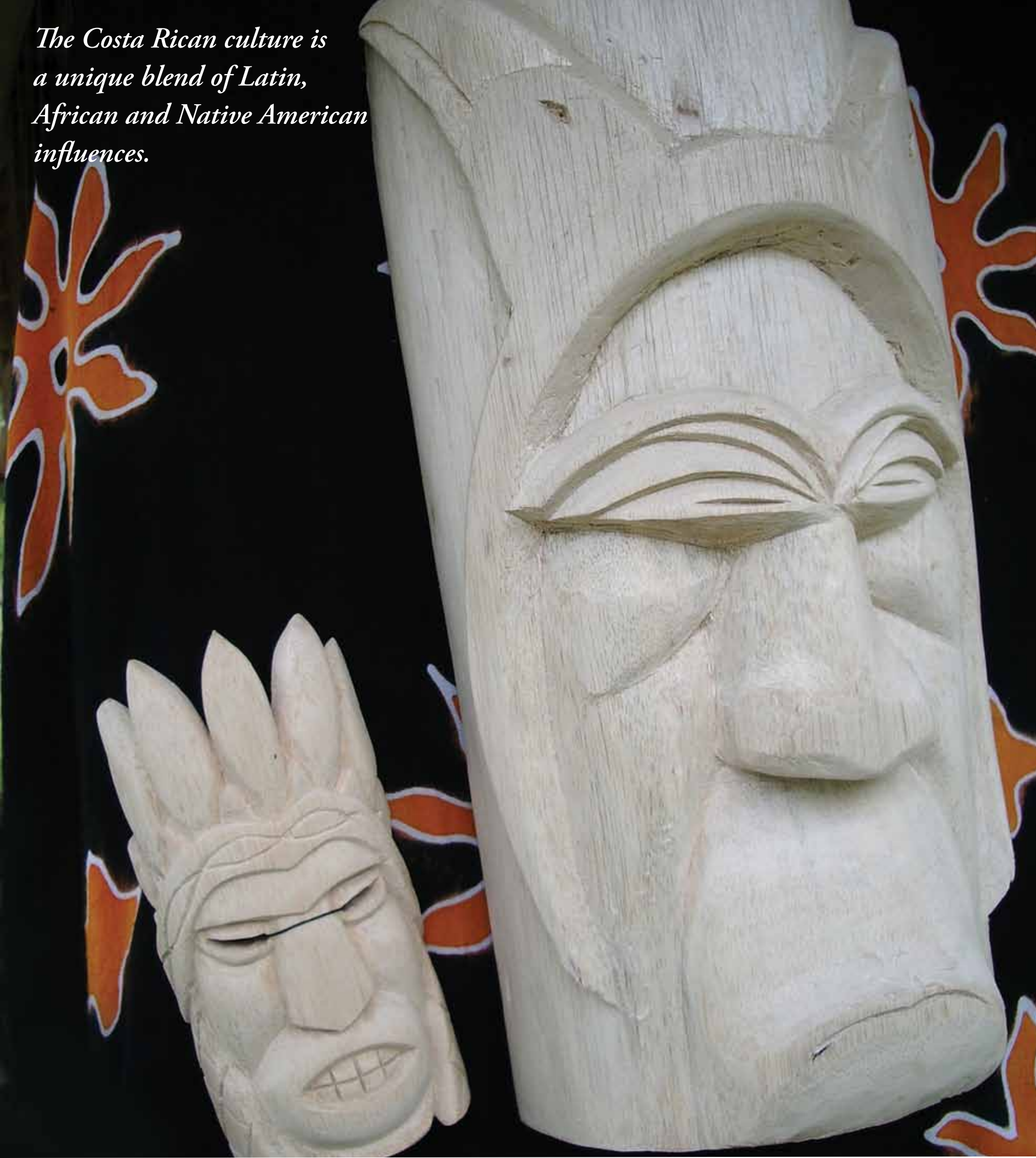
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LOST IGUANA RESORT & SPA



The Costa Rican culture is a unique blend of Latin, African and Native American influences.



FUN FACTS ABOUT COSTA RICA

by Glenn R. Swift



Costa Ricans refer to themselves as Ticos (males) or Ticas (females). Americans and Canadians are

often called Gringos/ Gringas.

The national bird is the clay-colored robin (***Turdus grayi***), and the Guanacaste (***Enterolobium cyclocarpum***) is the national tree. The national flower is the guaria morada (***Cattleya skinneri***), an orchid.

Costa Rica has a population of 4.5 million and a life expectancy of almost 79 years (more than Americans), yet their ecological footprint is only one quarter the size of the Gringos to the north.

There are 801 miles of coastline in Costa Rica.

Costa Rica is divided into seven provinces: San Jose, Alajuela, Heredia, Cartago, Guanacaste, Puntarenas and Limon.

There are more than 121 volcanic formations in Costa Rica, and seven of them are active. Poas Volcano has the second widest crater in the world (nearly one mile in diameter), and Arenal Volcano is one of the ten most active volcanoes in the world.

Irazu is the tallest volcano in Costa Rica at 11,259 feet.

Chirripio Mountain is the highest point in Costa

Rica at 12,500 feet. The country's lowest point is 790 feet below sea level in the caves of Barra Honda National Park.

Costa Rica hosts more than 5% of the world's biodiversity even though its landmass only takes up .03% of the planet's surface. In fact, Costa Rica has more than: 130 species of freshwater fish; 160 species of amphibians; 208 species of mammals; 220 species of reptiles; 850 species of birds; 1,000 species of butterflies; 1,200 varieties of orchids; 9,000 species of plants; 34,000 species of insects; AND still counting as new species are discovered every day.

More than 25% of Costa Rica's land is dedicated to national parks, reserves and wildlife refuges. There are more than 100 different protected areas to visit.

For most of Costa Rica, the dry season runs from December through April. During these months, the Pacific Coast and most of the Central Valley receive little rain or the odd afternoon shower. May through mid-November is considered the rainy season, when days are marked by sunny mornings and late afternoon thunderstorms. The Caribbean Coast and Northern Region (Monteverde, Arenal and Sarapiquí areas) are exceptions to this rule and have no distinct dry season.

Costa Rica's official language is Spanish, though a large number of its citizens are bilingual. English, due to its status as the international language of tourists, is the most common second language in Costa Rica.

LOST IGUANA RESORT & SPA

ESCAPE TO PARADISE

by Glenn R. Swift Photography by Elaine Knight and Sharon Quercioli

Ever dreamed of being in the middle of a tropical Garden of Eden with exotic flora and fauna all around you while gazing up at the peak of an active volcano?

Well...Dreams can become reality.

Located just a few miles from the Arenal volcano on 120 acres of a primal Costa Rican rainforest is a vacation destination that has to be experienced to be believed — the Lost Iguana Resort & Spa. The brainchild of Elaine Knight, a savvy, meticulous entrepreneur originally from Dearborn, Michigan, Lost Iguana was many years in the making. Knight wanted to get it just right.

She did.


“I wanted people to experience what it was like to be totally immersed in nature.”

Knight certainly picked the right spot.

Costa Rica is one of the most bio-diverse regions in the world. In fact, this small Central American country that’s smaller than the state of West Virginia has more bio-diversity than the entire continent of North America — and 5% of the world’s animal and plant species. While blazing one of Lost Iguana’s hiking trails, don’t be too surprised if you see a three-toed sloth, white-faced Capuchin monkey and a macaw in the same afternoon.

As for the volcano, the 5,358-ft. Arenal is one of the ten most active in the world. This incredibly fascinating natural wonder spews lava on almost a daily basis, with red-hot rocks regularly crashing down its steep slopes as powerful volcanic rumbles produce huge ash columns above the crater.

Now don’t panic...



Madman's Maze, a 80' X 80' hibiscus maze with enough twists and turns to make a sane person crazy.

Not only is Arenal closely monitored, but Lost Iguana is located a safe distance on the other side of a lake. Nevertheless, the volcano is spectacular and in itself worth the trip.

So what prompted Knight, a city girl whose familiar trappings were the urban environs of Dallas and Detroit to build a resort in the middle of a tropical rainforest?

"I had always wanted to build a resort some day, but didn't know just where. But while on vacation to Costa Rica 17 years ago, I fell in love with the country and said to myself that this was where it should be."

Three weeks after her vacation Knight returned to Costa Rica — with a plan.

"I hired a driver with a wealth of experience as to what properties were available and for what they could be purchased."

Knight didn't waste any time. Three days after returning, Knight closed on the 120 acres that would eventually become Lost Iguana Resort & Spa.

"I could have purchased a few acres on the ocean, but I wanted to really create something — an experience. So, I opted for the larger tract."

Knight's dream resort was still years in the making.

"I wanted to have everything completely mapped out in my mind before I broke ground," said Knight who did not begin construction on the resort for nearly ten years.

A year after the first spade drew earth, some six years ago, Lost Iguana was a reality.

Featuring 42 uniquely appointed, Balinese-style rooms and suites, all with a perfect view of the volcano, Lost Iguana gives you the feeling of being "one with nature," while spoiling you with the creature comforts of a fully modern resort.

Blue Hibiscus Restaurant

This romantic open-air restaurant features a number of mouthwatering signature dishes, an impressive wine list and of course a magnificent view of the volcano. As for the service, a European prince would be envious. The staff is not only courteous, but knowledgeable and eager to explain the intricacies of the eclectic menu. In English that is!

Palapa Bar

This thatched-roof tropical bar adjoins a sparkling fresh water pool and hot pool with swim up.



*The nearby Tabacon
Springs feature water
heated up to 100 degrees
by the Arenal volcano.*



*The magnificent 5,500 ft.
Arenal volcano.*



Golden Gecko Spa

Christians call it Heaven; Hindus call it Bliss; and Buddhists call it Nirvana. But whatever the next dimension is for those souls so destined, perhaps the closest you will ever get in this world is Lost Iguana's Golden Gecko Spa. For many resort visitors, a session at the Golden Gecko is the highlight of their trip. Once you've been there, you'll need no explanation.

Located on three acres adjacent to a beautiful cascading river, the Golden Gecko transcends you to another world with spa services only a Pharaoh would be accustomed. Featuring a wide variety of therapeutic exfoliation and massage packages seductively titled Rainforest Rejuvenation, Jungle Whisperings, Pura Vida Natural, Volcanic Energy and Riverside Romance, the Golden Gecko offers the ultimate form of relaxation and rejuvenation.

Gymnasium

Equipped with state-of-the-art elliptical bike, weight training and cardiovascular equipment.

Gift Shop

A short walk down the hill, the gift shop features treasures from Costa Rica as well as Bali and other exotic islands at very reasonable prices.

Madman's Maze

A 80' X 80' hibiscus maze with enough twists and turns to make a sane person crazy.

Activities

RAFTING: Set in the lowlands of the rainforest with breathtaking views of tropical birds and lush jungle landscapes, both safari floats and exciting white water rafting is available just 15 minutes from the resort. The river offers a wide range of options for first-time and experienced paddlers.

HANGING BRIDGES: Only a walking path away from the resort lies a two-mile trail through 618 acres of virgin rainforest with a panoramic view of the lake and volcano. The trail loops around and includes a number of impressive bridges ranging from 16 to 330 feet long.

LA FORTUNA WATERFALL: If your legs are in condition for a steep climb, this is arguably Costa Rica's most beautiful waterfall and should not be missed. It is a 15-minute climb down to the base of the waterfall and a 30-minute climb back up. A short ways down the river is a clear spot for bathing.

TABACON SPRINGS: Featuring a mineral river heated by the volcano to nearly 100 degrees, this natural wonder divides into a number of natural pools and waterfalls where guests can soak in beautifully landscape hot pools.

SKY TRAM CANOPY TOUR: The most popular adventure tour in the area, the Sky Tram offers amazing views of Lake Arenal and the volcano.

The three-toed sloth is just one of many bizarre creatures thriving in the primal Costa Rican rainforest.



For the brave hearted, there are two short zip lines offering the jungle adventure of a lifetime.

Additional Side Trips:

Arenal canopy tour
Fishing, kayaking, windsurfing
Arenal volcano hike
Venado Caves
Cano Negro Wildlife Refuge

More About Costa Rica — Elaine Knight, Owner/Founder Lost Igua-na Resort & Spa

“Costa Rica is a beautiful country with happy, friendly people affectionately known as Ticos. The name originated from their frequent use of momentico (in a short moment). Now for those travelers who are expecting Costa Rica to be like Mexico, you will be pleasantly surprised. Ticos are well dressed, well educated, and most have modest homes with a simple garden. Outside of San Jose, you will not see poverty or beggars. People will sell things along the street, but they are rarely pushy. Ticos are proud of their country and happy to have you visit.”

Traveling within Costa Rica

“You can easily travel anywhere in Costa Rica by plane, bus, taxi or rental car. There are small tourist busses that are inexpensive and go directly from main tourist cities and

pick up or drop you off at your hotel. Rental cars are expensive, but fun for exploring the country. It is still easy to get lost since there are no road names, but many of the roads, unlike a few years ago, are in fairly good shape.”

Safety

“There is violence in parts of San Jose, but it is almost unheard of in the rest of the country. Petty theft, however, has increased dramatically as tourism has changed from mainly surfers and nature lovers to high end resorts and well-to-do travelers carrying expensive electronics and jewelry. It is very important to protect your valuables at all times.”

Food

“You can stop at any local restaurant and feel welcome. Most menus are in Spanish and English. The local food is simple and not spicy. (We jokingly refer to it as ‘hospital food.’) When in doubt, order arroz con pollo (seasoned rice with chicken pieces). Prices in all non-tourist restaurants and stores will be in Colones, but everyone will take dollars.”

Money & Tipping

“The small difference in the bank’s exchange rate is not worth the long lines, and it’s much easier using dollars. Credit cards are always accept-



*Another world awaits you at
Lost Iguana's Golden Gecko Spa.*



The thatched-roof Palapa Bar adjoins a sparkling fresh water pool and hot pool with swim up.

ed and there are ATMs around tourist areas. As for tipping, the practice is not customary for locals, but expected from tourists. A 10% service charge is customary.”

Weather

“Costa Rica is very different from coast to coast and changes dramatically from one zone to the next. The Pacific Coast gets extremely hot and dry. The Arenal area gets more rain, is always green, and the temperatures rarely get very hot or cold. You can travel all over Costa Rica with two pairs of jeans or comfortable slacks, shorts, a few T- shirts, sleeveless or hot weather tops and good hiking shoes or tennis shoes. Don’t forget a bathing suit and light weight rain jacket.”

With regard to the weather around Arenal and the volcano, Knight had this to say:

“The weather around the volcano is completely different than the rest of Costa Rica. The end of November is not the dry season. March and April are the only two months that I consider too hot and dry to plant. All other months usually have some rain.... The only thing I can say for certain is that Arenal has extremely unpredictable weather and no weather forecast that is ever correct. December and January usually have light rain with less sun. February is a transitional month when at some point we go into the dry season, which is hot, sunny and with very little rain. Generally, May is the transitional month that starts the rainy season with a mix of sun and light rain. June through the end of October features a mix of sun and outbursts of rain that last from 10 minutes to hours.”

Bugs

“We have surprisingly few biting insects considering we are in a jungle. You may want insect repellant for trails, and you will definitely need repellant if you are going to the coast where the mos-



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quitoes can be irritating. For those who find bugs intriguing, you will be in paradise. There is an array of very unique bugs. We do our best to keep to keep them outside.”

Water

“I have never heard of anyone becoming ill drinking the water in Costa Rica. However, their health regulations are lax, if not lacking, so if you are concerned there is always bottled water available. At Lost Iguana, we have a 400’ artesian well with excellent water. The waiters will still try to sell you bottled water, but I would ask agua mineral.”

Snakes

“There are a number of poisonous snakes in Costa Rica, but I have hiked through the jungle for years and only encountered a couple of harmless ones who were successfully hunting frogs.”

Departing Costa Rica

“The airlines ask you to be at the airport two hours before departure time. If you arrive less than one hour ahead, you will most likely not be allowed to board. Be prepared to pay a \$26 for person departure tax prior to going to your airline. You can pay in Colones, Dollars or use a credit card.”

Green/Charitable Commitment

“We want to make as little impact upon the environment as possible. We have implemented recycling and green initiatives, making our carbon footprint minimal.”

Knight is also committed to the local community.

“We are involved with a number of local charities and schools in the La Fortuna area and donate a percentage of our revenue to the local organizations with which we have partnered.”

Knight is the kind of entrepreneur with whom you can be proud to be associated.

So now you know the secret. There is a Garden of Eden...and it’s not all that far away. Better yet, there’s a beautiful resort there with a room just waiting for you. 🌍



*Here’s a video of the
Lost Iguana Resort & Spa*

For more information about Lost Iguana Resort & Spa, go to www.lostiguanaresort.com.

To make reservations, call 011 (506) 2267-6148 or e-mail maritzalostiguana@mac.com.



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BOOST YOUR METABOLISM

by the Green Goddess, Sharon Quercioli

Quote of the Month:

“Wish not for things, but for wisdom and courage!” (Anonymous)

Everywhere you look people are writing articles claiming to have discovered the latest “miracle food” that will burn off the pounds while you sit on your butt and eat. Well, sadly, we all know that is not true. Without regular exercise, a decent night’s sleep and a thought-out meal plan, your metabolic rate is going to be dragging. However, there are some things you can eat that’ll move the needle into the fat-burning zone. And all of these foods are delicious, nutritious, or both!

So why not? Here are some of the best ones:

Fish: Most of us have read about the benefits of fish oil, which is full of heart-healthy omega-3 fatty acids. Found in many common oily fish, like mackerel, trout, sardines, herring, tuna and salmon, it can also be taken in capsules (at least 300 mg/day) by those who are averse to seafood. Fish consumption has been found to boost your calorie burn by as much as 400 calories a day. Fish is also full of great, low-fat, muscle-building protein, which requires your body to burn more calories to digest it.

Dark Green Leafy Vegetables: These include arugula, chard, chicory, collard greens, dandelion greens, kale, mustard greens and spinach. They are full of vitamin A, vitamin C, calcium and lots of fiber. While the vita-

mins are great antioxidants and very healthy for you, the fiber is where the rubber really meets the road as far as your metabolism goes. Your body expends a lot more calories digesting fiber and protein than it does simply digesting carbohydrates. This is called the *thermic effect* — the amount of calories required to digest food can sometimes be almost as much as the number of calories in the food itself. Dark leafies also contain many B vitamins, which are necessary to produce the enzymes for metabolism. Most other vegetables are high in fiber and low in calories and can boost your burn, but the cream of the crop, nutritionally speaking, are the dark green leafy vegetables. So listen to Popeye and eat your spinach!

Tomatoes: Tomatoes contain high levels of the antioxidant *lycopene*, which has been proven to have several anticarcinogenic properties. And like the dark green leafy vegetables, tomatoes are a good source of fiber. But tomatoes can also work overtime to flush fat, as they contain citric, malic and oxalic acids, which support your body’s kidney functions, helping your body eliminate more waste and fat.

Blueberries: (Check out my previous story on “The Power of Blue”!) Blueberries contain lots of fiber, and many contain so much,

A consistent exercise regimen is at the heart of boosting one's metabolism.



they can be said to have “negative calories,” meaning your body burns more calories digesting them than it stores. One cup of blueberries only has about 80 calories, but it has 4 whole grams of fiber. Your body will expend much of those 80 calories digesting those 4

grams of fiber. Blueberries also contain lots of antioxidants and are believed to lower cholesterol and regulate blood pressure. Plus they taste great! Try adding them to a high-fiber unsweetened cereal or oatmeal in the morning to get your metabolism up and running at the

start of your day.

Whole Grains: Well, if you’ve read this far, you’ve probably gotten that fiber is key to keeping the metabolic fires burning. Whole grains are one of the best sources of dietary fiber. This is where careful label reading comes in. Lots of items that are purported to contain whole grains only have just enough to make the claim truthful, and may be full of insulin-spiking carbohydrates or sugars, which will take your metabolism in the wrong direction. Check the ingredient list of your breads and cereals carefully and make sure the lion’s share of the ingredients is whole grains.

Chilies, Curries and Other Spices: Ever eaten a particularly spicy meal and felt your heart race a bit faster and your forehead start to perspire? The *capsaicin* found in many hot peppers and other spices can fire up your metabolism while it fires up your mouth. In fact, some studies have shown a 50% increase in metabolism for 3 hours after eating capsaicin. So, it helps to keep a bottle of hot sauce on hand at mealtimes. You can also use spices to add flavor to recipes instead of salty or fatty ingredients to help kick your metabolism into a higher gear.

Green Tea: Researchers have found that green tea consumption can increase calorie-burning by up to 4%. It’s believed that green tea accomplishes this by helping to

increase metabolic rates, as well as fat oxidation. Studies have also shown that green tea can reduce sugar cravings and help inhibit enzymes that slow digestion, thus raising metabolic rates. In addition to its metabolic properties, green tea is loaded with antioxidants and polyphenols, making it one of the most healthful beverage choices around.

Ice Water: Almost every nutritionist will recommend drinking 8 eight-ounce glasses of water every day, but did you know that if you drink ice water (instead of room-temperature water) your body will burn an extra nine calories per glass? Drinking room-temperature water can burn about 16 calories per glass — that’s 25 calories per glass for ice water. So eight glasses of cold water a day can be responsible for burning 200 calories! Besides, water is necessary for all your bodily processes, including the ones that control your metabolism. If you’re underhydrated, your body will underperform. Water also flushes out fat deposits and toxins, which can hamper your energy.

Remember, a good night’s sleep and smaller, more evenly spaced meals can be your best metabolic friends. And the best thing to really get your metabolism going is exercise. Stress has been found to produce *cortisol*, a steroid that inhibits the metabolism. I recommend that you try to relax...and have a blueberry or a piece of fish! 🌍

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SIMPLE WAYS TO BE A "NATURAL MAMA"

by Jenn Cohen

1 Baby Food 101: Making your own baby food is easy! It does require a bit of pre-planning, but the true reward is knowing exactly what is in your baby's food. When we eat raw and as close to the earth as possible, we cut dangerous preservatives from our diet and eliminate all the jars, containers and boxes that become waste. All you need to start making your own baby food is a steamer, blender or food-processor, ice-cube tray and reusable storage. (Visit my blog for more details and recipes.)

2 Think Local, Be Local: Supporting locally-owned businesses helps build our local

economy. Buying locally grown foods is healthier and environmentally-friendly. Walking and bicycling to your local stores is a great chance for exercise, fun family time and reduces pollution. Visit your local farmers market to stock up on fresh fruits and veggies or check out your community vendor fair next time you need a gift. A recent study shows that shifting just 1% of consumer expenditures to direct purchasing of local food products would increase farmers' income by 5%.

3 Reduce, Reuse, Recycle: Before you buy, think about if you really need it. Can you swap

baby/maternity clothes and products with a friend? Can you reuse items from baby #1? Or maybe pick up gently used items on consignment? Remember, every time something is produced, packaged and shipped there are harsh effects on the environment. Continuous factory pollution and overflowing landfills are a priority concern. You can even donate or consign your used clothes, accessories and furniture to make a little extra money. Reusable shopping bags, reusable coffee/water bottles and cloth baby diapers save money and our environment!

4 Cleanliness Is Next To Godliness: Next time you are about to clean your house, do your laundry or give your baby a bath, look at the back of the bottle. Do you really know what is in it? Do you really want those unknown chemicals on your floor, your clothes, dishes AND your baby? Those chemicals also wash down the drain, right into our water system and destroy our environment. Much research shows that exposure to these toxic chemicals can lead to neurological disorders, respiratory problems, cancer and more. Homemade cleaners are easy, effective, non-toxic and inexpensive, utilizing items you probably have in your house already (vinegar, baking soda, castile soap, lemon juice and essential oils). Glycerin or Shea is a gentle soap for everyone in the family. If you do use store-bought cleaning products and detergents, please make sure they are phosphate-free. Below is a homemade household cleaner that can be used everyday on everything!

5 Breastfeeding Leaves No Carbon Footprint: So, breastfeed your baby as long as you can! Not only does breastfeeding save you money on bottles and formula, but the amazing immunological benefits of Mother's Milk protect your child against illnesses no matter how old they are. This can save on numerous doctor visits, medications and missed days of school and work.

Green Smoothie Recipe (for everyone in the family)

In a blender combine almond milk/coconut milk, a huge handful of fresh raw spinach, a banana, an apple, a little flax seed, a little shredded coconut, a tablespoon of spirulina and ice. Blend until smooth and ENJOY!

Everyday Household Natural Disinfectant

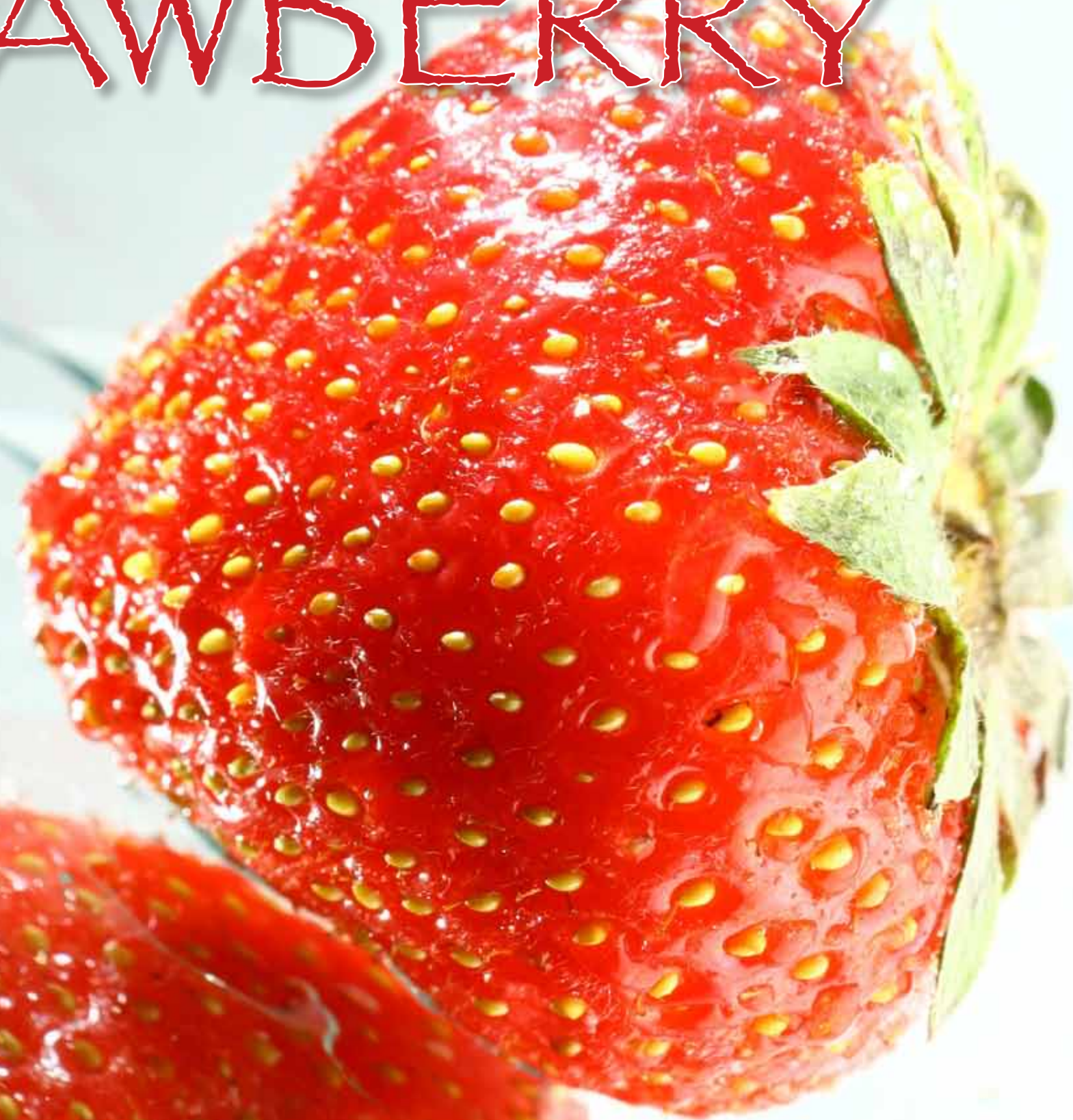
Combine equal parts water and vinegar in a spray bottle. Add in 5 drops of Tea Tree Essential Oil and 3 drops of Thyme Essential Oil per cup of water/vinegar solution. This can be used on any surface to clean and disinfect. Great for cleaning kids toys! 🌍

Jenn Cohen is a Certified Personal Trainer, Yoga & Pilates Instructor and Holistic Lifestyle Coach. You can visit her blog at www.the-natural-mama.blogspot.com. You can also contact her at (561) 309-4543 or at jenncohen79@yahoo.com.

This article was published courtesy of Treasure Coast Parenting magazine www.tcparenting.com.

THE SPECTACULAR STRAWBERRY

by Sharon Quercioli



I love strawberries! Strawberries have the smell of spring and the color of summer, symbolizing the most beautiful and warm seasons of the year with perfection. The delicious truth is that strawberries provide a number of health benefits: proper eye care and brain function and relief from high blood pressure, arthritis, gout and heart disease.

With a bright red color appealing to the human eye, the strawberry is the most popular berry in the world. In fact, the strawberry is actually a member of the rose family and the only fruit in the world with seeds on the outside rather than the inside. There are wild and cultivated strawberries with over 600 varieties in all. The cultivated ones offered in stores are actually a hybrid. As for the wild ones, they are much smaller but more intense in flavor.

Health Benefits of Strawberry

Eye Care: The primary reasons for almost all the problems of eyes are free radicals and deficiency of certain nutrients. With the growing age and lack of these protective nutrients, the harmful oxidants or free radicals cast heavy damage on our eyes, such as drying up of eyes, degeneration of optical nerves, macular degeneration, vision defects and make them prone to infections, too. The antioxidants present in strawberries (i.e., vitamin C, flavonoids, phenolic phytochemicals and elagic acid) can help avoid this situation. One more factor is ocular pressure (pressure of the eyes). Any disturbance in eye pressure is harmful for the eyes, and because strawberries contain potassium they can help maintain the right pressure.

Arthritis and Gout: The degeneration of muscles and tissues, the drying up of the fluid that sustains the mobility of the joints and the accumulation of toxic substances (e.g., uric acid) in the body are some of the ill effects of free radicals in



our body, which in turn are primarily responsible for arthritis and gout. Strawberries, with their team of antioxidants and detoxifiers, can effectively help push away such health hazards forever. There is a famous saying in India that “a serving of a fruit a day will remove the rust from the joints.” It is very true for strawberries.

Cancer: Vitamin C, folate and anthocyanin, quercetin and kaempferol (few of the many flavonoids in strawberries possessing excellent antioxidant and anticarcinogenic properties) together form an excellent team to fight cancer and tumor. A daily intake of strawberries has been shown to have reduced the growth of cancerous cells.

Brain Function: It is a common observation that older people tend to lose their memory and control over their activities, limbs, etc. due to the aging of their brain and nervous system. Actually, free radicals, the agents largely responsible for aging, have a very adverse effect on these systems. As a result, brain tissues degenerate and nerves weaken. Strawberries can help you out. Their vitamin C and phytochemicals neutralize the effect of these oxidants and rejuvenate the system. Moreover, strawberries are rich in iodine too, which is very helpful for proper functioning of the brain and nervous system.

High Blood Pressure: Strawberries are high in potassium and magnesium content, both of which are effective in lowering high blood pressure caused by sodium.

Heart Diseases: High fiber, folate, no fats and high antioxidants form an ideal cardiac health pack, as they effectively reduce cholesterol. Some of the members of the vitamin B family present in strawberries also strengthen the cardiac muscles, making for better functioning of the heart.

Other Benefits: Folate is known to protect against birth-defects. Vitamin C effectively reduces infection and cold. The phytonutrients also have anti-inflammatory properties.

Smoothie Recipe

- 7 to 8 large strawberries
- 2 ripe bananas
- 1/2 cup sugar or (even better) agave
- 2 cups ice
- Cup of orange juice
- Blend ingredients in a blender 🌍

Remember, as with all fruits and vegetables it is always wise to first wash them thoroughly in water with a few drops of lemon essential oil. To learn about Young Living Essential oils, go to www.youngliving.org/owwmedia and scroll down the page to view the various products.

WHAT DOES EARTH DAY MEAN TO YOU?

by Sandra Frens



From the time we are children we are taught to take care of the things we treasure. We are taught that if we want something to last it needs to be protected and shown tender loving care. These ideas apply not only to people and possessions we care for, but toward the greatest asset we all share: Mother Earth. Earth Day is a time set aside for all the people of the world to reflect upon the steps we need to take to ensure the protection and sustainability of our beautiful planet.

The first Earth Day was held in the United States on April 22, 1970 and was the brainchild of U.S. Senator Gaylord Nelson of Wisconsin. He intended it to be an environmental teach-in day to be held at high schools and college campuses across the country. What began as a small grassroots campaign organized itself into thousand of schools and local communities with an estimated 20 million Americans participating in demonstrations. April 22 continued to be the day of environmental awareness in the US until 1990 when Denis Hayes (the original national coordinator of Earth Day in 1970) organized events in 141 nations giving Earth Day a more global focus.

With the onset of the Internet, Hayes continued his environmental activism and established the Earth Day Network — a global community of government agencies, activists and others focused upon the promotion of environmental-protection activities throughout the year.

All of us need to take ownership of how we treat our precious planet on a daily basis, making sure we recycle, conserve water and try to keep our energy usage down. In addition to our regular waste management routine, this Earth Day we need to make a pledge to take part in another form of conservation. Earth Day encompasses multiple forms of advocacy from random acts of green and wilderness conservation to protecting our oceans and thousands more. Find a cause that holds special meaning for you and get involved.

One of the most important steps you can take is to make others aware of your cause and share your Earth Day ambitions. Send a green greeting to your friends and family urging them to participate in your endeavors. By sending a plantable card, you give them an additional opportunity to be green by planting the card and beautifying Our Earth. 🌍

A great place to purchase green plantable greeting cards and other products is Sprouts! Inc., a West Palm Beach-based company committed to raising environmental conscious and education. Sprouts! is also actively involved with a number of local charities and nonprofit organizations. For more information about Sprouts! and to purchase plantable seed paper products, visit www.sproutem.com or e-mail info@sproutem.com.



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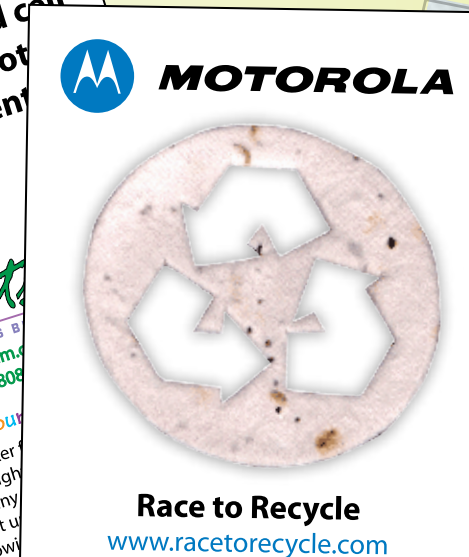
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CAN TECHNOLOGY HELP SAVE THE ENVIRONMENT?

Students at Palm Beach State College Are Showing That It Can!

by Joyce Edelstein



Most of us have used GPS (global positioning systems) to find our way from Point A to Point B, but did you know that GPS is playing a crucial role in preserving and protecting our Florida environment?

The students of Palm Beach State College's Environmental Science Technology program do. As part of a state-of-the-art, hands-on program, they are working with geospatial technology and its many applications to save the planet.

GIS — The Power of Smart Maps

GPS is just one piece of "geospatial technology" — the umbrella term for the powerful computer applications that make it possible to visualize, measure and analyze our environment. The technology's core component is called GIS or geographic information systems. If you have ever visited Google Earth or downloaded directions, you have used a form of GIS technology. While GPS tells you where you are on the globe, GIS links records in a database to a specific location on the globe. Think of GIS as a very smart map that instantly processes the im-

pact of data in conjunction with geographic information.

"Our students are working on environmental projects all over Palm Beach County and GPS/GIS technologies are fundamental to their education. It's an exciting time to enter the environmental science field," commented Jessica Miles, professor and program chair of Palm Beach State's Environmental Science Technology program.

Industry and government use GIS in countless ways to make informed decisions. By changing data points and locations, GIS can solve "what if" scenarios in a flash — influencing everything from selecting building sites and developing military strategies to routing city emergency vehicles. Innovative GIS/GPS applications for environmental science include selecting the best renewable energy locations (solar and wind), monitoring wildlife impacts and assisting a city in developing green spaces that will keep native wildlife populations thriving.

Using Technology to Help Florida's Environment

Palm Beach State students are using GIS/GPS to support



Palm Beach State students collecting fossils at the Peace River



*Working with GIS technology at
Palm Beach State College*

© Palm Beach State College

a diverse range of environmental missions — from monitoring a wading bird colony at Juno Dunes Rookery to tracking the expansion of the invasive python problem in South Florida. These challenges bring into the mix another technology called remote sensing or the use of a variety of satellite and attachable devices for gathering information on an area, object or animal. If you have ever seen satellite pictures of rainforests that have been cut down, then you have experienced remote sensing. Traditionally, scientists would be sent into a forest to obtain data, which was then studied to reach conclusions about the entire forest. Now, the merging of satellite technology with attachable devices gives scientists a continuous flow of accurate data without ever stepping outside the laboratory.

A Unique Learning Experience

Another Palm Beach State initiative is the Math Science Institute, held every summer for advanced high school and college students. Students in the Environment and Energy Technology track learn the diverse applications for geospatial technology that support our planet. This academically rigorous program, now in its fourth year, is enriched with outstanding faculty, speakers and field experiences, giving students a unique learning opportunity. The program is a 2010 State of Florida Chancellor's Best Practice Award winner.

Play Geocaching!

Want to “play” with geospatial technology yourself? Try “geocaching!” A global phe-

nomenon, geocaching is a high-tech treasure hunt played by people of all ages using GPS devices. The objective is to locate containers, called geocaches, hidden outdoors and then share your experiences online. It's great fun for groups or the whole family.

Check out www.geocaching.com to get your first coordinates and plug them into your GPS device and let the adventure begin. As of this writing, there are 1,625 geocaches within 25 miles of the College's Lake Worth campus! Or you can come to the Palm Beach State College Earth Day event being held on Thursday, April 21, 11am to 2pm at the Palm Beach Gardens campus. You'll find geocaching instruction, GPS devices to use and a geocaching course set up on the campus, so you can learn more about this high-tech ecosport! 🌍

For more information about Palm Beach State College's Environmental Science Technology program, visit www.palmbeachstate.edu/EnvironmentalScience.xml.

For more information about the College's Math Science Institute, visit www.palmbeachstate.edu/MSI.xml.





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IF YOU DON'T THINK 2 OR 3 MINUTES CAN
MAKE A HUGE DIFFERENCE...

TRY HOLDING YOUR BREATH

by Jody Underhill



Whether you're General Motors or the corner convenience store, you probably could use a little more business. The question is how to get the word out about your products or services to the people who need them. One hot technique these days is to use short videos.

Why Video? There are several reasons.

People go online to get answers to questions... plain and simple. They are looking for information on products and services, as well as "How-To" information. There are over 200 MILLION

searches a day and although people are doing all this searching, traffic statistics show that most people click away from a website in just a few seconds.

They scan the text and pictures and make a snap judgment about whether or not the site has anything to offer them. It is extremely difficult to get them to read all the way through the home page, let alone click through to get more information on subsequent pages.

In contrast, once they start, people are more

likely to watch video clips through to the end. This gives you a better chance to engage them and get your message across.

Videos get search rankings very quickly, sometimes within minutes of being posted. You see the search engines main function is to deliver the most relevant content available on the topic you are searching. They see video as one of the most relevant sources of information on the Internet, especially new ones with a title that is similar to the search topic. Studies also show that viewers who visit a website after seeing a video about the product or service are more likely to engage with the website and take an action, such as filling out a contact form, calling the business, and best of all, making a purchase.

We all know Google is the #1 search engine. Do you know which one is #2? It's YouTube! That's what we in the business call "A Clue."

Video positions you as an Expert!

The best way to deliver your message is by sharing information and answering questions that help the viewer, whether they choose to do business with you or not. This will position you well above your competition, which is still trying to sell to the viewer. People are savvy these days and nobody goes online to see a commercial.


Videos can go viral.

A 28-second video clip of two little boys in England gets 200 million views. A wedding

dance gets 50 million views. A couple of guys in Palm Beach Gardens do a 3-minute video on Social Media Marketing and it becomes the #1 video in the world on the subject! (Shameless Plug). A local chiropractor answers a question about the popping sound during an adjustment and gets 1000 views in a month and several new clients to boot. Yes, video is effective for everyone.

You can use video on many Social Media Sites.

You can post your videos on Facebook and send people from Twitter & LinkedIn to see them on YouTube. You can bookmark them on sites like Digg, Delicious and Stumble Upon so more and more people will see them.

We have always been told that people like to do business with people they "Know, Like and Trust"; video allows you to develop that feeling before the viewer actually meets you. So again... If you don't think 2 or 3 minutes can make a big difference... 

For more information about Social Media Marketing and how it can revolutionize your business, visit UpsideDownIceberg.com or call (561) 693-9393. Upside Down Iceberg is a cutting-edge Internet Marketing Agency that utilizes a combination of videos and articles in conjunction with social media networking to position companies as experts in their respective field.



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WHAT'S KILLING MY LAWN?

by Mandy Nolen

Five Common Problems with South Florida Lawns

Growing and maintaining a lush lawn should be easy in South Florida's subtropical climate, right? But it's not! Lawns require attention and a little bit of expertise to keep them green and beautiful. Here are some of the most common problems people experience with their lawns:

1 Fungus will kill your lawn and make it an eyesore. The good news is that lawn fungus is easily prevented by properly watering your lawn. Watering should be done between 4 am and 7 am, allowing 45 minutes of watering to each section. This allows the water to reach the roots of the grass and permits the lawn to dry out during the day.

2 Chinch bugs are the most common turf-damaging pest in South Florida. Their presence is usually first noticed as brown spots in the lawn. Keep a close eye on suspect areas and contact a professional to treat the problem locally. Quick identification is key to treating these pests as to minimize both the damage to the lawn as well as the surface area that must be treated.

3 Don't Scalp Your Lawn! St. Augustine grass, the most commonly used grass in Florida, should never be cut shorter

than 3 inches. Giving your lawn too short of a cut makes it more susceptible to disease and pests.

4 Sharpen your blades. Maintain sharp blades on your lawn mower. Sharper blades give a cleaner cut, which looks more crisp and minimizes damage to the grass blades. Hacking at your grass will drain it of nutrients and tear up the lawn, creating brown tips on each blade of grass.

5 Follow Directions. When fertilizing your lawn, read and follow the directions on the fertilizer. Do not overuse, underuse or misuse the fertilizer. Overusing the fertilizers can lead to excessive runoff and burn spots on your grass, while not using enough is not effective. Also, keep the fertilizer on the grass only and off of non-porous surfaces, such as your driveway. 🌍



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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THE CULTURAL AMBASSADORS FOR HEALING TOUCH BUDDIES

by Betty Ann Baker, Executive Director Healing Touch Buddies

The world needs healing on every front the magnitude of need in so many places, with imaginable. Where do we start? With our families, patients and clients close to home ourselves. Healing begins then expands, and our neighbors around the globe. emanating from our hearts. And if anchored in the moment, we are able to stay strong to meet The mission chosen by Healing Touch Buddies

is to improve the quality of life for those with a diagnosis of breast cancer. We meet that mission every day, bringing comfort and healing intention to people who may be frightened, in pain, isolated and alone. But the healing doesn't stop there. The effect of touching the heart of another is seismic with the wave of compassion and care moving far beyond our original encounter, like the ripples on a pond. While our starting point is helping those with breast cancer find comfort, we also serve a broader mission that embraces the healing of us all and of the planet that is our home.

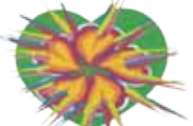
In the tradition of bringing healing touch to the community and into the world, our Healing Touch Buddies Cultural Ambassador project is committed to pushing out from the familiar and making our program accessible to all of the diverse cultures in our own back yard. If healing touch is taught and offered in Australia, Cambodia, Ecuador, India, Netherlands, New Zealand, Peru, South Africa, Thailand and Tibet, how could we not make every effort to bridge the gaps in our own community?

We set about finding ways to reach across differences in language, culture, ethnic and socio-economic divides to ensure that anyone with breast cancer needing our help had access. Our first line of action was to attract and recruit potential students to healing touch training and to our Healing Touch Buddies Volunteer Training Seminar. To supplement partial funding by Susan G. Komen for

the Cure for the seminar, we raised scholarships funds to cover 50 plus hours of training and experiential instruction required for each of our five Cultural Ambassadors entering our program. In turn, our new volunteers provided their own unique connections to those needing our help through their churches, community resource organizations, hospital programs and business groups. They also recruited other students to our upcoming volunteer training this month in Boca Raton at Hospice by the Sea.

As we have come to expect, the results of our work have expanded beyond our original plan. We have opened ourselves to knowing and respecting the hearts of people different from ourselves. We have learned what is the same in our hearts, that we need one another and that life is richer when we stand together. We may speak different languages and have different customs, but the language of the heart is always understood. The language of a caring presence and touch is universal. 🌍

Please help Healing Touch Buddies to continue to reach ALL those who need our support. DONATE to our Education Fund at www.healingtouchbuddies.org or send your donation to:

 Healing Touch Buddies, Inc.
c/o The Healing Arts Institute
of Juno Beach
13901 US Hwy 1, Ste. 10

FLORIDA EARTH FOUNDATION HOLDS WATER CHOICES FORUM

by Stan Bronson, Florida Earth Foundation Executive Director



The Florida Earth Foundation convened the second of its Water Choices Forum Series at the BankUnited Center on the University of Miami Campus in Coral Gables on February 28, 2011. The Foundation's Board had been asked by a variety of leaders and experts to consider the best pathway to exploring water choices in the areas of policy, infrastructure, law, regulation, best practices, economic development and land use. As a result, a Forum process was vetted and launched with the intent of

refining Foundation resources to be responsive to stakeholder needs, gathering an ever broader base of leaders and students around the subject, and ensuring participants would be in a position to stage and set expectations for Forum agendas of the future on their own terms. It was the Board's expectation that standards of engagement and quality of content be measured, in part, through professional certifications.

The six and a half-hour Forum adjourned with

a call for BEST PRACTICES, more perspectives from expert practitioners and online resources. A consensus position emerged on the need to explore and develop a WATER ETHIC, which would guide policy, politics, development, infrastructure, culture and community values, and measures of success. Participants want to invest more time in the complex issue of the EPA's Nutrient Numeric Criteria.


The new EMPLOY FLORIDA BANNER CENTER FOR WATER RESOURCES at Florida Gateway College was announced as a statewide resource and partner and an original Foundation-coordinated international law school partnership on water issues was launched. Many participants called for future Forums to work in the context of REGIONALISM and REGIONAL COLLABORATION; and for the Foundation to draw on parallel engagements around Florida so that diverse teams may share and take on Forum assignments.

Participants included attorneys, scientists and economists, public servants, interested citizens, students, employees of water management districts, educators, leaders from nonprofits and higher education, Board members of the Foundation, legislative staff and consultancies. They documented best next steps for Forums and interims between Forums. They were sensitive to and interested in the leadership change in Florida, including Governor, Cabinet and a number of leg-

islators; and saw a responsibility to capture Forum output to provide a platform for learning and engagement of leaders in what the Foundation refers to as The Other Issue of the Century.

Participants shared a sense of urgency in translating complex and often local water issues to an agenda that serves the state, a deep interest in the dynamics and conflicts of personal behaviors v. regulation, and a frustration over single solution EPA standards and an apparent inability to gain flexibility in their application.

A Rudder Team of volunteers worked in advance of and during the Forum to synthesize information and ensure participation. They included: Chair Luna Phillips – Attorney and Shareholder, Gunster Yoakley; Andy Flajole – Environmental Specialist, Florida Power & Light Company; Ed Hernandez – Director of South Florida Water Management District's Miami-Dade Regional Service Center; Humberto Alonzo, VP of PBS&J; and Don Quincy, President-elect of the Florida Cattleman's Association.

The third Forum will take place on July 7, 2011 in Jacksonville at The University of North Florida. 

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

LOCALECOPIA

SPEARHEADING PARADIGM SHIFT IN AGRICULTURE

by Rick Hawkins

I work in a wonderful resort in Palm Beach that has always taken pride of offering our guests the best the world has to offer. A crucial responsibility in the success of our food service is finding the freshest, tastiest products to put on our tables. Our ever discerning chef once asked, "Why are the mangoes growing on my neighbors' trees better than the ones we are purchasing from the big produce companies?" A fair question. This led to our company developing relationships with local growers and really getting an

understanding of what is invisible to a lot of us – the abundance of Florida agriculture and local food products. While our company was continuing to hone these new relationships with local producers, my coworker, Geoff Sagrans, came up with an idea. Why not get others involved in purchasing product from local producers? From this idea, Localecopia was born.

Localecopia is a nonprofit organization that strives to make communities more sustainable with a focus upon sustainable agriculture and local food systems. We have been very busy since our inception and are developing goals to make local foods available to more of our residents and to expand our organization to other areas.

It is a challenge to understand just how important a sustainable food system is to our environment and to our well-being. A shift from societies centered upon food production to our current model of corporate agriculture and industrial food production has created a myriad of problems. An abundance of cheap processed food has helped create an epidemic of obesity, diabetes and heart disease. Our current agricultural model is chemical dependant and is a major source of pollution and greenhouse gas emissions. Moreover, our current economic-based food systems are creating food insecurity for many, including millions here in America.

Let's take a look at a few good reasons why

we all should be more concerned about getting acquainted with our food:

1. Locally grown food tastes better.
2. Local produce is better for you.
3. Local food preserves genetic diversity.
4. Local food is GMO-free.
5. Local food supports local farm families.
6. Local food builds community.
7. Local food preserves open space.
8. Local food keeps your taxes in check.
9. Local food supports a clean environment and benefits wildlife.
10. Local food is about the future.

When you are shopping at your local supermarket or dining at your favorite restaurant, ask about local food options. It is the consumers, all of us, who have the power to make local food systems possible. We can do this simply by creating the demand for these products. Remember, we are what we eat! 🌍



Localecopia is a nonprofit organization focused upon bringing together businesses, producers, educators and government organizations for the purpose of lessening our carbon footprint by supporting local product consumption, helping operations better utilize waste and bringing together individuals to help achieve sustainable business practices. For more information, please visit www.localecopia.org.

GREEN GOODIES

Raising Funds for the Northern Palm Beach County Chamber of Commerce Art Education Fund

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 Art Fest by the Sea Festival by printing beautiful note cards featuring the artwork of local students.

A portion of the proceeds from each box of cards will go to support the Northern Palm Beach County Chamber of Commerce 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," said Sharon Quercioli, Sprouts! owner and founder.

"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, 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.

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 Art Education Fund by going to www.sproutem.com/category/Art-Fest-by-the-Sea-Note-Cards

Talented Youngsters Collection



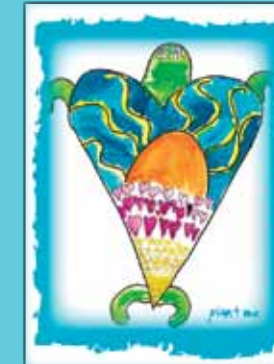
Merissa Chu
Timber Trace Elementary
4rd Grade



Riley Thume
Lighthouse Elementary
2nd Grade



Gina Azzizzi
Bright Futures Academy
5th Grade



Katie Taylor
Beacon Cove
3rd Grade



Surya Gowda
Beacon Cove
5th Grade



Jackie Bates
Beacon Cove
3rd Grade



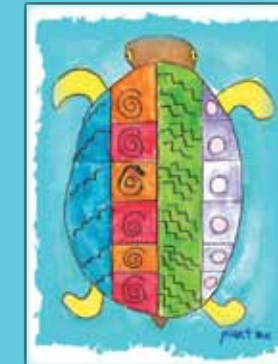
Kayla Pham
Lighthouse Elementary
1st Grade



Jordan Poe
Beacon Cove
5th Grade



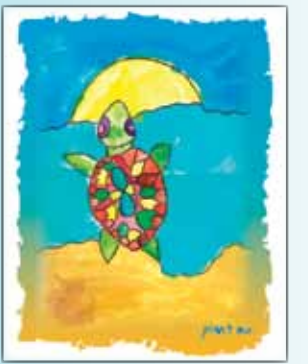
Sophia Jackson
Lighthouse Elementary
Kindergarten



Lexi Bolton
Beacon Cove
5th Grade



Tatum Cocotos
Beacon Cove
3rd Grade



Sarah Green
Beacon Cove
3rd Grade

The Beacon Cove Collection

2011 Juno Beach Art Fest DRAWS RECORD CROWD

by Glenn R. Swift

Photography courtesy of Sharon Quercioli

Sprouts! Showcases Prize-Winning Artwork of Local Students

Ranked as one of the finest art shows in the United States, the 24th Annual Art Fest by the Sea in Juno Beach drew a record crowd of more than **50,000** discerning, art aficionados on March 12 and 13. Featuring more than 250 artists from all over the country, great food and live entertainment, the festival also included the art of local students from all over Palm Beach County.

One of the highlights of the event centered around the booth of Sprouts!, Inc. (www.sproutem.com), which showcased the prize-winning artwork of the various students on its handmade, 100% recycled, plantable seed paper. As part of its ongoing commitment to support the local community, Sprouts! is donating a portion of the proceeds from the sale of the cards to support art education in local schools. To purchase the beautiful Art Fest note cards that grow beautiful flowers when planted, please visit: <http://sproutem.com/category/Art-Fest-by-the-Sea-Note-Cards>.

For more information about the Juno Beach Art Fest, go to www.artfestival.com.



Kayla Pham (center) with her brother and sister and Sharon Quercioli.



Sharon and Sophia Jackson



Surya Gowda and Sharon



Merissa Chu



Ashley Goebel and Sharon



Sharon and Riley Thume



Tatum Cocotos



Sarah Green and Sharon



Katie Taylor and Sharon

Cancer Alliance of Help and Hope Hosts “THE ART OF HELPING”

by Gail Ganzlin

Photography courtesy of David Willison

“The Art of Helping” on Friday, March 4 was held to benefit the Cancer Alliance of Help and Hope. Artists from Original Elements and the Village Art Studios donated art for the silent auction. Both locations in Gallery Square North in Tequesta offered live entertainment along with wine and hor d’oeuvres. Artists also participated in a paint-a-round at the studios. Over \$1000 was raised and all the monies will go directly to local cancer patients who need help financially during their treatment.

For more information about the Cancer Alliance of Help and Hope, call Jean Fischer, Managing Director, at (561) 748-7227 or visit www.cahh.org.





Northern Palm Beach County Women in Business Council HOSTS LUNCHEON

by Glenn R. Swift

The Northern Palm Beach County Chamber of Commerce **Women in Business Council** held its **first event of the year with a luncheon at the Marriott in Palm Beach Gardens on March 23, 2011.** The event was highlighted by guest speakers, Jamie Stuve, President & CEO of the Loxahatchee Historical Society, and Ethel Gravett, one of the founders of the Loxahatchee Historical Society in 1971 and who served as its first Chairman of the Board. Both ladies gave a presentation entitled, “Northern Palm Beach County Women of History.”

Stuve has been with the Loxahatchee Historical Society for nine years and is responsible for the preservation, operation and oversight of the Jupiter Inlet Lighthouse & Museum, now a managing partner in the Jupiter Inlet Lighthouse Outstanding Natural Area. Gravett created the first museum at the Lighthouse in 1973 and has been an active member ever since. In addition, Gravett regularly Mary Carlin, wife of Capt. Charles Carlin, at the Lighthouse site for special events.

For more information about the Northern Palm Beach County Chamber of Commerce, please visit www.npbchamber.com. To learn more about the Loxahatchee Historical Society, please visit www.jupiterlighthouse.org.



Jamie Stuve and Ethel Gravett



The Historic Sunrise Theatre in Fort Pierce Presents ONE NIGHT OF QUEEN

by Rene Page



Friday May 6, 2011 at 8pm

Tickets: \$39/\$29

Great Britain's most explosive rock 'n' roll tribute show, ONE NIGHT OF QUEEN, makes a return appearance to the Sunrise Theatre!

Scottish vocalist Gary Mullen is a legend in his homeland for his uncanny ability to channel the late, great Queen frontman, Freddie Mercury. ONE NIGHT OF QUEEN stars Mullen and his band, The Works, and it's a high-energy, fully-realized Queen concert, featuring state-of-the-art lights, effects and, of course, those classic songs: "Bohemian Rhapsody," "We Are the Champions," "Another One Bites the Dust" and "We Will Rock You," among many others!

In Britain, Queen's "Greatest Hits" is officially the top-selling album in history. The band, which originally included Mercury, guitar legend Brian May, bassist John Deacon and drummer Roger Taylor, was known and adored for its electrifying live performances.

Since 2001, Gary Mullen and ONE NIGHT OF QUEEN have toured virtually non-stop around the U.K., Germany, Portugal, Holland, Belgium, France and New Zealand, playing theaters, arenas and festivals to sell-out crowds on every shore. Rock 'n' roll fans couldn't get enough of Queen, and today, they can't get enough of ONE NIGHT OF QUEEN. 🌐

Don't miss this opportunity to hear Britain's leading tribute band, ONE NIGHT OF QUEEN, on Friday, March 6 at 8pm at the historic Sunrise Theatre in Fort Pierce. For tickets or more information, call (772) 461-4775 or visit www.sunrisetheatre.com.

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THE MUSICAL

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Disney
MY SON PINOCCHIO
Geppetto's Musical Tale

Session III
August 1-August 19

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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, 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



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