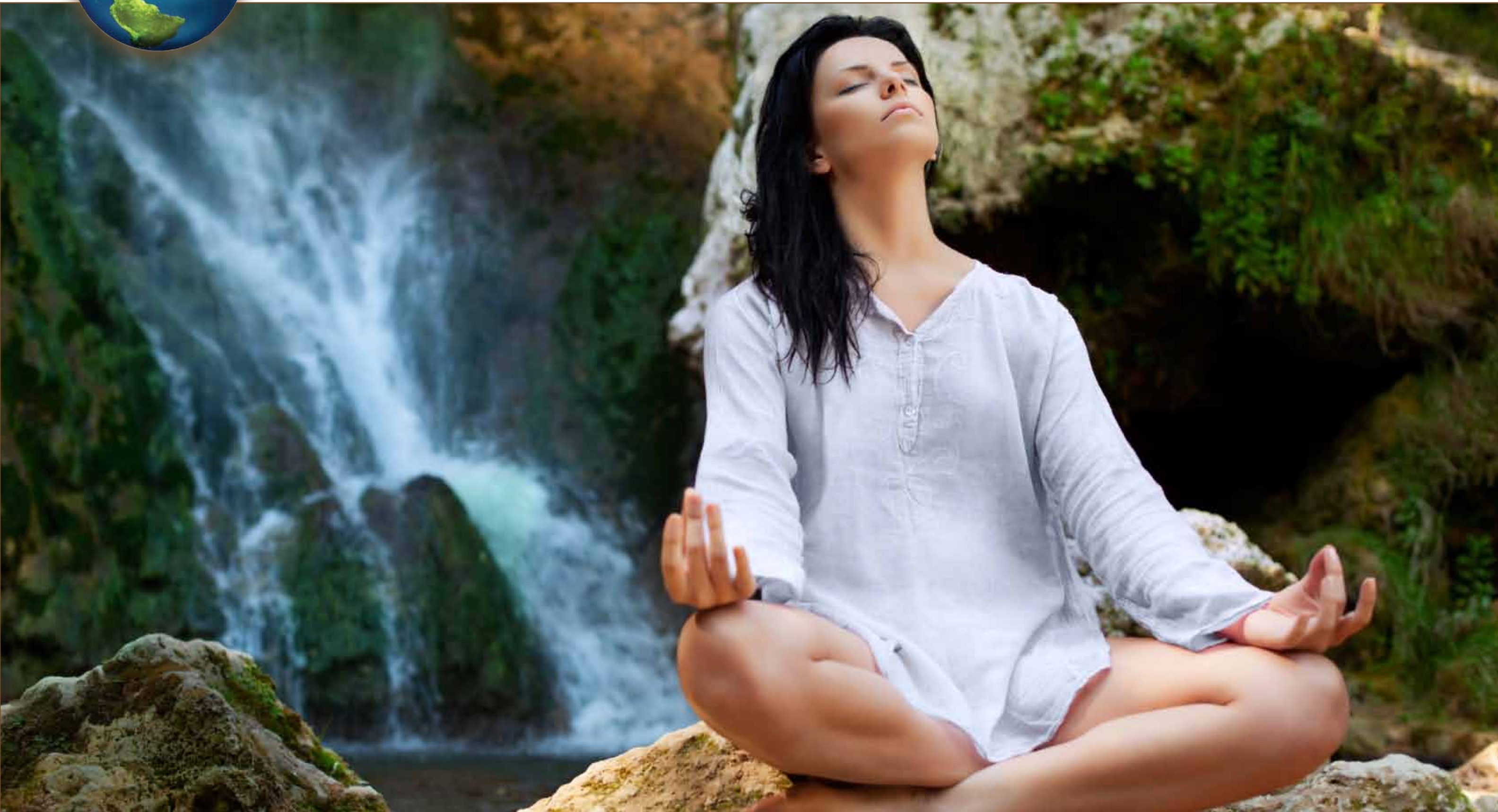




Our Wonderful World

May, 2011
Volume 2 :: Number 5

The Art of Living Green



Busting the
Yoga Myth

South Fla
Butterflies

Losing Ground

Palm Beach
State

Celebrates Earth Day

The Skinny...
On Weight Loss

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The Art of Living Green



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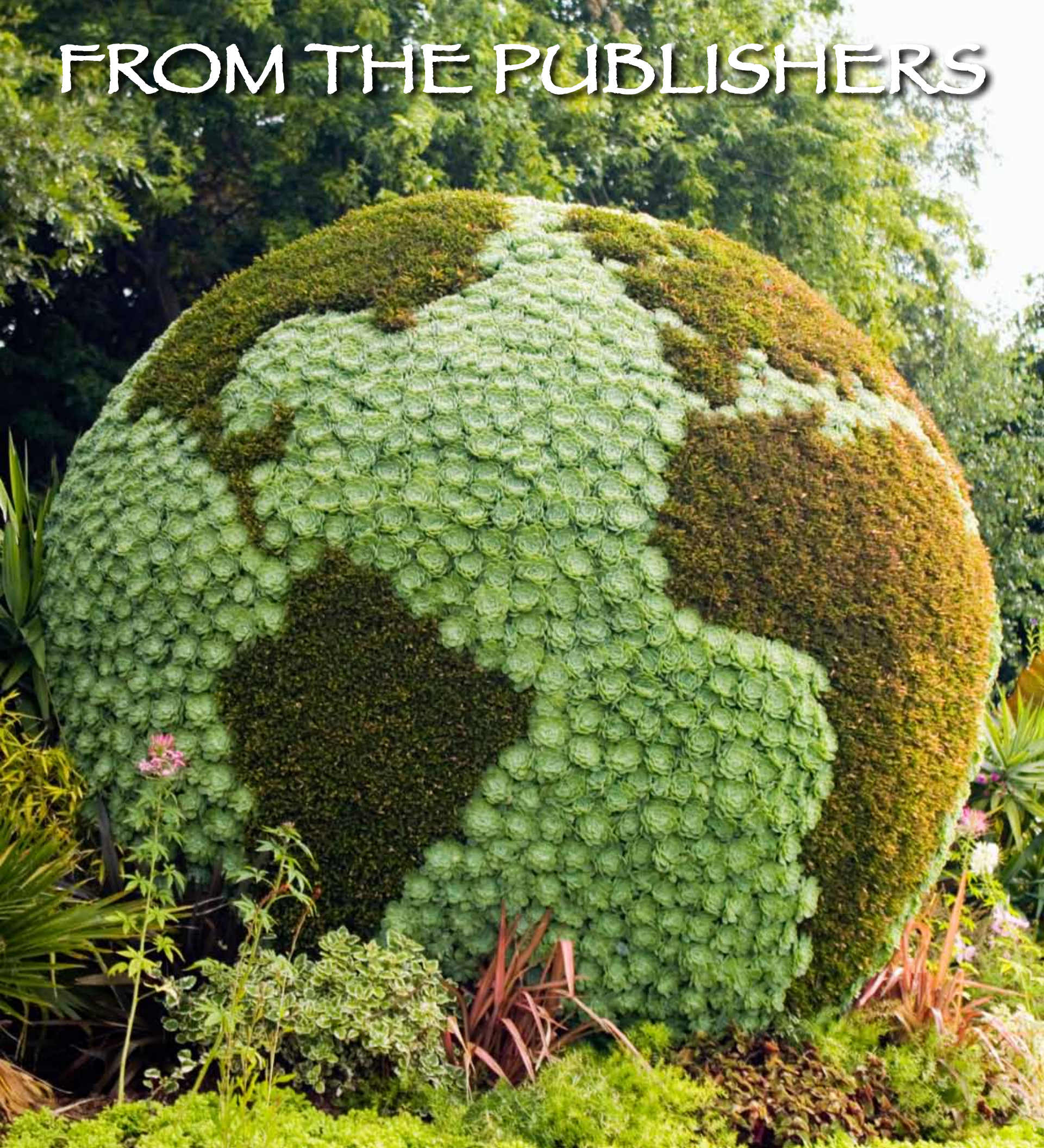
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FROM THE PUBLISHERS



Welcome to the May, 2011 issue of *Our Wonderful World*, Florida's leading green digital magazine.

This issue marks a very important milestone — our first anniversary! It's hard to believe it's been a year already, but we want to take a minute and give a special word of thanks to all those who worked so hard to make this possible...our writers, photographers, graphic designers and, of course, our sponsors.

Our feature story, "South Florida Butterflies Losing Ground" penned by Hilde Hartnett Goldstein of Radio Green Earth, is truly an extraordinary one. Not only has Hilde done another great job for us, but the photography by Alana Edwards is nothing short of spectacular.

Speaking of Radio Green Earth, Karen Meyer brings us a great story about bees. In fact, bees right in her own backyard — 7,000 of them to be exact! This piece will teach you a whole heck of a lot about these amazing little critters.

Now that we're talking about bees... We want to thank Dawn Dodenhoff for "The Vanishing Honeybee" and how Sprouts, Inc. in conjunction with the University of California Berkley has created a bee-friendly plantable seed paper product especially designed to attract pollinators.

We also want to give a High Five to Palm Beach State College's Eissey Campus for

their very special Earth Day Celebration. The good folks at Palm Beach State are definitely leaders when it comes to environmental initiatives and education, and we want to congratulate them on a job well done.

Our Green Goddess enlightens us yet again with some more pearls of her very green wisdom as well as calling our attention to just how beautiful beets really are. She's even included a tasty beets recipe.

Kudos as well to Cheryl Alker, who in her eloquent British English, gives us some very valuable information about flexibility.

Thanks to Betty Ann Baker for giving us some great ideas with regard to creating the right energy now that spring is upon us.

Of course, there's much, much more. So get comfortable...and start clickin'!

Sincerely,



Sharon

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Glenn

Glenn Swift, Editor in Chief
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SOUTH FLORIDA BUTTERFLIES LOSING GROUND

by Hilde Hartnett Goldstein, Radio Green Earth Correspondent

Florida Leafwing (taken at LPK in ENP)
— This butterfly uses Narrow-leaf Croton as its caterpillar food plant, which is found in the most endangered ecosystem type in Florida, the Pine Rocklands. Prior to Hurricane Wilma, the Florida Leafwing was known to inhabit Big Pine Key, but currently the ONLY known population is in Everglades National Park at Long Pine Key.

Photography courtesy of Alana Edwards

Pipevine swallowtail. Red-spotted purple. Long-tailed skipper. Many Florida butterflies are even more spectacular than their names suggest. Several species of butterflies, however, are in serious decline, particularly in South Florida.

The Miami blue, which once was common across the southern tier of the state, was last seen on Bahia Honda, in the Florida Keys, in February 2010. Though still found in a national refuge off the Keys, it appears to have vanished from the Keys themselves, and from the Florida mainland.

No Zesto's skippers have been seen in Florida since 2004, and Schaus' swallowtail is found only in a few places in the Keys. The Florida leafwing is in serious trouble, as is the Bartram scrub hair-streak.

Scientists believe that habitat destruction and fragmentation are the greatest threats to butterfly populations. Other factors may include loss of native vegetation, particularly tropical hardwood hammocks, changing weather patterns, invasive plants and animals, and pesticide use. But no one knows for sure why some populations are disappearing.

"We can look at an ecosystem, and to us it looks pretty good, but the butterfly

BUTTERFLY GARDENS CAN HELP!

Creating a butterfly garden with native plants is a gratifying way to enjoy Florida butterflies while restoring a bit of their habitat. You'll need a pesticide-free area, ideally with a mix of sun and shade. You'll also need a variety of plants: nectar plants, which attract adult butterflies, and host plants, which are crucial for a successful garden, as adults lay their eggs on them, and newly hatched caterpillars eat them. For information on what kinds of butterflies are in your area and what plants you'll need to attract them, check out the following sites:

North American Butterfly Association:

[http://www.nababutterfly.com/
guide_southflorida.html](http://www.nababutterfly.com/guide_southflorida.html)

Florida Butterfly Gardening:

www.afn.org/~afn10853/butterfly.html

Florida White (taken at Fairchild Tropical Gardens) — Often confused with the common Great Southern White, this butterfly is found in coastal hammocks, where their caterpillar food plant, Limber Caper, occurs. Sadly, over the last decade it is becoming increasingly harder to find this species.



Photography courtesy of Alana Edwards

Atala Hairstreak — Taken in Hilde's backyard, this is one example of a butterfly that humans have actually helped! The caterpillar has expensive tastes, feeding exclusively on the Coontie plant, a very common landscape plant. With numerous Coonties planted in one area, gardeners may, at times, have population explosions of these colorful and patriotic butterflies.



Photography courtesy of Alana Edwards

isn't there any more. There is a change that we can't see with our human eyes. We have to figure out what it is that is causing these issues," said Alana Edwards, President of the Palm Beach County Chapter of the North American Butterfly Association. "Of the species that I've seen over the years, I've seen many of the populations declining in numbers. If a population gets really small, they can just wink out."

Whatever the reason, the decline has alarmed conservationists, researchers and butterfly enthusiasts.

"When you look at the very big picture, these spineless, boneless critters really stand tall as a barometer of environmental health," said Kathy Malone, President of the North Central Florida Chapter of the North American Butterfly Association. "If they disappear, what's in the future for other creatures?"

There are approximately 160 butterfly species found in Florida. "Between 10 and 15 are known to be in serious decline," said Dean Jue, biologist with Florida State University's Florida Natural Areas Inventory (FNAI), which tracks rare and endangered plants and animals. In all, FNAI has 80 species on its list of butterflies that merit attention, though most do not appear to be in dire trouble at present.

Despite their status as symbols of beauty and change, butterflies, like many invertebrates, are not well understood.

"There is so much about butterflies that we

don't know," said Jue. "We can't put radio transmitters on them."

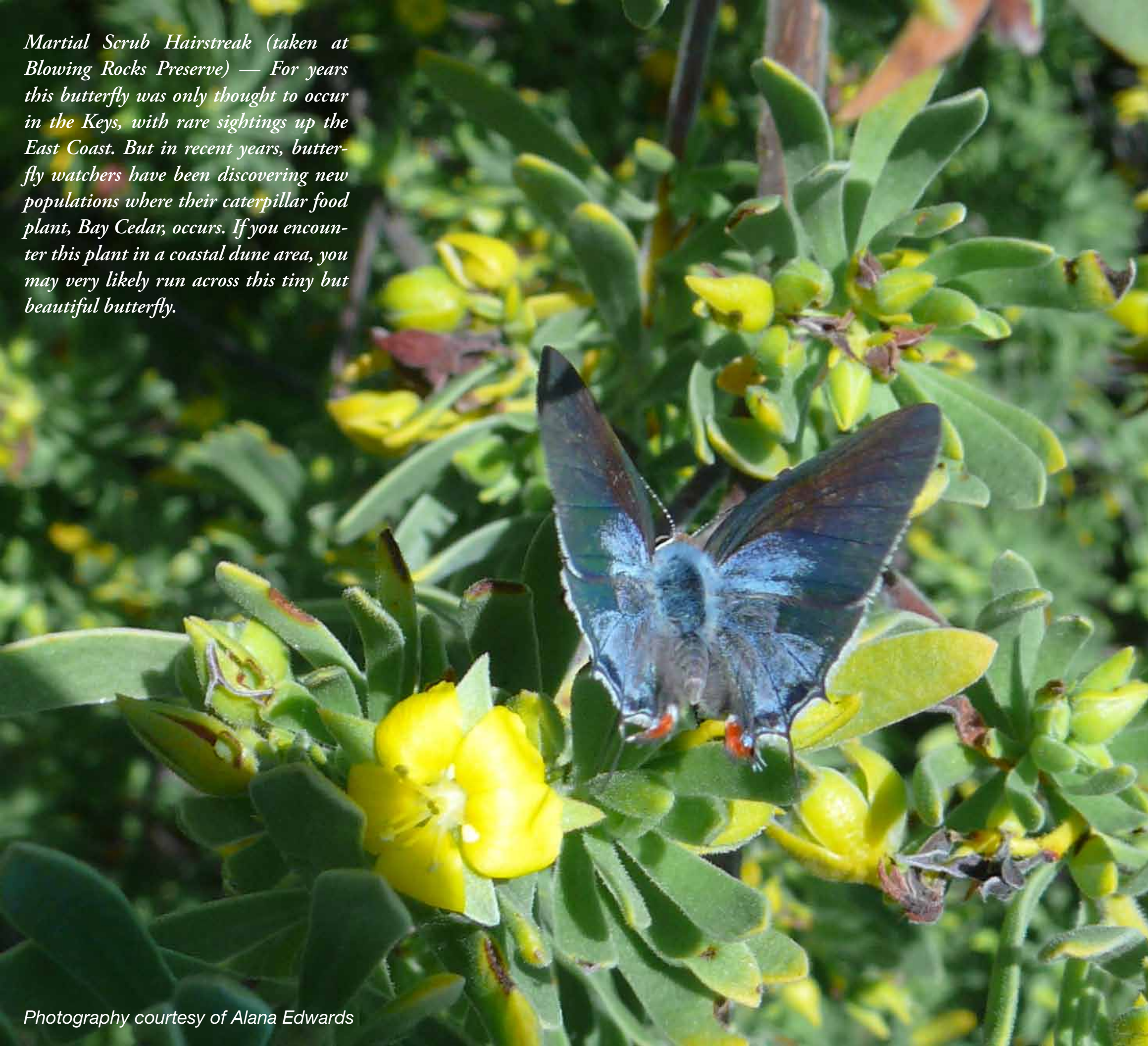
What is known is that Monarchs, which migrate thousands of miles and live for as long as nine months, are not typical. Most butterflies spend their lives within a few square miles, changing from caterpillars to chrysalis within a few weeks. "As butterflies, they sip nectar, pollinate flowers, mate and lay eggs, and then they die," Jue said.

Caterpillars are an important food source for birds, mammals, reptiles and other insects. "Between 80 to 90% of them never make it to the butterfly stage," Jue said.

Jue is a member of The Imperiled Butterflies of Florida Work Group, which was formed by the Florida Fish and Wildlife Conservation Commission and is made up of representatives from federal, state and local agencies and conservation organizations. The group is working to devise ways to protect butterfly populations, such as limiting mosquito spraying in habitats of rare species. First, however, they must pinpoint where those species can be found. That effort depends largely upon "citizen scientists" — volunteers who go out in the field, binoculars and cameras in hand, and report what they find to their local North American Butterfly Association chapter or to FNAI.

One morning last month, Edwards and Malone set out in search of the Martial scrub hairstreak, a small butterfly on the FNAI list.

Martial Scrub Hairstreak (taken at Blowing Rocks Preserve) — For years this butterfly was only thought to occur in the Keys, with rare sightings up the East Coast. But in recent years, butterfly watchers have been discovering new populations where their caterpillar food plant, Bay Cedar, occurs. If you encounter this plant in a coastal dune area, you may very likely run across this tiny but beautiful butterfly.



Photography courtesy of Alana Edwards

A friend had seen clusters of the butterfly's preferred plant, the bay cedar, in the dunes near the Boynton Beach Inlet. The plant, a tall shrub with a cedar-like fragrance and yellow flowers, is on the state's endangered plant list. Edwards and Malone found nothing at the first stand of bay cedar they encountered, but at the second, a small butterfly, perhaps an inch in length, zigzagged among the leaves.

"I see a Martial's," shouted Edwards, peering into her binoculars.

"They have the most gorgeous blue iridescence on the top, and when they fly they just flash that," noted Malone, as she waded into the brush, hoping to get close enough to where it had landed to get a photograph.

Over the course of the morning, Malone and Edwards identified about five Martial scrub hairstreaks, confirming a new location for the species. "Anyone with an interest can help monitor butterflies," Malone said.

"We need to know more to learn how to protect butterflies," said Malone. "Anyone can get out there and take photos and send them to the North American Butterfly Association chapter. We can identify them. Let us know where you saw them, what time of day, and we can help feed that information into our (FNAI) surveys." 🌍

To find your local chapter of the North American Butterfly Association, go to www.naba.org. More information about butterflies is also available from the Florida Museum of Natural History at www.flmnh.ufl.edu.

*Click here to listen to the audio podcast of this story on
Radio Green Earth:
<http://www.radiogreenearth.org/apr1010.html>*



This story was contributed to Our Wonderful World courtesy of Radio Green Earth correspondent Hilde Hartnett Goldstein. Copyright 2011 Hilde Hartnett Goldstein.

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!

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Photography By RichardHStewart.com



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Palm Beach State College/Eissey Campus CELEBRATES EARTH DAY

by Glenn R. Swift

Photography courtesy of Robby Antonio

In conjunction with Palm Beach State College's

Gardens Going Green Sustainability Committee and the Community Earth Club at the Eissey Campus in Palm Beach Gardens, the College celebrated Earth Day 2011 with a host of Earth Awareness Activities, which included exhibits, demonstrations, music, food, movies and a whole lot more. Outdoor activities in the Pavilion and the recently completed Amphitheater and surrounding area began at 11am and con-

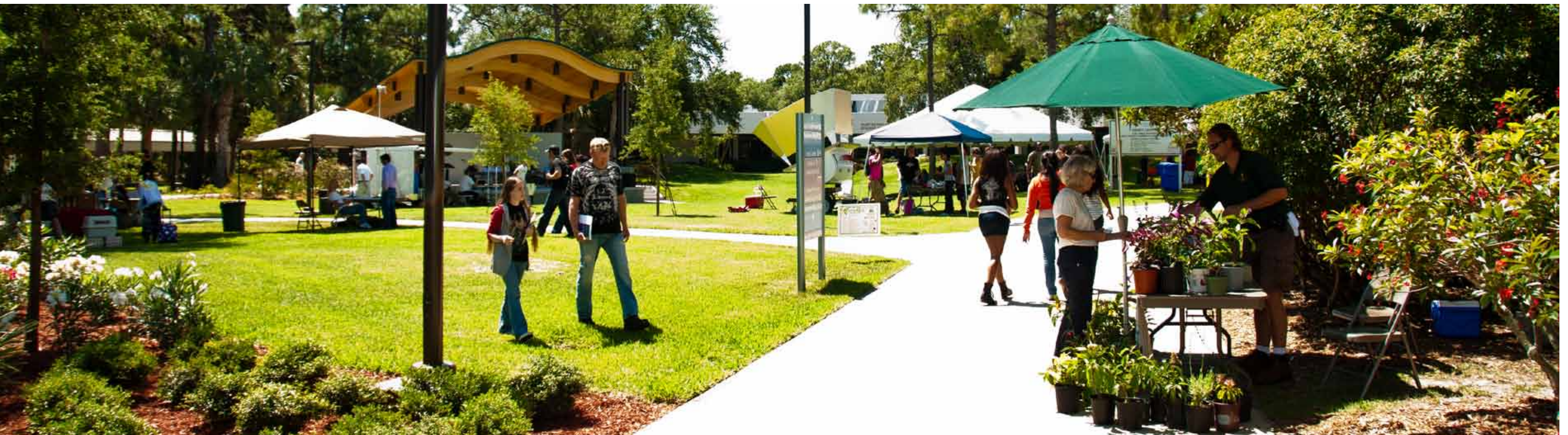
tinued until 9:30pm.

Featured activities included Horticulture tours and clippings through the Medicinal Garden & Nursery, Geocaching Hunts, poster signing, nutritional panel presentation and cooking demonstrations, music "off the grid" during the day sponsored by Green World Systems, movie showings, additional music in the evening and star gazing.

Because every individual has a vested interest, whether consciously or unconsciously, in the quality of the air, water and food that we choose to consume, the event celebrated our planet with an inter-disciplinary approach focused upon bringing attention to Earth Ecology: living, learning, eating, being green and integrating those lessons into our lives to think critically about the choices we make on a daily basis. In addition, activities provided

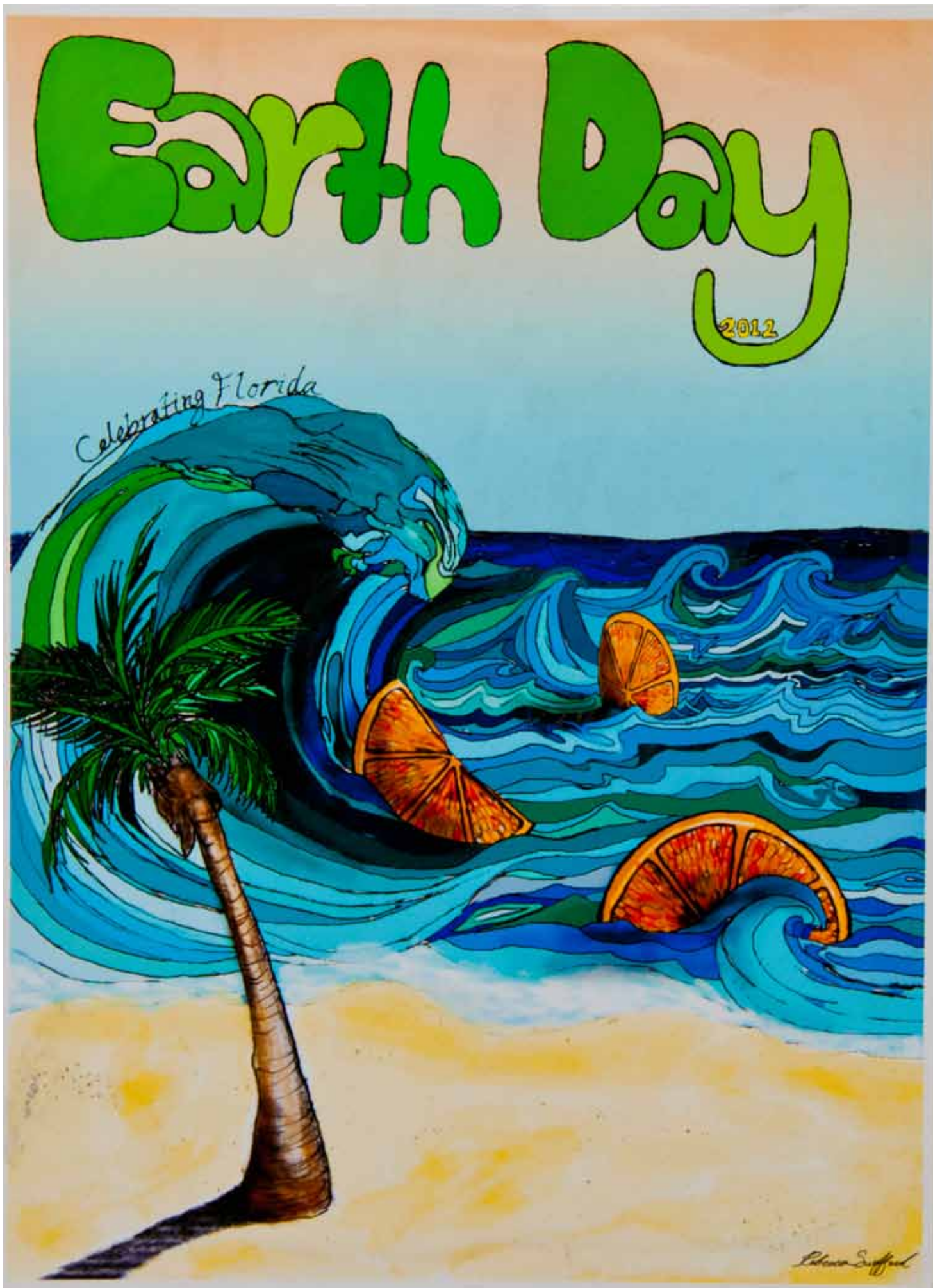
valuable information about how all of us can make a difference in reducing our consumption of natural resources and re-using those we do consume into sustainable practices and new products.

For more information about Palm Beach State's Eissey Campus Sustainability Initiative, please visit <http://sustainpbsc.org>.





(Above) A powerful statement! (Top Right) Hybrid vehicles were a big hit.
 (Bottom Right) The four judges: Stan Bronson, Executive Director of the Florida Earth Foundation;
 Dr. Jean Wihbey, Provost Palm Beach State Eissey Campus; Sharon Quercioli, President of Sprouts!
 and Our Wonderful World; and Dana Nelson of Skanska USA Building. The four-member panel selected
 the winner of the poster contest, Rebecca Swafford, to whom a \$300 cash prize was awarded.



(Left) This year's award-winning poster by PBSC Student Rebecca Swafford.

(Above) PBSC Eissey Campus Provost Dr. Jean Wihbey, Our Wonderful World President Sharon Quercioli, Dana Nelson of Skanska USA Building, Rebecca Swafford and Florida Earth Foundation Executive Director Stan Bronson

(Right) Baking cookies solar style!





(Top Left) Dr. Jean Wihbey, Sharon Quercioli and award-winning artist Alessandra Gieffers

(Top Right) Ceil Mena of the Busch Wildlife Sanctuary and her feathered friend

(Bottom Right) Audra Conklin, Founder of Modern Mermaids Eco Products



(Left) Dr. Jean Wihbey, Dana Nelson of Skanska USA Building, Sharon Quercioli and Florida Earth Foundation Executive Director Stan Bronson (Top Right) Dana Nelson, Rebecca Swafford and Stan Bronson (Bottom Right) Tortoise sculpture by Joseph Lackey comprised of 100% recycled materials



Sunrise Theatre Dominates TREASURE COAST ADDY AWARDS

by Glenn R. Swift

Photography courtesy of Robby Antonio



On March 4, 2011, the Treasure Coast Advertising Federation awarded the Sunrise Theatre 5 Silver ADDYs, 1 Gold ADDY and 2 special trophies for “Judges Choice Award” and “Best of Show.” Additionally, there were multiple Silver and Gold ADDYs given to Indian River State College students for their work on several Sunrise Theatre posters. In fact, the *Student Best of Show* went to an IRSC student for her design of the Madame Butterfly poster.

“I am very pleased and proud of the recognition that the Sunrise Theatre received by the Treasure Coast Advertising Federation at the recent Annual ADDY Awards ceremonies,” stated John Wilkes, Executive Director of the Sunrise Theatre. “Under the direction and supervision of Renee Page, Marketing Director for the Sunrise, the Theatre is not only being recognized for receiving a record number of ADDY Awards this year, but this recognition should also be coupled with the fact that the overall awareness of the Sunrise Theatre has grown well beyond the Treasure Coast, and that the Sunrise Theatre is more firmly established than ever before as a great cultural asset to the City of Fort Pierce and St. Lucie County,” Wilkes said.

“In addition to Ms. Page’s contributions, I’m also proud of the business and intern relationships we have established in achieving this recognition, especially with *Indian River Magazine*, Jungle TV, and Walt Hines of the Digital Media Department of IRSC and interns Brian Urso, Michael Poolt and Trong Phan,” Wilkes added.

The Sunrise Theatre is located in the heart of historic downtown Fort Pierce, within sight of the picturesque waters of the Indian River Lagoon. The state-of-the-art facility offers unobstructed views of the stage from all 1,200 seats for the presentation of local and national touring musical acts, national touring Broadway shows, dance troupes, orchestras, etc. With more than 40,000 square feet of space, the theatre can host performances, conferences, lectures and small meetings both in its auditorium and in small meeting rooms. For more information about the Sunrise Theatre, please visit www.sunrisetheatre.com.



Marketing Director Rene Page, Assistant Marketing Manager Brian Urso, Marketing Intern/Photographer Michael Poolt, Executive Director John Wilkes and Graphic Artist Walter Hines

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PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

Quote of the Month:

"LOVE YOURSELF UNCONDITIONALLY, NO MATTER WHAT!"



THE "SKINNY" ON WEIGHT LOSS

8 APPETITE-SUPPRESSING FOODS

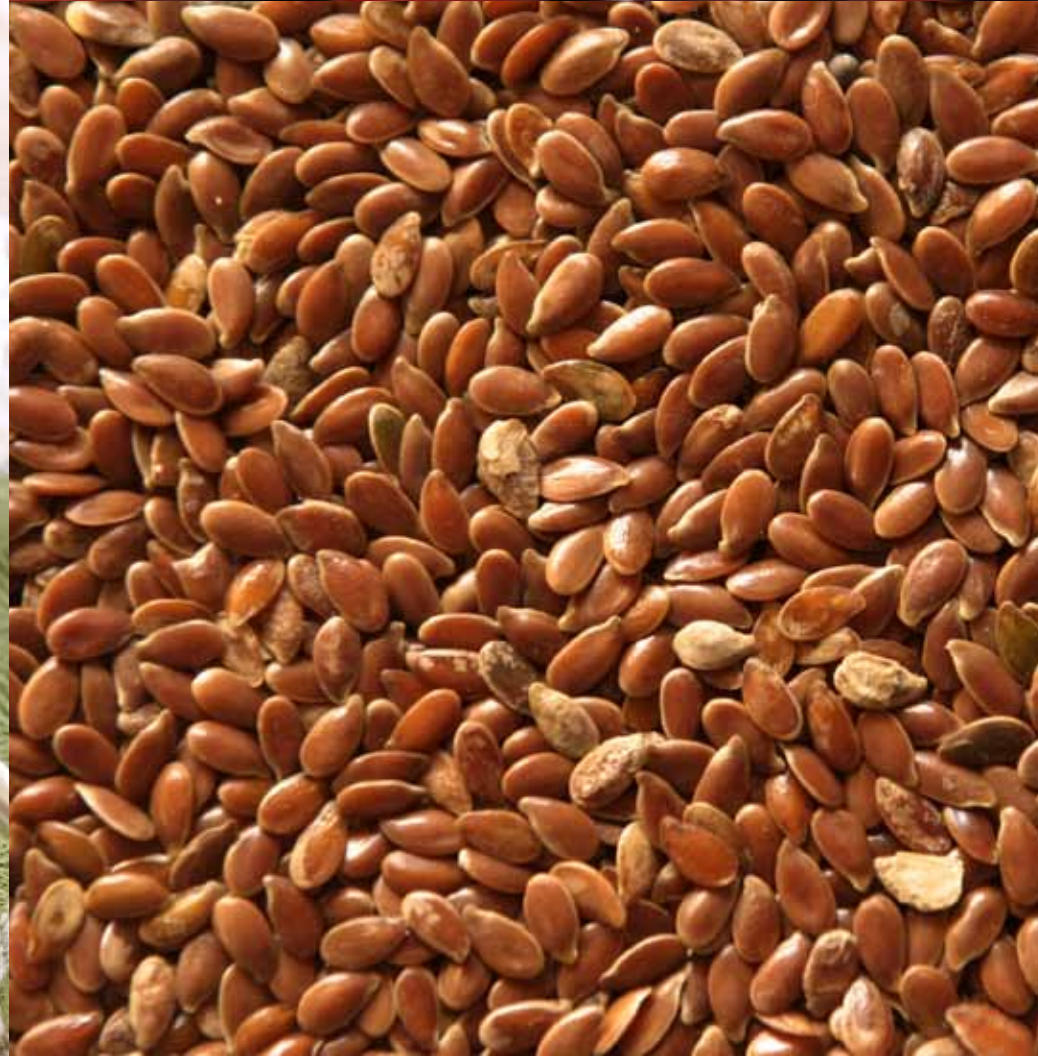
Last month I wrote about "Boosting your Metabolism." Most everyone wants to lose weight. If you're like most people, conquering your appetite is one of the biggest challenges you face in your fitness and weight loss journey. As soon as the word "diet" crosses your lips, you may find yourself craving all the junk you know you're not supposed to eat. The secret is eating the **right** foods to help calm the cravings for the wrong ones. Adding these eight easy-to-find, tasty foods to your meal plan can help you rein in your appetite before it gets out of control!

1. Oatmeal. This hot cereal is high in fiber and low on the glycemic index, which means it fills you up and takes a long time to digest. Research has shown that diets high in slow-burning carbohydrates like oatmeal suppress the hunger hormone ghrelin more effectively than diets high in fat. In fact, when you eat oatmeal for breakfast, you may find that your appetite is lower at lunchtime. Steel-cut or rolled oats digest more slowly than the "instant" variety do, so it's worth taking a few extra minutes in the morning to prepare your breakfast the old-fashioned way.

2. Apples. Not only are apples nutritious, but what sets them apart from other fruits is pectin, a soluble fiber that helps regulate blood sugar, keeps you full and sustains your energy. One medium apple with skin contains 4 grams of fiber, which is more than you'd get in an average slice of whole wheat bread. Add an apple and some cinnamon to your morning oatmeal for an appetite-suppressing breakfast.

3. Pine nuts. These edible pine-tree seeds contain more protein than any other nut or seed, and their oil stimulates two appetite-suppressing hormones (cholecystokinin [CCK] and glucagon-like peptide-1) that tell your brain you're not hungry. Blend pine nuts with basil, garlic and a little olive oil to make pesto or sprinkle them on your salad or oatmeal for a delicious, nutty crunch.

4. Salad. The fiber in typical salad vegetables like lettuce, cabbage, spinach, celery, cucumbers, broccoli and peppers is very filling and helps slow the release of glucose into your bloodstream. Studies have shown that when people start a meal with a small salad, they eat significantly fewer calories in the meal itself. Just watch out for the high-



fat dressings (or worse, fat-free dressings that are high in sugar). Try having the dressing on the side and dipping your fork into it for easy portion control, or simply adding a dash of balsamic vinegar or a squeeze of lemon juice for a tasty, super-low-calorie option. Bonus tip: Try to eat a vegetable at every meal to keep your appetite at bay all day long.

5. Olive oil and other unsaturated fats.

Researchers at the University of California at Irvine found that unsaturated fat causes the intestines to release a compound (oleoylethanolamide) that has been shown to reduce appetite and stimulate weight loss. Some great unsaturated fat choices include avocados, olives and olive oil, almonds, salmon, walnuts, pumpkin seeds, macadamia nuts and sesame seeds. These foods are high in calories, so enjoy them in moderation while regulating your appetite.

6. Flaxseeds.

Flax is one of the best plant sources of omega-3 fatty acids. The seeds are also very high in protein and fiber, making them excellent for appetite control. Sprinkle ground flax seeds over oatmeal, salads or yogurt, or add them to smoothies to help stabilize your blood sugar and turn off the hunger hormones.

7. Beans. The fiber in beans increases CCK, a digestive hormone that's a natural appetite suppressant. A research study at the University of California at Davis found that men who ate a high-fiber meal containing beans had CCK levels that were two times higher than when they ate a low-fiber meal. Beans also keep your blood sugar steady, which helps stave off hunger.

8. Spicy foods.

Capsaicin, the ingredient that gives peppers their heat, can also help control your raging appetite. A recent study published in *Clinical Nutrition* suggests that capsaicin-rich foods may help you consume fewer calories, plus they help support weight loss by suppressing your appetite and making you feel fuller. You can add hot pepper sauce to tomato juice, stir-fry some Anaheim or Serrano peppers with other vegetables, or cook up some jalapeño or poblano peppers in your omelet. Other spicy ingredients may have similar effects, so try adding spices like hot mustard and curry to your salads and meats.



FLEXIBILITY

THE LONG AND SHORT OF IT

by Cheryl Alker



Many of us are striving to become physically fit, but what is true physical fitness and how do we achieve it?

The President's Council on Physical Fitness and Sports – a study group sponsored by the U.S. Government – declines to offer a simple definition. Instead, it has named the five following components:

- ✓ Body Composition
- ✓ Cardiovascular Fitness
- ✓ Flexibility
- ✓ Muscular Endurance
- ✓ Muscle Strength

Therefore, to be truly physically fit, all of the above five referenced should be addressed.

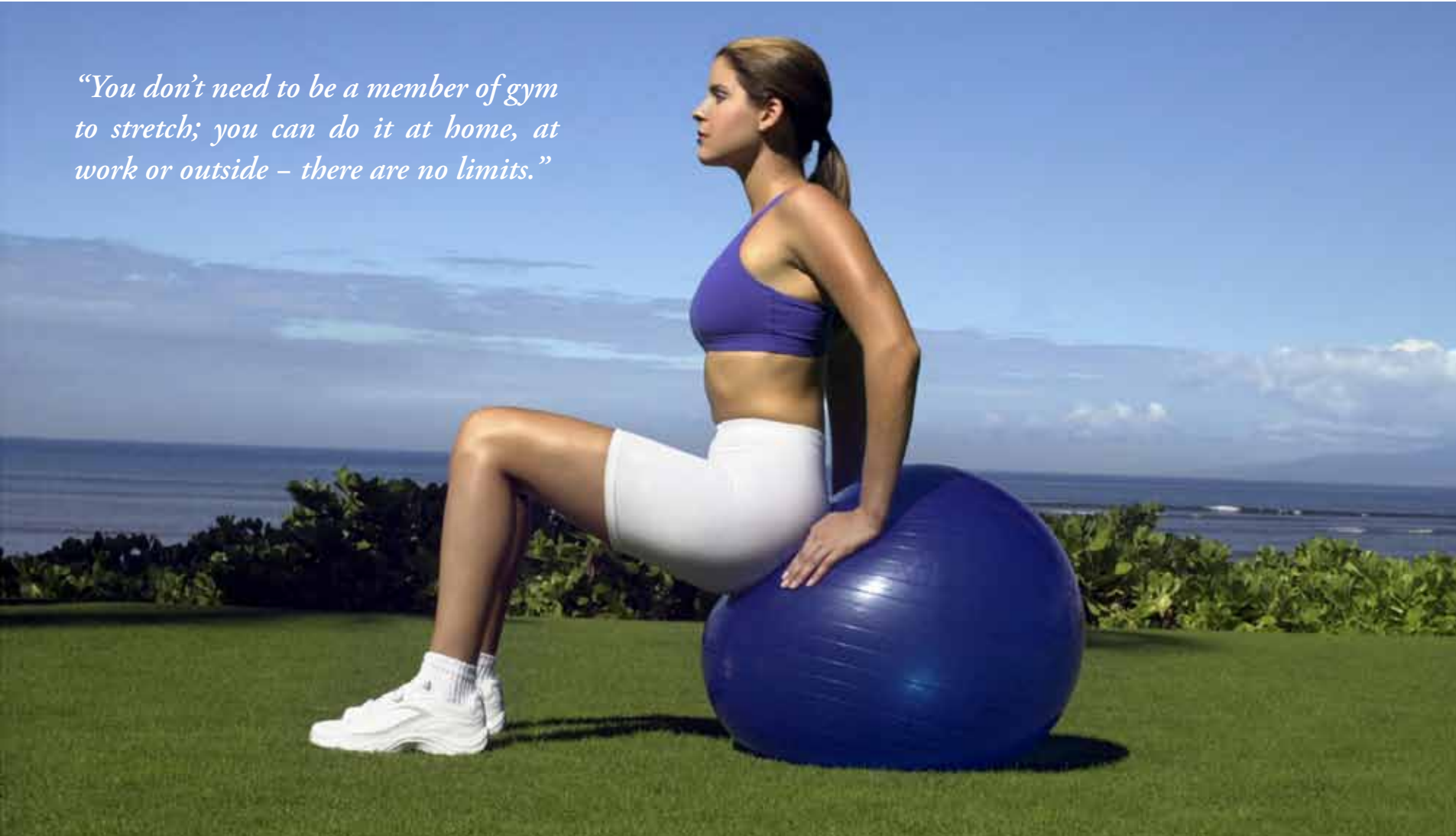
Over forthcoming issues of 24Seven we will dissect each individual component, its definition, and how to safely and effectively train to achieve it.

Flexibility Flexibility is the most underestimated component and the one people least know how to achieve effectively. The definition of flexibility is range of movement at a joint. Whilst this definition clearly refers to the bones, it is the muscles that effect the movement of each joint. Therefore, it is the muscles that need to be stretched to achieve full and functional range of movement.

When muscles are short and tight they draw bones closer together, resulting in poor range of movement, poor posture, poor functionality and often pain and discomfort.

There are many types of stretching, but to achieve increased flexibility static (held) stretching is the most effective.

“You don’t need to be a member of gym to stretch; you can do it at home, at work or outside – there are no limits.”



Understanding where the muscle you are stretching starts (origin), where it finishes (insertion) and how it affects the movement of the joint is vital to achieving success. A basic anatomy book will show you this, or, if you go to a gym, ask your trainer – if they don’t know find another trainer or gym QUICKLY!

Benefits of Stretching

- Stretching increases flexibility. Flexible muscles can improve your daily performance. Tasks such as lifting, bending, carrying shopping bags and hurrying to catch a bus become easier and less tiring.
- Stretching improves range of motion. A good range of motion at the joint will keep the joint healthy promoting natural lubrication of the joint. Mobility also promotes balance and you will be-

come less prone to injury – especially as you age.

- Stretching improves circulation. Stretching increases blood flow to your muscles, which in turn can speed recovery after muscular injury.
- Stretching improves posture. Frequent stretching allows the skeleton to sit in neutral alignment (the way it was intended). Short tight muscles draw bones closer together and force the body out of alignment, leading to lower and upper back problems, neck, shoulder and jaw pain .
- Stretching can relieve stress. Stretching relaxes the tense muscles that often accompany stress.
- Stretching can change your body shape. Stretching can literally lift the body opening out the shoulder girdle, which in turn lifts the ribcage reducing the waistline, lifting the buttocks and increasing energy levels.
- Stretching may help prevent injury. Increased range of motion at the joint can protect you from

injury.

- Stretching enhances sport performance. Improved joint mobility is essential in all types of sporting activities.

How To Stretch For Results

- Target major muscle groups. Focus on the front and back of the thighs, calves, buttocks, chest also stretch muscles that you routinely work every day.
- Warm up first. Cold muscles will increase your risk of injury. Take a short brisk walk, mobilize your joints first or stretch after your workout.
- Hold stretches for at least one minute. It takes time to lengthen tissues safely. Also, time must be allowed for correct alignment. Continually assess body alignment and learn to explore the muscle by changing leg arm or upper body position and weight applied.
- Don’t bounce. Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals which tightens the muscle even further – making you less flexible and more prone to pain.
- Focus on a pain-free stretch. Expect to feel tension while you are stretching, but not pain. You should take the stretch to the point where you feel tension and then hold it; the feeling should go away after approximately 20 seconds. However, if it increases and the leg starts to shake, back off and start the process again, but more slowly this time.
- Relax and breathe freely. Do not hold your breath while you are stretching. Results will be far greater if you increase the stretch towards the end of the out-breath.
- Learn some basic anatomy. Understand where the muscle you are stretching starts (origin) and where it finishes (insertion), and learn how to move these two points away from each other.

How often you stretch is entirely up to you. As a general rule, stretch whenever you exercise; however, do not fall into the trap of only allocating three minutes at the end of your workout – dedicate the time and focus it deserves. Far greater results will be achieved when a mind/body connection is made. If you are fortunate enough to have a personal trainer, ask them if they can dedicate at least one of your sessions per week solely to flexibility. Ask your gym if they will offer pure flexibility classes, and find a trainer who specializes in flexibility training. If you do not exercise regularly, you may want to stretch at least three times a week. If you have a problem area, such as tightness in your lower or upper back, you may want to stretch every day or even twice a day.

You don’t need to be a member of gym to stretch; you can do it at home, at work or outside – there are no limits. You should exercise caution if you have a chronic condition or an injury. For example if you have a strained muscle, stretching it may cause further harm. Consult with your doctor or a physical therapist if in doubt. 🌍

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

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BUSTING THE YOGA MYTH

by Jenn Cohen



We've all heard of yoga...but what is it really? As a Yoga Instructor, I have heard every excuse not to try it. Most reasons are out of fear or just not being well-informed. The last thing that a new participant wants is to be singled out in class for not being able to touch their toes, put their foot behind their head, or worse, they get hurt! Therefore, they don't even try the class, and unfortunately miss out on the wonderful effects yoga has. I am here to calm your fears and inform you of the truth behind "Yoga."

Yoga Misconceptions:

- ✓You must be flexible and fit to do yoga. – People have told me they can't do yoga because they are not flexible. If you think you're not flexible, then you especially need yoga! It is those that are inexperienced and inflexible that actually make the most progress and see quicker results.
- ✓You must be in good health to do yoga. – Although there are certain poses and certain styles of yoga that you should not do if you have specific health issues, an experienced teacher will make modification for you. Everyone can do yoga! Old, young, thin, heavy, even wheelchair-bound, amputees and the mentally & physically challenged can all benefit from a Yoga class designed to meet their needs.
- ✓Yoga is a religion. – Yoga was developed in India over 5000 years ago, however it is not a form of Hindu. Some classes chant and use the Sanskrit words, and some don't. If you don't feel comfortable with this aspect of class, ask the instructor beforehand if they do this. There is a spiritual element to yoga and most instructors teach it in a way as respecting your body, the other people in class and the world around you. The beautiful thing about yoga is you make it your own.

So, what is Yoga?

Yoga is about balancing your body and your mind to improve your overall health. Yoga's main focus is on breathing, which calms the nervous system and allows it work correctly. Proper breathing brings more oxygen to the cells. With proper movement, you are strengthening and stretching muscles to improve posture and to increase blood flow to the organs and tissues.



The foundation of yoga is “TO DO NO HARM.” Obviously, this means not harming other people, animals and our planet. And, it also means to do no harm to YOU. When you respect your body, eat healthy food, exercising and take time to relax you ARE practicing yoga.

Remember to respect yourself in the yoga studio, too. Listen to your body at all times: don’t try anything that may injure you, don’t be afraid to ask for help or embarrassed to use props or modifications. Yoga is not a competition. The more you enjoy practicing yoga, the more benefits you will get out of it!

Yoga can improve your overall health! Many conditions and diseases that people suffer from are stress related. Stress can cause: high-blood pressure, ulcers, insomnia, headaches, diabetes, depression, heart disease/heart attacks, strokes, cancer, obesity, skin problems and fertility problems. The amazing thing is that all these problems are connected. Since yoga has an incredible effect on lowering stress levels, you can reduce or eliminate these problems and move towards health. However, when you don’t recognize stress or ignore it, you are moving away from health, towards disease. Back pain – almost everyone has had it at some point. Unfortunately, some people live with it every day. Instead of relying on drugs, that only mask the pain, yoga is

a wonderfully gentle and simple solution. Poor posture can cause continual pain. Repetitive motions with poor body mechanics can lead to an injury. In a yoga class, you move your body in all directions, as we are meant to move – flexion, extension, lateral flexion and rotation. This helps facilitate proper movement patterns and can prevent muscle strains or even serious injury. Yoga is also a perfect complement to any other exercise routine you have. Try adding in yoga today and see how you can improve your running, cycling, weight lifting or kickboxing.

Jenn Cohen is a resident of Port St. Lucie and a Certified Personal Trainer, and holds numerous certifications including Yoga, Pilates, Spinning, SilverSneakers and BumpFit Pregnancy Fitness. She has been in the fitness industry of over 10 years and currently teaches several yoga classes at the Port St. Lucie Civic Center as well as private consultations/sessions in the convenience of your home. 🌍

*Please call or e-mail for class details:
(561) 309-4543 or
jenncohen79@yahoo.com.*

*Special thanks to
Treasure Coast Parenting magazine
www.treasurecoastparenting.com
for their assistance with this article.*



THE MESSAGE OF THE HEART

by Mistye Arnold

The heart is a highly complex, self-organized information processing center with its own functional brain that communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. These influences profoundly affect brain function and most of the body's major organs, ultimately determining the quality of life. Research has shown when you learn how to intentionally shift to a positive emotion, heart rhythms immediately change. A shift in heart rhythms may not seem important, but in fact it creates a favorable cascade of neural, hormonal and bi-chemical events that benefit the entire body.

Your need to have more, do more and be more will drive you to the point of death. Dr. Paul Pearsall, M. D., author of *The Hearts Code* created the H*E*A*R*T quiz. I encourage you to take the quiz to determine your heart's toxicity score. Dr. Pearsall said it best when describing where our society finds itself today: "What we have come to accept as 'normal' life energy in our daily life is evidence of the brain's constant abuse of its body and heart. Normalcy is now the major risk to our health."

Now that you have your heart toxicity score, call me and I will work with you to make life changes that empowers you to live a peaceful and empowered life. 🌍



Mistye Arnold is a veteran journalist and Healing Touch practitioner. You can listen to Mistye Arnold on the Way to Wellness Radio Hour on WSLR FM 96.5 Sarasota, Florida, every second and fourth Wednesdays of the month. For more information about Mistye Arnold, go to www.mistyearnold.com.

BRILLIANT BEETS

by Sharon Quercioli



Discover the amazing blood cleansing power of beets that rids the body of many unwanted ailments.

Beets belong to the same family as chard and spinach. Beet leaves have a bitter taste like chard, but are rich in chlorophyll. Although bitter, the greens have a higher nutritional value than its roots.

Both beet root and beet greens are very powerful cleansers and builders of the blood. Betacyanin is the phytochemical in beet that gives it its rich “amethyst” color that significantly reduces homocysteine levels. In addition, beets are loaded with vitamins A, B1, B2, B6 and C. The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, copper, phosphorus, sodium and iron.

While the sweet beet root has some of the minerals in its greens to a lesser degree, it is also a remarkable source of choline, folic acid, iodine, manganese, organic sodium, potassium, fiber and carbohydrates in the form of natural digestible sugars.

Health Benefits

Beets have long been known for their amazing health benefits for almost every part of the body. And yet, they are something that very few people take, much less their juice. Start adding beets to your juicing diet to enjoy all its heavenly goodness:

Acidosis: Its alkalinity is essential and effective in combating acidosis.

Anemia: The high content of iron in beets

regenerates and reactivates the red blood cells and supplies fresh oxygen to the body. The copper content in beets help make the iron more available to the body.

Atherosclerosis: This wonderful crimson juice is a powerful solvent for inorganic calcium deposits that cause the arteries to harden.

Blood pressure: All its healing and medicinal values effectively normalizes blood pressure, lowering high blood pressure or elevating low blood pressure.

Cancer: Betaine, an amino acid in beet root, has significant anti-cancer properties. Studies show that beets juice inhibits formation of cancer-causing compounds and is protective against colon and stomach cancer.

Constipation: The cellulose content helps to ease bowel movements. Drinking beets juice regularly will help relieve chronic constipation.

Dandruff: Mix a little vinegar to a small cup of beets juice. Massage it into the scalp with your fingertips and leave on for about an hour, then rinse. Do this daily till dandruff clears up. Warning: you will smell awful during this hour!

Detoxification: The choline from this wonderful juice detoxifies not only the liver, but the entire system of excessive alcohol abuse, provided consumption is ceased.



Gastric ulcer: Mix honey with your beets juice and drink two or three times a week on an empty stomach (more frequently if your body is familiar with beets juice). It helps speed up the healing process.

Gall bladder and kidney ailments: Coupled with carrot juice, the superb cleansing virtues are exceptional for curing ailments relating to these two organs.

Gout: Another ailment that can be greatly helped by the cleansing that beets have to offer.

Liver or bile: The cleansing virtues in beets juice is very healing for liver toxicity or bile ailments, like jaundice, hepatitis, food poisoning, diarrhea or vomiting. A squeeze of lime with beets juice heightens the efficacy in treating these ailments.

Varicose veins: In similar ways that it helps to keep the elasticity of arteries, regular consumption of beets juice also helps prevent varicose veins.

Choose beet roots that are firm and unwrinkled. With the greens attached, beets can keep for only three to four days in the fridge as the root has to supply moisture to the leaves. Without the greens attached, beet root can keep for a couple of weeks.

Beets with round bottoms are sweeter than flat-bottomed ones. Eat beets fresh to enjoy

its flavor better. Do not overheat beets when cooking as heat destroys all the essential nutrients. Remove the skin before cooking.

BEETS RECIPE

Roasted Beets and Sauteed Beet Greens

Ingredients

- 1 bunch beets with greens
- ¼ cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Directions

Preheat the oven to 350 degrees. Wash the beets thoroughly (leaving the skins on) and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper. 🌍

THE VANISHING HONEYBEE

SPROUTS! WORKING TO REVERSE COLONY COLLAPSE DISORDER

by Dawn Dodenhoff

Colony Collapse Disorder (CCD) (a.k.a. Honey Bee Depopulation Syndrome or HBDS) is a phenomenon in which worker bees from a beehive or European honey bee colony abruptly disappear. While such disappearances have occurred throughout the history of apiculture, the term colony collapse disorder was first applied to a drastic rise in the number of disappearances of Western honey bee colonies in North America in late 2006. Colony collapse is economically significant because many agricultural crops worldwide are pollinated by bees.

The cause or causes of the syndrome are not yet fully understood, although many authorities attribute the problem to biotic factors such as Varroa mites and various insect-related diseases. Other proposed causes include environmental change-related stresses, malnutrition, pesticides and migratory beekeeping. More speculative possibilities have included both cell phone radiation and genetically modified (GM) crops with pest control characteristics, though most experts say no evidence exists for either assertion. It has also been suggested that it may be due to a combination of many factors and that no single factor is the cause.

After learning about Colony Collapse Disorder, Sprouts! launched its “Bee Kind” campaign in 2008 by implementing one of its most successful product innovations ever – the development of plantable seeded “bee friendly” paper that contained 100% pollinator-friendly flower seeds. When the paper is planted in the earth, the flowers that bloom forth will attract honeybees as well as a variety of native bees. Individuals who plant Sprouts! bee friendly paper can create a haven of sustainability for a diverse popu-

lation of pollinators, including the vanishing honeybee.

“What few people realize is that we are dependent upon the tiny bees to pollinate our crops, everything from fruits and vegetables to grains. In fact, every third bite we consume in our diet is dependent upon the honeybee to pollinate the food,” said Sprouts! owner and founder, Sharon Quercioli.

The Sprouts! initiative to help save the planet for future generations by manufacturing plantable paper products embedded with bee-friendly flower seeds was seized upon by Haagen-Dazs, which utilized the paper for a marketing piece that was inserted into Newsweek magazine. Shortly thereafter, the Sprouts! “Bee Kind” initiative garnered considerable media attention. NBC’s West Palm Beach affiliate, WPTV Channel 5, featured Sprouts! for its Earth Day Story and independent television station, KUSI Channel 9 in San Diego also provided considerable coverage. The company garnered additional attention in USA Today as well as the Palm Beach Post, Sun-Sentinel, Awakenings magazine, Metro Woman magazine and the Jupiter Courier. 🌍

“Sprouts! is always looking for eco-conscious, ‘green’ solutions to help our planet,” Quercioli added.

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



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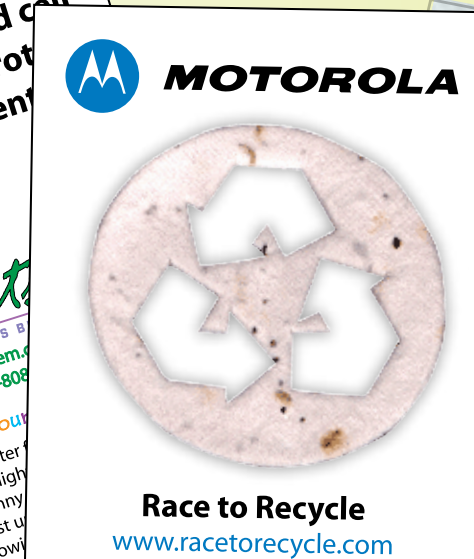
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TO BEE OR NOT TO BEE?

by Karen Meyer, Radio Green Earth Correspondent

Every year, when the bottlebrush tree blooms in our Okeechobee, Fla. home, the bees come. I hear them while I'm outside gardening, buzzing around the bright red blossoms. Usually they stay for just a few weeks, but this year was different. The blooms were long gone on a recent day when I heard buzzing. At first I thought that maybe wasps had built a nest in our deck, but to my surprise I saw bees going in and out of a crack in the stairs.

My family, which includes our dog, uses our deck a lot, and I had a few concerns. I knew from a show on Radio Green Earth that, left undisturbed, the bees would stay and the hive would get larger. I was also worried that if the bees were "Africanized," they could pose a serious threat.

For us, killing the bees was not a palatable option. So, instead of calling a pest control company, I called our friend, Jim Chapman, who is a beekeeper. Jim was ready and willing to help, and he mapped out several possibilities of what might happen. His first choice was to try to relocate the hive and colony. If there weren't enough bees to support a relocated colony, he said he might be able to take the worker bees and introduce them to an existing colony, but in that case the queen would have to be killed. If the bees swarmed, he would have no choice but to kill them, as that would be an indication that they were Africanized or otherwise posed a danger.

Jim showed up with his equipment, bee suit and know-how, attracting the attention of several neighbors, who wondered what on earth we had going on in our yard that required a guy with a Haz-Mat suit! Once suited up, Jim ignited his smoker, which he said would mask the warning pheromones that the guard bees emit when the hive is disturbed. And lo and behold, Jim pried and banged and generally made a racket as he removed the deck board, revealing a good-sized hive, but to my amazement the bees remained calm, hardly seeming to notice. There was no swarming, no stinging, no trouble at all. The hive covered three deck boards; Jim said it contained five 5,000 to 7,000-honey bees. We asked how long it would have taken the



Photography courtesy of Karen Meyer

Photography courtesy of Karen Meyer



bees to make a hive of that size and were surprised by his answer.

“Less than a week if they have nectar sources such as your garden, the bottlebrush tree and the clover in the lawn,” Jim said. I could only imagine how large the hive would have gotten if we didn’t call Jim right away.

To my delight it looked like these bees would have a good shot at surviving relocation, and Jim got to work. He slowly separated the combs and placed them into a special box created just for this purpose. “Saving the comb sections is best,” he said. “Because it is their home, it increases the chances that the bees will survive in their new location.”

The whole process took between two and three hours, as he took several breaks — even though he was working in the shade of

an oak tree, that suit got hot! We also waited for the return of foragers, which he added to the box using a vacuum cleaner (yes, a vacuum cleaner!).

While we waited, we learned quite a bit from Jim. He explained that a queen bee and colony can remain in place for years; workers clean the cells, circulate air with their wings, feed larvae, receive pollen and nectar from foragers, and guard the hive and forage. We loved how he described the drones: “These bees sit on a couch and drink beer and go out and mate with lots of queen bees.”

Jim eventually brought the bees back to Jupiter Farms. How successful was the relocation? We won’t know for a couple of weeks. Jim said he would check the hive once a week. If they are happy with their new environment, they will stay and produce honey. If not, the bees will begin to leave. Is this a Queen Bee decision? He said NO! The colony acts as one, so the workers, the drones and the queen all have to agree that this new location is OK.

How wonderful is that? 



SPRINGTIME MOVING THE ENERGY

by Betty Ann Baker, Executive Director Healing Touch Buddies

“Clear the decks, clear the room, clear your mind, clear a path, clear out, clear brush,” — all phrases of our common vocabulary.

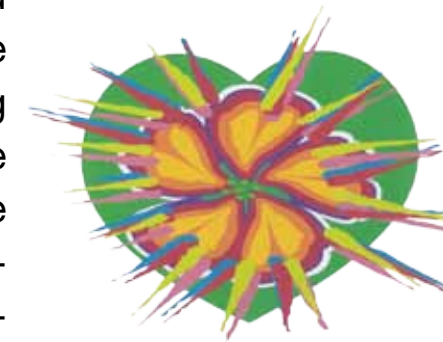
They describe both the actual and the figurative clearing of “what is” in order that something new has room to arrive.

Those of us who grew up in households with the Spring Cleaning ritual recall the virtual turning inside out of our environment, windows flung open after months of being shuttered against the weather. Changing the air, feeling it rush in and flush out every corner where still, old air lay, sparked a fury of sweeping, tossing, rearranging and scrubbing. As a child, I remember how it felt like so much more than cleaning house. It was hard work and everyone was included. And every neighbor was performing the same rite of spring. Nature provided the cues. Raking leaves allowed early daffodils and tulips the encouragement to push harder toward the sun of lengthening daylight. Horses, housecats and dogs shed winter coats and sap began to course up though the maples. There was the deep knowing that our efforts promised to bring in new, fresh and vital life to our house, our home, our family and our community. Not being able to clear the stage meant the same old show would keep running. And not making a clean sweep would make it impossible for the new life to arrive.

How differently we approach change. Some move easily through, happily cleaning out papers before they become stacks. No deliberating! Just done. Others resist with the authority of a boulder. It’s just too tough to make the first move! Never done. Most of us are somewhere in between and find a way

to move the old out and make space for the new. Often, when we feel stuck making a decision, breaking the logjam can be as simple and effective as sweeping the floor or emptying out a drawer. The act of “moving the energy” sparks a flow of more clearing, and somehow you can access what you need to become unstuck.

So now that it’s spring, clear out your closet, your garage, your pantry. Clear your mind, shed the weight on your heart and your shoulders, and look up into the sun of the lengthening days. 🌍



*Spring Cleaning
To be fresh
For life
Is what every
Mind wants
Ready and
Prepared for
The challenge
The old cobwebs
Are out of the
Cupboards
All dead and
Forgiven
Souls of
New spiders
Now wait
To think it out
All fresh and
aloud
Marching away
Fresh
~ Moeze Lalji*

LOCALECOPIA ADVOCATING FOR LOCAL FOOD SYSTEMS

by Rick Hawkins

We at Localecopia strive to make communities more sustainable. One of our major goals is advocating for local food systems by promoting local producers and connecting them with consumers. There are so many benefits for people by using local sustainable food, but what about our planet's other inhabitants?

When traveling by air across the county on a clear day, you can observe the vast open areas of landscape that have been reshaped into neat geometric shapes. You will see also notice vast palettes of a single color representing a single species of plant covering extremely large areas of land. Most of the landscape of our country has been transformed by man to accommodate just a few species. These represent a large portion of our food and more recently fuel, plastics and other products created from these crops. Think of the incredible diversity of life that existed in these areas before man recreated the land in support of industrial agriculture.

Where have they all gone?

Prior to man's domination of the earth, the typical species extinction rate was based upon the calculated background rate of one species per million species per year or an estimated 10 to 100 species extinctions per year. We are now on an upward curve of extinction rates. Environmental scientists are struggling to determine the total number of extinctions occurring now, but the estimates

run from a conservative 27,000 to more than 130,000 for just this year. The numbers are on a sharp curve upward for the coming years. This rapid change is the cause of just one species – ours. We continue to reshape our planet through landscape modification with little regard for the other inhabitants. Many of the organisms that are disappearing may very well be needed to insure mans future on this planet.

We are faced with so many issues every day that it is easy to lose sight of the plight of our planet's flora and fauna. What millions of years of evolution have created we are undoing in just a blink of geologic time. Shouldn't saving them be our shared responsibility?

Changing our food system is not the only solution for reducing species extinction, but it will help. Sustainable food production and growing food by working with nature and not by defeating it is a big step. By asking for locally

produced food you will not just be doing yourself a favor, but will also be ensuring the success of local producers. There are a lot of critters out there that you have never met that will also appreciate it!



GREEN GOODIES

Buzz, Buzz... Buzz, Buzz, Buzz... First you hear her, then you see her. There's a honeybee right next to you. Now, before you start to jump around and swat at her, take a deep breath and calm down. That little bee provides more for you than you realize! She and her comrades pollinate the crops that are part of the meals you eat everyday. Her colony provides the honey that's used in our candies, ice cream and teas. In fact, much of the foods we consume are dependant upon our bee populations. Sadly, those populations are dwindling fast. Colony Collapse Disorder is robbing our world of our necessary bee populace. So, instead of hurting that little bee, why don't you try and help her? The best way to stimulate the bee population is to plant flowers that not only attract bees, but bloom over a range of seasons. Flowers that are in the yellow/orange and blue/purple color spectrum and flourish during the various seasons will aid in sustaining their colonies. Sprouts! understands the importance of our bees and has made assisting in the encouragement of their colonies even easier! Sprouts! has created a very special collection of plantable seed paper note cards featuring the beautiful bees! These note cards are printed on a special seed paper blend that will attract bees and other pollinators when planted. To get your bee friendly note cards and help the honeybees, please visit www.sproutem.com or call (561) 840-8089.

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LEWIS BLACK—IN GOD WE RUST

by Rene Page

Friday, May 20 at 8pm | Tickets: \$59.50/\$49.50

America's Leading Comedian Coming to the Sunrise Theatre in Fort Pierce

After making his debut at the Sunrise in March, America's funniest guy returns to the historic stage on Friday, May 20 at 8pm. Lewis, who exploded onto the comedy scene after his appearances on *The Daily Show*, is one of the most prolific and popular performers working today. Black executes a brilliant trifecta as stand-up comedian, actor and author. Receiving critical acclaim, he performs over 200 nights a year to sold-out audiences throughout Europe, New Zealand, Canada and the United States. He is one of few performers to sell out multiple, renowned theatres, including Carnegie Hall, Lincoln Center, Brooks Atkinson Theatre, New York City Center and the MGM Grand in Las Vegas. In August 2007, he was the first stand-up comedian to ever perform in concert at the Walt Disney Concert Hall in Los Angeles.

John Stewart, Larry King and Jules Feiffer love Lewis Black. They love him because his insights and love/hate relationship with America are brilliantly expressed in his concerts and TV appearances worldwide. How can you not love a man who says, "Republicans are a party with bad ideas and Democrats are a party with

no ideas." Will Rogers would have been proud. Lewis' live performances provide a cathartic release of anger and disillusionment for his audience. Lewis yells so they don't have to. A passionate performer, who is more of a pissed-off optimist than mean-spirited curmudgeon, Lewis is the rare comic who can cause an audience to laugh themselves into incontinence while making compelling points about the absurdity of our world.

According to Lewis himself, audiences will love "In God We Rust." "They are going to hear more about what it is like to get old and what it means. And they are going to hear me talk about why my generation is a massive failure and maybe a little bit about why, in a way, I'm interested in watching what the next generation is going to do. I'm also going to talk about the legalization of pot, health care, and probably a few dozen other things."

Don't miss this opportunity to hear America's top comedian on Friday, May 20 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 Sunrise Theatre will host four 4 children's summer performances in conjunction with the Missoula Children's Theatre (MCT) Summer Camps (*partially underwritten by the Sunrise Theatre Foundation and the help of volunteers, local partners and sponsors*). With the help of professional MCT Tour Actor & Directors, a cast of 64 local children will perform 4 original musical productions, and learn everything from lines, staging, songs and movement....to set building, scenery and costume design. These are sure-to-please, feel-good...*fun for the entire family*...performances you won't want to miss! So bring your camera...and let your kids experience LIVE THEATRE right in their own backyard!



THE JUNGLE BOOK

Kids' Performance:
Fri. June 24
at 7 PM



THE TORTOISE VS. THE HARE

Kids' Performance:
Fri. July 15
at 7 PM



CINDERELLA

Kids' Performance:
Fri. July 29
at 7 PM



THE WIZ of the WEST

Kids' Performance:
Fri. Aug 12
at 7 PM

TICKETS ARE ONLY \$10!

PROCEEDS TO BENEFIT THE SUNRISE THEATRE FOUNDATION.

CALL THE BOX OFFICE AT 772-461-4775

FOR MORE INFORMATION VISIT WWW.SUNRISETHEATRE.COM

The Sunrise Theatre Presents

THE MISSOULA CHILDREN'S THEATRE SUMMER CAMP PROGRAM

by Glenn R. Swift

The Sunrise Theatre will host four separate, week-long children's summer programs in conjunction with the Missoula Children's Theatre (MCT). During the camps, partially underwritten by the Sunrise Theatre Foundation and the help of volunteers, local partners and sponsors, and professional MCT Tour Actor/Directors will work with a cast of 60+ local children in four original musical productions. There will be focused rehearsals with the children, where lines, staging, songs and movement are learned in four half-hour sessions each day.

The weeks culminate in public performances of each session, starring local children, complete with professionally designed scenery and costumes. The performances are sure to please and fun for the entire family!

"Through the Sunrise Theatre, MCT and the help of the Sunrise Theatre Foundation, media partners, volunteers and sponsors, our young children and teens will develop a love and appreciation of the arts ...for life! Now that is priceless!" said Renee Page, Marketing and Development Director for the Sunrise Theatre.

Below is a list of each of the Sunrise Theatre / MCT Summer Camps being held this year and the dates and times of each of the end-

of-the-week performances.

THE JUNGLE BOOK

Summer Camp Session

1: June 20-24 from 10-3 PM

Kids' Performance:

Friday, June 24 at 7 PM – Tickets \$10

THE TORTOISE VERSUS THE HARE

Summer Camp Session

2: July 11th - July 15th 10-3 PM

Kids' Performance:

Friday, July 15th at 7 PM – Tickets \$10

CINDERELLA

Summer Camp Session

3: July 25 - July 29 10-3 PM

Kids' Performance:

Friday, July 29 at 7 PM – Tickets \$10

THE WIZ OF THE WEST

Summer Camp Session

4: August 8 – August 12 10-3 PM

Kids' Performance:

Friday, August 12 at 7 PM – Tickets \$10

A maximum of 64 students will be able to participate in each of the programs. The cost for each week-long program is \$100 per child. Students, grades 1st through 12th, are encouraged to participate. No advance preparation is necessary. Assistant Directors will



also be cast to assist with the technical aspects of the production.

Registration for all camps will open May 2 at 10AM (there is no pre-registration available). To register, call (772) 461-4775 on May 2. For more information on each session, visit www.sunrisetheatre.com.

About Missoula Children's Theatre (MCT)

The Missoula Children's Theatre (MCT), the nation's largest touring children's theatre, has been touring extensively for over 35 years from Montana to Japan and will visit nearly 1,300 communities this year with 47 teams of Tour Actor/Directors.

Missoula Children's Theatre's mission is to develop the life skills in children through participation in the performing arts. Through the Missoula Children's Theatre (MCT), youngsters are introduced at an early age to the performing arts. Within each MCT cast, girls and boys are equal; the disabled become able;

the shy experiment with bravery; the slow are rehearsed to perfection; and the gifted become part of the whole. The lesson they learn is that EVERYONE of them are necessary for the show to go on. Few arenas exist where responsibility is taught and learned so clearly. MCT provides a unique opportunity for our youngsters to learn group dynamics while excelling as an individual — a lesson from art that carries into life. Through this type of hands-on teaching and encouragement, our young thespians develop a strong self-image; and typically, each student excels in relationships and develops a healthier rapport with teachers and classmates, an increased sense of tolerance and respect for others, a blossoming imagination and sense of individuality, and a better sense of themselves.

For more information regarding the Missoula Children's Theatre, please contact us: Missoula Children's Theatre · 200 North Adams · Missoula, MT 59802 406.728.1911 www.mctinc.org · tour@mctinc.org

About the Sunrise Theatre Foundation

The Sunrise Theatre Foundation's primary mission is to enrich the lives of children through the performing arts. The Foundation is committed to being the preeminent force behind providing the necessary resources that showcase the importance of the performing arts to children of the Treasure Coast, through Arts Education and Outreach programs within the theatre itself, and within the various communities in the region.

In furtherance of its primary mission, the Sunrise Theatre Foundation seeks to help promote a community where our young students can experience the power of live entertainment and...

- ✓Where art and ideas can be brought directly into the classroom to education and inspire children about the performing arts;
- ✓Where artists and teachers can help shape an appreciation of the art insides and outside of the classroom;
- ✓Where children of all cultures, races and ethnic backgrounds can interact in meaningful ways through the performing arts;
- ✓Where individuals, organizations and foundations can support their belief in the value, significance and vital worth of the performing arts in our local community by encouraging and providing arts-related education for all area students.

The Sunrise Theatre Foundation's secondary mission is to help to support the capital needs of the region's premier performing arts hall, the Sunrise Theatre, in specific instances deemed appropriate by the Foundation's Board of Directors. 🌍

For more information, contact:
Renee Page, Director of Marketing & Development (772) 461-4884, ext. 306
rpage@sunrisetheatre.com
www.sunrisetheatre.com

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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 STRAUSS

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

Contributing Columnist



JOHN POGGI

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

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

Contributing Columnist