



Our Wonderful World

June, 2011
Volume 2 :: Number 6

The Art of Living Green



Downtown in Bloom

Draws 10,000 to PBG

Spring Thaw & Toxic Mold

The Only Reason *We Are Ever Sick*

Enjoy the interactive format of our magazine by using the ToolBar at the top of the page to turn pages, search, zoom, email, download, print, etc. To maximize your enjoyment of the magazine, click on the Full Screen key:



Our Wonderful World
Volume 2 Number 6

Photography courtesy of Robby Antonio

Table of Contents

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

Contributors and Advertisers

Letter from the Publishers

Cover Story

Downtown in Bloom Draws 10,000

by Glenn R. Swift

Green Goings

Executive Women of the Palm Beaches Honors

Top Women Leaders

by Elaine Meier

Bark & Bowl Back to Fight Canine Cancer

by Chris Pike

Cancer Alliance of Help and Hope Named Finalist

by Glenn R. Swift

Health & Wellness

Pearls of Wisdom from the Green Goddess

by Sharon Quercioli

The Only Reason We Are Ever Sick

by Jenn Cohen

The Blessing of the Dragonfly

by Mistye Arnold



For downloadable pdf click here.



Our Wonderful World
Volume 2 Number 6

Eating Well

Spectacular Spinach

by Sharon Quercioli

Going Green

Water, Water Everywhere?

by Sandra Frens

Nonprofit/Charity

Ebb and Flow

by Betty Ann Baker

Green Goodies

Green Spotlight

Manny Casares

Arts & Entertainment

Sunrise Theatre Presents John Hooker Jr.

by Glenn R. Swift

Meet The Team

CONTRIBUTORS AND ADVERTISERS

Ameritas Investment Corp.	(Link to Ad)
Claire Baker CPA	www.cbakercpa.com
Diatech USA	www.diatechusa.com
EcoWeek Costa Rica	www.ecoweekcostarica.com
Florida Earth Foundation	www.floridaeearth.org
Florida Public Utilities	www.fpuc.com
Healing Touch Buddies, Inc.	www.healingtouchbuddies.org
Jenn Cohen CPT	www.the-natural-mama.blogspot.com
Local Ecopia	www.localecopia.org
Lost Iguana Resort & Spa	www.lostiguanaresort.com
Mistye Arnold	www.mistyearnold.com
Mos'art Theatre	www.mosarttheatre.com
Northern Palm Beach County Chamber of Commerce	www.npbchamber.com
Nozzle Nolen	www.nozzlenolen.com
Radio Green Earth	www.radiogreeneearth.org
Robby Antonio Photography	www.robbyantonio.com
Sean Reed Consulting	www.seanreed.org
SeaView Radio 95.9 FM	www.seaviewradio.com
Sprouts!	www.sproutem.com
Sunrise Theatre	www.sunrisetheatre.com
Young Living	www.youngliving.org/owwmedia



Our Wonderful World

The Art of Living Green



President & Co-Publisher

Sharon Quercioli

Editor in Chief & Co-Publisher

Glenn R. Swift

Art Director

Dori Beeler

Graphic Artist

Odaliz Lopez

Contributing Photographers

Robby Antonio and
Dogslife Photography

Operations Manager

Kristin Purcell

Webmaster/IT Coordinator

Sean Reed

Contributing Writers

Mistye Arnold, Betty Ann Baker,
Jenn Cohen, Elaine Meier, Chris
Pike, Sharon Quercioli,
Charles Richings, Sherra Sewell,
Paul Sugrue and Glenn R. Swift

Volume 2, Number 6. *Our Wonderful World* is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at www.owwmedia.com. For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or glenn@owwmedia.com.

Copyright 2011, Our Wonderful World Media & Entertainment, Inc. No part of this magazine may be reproduced for commercial or promotional purposes without the expressed written permission of Our Wonderful World Media & Entertainment, Inc. Neither the publishers nor the advertisers will be held responsible for any errors found in the magazine. The publishers accept no liability for the accuracy of statements made by advertisers. Advertisements in this publication are not intended as an offer where prohibited by state laws.

FROM THE PUBLISHERS

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

Our cover story features the first ever Downtown in Bloom at Palm Beach Gardens' upscale shopping center Downtown in the Gardens. The event drew over 10,000 patrons and showcased a bevy of cutting-edge landscape design concepts that included a tantalizing display of unique gardens, from quaint cottage plans and classic English countryside settings to spectacular water-themed vistas. Thanks to Robby Antonio for some great images.

As most of us in Florida know, spring temperatures can bring on something we don't want — toxic mold. Our very own Green Goddess enlightens us as to how we can best protect ourselves against this potentially very harmful fungus. The Goddess has also done a won-

derful job in giving us the many benefits of Popeye's favorite vegetable in "Spectacular Spinach."

Speaking of health, our Natural Mama, Jenn Cohen, gives us an important message in "The Only Reason We Are Ever Sick." Betty Ann Baker brings clarity and reflection in "Ebb and Flow — Connecting to the Rhythm of Life," and Mistye Arnold adds insight to the magnificence of nature in "The Blessing of the Dragonfly."

We also featured a couple of events in and around the Palm Beaches, so be sure to check them out. You might find yourself!

Of course, we've got a lot more, too! So start clickin'!

Sincerely,



Sharon

Sharon Quercioli, President
sharon@owwwmedia.com



Glenn

Glenn Swift, Editor in Chief
glenn@owwwmedia.com





DOWNTOWN IN BLOOM DRAWS 10,000

by Glenn R. Swift



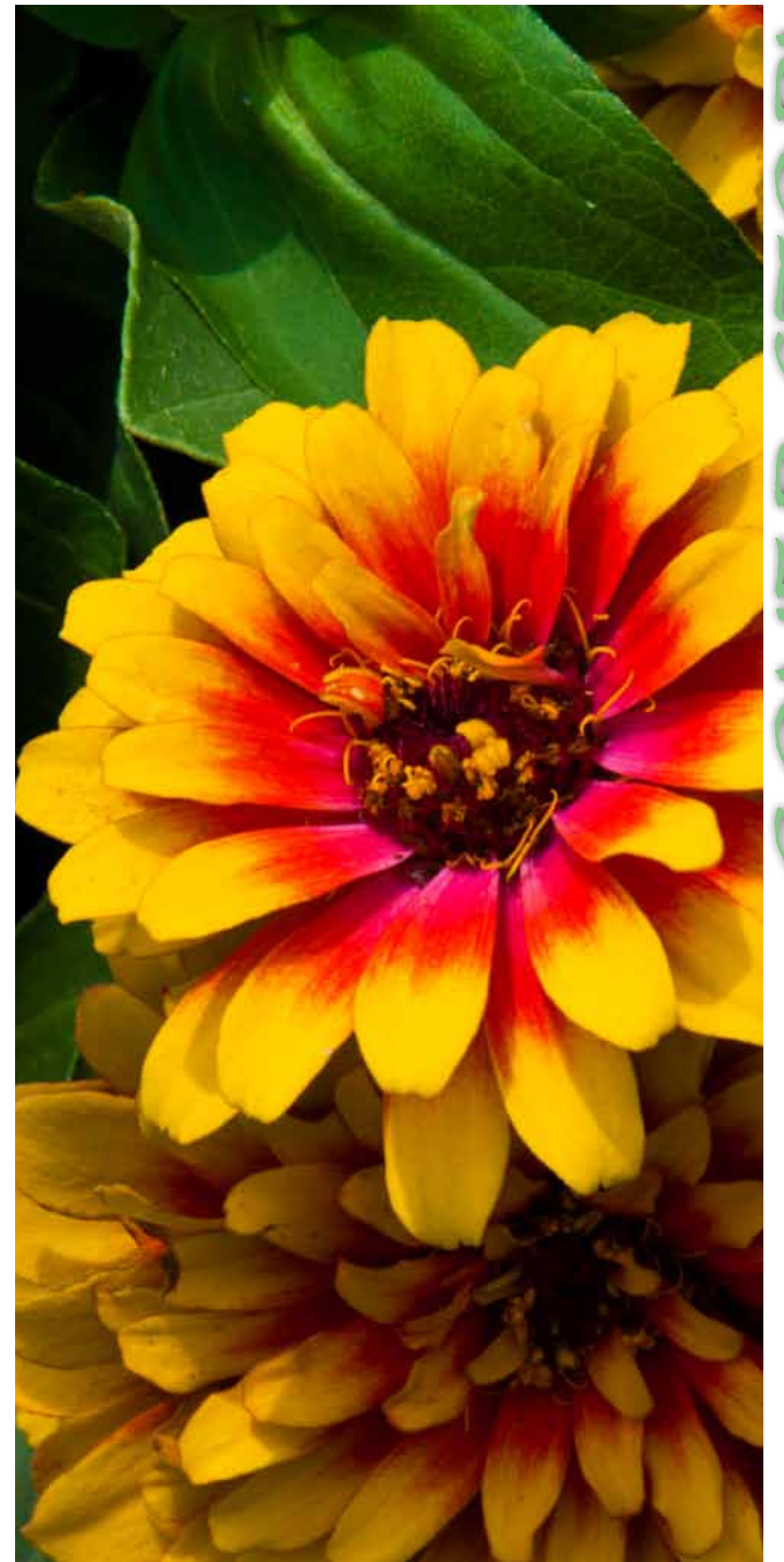
With more than 50 booths featuring plants, garden supplies and skilled artisans, Downtown in Bloom drew more than 10,000 visitors to Palm Beach Gardens' exclusive Downtown at the Gardens upscale shopping center. The first of its kind event showcased a bevy of cutting-edge landscape design concepts that included a tantalizing display of unique gardens, from quaint cottage plans and classic English countryside settings to progressive, minimalist styles.

There were three stages featuring continuous garden-inspired entertainment including a live music suite for the hippest of garden parties. Also on display were the latest in outdoor fashion and interactive information about the latest trends in garden design and horticulture. Then again, the youngest weren't left out either as the event included a Kids' Corner for budding little gardeners, complete with games, contests, educational programs and gifts to be planted at home later. 🌍

Downtown at the Gardens is located at 11701 Lake Victoria Gardens Avenue in Palm Beach Gardens. For more information, please visit www.downtownatthegardens.com.



Jeff and Suzanne Neve with son Matthew







Taz Kazi and her beautiful daughters







Get 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



LOST IGUANA RESORT

Arenal, Costa Rica

Mention Our Wonderful World
Receive 20% Off



Stay 3 Nights
Receive Complimentary
One-Hour Spa Treatment

www.lostiguanaresort.com



Executive Women of the Palm Beaches HONORS TOP WOMEN LEADERS Céline Cousteau Gives Keynote Address

by Elaine Meier



Lois Gackenhimer, Dr. Melanie Bone and Nancy Marshall

Dr. Melanie Bone, Nancy Marshall and Dr. Lois Gackenhimer were honored with Women In Leadership Awards by Executive Women of the Palm Beaches Wednesday, May 5 at a luncheon at the Kravis Center for the Performing Arts. Explorer, filmmaker and environmentalist Céline Cousteau gave the keynote address. A sponsor's reception was held the evening before the event at Old Palm Golf Club.

Bone, a physician, syndicated columnist and national speaker, was recognized for her work in the private sector; Marshall, an environmentalist and president of the Arthur R. Marshall Foundation, for the volunteer sector; and Gackenhimer, a nurse educator, for the public sector.

The Women in Leadership Awards recognize women whose talents and qualities have an impact in the community. They may be unsung heroes who make extraordinary effort for worthy causes, entrepreneurs who trans-

late their enthusiasm and concepts into successful businesses, or public servants who understand the meaning of service and deliver it with pride and excellence.

Bone, a gynecologic surgeon and an expert on hereditary cancer syndromes, has practiced in West Palm Beach for two decades. She graduated with honors from Georgetown University and Albany Medical College and practiced in the Washington, D.C. area before moving to West Palm Beach in 1991. She opened a solo practice in 1999.

A breast cancer survivor, Bone has written two books, *Journey Through Cancer* (co-authored with Rev. Richard Cromie) and *Cancer, What Next?* to provide guidance and insight to cancer patients. Her weekly newspaper column, *Surviving Life*, is syndicated nationally, and she lectures about hereditary cancer syndromes. Her Zon fitness equipment is sold nationwide in Sports Authority stores. She donates all royalties and honoraria to charity.



Regina Bedoya, Celine Cousteau, Gil Walsh and Beverly Levine

Volunteer sector honoree Nancy Marshall, is president of the Arthur R. Marshall Foundation, a nonprofit organization devoted to developing and delivering award-winning, science-based, environmental education programs and grass-roots public outreach programs essential for the restoration of the Everglades ecosystem. She also serves on its board of directors.

A retired Marriott marketing executive, Marshall is immediate past president of YWCA of Palm Beach County and a member of the National Wildlife Refuge Association (NWRA) board in Washington D.C. She was president of the Gainesville (Fla.) Fine Arts Association; honorary chairwoman of Belfair Artists Association, Washington D.C.; an honorary member Phi Sigma Sigma sorority and co-recipient in 2001 of the Audubon Society of the Everglades' "Conservationist of the Year" award.

In 2009, the U. S. Fish and Wildlife Service recognized Marshall for championing efforts to provide state-of-the-art interpretive Everglades exhibits at the Arthur R. Marshall Loxahatchee National Wildlife Refuge and in 2010 presented her with the Regional Director's Award. In January the Everglades Coalition (comprised of 54 state and national not-for-profit organizations) awarded her the prestigious George M. Barley Award for her contributions to Everglades restoration and protection.

Lois Gackenhimer is president and direc-

tor of the Academy for Practical Nursing and Health Occupations, a charitable organization and accredited nursing school that provides nursing training and job placement to the underprivileged, underserved, and underemployed.

Since Gackenhimer became its director in 1990, the school has grown in scope and enrollment. Today it serves more than 400 students, offering Practical Nursing (LPN), Professional Nursing (RN) and associate of science degrees. Gackenhimer takes pride in assuring that all students have safe shelter, food, clothing and transportation to fulfill their dreams of becoming a nurse.

Gackenhimer holds a master of science in nursing and doctorate in education. She is a registered nurse and a licensed nursing home administrator and has been recognized locally and nationally for her leadership and humanitarian services.

Following the WILA awards presentation at the luncheon, Cousteau, granddaughter of famed ocean environmentalist Jacques Cousteau, offered an inspirational look into the worlds of exploration and filmmaking. Relating what she has learned about working in the most remote locations on earth and about the commonalities shared by women worldwide, she kept guests spellbound with her presentation that included footage of her work with indigenous residents of the Amazon and with a group of courting humpback whales.



Celine Cousteau and Nominee Sharon Quercioli



Nominees Dr. Jean Wihbey and Sharon Quercioli

Presenting Sponsor was FPL, Platinum Sponsor was Hermé de Wyman Miro, Sponsor's Reception Underwriters were Old Palm Golf Club & Pinetree Homes and J.J. Taylor Companies, Inc.

Executive Women promotes the professional and personal advancement of women through networking, resource sharing and leadership development. Luncheon proceeds benefit its scholarship and grant programs through its Executive Women Outreach foundation. For more information about Executive Women, call (561) 684-9117, email info@ewpb.org or visit www.ewpb.org.



BARK AND BOWL RAISES \$42,000 for Canine Cancer

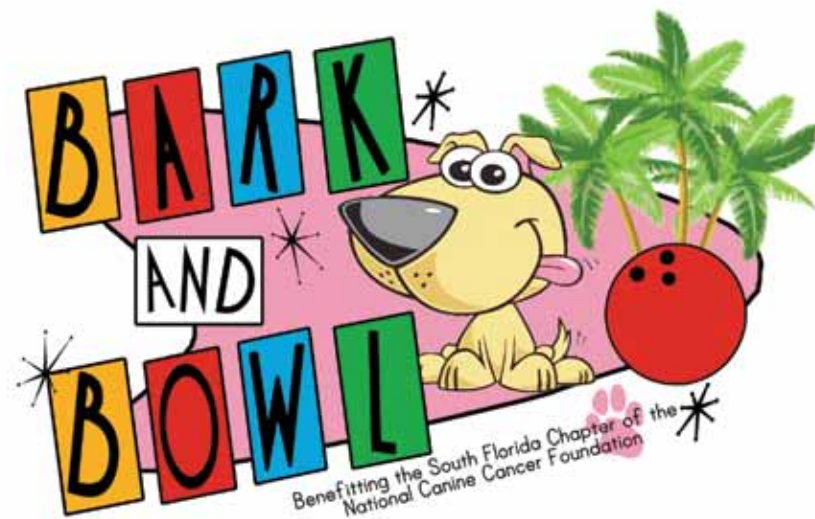
by Chris Pike
Photography courtesy of Dogslife Photography

The Second Annual Bark and Bowl presented by Florida Public Utilities once again exceeded expectation. Over 50 teams joined the National Canine Cancer Foundation at the Palm Beach Strike Zone in Lake Worth on Friday May 13 to Bowl for a Cure.

Participants competed in contests for best team shirts and lane decorations, shopped vendors showcasing exclusive NCCF merchandise and tried their luck on the Split the Pot Lane. Teams that raised \$1,000 received free frozen Paw-garita's and Strawberry Dawg-iris all night long, while dancing to the sounds of DJ Flash under one of the best light shows in Palm Beach County! Not to mention VIP visits from the Palm Beach County Sheriff's Office K9 units including Bullet, Ontario and Clue.

Over \$42,000 for Canine Cancer Research was raised with the top team raising over \$3,000 alone! Needless to say, the 2012 Bark and Bowl will have high expectations to live up to!

For more information about the National Canine Cancer Foundation, please visit www.wearethecure.org.





Take your portfolio to a GREENER place

Contact me to talk about GREEN investment opportunities for your portfolio.

Ernesto Keaney, RFC®

Ameritas Investment Corp.

850 NW Federal Highway

Suite 183A

Stuart, FL 34994

772.287.8089

877.287.8089



Like all investments, investment in the green sector or in mutual funds with an environmental policy involves risk, including possible loss of principal invested. For more information on any Calvert fund, please call 800.CALVERT or visit www.calvert.com for a free prospectus. An investor should consider the investment objectives, risks, charges, and expenses of an investment carefully before investing. The prospectus contains this and other information. Read it carefully before you invest or send money.

Calvert mutual funds are underwritten and distributed by Calvert Distributors, Inc., member FINRA, a subsidiary of Calvert Group, Ltd. AD10011-201004

A **UNIFI** Company.

May Lose Value. Not FDIC Insured. Not a Deposit. No Bank Guarantee. Not NCUA/NCUSIF Insured. No Credit Union Guarantee.



SAPA NAILS & SPA

Professional Nail Care Salon - Satisfaction is Guaranteed

**Print this page and receive a
10% discount on any service.**

Mon. - Sat. 9:00 am - 7:30 pm

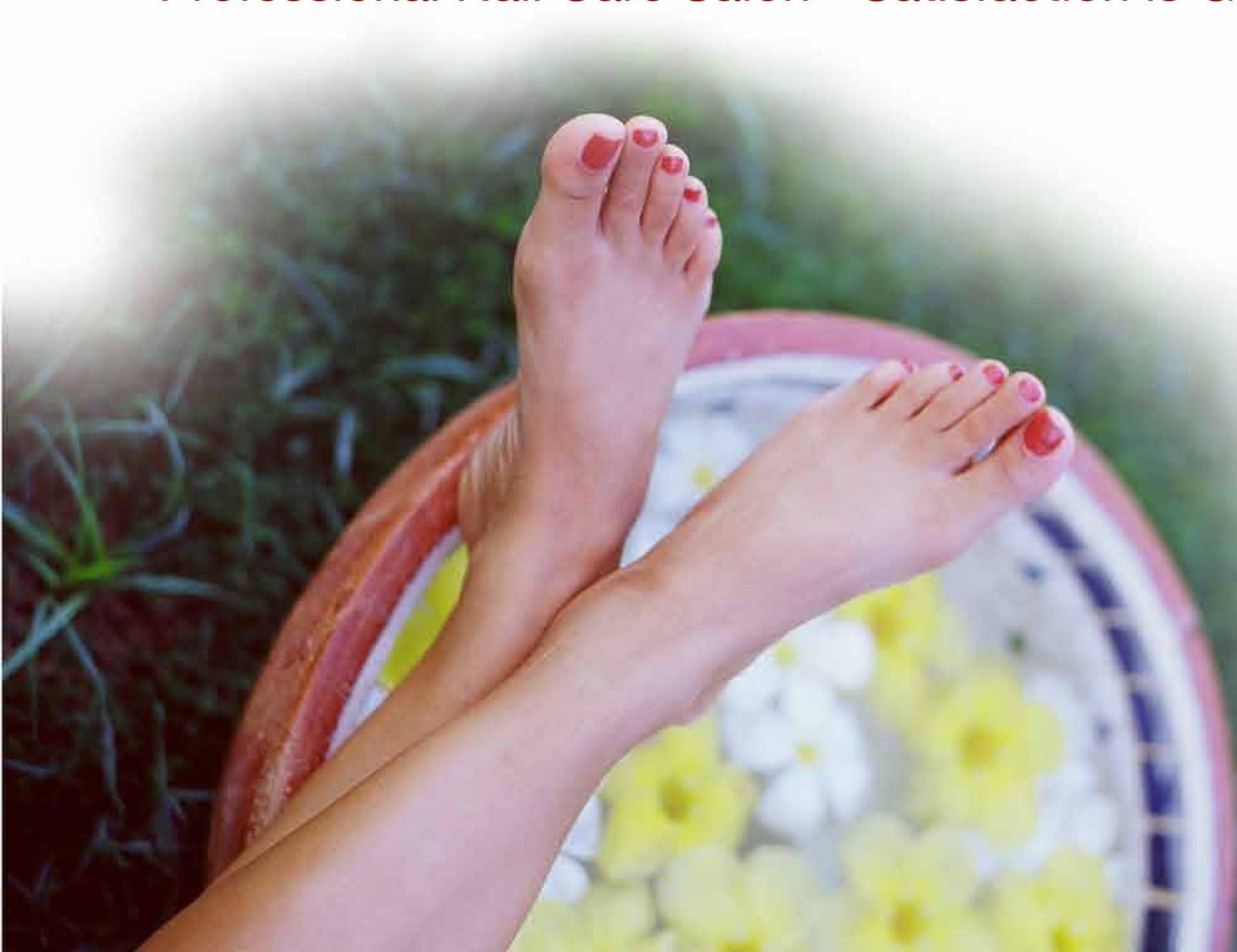
Sun. 11:00 am - 5:00 pm

Gift Certificates Available

Walk-ins Welcome

960 Northlake Blvd. Lake Park,
FL 33403

561.881.8884



Cancer Alliance Of Help and Hope Named Finalist in TOYOTA 100 CARS FOR GOOD PROGRAM

by Sherra Sewell

*Toyota to Donate Vehicle to Local Nonprofit
Organizations Based upon Public Votes*

The Cancer Alliance of Help and Hope is one of 500 finalists in Toyota's 100 Cars for Good program, which will award vehicles to 100 nonprofit organizations based upon votes from the public.

The program showcases five nonprofit organizations each day for 100 days on Toyota's Facebook page. Visitors to the page can vote once a day for the organization they feel is most deserving of a new Toyota vehicle. CAHH will be one of the five organizations highlighted for voting on Wednesday, June 8. You can visit Cancer Alliance of Help and Hope's FB page for voting instructions.

The vehicle will be used to transport cancer patients to and from treatment and to take children with cancer who cannot afford transportation to summer camp.

CAHH assists cancer patients who are having financial difficulties while undergoing treatment by helping with rent, mortgage, utilities, car payments, car and health insurance. For more information about CAHH, please visit www.cahh.org.



Jean Fischer and Gene Meyerowich, Co-founders, at a recent fundraiser for CAHH.

Cancer Alliance
of Help & Hope, Inc.



PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

Quote of the Month:

“You were not sent into this world to do anything into which you cannot put your heart.” (John Ruskin)



SPRING THAW AND TOXIC MOLD

Spring is upon us! Sometimes it doesn't quite feel like it here in Florida, but I am assured it truly is spring. In Ohio, where I am from, the dogs don't want to come inside, the horses are playing and running in the cool wind, birds are chirping outside and the outdoor cats are lounging in the sun. At the same time, I know that a lot of folks are suffering from all sorts of allergies and odd symptoms.

Warming temperatures and humidity feed mold growth, with mold spores gaining access to the air we breathe. Molds have been linked to many health symptoms, including allergies, headaches, chronic colds, coughs, flu-like symptoms, seizures, tremors and more. Humans and animals react (sometimes severely) to molds and fungi in the environment. I have known many people who have been hospitalized with severe reactions to molds growing in their home. There are many, many forms of mold and fungus, and a select group of mold has been labeled as Toxic Mold.

Traditionally, if you have a mold problem, it is often recommended that you rip out walls, spray toxic chemicals everywhere, then honestly — pray that it is gone. However, it is very unlikely that your mold problem is truly gone. So, you know me well enough by now, that if I am writing about toxic mold I probably have some natural remedy for you! Bravo! You are RIGHT!

Answer this question... How have plants on this earth survived for millions of years? Let's just say a lot of them! Why? They have their own self defenses, called essential oils. These oils act like the blood in our body, which has components that fight bacteria, viruses, and you guessed it — molds. If plants succumbed to mold growth, they would die out very quickly. So, plants evolved effective ways to defend themselves against the molds of our planet. The most powerful defenses of a plant are the essential oils that it creates. This is why essential oils are so important! They come from nature and carry the intelligence and power of nature within them. No pharmaceutical or chemical company can claim that! Mother Nature did NOT make 409, and the intelligence of the vast universe will never be contained within a man-made bottle.

There is wonderful research by Dr. Edward Close on the amazing ability of essential oils to kill toxic molds. You can read all about it





and see his research at www.moldrx4u.com. In a nutshell, his wife was into using essential oils, and he was an engineer who specialized in mold removal from buildings. Over time, they documented the amazing ability of essential oils, specifically Thieves Blend by Young Living, to not only kill mold but to destroy the mold spores, as well as continue to reduce future regrowth of the molds. There is not one toxic chemical on the market today that can compare to the essential oil blend of Thieves.

If you have a mold problem in your home, or even if you suspect that you do, I highly recommend diffusing Thieves in your home. There are many types of diffusers, and, if you were trying to kill mold, I would certainly use the TheraPro Premium Diffuser or the Essential Oils Diffuser from Young Living. These diffusers put pure essential oils directly into the air. I have always believed that diffusing Thieves in a home reduced allergies and now I know why. By reducing molds in the environment, certainly allergic symptoms will be reduced.

Since I was first introduced to Young Living, I have diffused Thieves Essential Oils in my home. I have had great experiences with it and love the smell of Thieves. I also use Thieves when I am traveling on a plane. I put a drop on my finger and put it under my nose. It kills all bacteria and fungi so I do not catch anything that is flying around in the air on the plane. It stings a little, but is an amazing product. I feel strongly that all the Thieves products contribute to my excellent health.

A great tip: If you diffuse 7 milliliters of Thieves Essential Oil with the TheraPro Diffuser just once a month in your bathroom, you will greatly reduce or eliminate mold growth on the tile grout! Less scrubbing!!! Yay! So get out your Thieves and start diffusing. It will work wonders. 🌍

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



THE ONLY REASON We Are Ever Sick

by Jenn Cohen

The only reason we are ever sick is because we are either toxic with something or deficient in something that our body needs. Our bodies are smart, incredibly smart. God, or whatever you want to call him, has created our bodies perfectly and given us everything we need on this Earth that our bodies need. However, when we put the wrong stuff in, or don't put the right stuff in, our bodies will try to adapt — and many times we will then get sick.

We are not sick because of bad genes or bad luck — our genes have not changed for 40,000 years! So, if it is not our genes, what is it that makes us sick? We were not born with a deficiency in allergy, blood pressure, cholesterol, acid reflux, eczema, etc. medications. All these conditions are generated by LIFESTYLE! They can all be decreased or eliminated by changing our lifestyle. Taking a medication just masks the symptoms. It does not prevent it from happening again, only our lifestyle change will! If you have these conditions look at what you are deficient in. You might not be getting enough proper food, EFAs, vital nutrients, minerals and vitamins, proper sleep and movement patterns, exercise and positive thoughts. These are all the things that keep us WELL!

Things we could be toxic in are:

TOXIC FOODS: I always say that if it did not come directly from the earth, with little or no alterations, you should not eat it. It is not innate for your body. Your body does not know

what to do with this stuff, so it becomes inflamed and sick. Although some people are more sensitive to certain foods than others, the same inflammation is still happening on the inside. Just because you can't see it doesn't mean it's not there! People express inflammation and disease differently, anywhere from a general cold to GI problem, eczema, infertility and cancer. So, if you are sick, you need to look at what toxicities you are putting into your body. Foods that cause toxicities are: grains, dairy, all processed foods, sugars, food colorings and chemicals. Foods that are anti-inflammatory are: fruits and vegetables, foods high in EFAs (avocados, EVOO/EVCO, almonds, wild salmon), spices (cumin, turmeric, cinnamon, raw cacao) and water.

TOXIC THOUGHTS: Negative thoughts can wreak havoc on your body. Stress is the main cause to high blood pressure, diabetes, cancer, heart disease, obesity, migraine headaches, insomnia, fatigue, fibromyalgia, ulcers and other GI problems, skin conditions, fertility problems and many, many more! Practically EVERY DISEASE can be linked to chronic stress. If we can eliminate the stress, we can eliminate the disease. This doesn't happen magically overnight. But as soon as you start to remove the toxicity, whether it is thoughts, foods or movements, your body will start moving towards health and balance.

TOXIC MOVEMENT: As humans, we are ani-



mals and meant to move. That is what separates an animal from a rock. Movement is essential to our life; it is what allows us to be ALIVE! Lack of movement or faulty movement patterns cause degeneration and disease. Whatever your choice of exercise is, when you exercise you relieve energy and tension, decrease levels of anxiety and increase the release of endorphins (makes you feel good!). You increase your ability to concentrate, reduce pain, sleep better and, of course, lose weight, which makes you feel better about yourself. Exercise balances your body. It's your body's innate way to deal with stress. It is essential to include all three fitness components into your exercise routine, so if you are unsure, consult with a Certified Personal Trainer for more information. Movement does not only include gross movement of the large muscles (legs, arms, back, core), but also the tiny movements of each individual joint. Movements that we do not even think about as we go throughout the day. But if these small joints are not moving properly, they can cause pain. Take Carpal Tunnel Syndrome (CTS), for example. A medical doctor will call this a "wrist problem" and recommend cortisone shots and surgery. However, it is really a posture problem, and it starts up in the neck and shoulders. The nerves from the neck run down the shoulders into the arm and fingers. Poor posture causes the nerves to be compressed and causes pain, numbness or tingling. Correct posture can correct the CTS without the need for drugs or surgery! AMAZING!

The most important area that needs to be assessed for proper movement is the spine. Since the nervous system is housed in the spinal cord, which is surrounded by the spinal column, it is imperative for the spine to be moving properly to keep the nervous system functioning properly. If the spine is not moving properly, it can cause disk degeneration or herniation, pain and disease. The only doctor that is an expert in the nervous system AND the musculo-skeletal system is a chiropractor.

So, to be healthy, to be TRULY WELL, we must eat well, think well and move well!

Some people think they are "well," but then why are they still sick? They think they eat well, but still get colds. They think they exercise enough, but still have aches and pains. They really might be eating and moving right, but why are they still gaining weight? There is still some toxicity or deficiency going on then.

Here are a few examples:

Here in lovely South Florida, in the spring, there are tons of pollen floating around. It lands on our cars, window sills and front door, eventually making its way into our house. It can cause allergy-like symptoms with stuffy and runny noses, eyes, sore throat and headaches. The pollen causes an inflammation in our bodies. If we are already toxic, then this additional inflammation will certainly cause "allergy flare-up." Drugs are not the answer. We are not deficient in Claritin or Allegra. They



cause more harm than good. Instead we need to build our immune system by increasing fruit and vegetables and water intake, eliminating grains and dairy (these cause even MORE inflammation in the body), using a neti pot for the nasal passages, drinking hot tea and Golden Milk, getting plenty of rest, reducing stress and receiving regular chiropractic adjustments to keep the nervous system functioning properly. This spring, everyone in our family has suffered from a little “allergy” problem, but not that bad — no medication, no missed days of school or work. By increasing what we normally do has helped keep us feeling fine throughout Florida’s “allergy season”! I am going to use my wonderful husband as an example here. When he gets stressed out, he does not sleep well. He is up and down all night, and then the next day he is tired and craving high-fat foods (that is what your body does when it is stressed!) Although he already knows this, I encourage him to attend my yoga class to de-stress and unwind. He drinks a lot of water and green smoothies throughout the day. Then, at night, we go through a very relaxing yoga routine and meditation right before bed. Sure enough, he sleeps well throughout the night. No need for sleep medications. He feels better in the morning, ready to start the day. We all get stressed from time to time. It is how we deal with the stress that makes us healthy or sick.

My own personal indication that I am stressed out or not eating right is my face breaks out. Usually my skin is very clear, but stress and

high-sugar/high-preservative foods kill it. Nolan and I always get weekly chiropractic check-ups, just to make sure everything is moving properly. Afterwards, I always feel better — taller, lighter, happier. It is amazing! If Nolan is really cranky or just can’t seem to get comfortable, he will get an adjustment and a baby massage and always calms down immediately.

So, if you are suffering from a disease, condition, problem, or whatever you want to call it, take a good hard look at your lifestyle and see if you are toxic or deficient in something. If you are not sure, call your chiropractor or holistic lifestyle coach and get an assessment. Live your best life possible! 🌍

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 Blessing of the DRAGONFLY

by Mistye Arnold

Pulling into my garage I hastily made my way to the door into my home. As I reached for the door knob I saw out of the corner of my eye a dragonfly sitting on the concrete floor. I proceeded to drop my belongings on the kitchen counter and immediately returned to visit my friend. Dragonflies represent the power of Light. Their magnificent colors only are displayed when light strikes their body, and it is this reflection that we humans see in colors of blue and green. He was a beautiful site, and I was taken in by his lack of fear.

I gently spoke to him, asking how he had made his journey to my garage and insisted that this was not the right place for a creature of such beauty. I slowly picked up a postcard from the recycling bin and gently crouched down and slid the card underneath his body. I simply said, "Let's return you to your journey outside." He never resisted and allowed me to lift the card and walk him to the front yard... and away he flew.

Now that in and of itself to me is a pretty amazing story, but a few days later I once again entered my garage to find at the door this dragonfly. I was perplexed to say the least and was left wondering how this dragonfly kept finding

its way into my garage. Once again, I asked his permission to deliver him outside. Using the same postcard as before, he allowed me to walk him to the old oak tree. All his eyes staring at me, I said, "Go, you're free to return to the beauty of the oak."

Zip – he was gone.

As he vanished I was beginning to wonder what these visits were really all about. Nature's animal friends always have a message for us if we chose to listen.

Later that week I was shocked to find again this dragonfly at my door. This time I asked, "What is your message to me, Mr. Dragonfly? Why have you come to visit three times?" He guided me to bend down and allow him to climb this time onto my finger. I stood there marveling at his beauty, looking at all his colors in the sunlight, seeing his eyes moving in all directions, and the delicate wing structure that held the mystery of flight. As we walked together, he directed me to place him on an impatien flower petal in my garden. Slowly, very slowly I placed him as instructed. I was enraptured by this moment and of the closeness of God himself. In a blink of an eye he took flight and disappeared.





On occasion I will see dragonflies darting about outside or in a park that I am visiting, but I was never visited by this dragonfly again. Later that evening, I studied the dragonfly to see what characteristics they hold so that I could fully understand his message to me. A dragonfly's true colors take time to mature. They are excellent hunters and can change directions in mid-flight, even backwards. The dragonfly lives in water for two years, then metamorphosizes into an adult and then takes flight. They represent mental clarity and control, but in the extreme represent repression of one's light.

The color of blue is related to water, expression of emotion and the throat chakra, meaning there is something that needs to be expressed. Green represents the heart chakra – love, Mother Earth, nature and life. For me

I was at the end of a two-year journey of becoming a Certified Healing Touch Practitioner. I was also finding my way back to my true calling — a Healer. I was once again embracing all my true colors, and I was maturing as a child of the Divine. My metamorphosis was almost complete, and I would soon be certified. This certification opened many, many avenues of helping others and helping them to see their true colors by engaging them in their heart and the Love that they are. I was blessed that day, and whenever I see a dragonfly I thank him for his blessing and his time. 🌍

Mistye Arnold is a veteran journalist and Healing Touch practitioner living in Sarasota, Florida. For more information about Mistye Arnold, please visit www.mistyearnold.com.



SPECTACULAR SPINACH

by Sharon Quercioli



Many of us recall images of Popeye as children, but it truly is difficult to overestimate the nutritional powerhouse that is spinach. Here are eighteen great reasons why spinach should find its way into your grocery bag.

Spinach Is One of the Most Nutritious Foods Available

Low in calories and high in vitamins, spinach is one of the most nutrient-dense foods in existence. One cup of the leafy green vegetable contains far more than your daily requirements of vitamin K and vitamin A, almost all the manganese and folate your body needs and nearly 40% of your magnesium requirement. It is an excellent source of more than 20 different measurable nutrients, including dietary fiber, calcium and protein. And yet, 1 cup has only 40 calories!

Spinach Improves Brain Function, Protects Against Aging

This dark green leaf will protect your brain function from premature aging and slow old age's typical negative effects upon your mental capabilities. Spinach accomplishes this by preventing the harmful effects of oxidation on your brain. Those who eat vegetables in quantity, especially those of the leafy green variety, experience a decrease in brain function loss. The abundance of vitamin K in spinach contributes greatly to a healthy nervous system and brain function by providing an essential part for the synthesis of sphingolipids, the crucial fat that makes up the Myelin

sheath around our nerves.

Cancer-Fighting Antioxidants Abound in Fresh Spinach

Spinach contains more than a dozen individual flavonoid compounds, which work together as cancer-fighting antioxidants. These elements neutralize free radicals in the body, thus helping to prevent cancer. In fact, one study of New England women showed less breast cancer cases among those who ate spinach on a regular basis. Spinach extracts have reduced skin cancer in lab animals and show promise at slowing stomach cancer as well. The Journal of Nutrition recently reported that our leafy friend contains a carotenoid that makes prostate cancers destroy themselves. This same carotenoid, after being changed by the intestines, prevents prostate cancer from reproducing itself.

Spinach also contains kaempferol, a strong antioxidant that prevents the formation of cancerous cells. Women who have a high intake of this flavonoid show a reduced risk of ovarian cancer, likely because of kaempferol's ability to reduce cancer cells proliferation. The vitamin C, vitamin E, beta-carotene, manganese, zinc and selenium present in spinach all serve as powerful antioxidants that also combat the onset of osteoporosis and atherosclerosis.

Fresh Green Spinach Improves Cardiovascular Health

According to research compiled by Whole



Foods, spinach is an excellent promoter of cardiovascular health. The antioxidant properties of spinach (water-soluble in the form of vitamin C and fat-soluble beta-carotene) work together to promote good cardiovascular health by preventing the harmful oxidation of cholesterol.

Magnesium in spinach works toward healthy blood pressure levels. In fact, just a salad-size portion of spinach will work to lower high blood pressure within hours. A serving of spinach contains 65% of your daily requirement of folate, and folate converts harmful, stroke-inducing chemicals into harmless compounds.

Spinach Improves Digestion & Maintains Low Blood Sugar

One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation and curbs overeating. Eating spinach regularly is also known to regulate blood sugar levels, so diabetics should probably eat some spinach. It's all the magnesium in spinach that helps this vegetable to regulate blood sugar levels.

Spinach Lowers Blood Pressure

By inhibiting the angiotensin I-converting enzyme, peptides within spinach have been shown to effectively lower blood pressure.

Spinach Is an Effective Anti-Inflammatory

Neoxanthin and violaxanthin are two anti-inflammatory epoxyxanthophylls that play an im-

portant role in regulation of inflammation and are present in significant amounts in spinach.

Spinach Protects the Eyes

Both antioxidants lutein and zeaxanthin are especially plentiful in spinach and protect the eye from cataracts and age-related macular degeneration. Lutein also helps to prevent weakness in the eye muscles caused by aging.

Spinach Helps Fight Infection

One cup of spinach contains over 337% of the RDA of vitamin A that not only protects and strengthens "entry points" into the human body, such as mucous membranes, respiratory, urinary and intestinal tracts, but is also a key component of lymphocytes (or white blood cells) that fight infection.

Spinach Does Wonders for the Skin

The high amount of vitamin A in spinach promotes healthy skin by allowing for proper moisture retention in the epidermis, thus fighting psoriasis, keratinization, acne and even wrinkles.

Spinach Promotes Strong Bones

One cup of boiled spinach provides over 1000% of the RDA of vitamin K that can prevent excess activation of osteoclasts (the cells that break down bones), as well as promote the synthesis of osteocalcin, the protein that is essential for maintaining the strength and density of our bones.

Spinach Fights Calcification

Vitamin K is a crucial component of the pro-



cess called carboxylation, which produces the matrix Gla protein that directly prevents calcium from forming in tissue. Eating one cup of spinach contributes to the process that fights atherosclerosis, cardiovascular disease and stroke.

Spinach Gives Us Energy

Perhaps this is where Popeye gets his powers from spinach. Iron is high in the leafy plant, and iron helps to carry blood throughout the body by helping to build red blood cells. More oxygen throughout the body and stronger red blood cells means more energy and less fatigue.

Spinach Lowers Cholesterol — The Bad Kind!

Cholesterol is that bad stuff that brings about blockages in the arteries. Vitamin A, Vitamin C and Vitamin E all help to prevent or lessen the buildup of that cholesterol within the arteries. Guess what contains its fair share of all those vitamins? You're quick!

Spinach Aids in Bone Strength

Or maybe this is how Popeye builds his strength with spinach. Vitamin K is also common within spinach, and Vitamin K helps the bones to retain higher levels of calcium. And that calcium keeps the bones strong and helps to prevent osteoporosis, a disease in which bone density is reduced and fractures become more common.

Spinach Is an Excellent Food for Losing Weight

Spinach doesn't have a lot of calories (about 40 calories per cup of uncooked spinach). That combined with the fact spinach has twice as much fiber as most other lettuces means spinach is an excellent food for losing weight. The low calories means you can eat until you're more than full. The extra fiber means your body isn't going to hang onto much of that spinach (or anything else, for that matter) for very long.

Spinach Is the Enemy of All Plastic Surgeons!

Considering all the anti-oxidant properties, vitamins, minerals, lutein and everything else found in spinach, this eatable green is known to strengthen the skin and thus to help with wrinkles and such which bring about the more aged look. So, try some spinach instead of going to the plastic surgeon.

Spinach Strengthens the Teeth

Remember all that Vitamin K from spinach that strengthens the bones? Well, your teeth are bones, and, if you want stronger teeth, eating spinach is a bright idea.

So while spinach probably won't make you super strong the minute you eat it, as it did for Popeye, it will promote your health and vitality in many other ways. It seems like Popeye was pretty smart after all. 🌍



WATER, WATER EVERYWHERE?

by Sandra Frens



We are so very lucky to be among the people who enjoy life here in Florida. There are miles of beautiful coastline, picturesque lakes and scenic rivers that wind from north to south emptying in peaceful estuaries. The weather here embodies the idea of a hidden paradise where we enjoy surfing, fishing, canoeing, snorkeling, boating, swimming, diving and waterskiing all year round. Our waters inspire art, music, novels, poetry and romance, but also provide us with industry, food and resources for farming. Much of Florida's culture stems directly from her connection to water; our ocean, lakes, rivers, and estuaries play a vital part in our sustainability as a state. Without clean waters, our Sunshine State would do little to support us in any of our endeavors.

The United Nations, realizing the importance of clean waters for our planet, has declared March 22 as World Water Day, a time **to focus attention on the importance of freshwater and to advocate for the sustainable management of freshwater resources.** Clean fresh water is important to the entire world, but few places have as a unique connection to their water as Floridians. Here both fresh and salt water play a central to our culture and the survival of that culture.

To maintain the natural beauty of Florida's waters, those of us who live here need to take on personal responsibility in educating ourselves and our visitors about water conservation. There are a number of ways to conserve water, such as taking a slightly shorter shower, turning off faucets while brushing your teeth or shaving,

and running only full loads in your dish and clothes washers. Most people are aware of those simple tips, but here are a few more ways to conserve water that you might not have thought about before:

Wash your fruits and vegetables in a pan of water instead of running water from the tap. If you drop an ice cube on the floor, don't throw it in the sink. Place it in a house plant for water.

When cleaning out fish tanks, give the nutrient-rich water to your plants.

Collect water from your roof to water your garden.

Don't use running water to thaw food. Defrost food in the refrigerator for water efficiency and food safety.

Don't water your lawn on windy days when most of the water blows away or evaporates. Dispose of chemicals properly. Otherwise, they end up in the water table harming our drinking water and our agriculture.

Use a commercial car wash that recycles water.

If you see a neighbor who has a leaking outdoor faucet or their sprinkler system is on in the rain, let them know. They might not know there is a problem that needs to be addressed.

Spend time teaching your children and grandchildren the importance of water conservation.

Perhaps one of the best ways we can conserve water and keep Florida beautiful is by planting native plants. Native plants are already adjusted to Florida's unique weather patterns and do not require the excess water that non-native plants need. One way to give your garden or home a little color is by growing native wildflowers. Growing native wildflowers with your children can also be a fun way to introduce this aspect of water conservation.

To start off the project in a fun way, you could purchase Sprouts! Die-cut Watering Cans, which are made out of paper embedded with native Florida wildflower seeds. The die cut watering can is the classic watering can shape with a heart punched in the middle. When planting them with your kids you can tell them how these native wildflowers will need less water than non-native flora and the heart in the watering can symbolizes your caring for the environment and water conservation. 🌍



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

Plantable Promotional Items

Promote your business at any event!

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



For more information, please email:
info@sproutem.com

or
call 561-840-8089

Plantable Coasters and Bookmarks



**Plantable Seed Paper Packaging
and Gardens in a Box**

Plantable Favors and Tags

Tired of waiting for coals to heat up?

Get Gas!



This summer, don't wait,
power your backyard with

NATURAL GAS!

Gas Grills & Fire Pits
Lighting & Outdoor Space Heaters
Pool & Spa Heaters
Gas Powered Generators

Switch to the comfort & energy savings
of natural gas. get cash back.

NATURAL GAS APPLIANCE REBATES

	switch	replace	build
Tankless Water Heater	\$675	\$550	\$550
Tank Water Heater	\$500	\$350	\$350
Hi- Efficient Water Heater	\$550	\$400	\$400
Furnace	\$725	\$500	\$500
Range	\$200	\$100	\$150
Clothes Dryer	\$150	\$100	\$100
Service Reactivation	\$350		

www.fpuc.com



PROTECTING YOUR HOME AND PLANET FROM TERMITES THIS SEASON

by Paul Sugrue

This termite season has already proven to be a particularly active one. Termites are extremely destructive pests and must be dealt with, but treating them in an environmentally sensitive way can be a challenge. This season there is a brand new product that is revolutionizing Subterranean Termite treatments — DuPont™ Altriset™. This product is a very targeted, non-repellent termiticide that provides excellent control of termites yet has minimal impact on the environment.

Altriset™ stops termite feeding within hours while providing termite elimination for crucial long-term structural protection. Just as important, Altriset™ offers an excellent toxicological and environmental profile. In addition to requiring no signal word on the label, it is the first and only liquid termiticide to be classified as reduced-risk under the U.S. EPA reduced-risk program.

But just how low of an impact does this product have? As well as having no “warning” or “caution” on the label, it does not require any specific first aid intervention if anyone is accidentally exposed. No protective equipment is needed to apply the product either.

Furthermore, Altriset™ has such a low environmental impact it will not harm any mammals, birds, bees or fish. But it works great on termites!

This is because DuPont scientists have found a way to mimic a natural insect repellent found in certain tree and shrub bark. By finding inspiration in nature, DuPont has found a groundbreaking way to treat one of Florida’s most destructive pests in an extremely safe, sensitive manner. This product is a huge breakthrough for the pest management industry and we are all very excited for the positive innovations that are happening. 🌍

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.

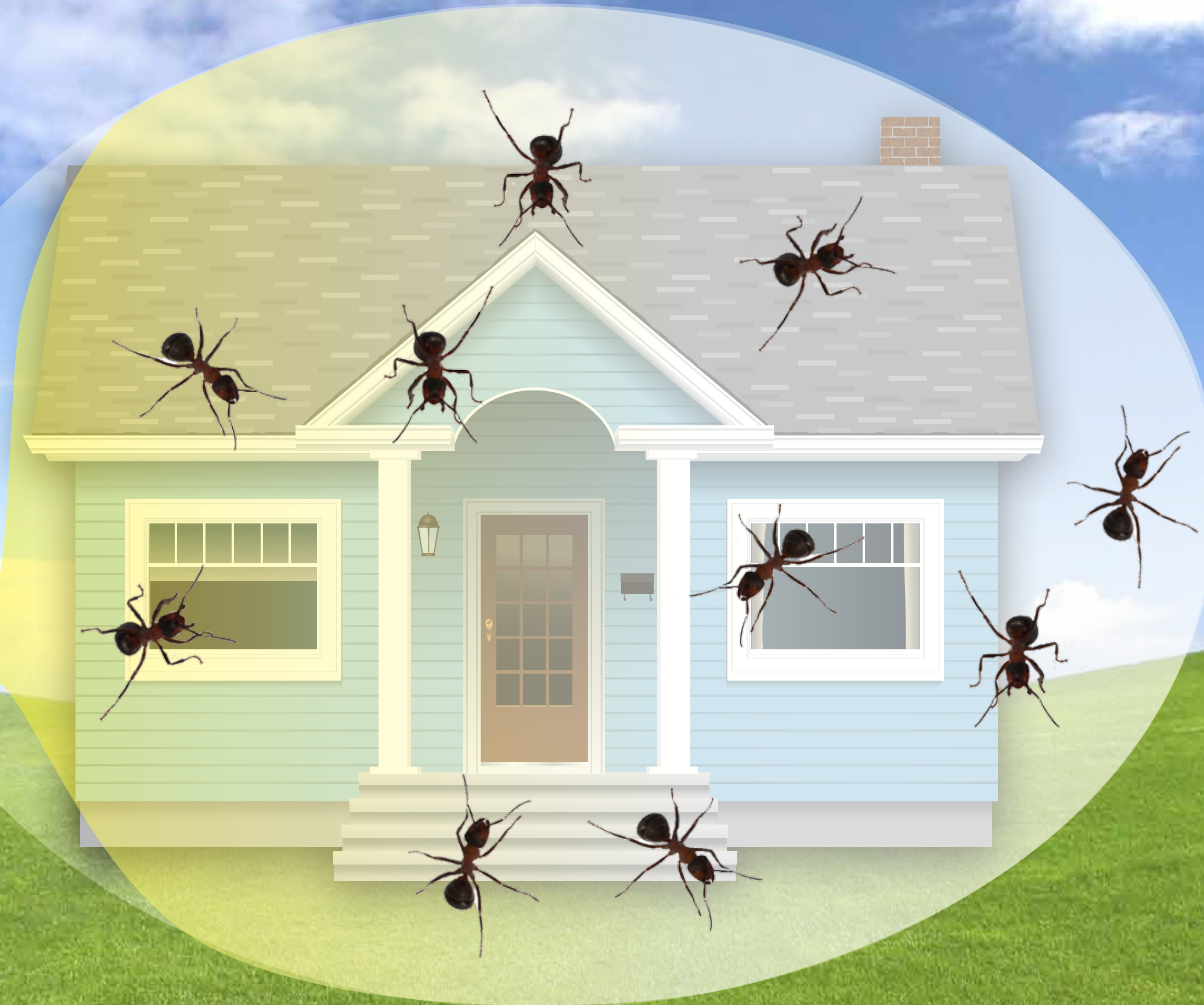
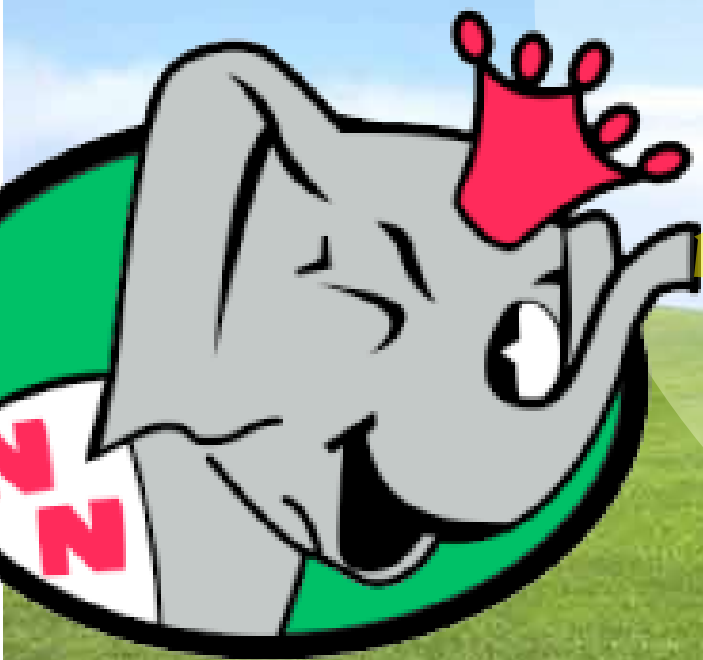


Protection You Can Count On

Nozzle Nolen Pest Solutions was green back when it was just a color. Nozzle Nolen serves the Palm Beaches and Treasure Coast. It is the only company in South Florida to offer Green Shield services approved by the IPM Institute of North America. Nozzle Nolen also has Green Pro certification from the National Pest Management Association.



www.nozzlenolen.com
1.800.22.Nolen



It's a Win-Win.

For the Environment. For your Budget.

The Residential Arc-Tech Pro

Energy Efficiency + Surge Protection

A powerful surge protector, the **Residential Arc-Tech Pro** is designed to prevent damage to your electronics and appliances *BEFORE* spikes and surges hit your circuit breaker ... *AND* it's designed to reduce overall energy consumption.

That means cleaner **energy for the environment**. And **5 - 10% savings on your utility bill**.

Since its AC circuit protection prevents the loss of valuable home equipment or its downtime during storms or transformer crashes, that's an extra savings and another win for you!

Easy to install, the **Residential Arc-Tech Pro** offers:

- Lifetime \$75,000 Connected Equipment Warranty
- 5-Year Full Replacement Product Warranty
- 90-Day Satisfaction Guarantee

Order your Residential Arc-Tech Pro today for \$489.99.

And start protecting, reducing, saving!

Protect your office equipment with surge protection for your business. Purchase both the Commercial and Residential models, and receive 5% off the cost of the Residential Arc-Tech Pro.



DIATECH™

The Advantages of Direct.

To Order Call 1.800.222.1851. Or go online at www.diatechusa.com.

The Direct Line to Superior Product. Personal Service. Great Savings.



EBB AND FLOW

Connecting to the Subtle Rhythm of Life

by Betty Ann Baker, Executive Director Healing Touch Buddies


The sheer volume is deafening now. We hear, see and know everything from all corners of the globe, instantly and from a thousand perspectives. It feels as if everything is in one gear...fast, forward and relentless, one punch after another, punctuated with blinding moments of revelation — moving forward in understanding and evolution or regressing into despair and loss.

Our expectations for measuring the “success” of our own lives is influenced by an illusion, an imbalanced perspective that glorifies only full speed ahead, constantly drilling into us that multitasking, creativity and production are the mark to attain at all times. It’s got to be more, better and faster until, by sheer overextension, overexposure and overachievement, we are forcefully pushed into retreat. Then, this is perceived as failure.

How is one to hear the sound of one’s own breath, moving in? Moving out? How are we to put it all in some context that will allow us to live, survive, love and thrive? Where is the sheer joy of doing nothing, of watching the slow river flow, of the clouds drifting overhead?

By remembering that we are part of the rhythm as constant as the sun rising and falling, as sure as the surf sliding into the sand and receding. We are called back to the perpetual subject of poems and prayers, back to our connection to life’s rhythm of ebb and flow.

We catch a glimpse of the truth again. We remember. We acknowledge that we are in the ebb and it is good. We accept that we are in the ebb...and that it is equally necessary to the flow. For it is in the void of the ebb that we become ready for the flow again. We suffer the not knowing when it will end, but we know it did before. And we remember the expansion that always comes again. And we pause, refocus. We hear our breath moving in. Moving out.

Healing Touch Buddies, Inc.’s mission is to provide compassionate support, through Healing Touch, to those challenged with a diagnosis of breast cancer. The goal is to restore harmony and balance to the mind, body and spirit of those we serve. Your support through a tax deductible donation to our program is most welcome. To donate, please visit www.healingtouchbuddies.org. 



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.

We're a **BUZZ** with
Bee Friendly
Greetings!



GREEN SPOTLIGHT

Meet Manny Casares

by Charles Richings



For many years, Vero Beach's Manuel (Manny) Casares has been locally recognized as a savvy businessman and dedicated community leader. Hailing originally from Potomac, Maryland, Casares has worked as a successful entrepreneur after his arrival in the affluent seaside village some 28 years ago. Casares has ventured beyond the realm of business and utilized his intellectual skills and professional network to spearhead a number of philanthropic and environmental causes.

Arguably Casares' most significant contribution to his community may have come in the mid '90s when he assumed the presidency of the then fledgling, Indian River Land Trust. In less than 18 months, Casares helped to secure over \$3 million in funding for the acquisition of what would become one of the Treasure Coast's most magnificent natural treasures — the McKee Botanical Gardens. As to what persuaded Casares to take on the monumental project on behalf of the Trust reveals much about the personality and character of the man.

"I love challenges," said Casares. "All I heard was that it couldn't be done, and that's exactly the kind of thing that motivates me even more."

Why was McKee so important?

"Like the Vero Beach Museum of Art, McKee was a priceless community asset that could provide a unique educational platform to teach our children about nature in a historic and nurturing tropical setting."

Casares' comments couldn't be more on the mark. McKee has become one of Florida's leading landmarks. The 18-acre subtropical jungle hammock features a dense and diverse array of tropical flora, as well as several restored architectural anomalies. Listed on the National Register of Historic Places, the Gardens have been endorsed by The Garden Conservancy as a project of National Significance and received the Florida Trust's "Outstanding Achievement in Landscape Architecture" in 2002. Today, the firmly established nonprofit entity receives widespread support from individuals, foundations and corporations, as well as a consistent income stream generated from admissions, gift shop sales, special events and rentals.

When did Casares develop his love affair with nature?

"When I was 11, I traveled with my uncle, the Ecuadoran Minister of Defense at the time, to the Galapagos Islands. I was awestruck at the magnificence of nature and have been so ever since."

Casares' success at the helm of the Trust represents one out of many such charitable endeavors over the years.

"I've been involved in my community going back to my days as a Boy Scout. Since then I've been involved with a number of Christian charities and community organizations in a variety of roles, from coordinating membership drives with the Jaycees to serving in Youth Ministry at



(Photo Top-Left) Manny and Carla Casares with their three beautiful daughters (left to right) Annabella, Lindsay and Soraya

my local church.”

As to how Casares developed the passion to reach out in such a meaningful way is arguably the most interesting part of his story. Born in Washington DC to diplomat families on both sides, Casares comes from a long line of well respected families of national prominence in Spain and Latin America. Needless to say, Casares is proud of his roots.

“I was fortunate to have come from a family rich in time-honored European and colonial traditions with strong traditional Christian values.”

That’s putting it lightly. Casares’ paternal grandfather and namesake, Manuel Casares Sanchez, served as Washington Press Correspondent for the Embassy of Spain and was personally decorated by General Francisco Franco with that nation’s prestigious Civil Medal of Merit for his work during the Cold War in the struggle against Communism. His maternal great-grandfather, Jose Placido Caamano, was Ecuadorian Ambassador to the United States and the President of Ecuador from 1883 to 1888.

Manny’s mother, Caridad Urgelles Casares, was Social Secretary for the Ecuadorian Embassy in Washington, Consul for Ecuador when appointed to that nation’s London Embassy and Business Development Attaché in the New Orleans consulate. Manny’s other ancestors include the Casares family of the

Basque region of Spain, many of whom were renowned in Spanish history as the “Scribes of San Sebastian”; famed Cuban statesman and revolutionary Count Demetrio Castillo Duany, Governor of Santiago de Cuba; and a line of influential Spanish intellectuals including Julio Casares Sanchez his grand uncle.

Julio Casares was the lexicographer of the Ideological Dictionary of the Spanish Language 1942. He was an interpreter of the first class becoming Chief Administrator of Foreign Languages at the State Ministry. He mastered 18 languages including Japanese and headed the Spanish Diplomatic Delegation to Japan in 1934. His mastery of languages was so complete that he published dictionaries in several languages. Astonishingly, he was also a virtuoso violinist performing his first concerto at age 9.

Despite the appearance of what may seem to some as a proverbial “silver spoon,” life has not always been easy for Manny.

“My father died unexpectedly in a fire during my senior year in high school, forcing me to assume the role of patriarch at age 18.”

The tragic turn of events forced the 18-year-old to cancel his plans to attend Georgetown University and to enter the workplace while his father’s estate was being settled.

“I worked for two years to support my mother and siblings before the estate could be set-



*One of Florida's most beautiful landmarks,
Vero Beach's 18-acre McKee Botanical Gardens*

bled. It was a painful and difficult time.”

Despite the hardship, the new role as leader of his immediate family forged a sense of responsibility and self-discipline far beyond his years. Eventually, Casares would attend the University of Maryland, graduating with a Bachelors of Science with a major in Finance and a minor in Computer Science. Shortly thereafter, Manny completed the Data Processing program at Washington’s acclaimed Computer Learning Center, which led to a short stint as a Cobol Language programmer at NAVWESA in the Washington Navy Yard. From there Casares entered the world of business and entrepreneurship. However, Casares’ approach is not typical.

“I have always approached business from the analytical side, not the marketing side. Coming from a finance background, I have the ability to analyze businesses from a valuation standpoint.”

Who are his mentors?

“I have always been a devotee of Graham and Dodd, who laid the foundation for value investing back in 1934 with their classic text, Securities Analysis. Their approach primarily looks for companies selling at deeply depressed prices. But in areas like real estate I have a concept called ‘islands and peninsulas,’ assets that possess a unique level of scarcity. For example, marina docks and airport hangars. Then again, Jackson Hole,

Wyoming is an island surrounded by national parks. Taking this so-called ‘value approach’ often means avoiding the crowd and focusing upon assets and businesses that are out of favor.”

As for the keys to his success in the business world, Casares was more than willing to reveal his secrets.

“First: always deal honestly and fairly. Second: know your limitations. You can’t know everything nor can you be an expert in everything. And if you don’t know something, tell the client you don’t know the answer and that you will get back to them with the correct information as soon as possible. They will respect you more for it. Last, but not least, understand that no matter how hard you work you will be disappointed at times with your results. That’s when you have to stay focused upon doing the right things.”

Casares added something else.

“Whatever you strive to be, try to be the best you can. Don’t focus on the remuneration. That will come if you do your job well. This bit of wisdom has been ingrained in me since childhood, and I’m proud to say that for generations my family has been known for placing moral integrity over financial gain.”

A tradition that Manny faithfully continues to honor... 🌍



Bluebird Productions Presents
**JOHN LEE
HOOKER, JR.**

**Live at the Sunrise Theatre in Historic
Downtown Fort Pierce
Friday June 17, 2011 at 8pm • Black Box
Tickets: \$25**

John Lee Hooker Jr. was born in Detroit “Motor City” with Delta Blues-filled blood running through his Motown veins. The son of the late-great John Lee Hooker, he was exposed to the life of the blues from a young age. At only eight years old, Jr. performed on Detroit’s WJBK radio and knew from that moment that he wanted to follow the path of his father and become a world-class musician. Touring alongside Hooker, Sr. throughout his teens, Jr. had already performed in prestigious venues, such as Detroit’s Fox Theatre, with acclaimed musicians like Jimmy Reed by the time he was 16. In 1972, an eighteen year-old John Jr. was singing vocals alongside his father for the recording of Hooker, Sr.’s album *Live at Soledad Prison* (ABC Records).

to standing apart from his namesake; from criminal to crime-fighter; from San Quentin to the Red Carpet, John Lee Hooker Jr. has built upon his colorful past as he continues to distinguish himself as a contemporary “Bluesman.” 🌍

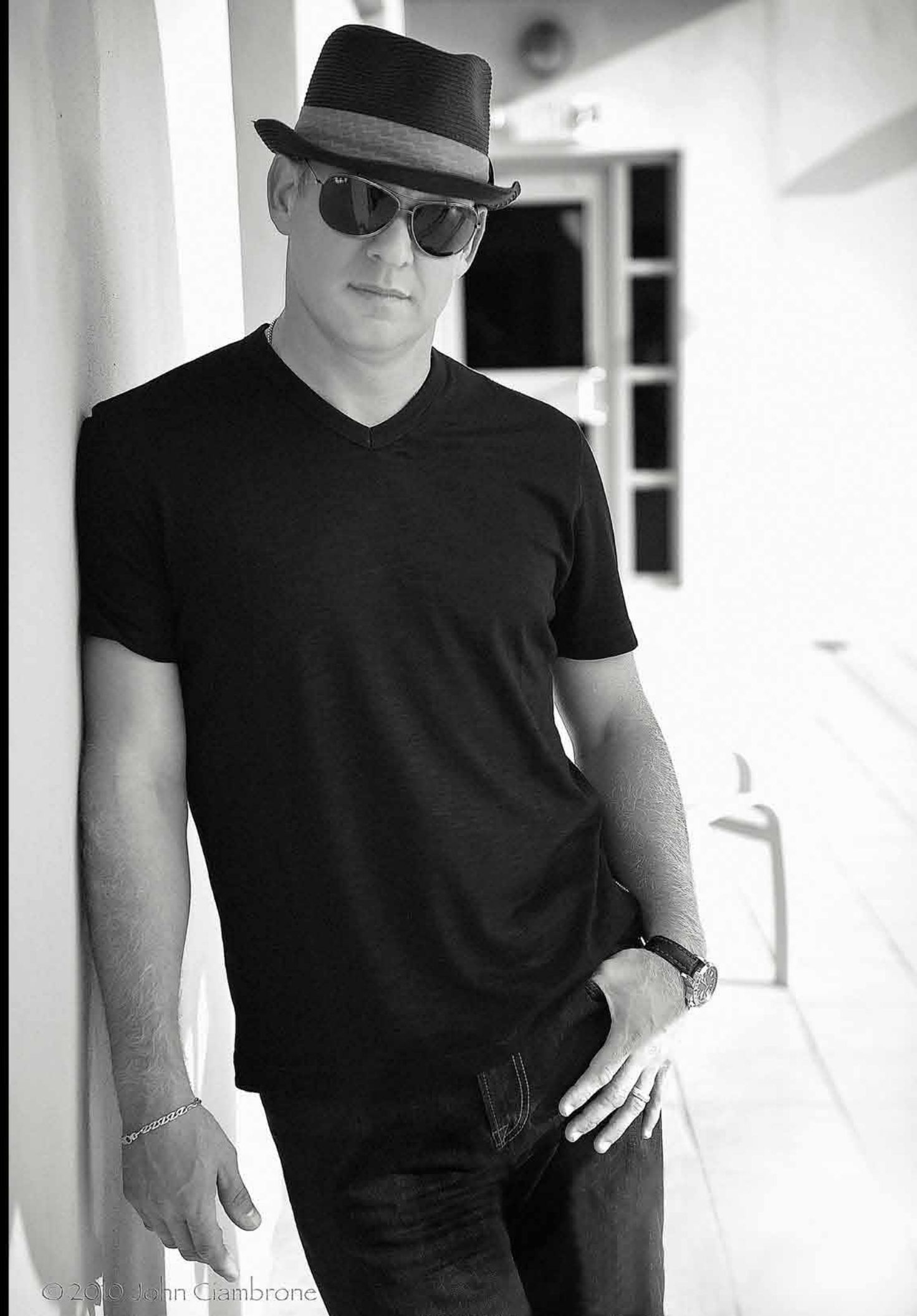
Don’t miss the opportunity to see one of the greatest Bluesman of our times when John Lee Hooker, Jr. takes the stage at Fort Pierce’s historic Sunrise Theatre at 8pm on Friday, June 17. For tickets or more information, call (772) 461-4775 or visit www.sunrisetheatre.com.

From the gravelly blues of the Detroit streets to a new era of sound; from the shadow of his father’s accomplishments

SeaView RADIO
95.9 FM 960 AM
SEAVIEWRADIO.COM

The “Cup of Joe” Morning Show

with Joe Raineri
Monday - Friday
7 - 9 am





❖ MOSART THEATRE ❖

Palm Beach County's Premier Indie Film Theatre

700 Park Ave. Lake Park, FL 33403

mosarttheatre.com (561) 337-6763

- Movie Premieres
- Live Music
- Live Theatre

- Improv Comedy
- Art Openings
- Private Parties

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