



# Our Wonderful World

July, 2011  
Volume 2 :: Number 7

## The Art of Living Green



Timeless  
Mystique  
*The Breakers Resort*

Sustainability  
Sweetspot  
*Habitat for Humanity*

The  
Awesome  
Avocado  
*A Wondrous Fruit*

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Our Wonderful World  
Volume 2 Number 7

*The Breakers' family friendly, zero-entry active pool*



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The Art of Living Green

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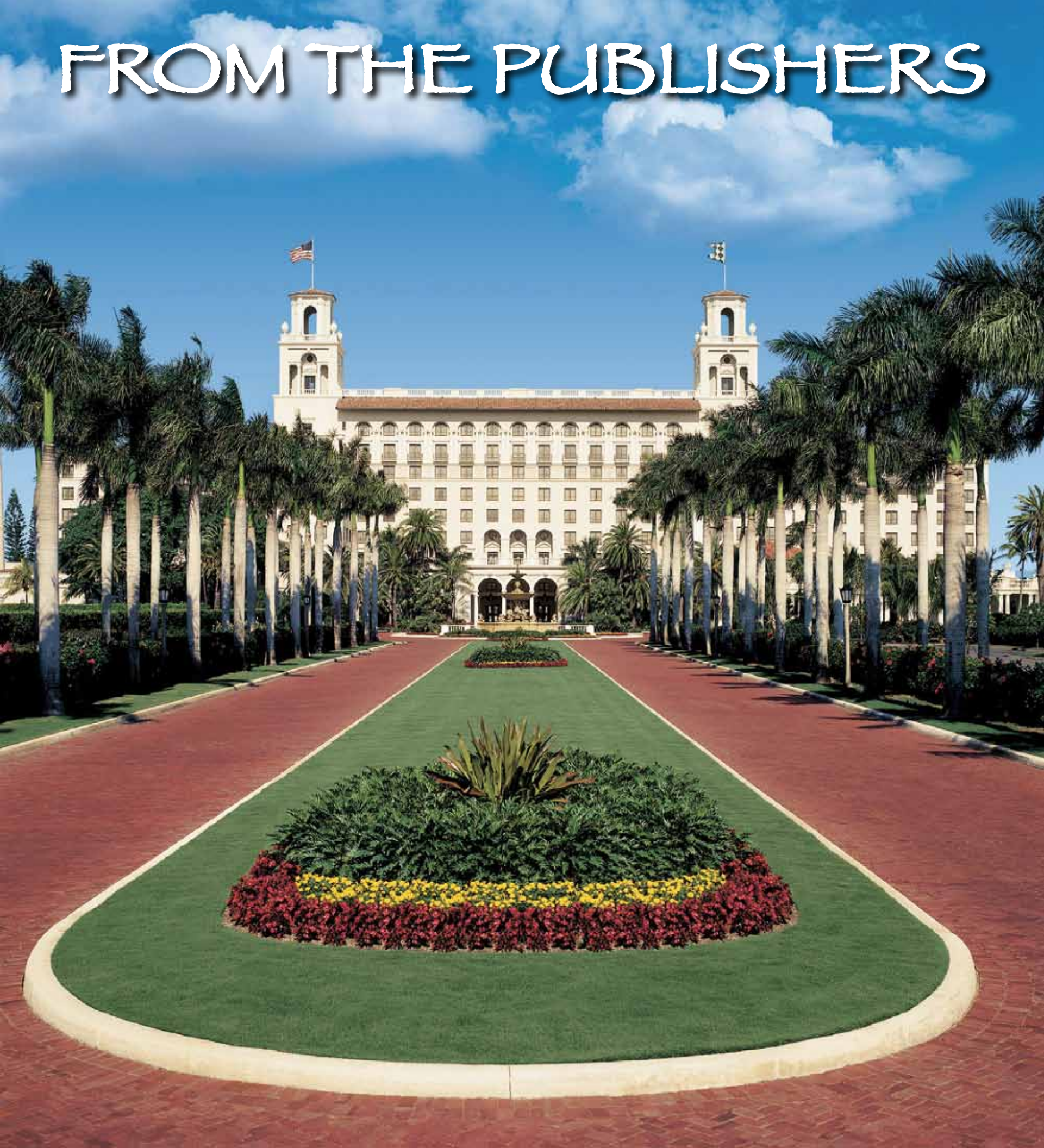


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# FROM THE PUBLISHERS



Welcome to the July, 2011 issue of **Our Wonderful World**, Florida's leading green digital magazine. Our cover story, "Timeless Mystique," features one of the most magnificent resorts in the world, The Breakers of Palm Beach. Linda Mazziotti has written a masterful piece tracing the amazing history of what is truly one of South Florida's greatest treasures. Be sure to read the supplementary article, "The Green Breakers," which details some of the many ways in which The Breakers has pioneered the environmentally-conscious movement in our area.

Kudos to Missy Strauss for a great story, "The Sustainability Sweet Spot," which recounts the tremendous community effort in Fort Pierce, Florida to build a sustainable home for a well deserving family in conjunction with Habitat for Humanity. Missy's story is informative and heartwarming.

Our Natural Mama, Jenn Cohen, has penned a stellar article about LOVING our food and how we can go about doing just that. You really need to read this!

Speaking of food, be sure to check out the Green Goddess' Pearls of Wisdom about "Luscious Lemons" as well as her enlightening (and mouthwatering) article about the "Awesome Avocado."

This issue also marks the debut of nationally acclaimed motivational speaker and author,

Suzanne Kovi. No doubt we're very fortunate to be able to make Suzanne a part of the Our Wonderful World family. Check out her column, "Purpose — Finding What Has Never Been Lost." Welcome aboard Suzanne!

Of course, we've got a lot more in store for you. So, get comfortable in front of that computer screen and start clickin'!

Sincerely,



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**Our Wonderful World**  
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The Art of Living *Green*



The image shows a vast, opulent lobby with a high, vaulted ceiling featuring intricate carvings and several large, ornate chandeliers. The walls are covered in hand-painted murals and tapestries. In the foreground, there is a plush, gold-colored sofa with a fringed skirt, flanked by two striped armchairs. A round, dark wood coffee table sits in front of the sofa, holding a potted plant. The floor is covered with a large, patterned rug. In the background, a long hallway leads to a dining area with a large table and chairs, also adorned with flowers. The overall atmosphere is one of timeless luxury and grandeur.

# TIMELESS MYSTIQUE THE BREAKERS RESORT

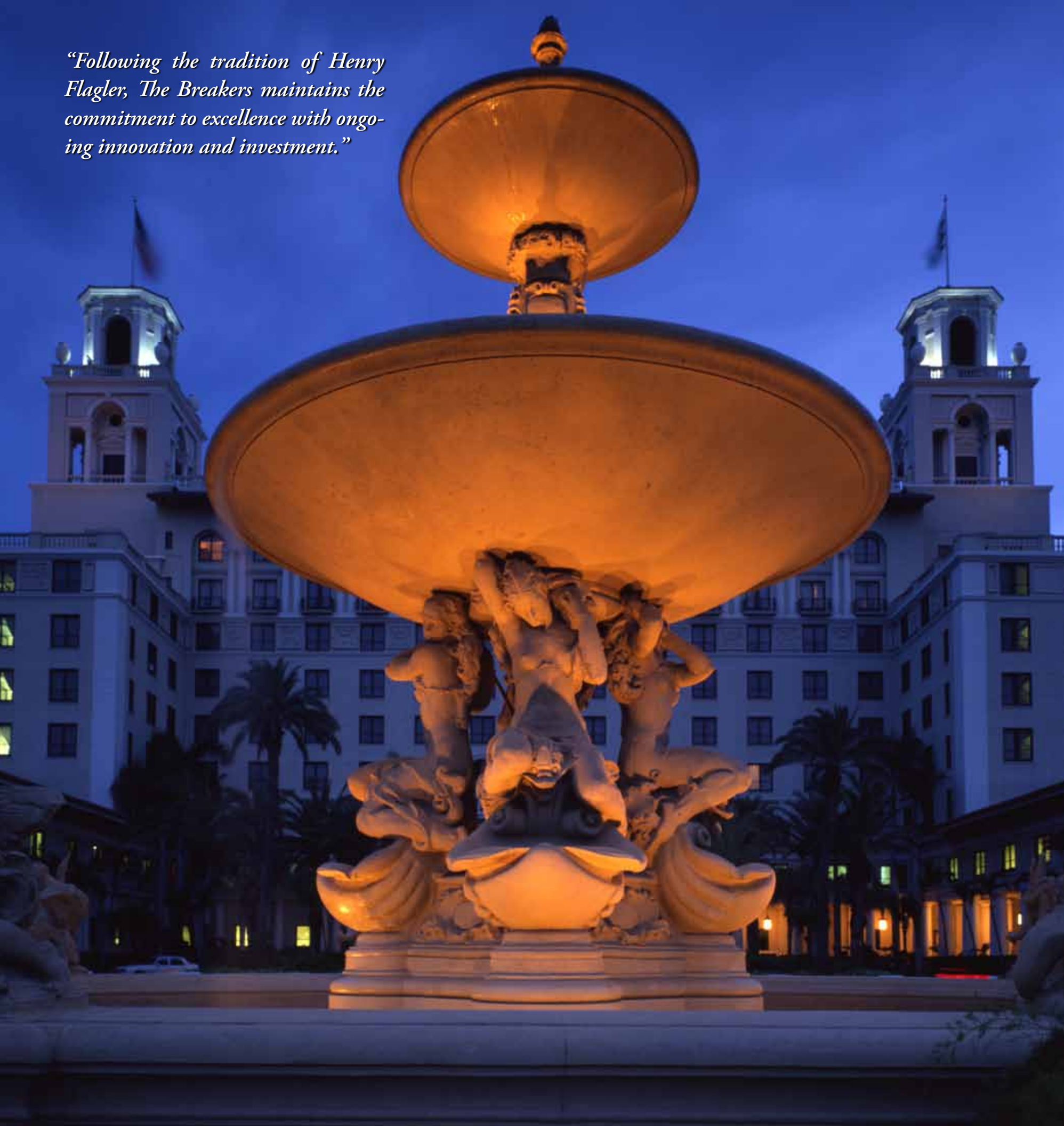
by Linda Mazziotti

Upon arriving at The Breakers, the guest drives along a lushly landscaped parkway. Anticipation builds as one proceeds through towering royal palm trees and richly manicured gardens. The flowers burst with vibrant colors and sweet fragrance fills the air. Like a framed landscape painted in perspective by an old master, The Breakers Italian Renaissance façade appears in the distance. All the senses are piqued upon approaching this grand villa that somehow feels like coming home. Walking through the carved wooden doors and into the grand lobby, the guest is struck by the opulence and timelessness from the hanging chandeliers and wall mounted tapestries. The arched ceilings and hand painted walls create an ageless beauty unseen before at any hotel. Yet, this hotel exists and is the show piece of the Island of Palm Beach. History writes, however, that The Breakers was the start of Palm Beach.

Original Vision | Railroad scion Henry Flagler had a grand vision to extend his railway system by developing and promoting tourism along the east coast of Florida. He wanted to create a world class luxury resort for the wealthy and sophisticated traveler. Having fallen smitten with the sunny tropical climate, Henry Flagler first built the distinguished Royal Poinciana Hotel in the Georgian style architecture in 1894. Palm Beach became an island winter paradise that drew society's elite. The hotel rooms were fully booked each season. A second hotel, originally named The Palm Beach Inn, was built in 1896 on the oceanfront side of the property to



*“Following the tradition of Henry Flagler, The Breakers maintains the commitment to excellence with ongoing innovation and investment.”*



accommodate the influx of wealthy guests. Returning guests of The Royal Poinciana Hotel requested bookings at “the breakers.” Due to the overwhelming popularity, The Palm Beach Inn was renamed The Breakers for the 1901 winter season. The resort was Florida’s only oceanfront hotel south of Daytona at the time.

Henry Flagler was dedicated to providing innovative and unique amenities to his guests. In 1897, the sport of golf was deemed a passing fancy; however, Flagler saw the sport as an opportunity to delight his hotel guests. Alexander H. Findlay, the Father of American Golf, was commissioned to design a nine-hole golf course on The Breakers’ property, which became the first course in Florida. Once the sport caught on, the Ocean Course was later expanded to 18 holes.

The Breakers succumbed to devastating fires twice, the first in 1903 and again in 1925. The Florida East Coast Hotel Company, previously established by Henry Flagler, vowed to rebuild the world’s greatest hotel in time for the 1926 Palm Beach season. The Breakers’ architecture and the grandeur seen today can be traced to the reconstruction following the second fire of 1925. The prominent New York architectural firm of Schultze and Weaver designed The Breakers using an Italian Renaissance theme. Architect Leonard Schultze had visited the Villa Medici on a previous trip to Italy. He admired the opulence of the 16th century estate and decided

to replicate the style for The Breakers. The construction project employed upwards of 1,200 local laborers and 75 Italian artisans to meet the ambitious one-year deadline.

The Breakers reopened on December 29, 1926 to the delight of many. The newly inspired Italian Renaissance hotel was a visual masterpiece. The Breakers was rebuilt as a seven-story, 540-room hotel situated on 140 acres overlooking the Atlantic Ocean. The grand lobby, 200 feet in length, was richly decorated with hand painted frescoes and vaulted ceilings. The common areas were divided by two loggias or galleries that overlooked a finely manicured open atrium. The Florentine Dining Room was inspired by the exquisite 15th century Palazzo Davanzati in Florence. Guests dined in an elaborate décor below arched ceilings and hand painted beams. The same grandeur was dedicated to the design of the outdoor gardens. The hotel property was elaborately landscaped to delight the senses of the guests. Plant varieties were carefully chosen for colors, fragrances and textures to create a mood in the outdoor rooms.

Every detail was designed to provide the guests with a feeling of living in a grand residence. The typical Breakers guest was accustomed to residing in grand estates. The resort attracted the elite of American society vying to stay at the legendary hotel. Notable hotel patrons included members of the Rockefeller family, the Vanderbilts and the Astors.





*The Breakers is in the final stages of an \$80 million guest room renovation.*

Andrew Carnegie and William Randolph Hearst visited The Breakers. Several U.S. presidents and members of European nobility also included a stay at The Breakers on their itinerary.

Mystique Through The Years | The Breakers continues to be a unique resort destination for the sophisticated traveler seeking unequaled amenities in a luxurious atmosphere. Following the tradition of Henry Flagler, The Breakers maintains the commitment to excellence with ongoing innovation and investment. The resort continues the mystique by refocusing unique services and accommodations to attract guests as a romantic getaway as well as a family destination. The venerable hotel uncompromisingly delights and leaves little reason to venture from The Breakers property. The concerted focus on excellence has garnered The Breakers with several distinguished awards and special recognition for outstanding service in the areas of hotel accommodations, restaurants, golf, tennis, spa, private beach amenities and retail. The Breakers was added to the National Register of Historic Places in 1973. Following an extensive \$75 million renovation, the resort received the AAA Five Diamond Award in 1997.

Long-Term Vision | In 2007, The Breakers dedicated \$25 million per year in capital reinvestment to maintain the mystique for the long term. The commitment to excellence can be experienced in the resort's amenities, and The Breakers guests enjoy comfortable elegance in the hotel's 540 newly renovated guest rooms, which include 68 suites. Spacious rooms are luxuriously decorated in soothing beach tones of coral and teal. The elegantly ap-



**SUMMERTIME** at The Breakers is especially enjoyable since the ocean is warm and the coastal breezes are cool. From June 1 to September 30, 2011, room rates begin at \$269 per night with complimentary use and savings on a variety of amenities such as dining, golf, tennis, spa, bungalow/cabana rentals and on-site shopping

All guests receive on a complimentary basis:

- Unlimited Golf (\$60 per person including cart)
- Unlimited Tennis
- Unlimited Fitness Classes
- WIFI Internet access, local calls

Guests staying Sunday – Wednesday nights also receive:

- Continental Breakfast in The Circle (Monday – Thursday mornings)
- Spa & Fitness Membership (free access to the Spa and Oceanview Fitness Center)
- Valet Parking
- Kid's Meals ordered off children's menus, ages 12 and under with paying adult (Monday – Thursday)
- Kids Camp (Monday – Thursday)



*The Breakers' famous Top of the Point restaurant*





pointed rooms overlook richly landscaped resort vistas or stunning ocean views.

Resort guests can chose to dine in nine distinctive on-site restaurants that range from French haute cuisine to casual beach fare. L'Escalier is the winner of the AAA Five Diamond and DiRoNA Awards for its fine dining experience. The Breakers provides an award-winning wine collection carefully chosen by the Master Sommelier Virginia Philip. The hotel maintains a 28,000 bottle collection that represents over 1,600 selections. The spectacular Wine Cellar showcases the distinctive wine collection within a climate controlled display. The Wine Cellar is featured in the Florentine Dining Room behind leaded glass windows within intricately carved wooden cases.

The Breakers offers two 18-hole championship golf courses. The historic Ocean Course was redesigned in 2000 by Brian Silva and offers the golfer 6,100 yards at par 70 play, weaving through beautiful landscapes amongst cool ocean breezes. Old World design elements are maintained to challenge the player such as random bunkering throughout the course and fairways threaded between sandy hazards. Raised putting surfaces and close-cut green surrounds are incorporated in the design to allow the player a variety of recovery shots. The Rees Jones® Course is located 11 miles west of The Breakers Hotel. In 2004, this contemporary championship course received an extensive \$6 million renovation, which Golf, Inc. awarded "Renovation of the Year." A golfer at any level of skill can enjoy this lushly appointed course winding through The Breakers West residential setting.

For the tennis enthusiast, the acclaimed tennis facility provides ten groomed Har-Tru courts, private court time and lighted play at night. Skilled staff is available for expert tennis instruction and clinics for the seasoned or novice players.





*“The Breakers continues to be a unique resort destination for the sophisticated traveler seeking unequaled amenities in a luxurious atmosphere.”*

The pro shop is appointed with the latest tennis equipment and fashion for discerning players.

After a day of tennis, the Breakers guest can retreat to The Spa at The Breakers, which is 20,000 square feet of luxurious amenities amid a Mediterranean style décor. The indoor spa services include 17 private rooms for numerous massages, scrubs and skin care treatments. Luxurious spa treatments continue outside with a lap pool and whirlpool spa in a private, lushly landscaped sanctuary.

The primary appeal of The Breakers is the beautiful beach and the Atlantic Ocean vistas. The oceanfront hotel encompasses a half mile of private beach with access to luxurious beach bungalows, five pools and four whirlpool spas. Numerous water sport activities are available along with proximity to the Breakers Reef off the coast.

The Breakers has created a unique on-site shopping experience for guests. Several retail shops feature exclusive and one-of-a-kind products located solely on the resort property. The shop Mix recently opened to purvey fashion jewelry and accessories unseen elsewhere. Hotel guests are invited to attend on-site trunk shows and to meet the designers of the distinctive jewelry. The Breakers is a purveyor for several unique lines of clothing, swimwear, accessories, skincare and gifts.

Originally, The Breakers was a seasonal hotel for society's elite. Today, The Breakers is a resort for the 21st century that welcomes guests to experience its unique mystique every day of the year. 🌍

*For more information about The Breakers Resort, call (561) 655-6611 or visit [www.thebreakers.com](http://www.thebreakers.com).*



# THE "GREEN" BREAKERS

The Breakers' innovative, eco-minded initiatives permeate guest experience and the workplace.

by Glenn R. Swift

*The Spa Courtyard at The Breakers*

Before going green became mainstream in the hospitality industry, The Breakers self-imposed this challenge as a pioneer in the luxury hotel segment. In fact, more than a decade ago this iconic, 540-room oceanfront resort began to implement ecologically-friendly practices to conserve resources and protect the environment to enhance the quality of life for future generations.

Today, the resort operates dozens of innovative programs and initiatives that address the areas of: Environmental Protection, Sustainability, Water Conservation, Energy Efficiency and Waste Reduction, and they pervade a multitude of operational areas from golf to guest services to the culinary division. Some highlights include: Environmental Guiding Principles, Localecopia, the Green Market, Organic Herb & Vegetable Garden and Reverse Osmosis Irrigation for the resort's Ocean Golf Course.

In September 2006, The Breakers was awarded Green Lodging certification by the Florida Department of Environmental Protection (DEP), the first hotel in Palm Beach County to receive this designation for its partnership in this voluntary state initiative. In August 2008, the resort became the first hotel in the southeast region to receive the second tier of this certification from the DEP for its improvement in three critical areas: electrical consump-

tion, water usage and waste management.

"An environmental conscience factors into how we run our business and how we make business decisions," said Rick Hawkins, The Breakers' Director of Materials Management, who has served as steward of the resort's green practices. "Our efforts include training our employees and educating our customers about our programs. Our goal is to set standards high enough to be a model for our community and our peers."

Hawkins also leads the resort's Green Team, which consists of members from virtually every department who meet regularly to identify opportunities and develop methods for improvement.

"We all share a passion for preserving our planet and reducing our carbon footprint. Our company nurtures an organizational culture that allows employees to seek improvements through the use of work teams, innovations, and adapting best practices. With the support of our management team, we have been able to implement new procedures and practices that have helped in our three key areas of concern: waste reduction, water conservation and energy use reduction."

The Breakers remains on a path of ongoing advancement of its green practices and technological solution. 🌍





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**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.

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# SUZANNE KOVI ADDRESSES Northern Palm Beach Women in Business Council

by Glenn R. Swift

Photography courtesy of Sharon Quercioli

Nationally acclaimed motivational speaker, author and performance coach, Suzanne Kovi, addressed the Women in Business Council of the Northern Palm Beach County Chamber of Commerce on June 8 at the Palm Beach Gardens Marriott. Speaking before the ladies at their monthly luncheon, Kovi discussed “How to Transform Challenge into Triumph!”

With over 20 years experience in the entertainment industry, Kovi is not only a successful performer, but a successful business woman, personal trainer, wife and mother. Her skills have taken her from regional and national films, commercials and voice-overs to hosting more than 20 educational programs on cable television, including two of her own shows on CNBC. She currently hosts Better Living, which airs on Bravo, Food Network and WE.

For more information about the Northern Palm Beach County Chamber, please visit [www.npbchamber.com](http://www.npbchamber.com). To learn more about Suzanne Kovi, go to [www.igniteyourlifechoices.com](http://www.igniteyourlifechoices.com).



(Left to right) Diane D'Amico, Betty Ann Baker, Dana Middleton, Dr. Jean Wihbey, Dani Sharpy and Sally Byrd



(Left to right) Theresa Grashof, Suzanne Kovi and Factor King



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# Stuart's Tapas Latin Fusion Hosts TREASURED LANDS FOUNDATION

by Glenn R. Swift



Martin County Florida's Treasured Lands Foundation held a private fundraising event at Stuart's newly opened Tapas Latin Fusion restaurant on Tuesday, June 21 from 5:30pm to 7:30pm. TLF Executive Director, Charles Barrowclough, and TLF President, Bill West, appraised supporters of the Foundation's most recent accomplishments and of its plans for the future. In attendance were some of Martin County's most prominent community and business leaders. Patrons were treated to Kobe beef mini-burgers and a glass of Sangria at what in just three-months' time has become one of Stuart's most popular eateries.

The dedicated team of conservationists, wildlife advocates, business leaders and nature lovers that make up Treasured Lands Foundation is committed to forging partnerships to purchase environmentally vital lands, reopen closed parks, streamline operating costs and maintain the programs that benefit so many children, seniors and families.

Thanks to some generous endowments from benefactors committed to a legacy of environmental consciousness, alongside a running campaign of grassroots support, Treasured Lands intends to purchase environmentally important land and make sure the public can enjoy it. For more information about Treasured Lands Foundation, visit [www.treasuredlands.org](http://www.treasuredlands.org).



*Celebrity Chef and co-owner David Rodriguez making a delicious appetizer.*





TLF President Bill West, TLF Executive Director Charles Barrowclough and TLF Board Member Scott Turnbull



OWW Media Co-Founders Glenn Swift and Sharon Quercioli and TLF Executive Director Charles Barrowclough



Deanna and Todd Thurlow





*TLF Executive Director Charles Barrowclough*



*(Left to right) Jerry Susdorf, Glenn Swift and Jean Susdorf*



*Tapas Latin Fusion Owners David Rodriguez and Greg Flewelling*



*TLF Board Member Barbara Birdsey*



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# PURPOSE

## Finding What Has Never Been Lost

by Suzanne Kovi

Nature always inspires me and today during my walk I thought about the word “purpose.” Why does it baffle so many people? They live their lives feeling lost because they can’t find it.



It’s not a set of keys that you suddenly find under the couch. It has always been there. So, today I want to help take the confusion out of “finding” what has never been lost. Consider these principles when you reflect upon your purpose:

**P- Passion** Whatever you choose today, make sure it is in alignment with what will ultimately make you happy. How does this choice resonate in your body? The effects of Passionate Living creates an internal sensation that lights your heart ablaze with joy.

**U- Unleash** Don’t hold back what God intended for you to share. Some people have live hard lives, but it can serve a greater purpose. If you really want to move forward in life in a positive direction, teach the lessons you have learned. By giving to others, you will be filled with joy.

**R- Reignite** Tap into activities that make you feel young again. You have one life to live today. If you live your life based upon someone else’s opinions, schedule or to-do list, your power will dwindle. REIGNITE your passion for yourself by doing what you love to do, then do it often.

**P- Poised** Whatever you choose to do, whom-ever you choose to be, do it with CLASS! You can live a life based upon your dreams, goals and ambitions, but do it with respect for others and for yourself. Always present your best. Use positive words with yourself and

with others. It is the best way to live a happier life.

**O- Outward** Connect to people. Be willing to receive and give love to whomever needs it. Connect to others and join the village of human beings who are determined to make a difference in the world. You don’t have to save the world, just participate in it.

**S- Spirit** When we live without a sense of belonging to something greater than ourselves, we run the risk of living purely from ego. Ego starts the gerbil wheel of searching for a place to feel complete. Trusting your spirit isn’t complicated. Rest long enough and you will hear it speak.

**E- Exceptional** Whatever you choose today, choose with 100% passion and effort. Living exceptionally is measured by a sense of feeling complete and knowing you DID your best. Your standards will determine what “your” best is — and only you can know this.

What is your mission in life? Are YOU living on PURPOSE or are you simply allowing life to happen to you? Great questions to ponder today, wouldn’t you agree? Here is to YOUR BONFIRE kind of life! 🌍



Suzanne Kovi  
[www.IgniteYourLifeChoices.com](http://www.IgniteYourLifeChoices.com)  
[www.StagingYourSuccess.com](http://www.StagingYourSuccess.com)



# LUSCIOUS LEMONS



## PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

### Quote of the Month:

**“Think for yourself. No one else is qualified.”** (Frank Vizarre)

**L**emon, the little yellow citrus fruit has several uses in our food, but it also has plenty of health purposes! Here are ten of the most important:

**Digestion:** Mix several cut lemons with water, basically a light lemonade, and drink it in the morning to help your digestion all day long. The lemon stimulates the liver, and this helps with digestion. (See below for Young Living Lemon Oil.)

**Nose bleeds:** This one stings a little bit, but lemon juice on a cotton swab or soft cloth when applied to a bleeding nose helps to slow and eventually stop the flow of blood.

**Diuretic:** If you suffer from a urinary tract infection or need to lessen the fluid in your body for any number of health reasons (such as high blood pressure, enlarged heart, etc.), lemon is a natural diuretic, helping you to shed unwanted water. Just be prepared to go to the bathroom more often!

**Antiseptic:** The acidic juice of lemons kills harmful bacteria, which makes lemons a natural antiseptic that you can apply to small cuts, inflamed areas and other infections. Again, this one might sting a little. But don't use lemon for major infections or large cuts, not because the lemon would

be dangerous, but because you need real medical attention.

**Facial cleanser:** Lemon juice helps to fight wrinkles, acne, blackheads and even freckles. Apply the juice directly to your skin, then allow it to dry. Remove the juice with a little olive oil mixed with water. This will not only make your skin shiny, but will also remove dirt and grime.

**Mouth care:** Swab a little lemon juice on bleeding gums to stave off further blood. Lemon also helps to give your mouth a refreshing feeling, fights bacteria and can give you fresh breath. Also, when applied to tooth aches, lemon juice helps to dull the pain.

**Reducing fever:** There are two ways to use lemon when wanting to reduce a fever. You can drink a little lemon water, but an even better solution is to buy or make a lemon balm, then apply it to the body, mainly around the forehead. A lemon balm is a concentrated form of lemon, and it helps the body to perspire and sweat out the fever, any kind of fever caused by any kind of illness.

**Blood pressure:** Because of the high levels of potassium in lemons, the fruit is good at





helping to keep blood pressure lower. The potassium counter-acts sodium.

**Depression:** Drinking lemon juice mixed with water a few times a day is known to create a calming effect, relaxing the body, thus helping to lessen depression and stress.

**Antioxidant:** All that vitamin C in lemons does several wondrous things, including cleansing the blood and helping to build a stronger immune system. Various medical studies have shown that high use of vitamin C helps to combat many serious illnesses, from cancer to heart disease and more.



Now for my favorite part ... Young Living Lemon Essential Oil — Oh how I love it! I use one or two drops of lemon oil in my water that I prepare to drink all day. One drop is equivalent to approximately 25 squeezed lemons. It is a refreshing alkalizing drink that can help balance stomach acids. It is also great for washing all your

veggies, like spinach, romaine, kale, cucumbers, tomatoes, herbs and a whole lot more. Just add two drops of lemon in your sink or in a glass bowl full of water. Lemon cleans the food you eat killing bugs, fungi and bacteria. Goodbye e-coli!

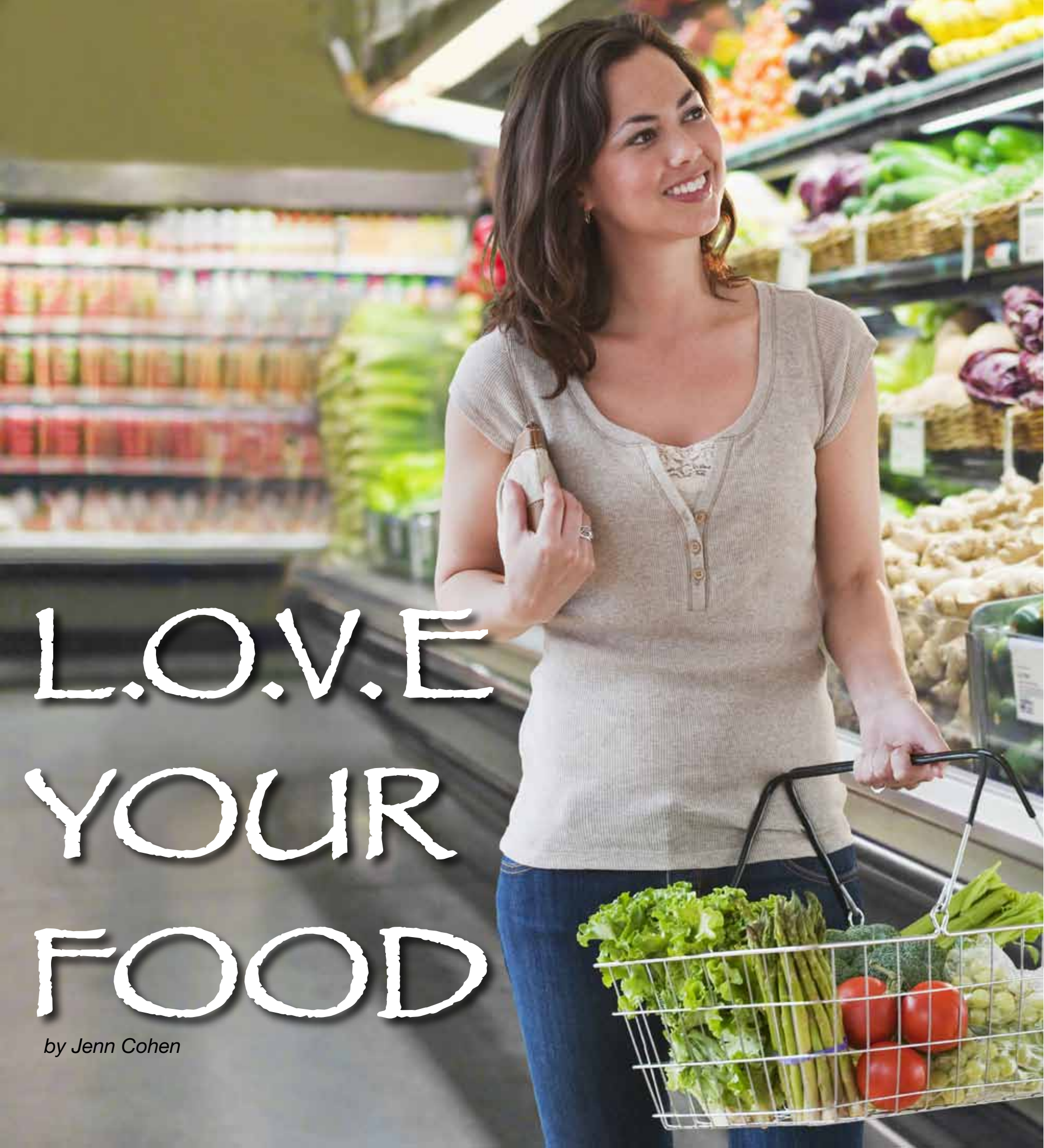
So, the next time you go to the grocery store make sure to come home and rinse all your veggies and fruits in Young Living Lemon Essential Oil.

You will be healthier for doing it. 🌍

To purchase Young Living Lemon Essential Oil and other Young Living products, go to [www.youngliving.org/owwwmedia](http://www.youngliving.org/owwwmedia).







# L.O.V.E YOUR FOOD

by Jenn Cohen

**D**o you aimlessly shop around the grocery store without thinking about what is going in your cart? Do you ever wonder what is really in your food or where it came from? Organic or conventional or local? I have come up with an acronym to help you remember the top reasons to pick a certain food item over another: “L.O.V.E” YOUR FOOD. This will teach you how to shop for healthy foods and make the best choices possible.

**L = Locally Grown/Produced.** When it comes to F&V, this is a way to insure that the most nutrients are in the item. When F&V have to ship from across the country, they have to be picked before they are ripe so that they are not spoiled by the time they get to you. Unfortunately, that also means that the F&V was not done growing and maturing, meaning it is lacking in full, vital nutrients. Make sure your F&V come from a farm as close to your home as possible. Farmers markets and food co-ops make it easy to find locally grown F&V. Local also pertains to meats, breads and really all products (even non-food items). When you buy from a locally owned company, you are helping build your own economy AND to reduce pollution (less cross-country trucking, packaging, etc.)

**O = Organic.** This is number 1 top priority (over local) when buying F&V, meats, milk, yogurt, cheese and really everything (again, even non-food items). There are several other books and blogs on this subject alone; so, I will not get too much into it. Bottom line —

buy organic when you can to reduce GMO, chemicals, pesticides, hormones, antibiotics and other things that will KILL you! The top crops in America that are GMO are: corn, soybeans, canola, cottonseed, sugar beets, Hawaiian papaya (most) and a small amount of zucchini and yellow squash. If it's not labeled “organic” or “verified non-GMO,” you can safely assume it is GMO. According to Dr. Mercola, research has now found Bt toxin, which is present in many GM crops, in human blood. As for meat and dairy, products from cows may be injected with GM bovine growth hormone. Although we should limit consumption, when you do buy milk, yogurt, cheese and meat, make sure to look for labels stating “No rBGH, rBST or artificial hormones.”

**V = Variety.** The more variety of F&V you eat, the more variety of vitamins and minerals your body will get. Next time you are shopping, don't just pick up gala apples, for example. Get one of each kind of apple, since each one will contain its own special combination of God-giving nutrition! Try new F&V — ones that you have never tried before! Experiment! There are many great websites that show you how to shop for, prepare, cook and season that there is no excuse not to try new foods. Check out [eattheseasons.com](http://eattheseasons.com) on how to save money by eating what is in season. Try also to buy a variety of nuts, seeds, beans and spices. Again, you will gain a much broader spectrum of nutrition.

**E = Earth-conscious.** Our agriculture proce-





dures have changed dramatically in the past 100 years, and it is destroying the environment, our food and the human race. (Just watch Food, Inc.) This sums up the top three points (just as a reminder that when you are about to put that item in your cart): is it good for your body and was it made in a way that did not harm the Earth? Does it contain pesticides, chemicals, hormones, etc. to leak into our soil and drinking water? Was the animal treated humanely, fed grass (not grains) and was allowed to roam the Earth freely before it served its purpose? A lot of companies are now even packaging their shelf goods in recycled boxes. Most co-ops and farmers' market vendors don't even supply bags — you gotta bring your own! We need to start taking a stand and demand the type of food we want and how we want it produced. Every time you buy organic, you are “voting” for organic. Unfortunately, every time you buy conventional, you are “voting” for conventional. There are plenty of local, organic, free-range farmers/ranchers out there. They just need support and the demand, and they WILL supply it!

In addition to the above, here are a few more “rules” to follow when shopping:

1) Know EVERY ingredient in a packaged item. If you don't know what it really is, or a five-year-old can't pronounce it, find out what it REALLY is before you eat it.

2) Avoid aluminum cans, especially those that package very acidic foods (like tomatoes) that break down the aluminum into the food

(look for glass instead). In fact, try to avoid anything canned, as this food is so over-processed there are hardly any nutrients in it at all. For example, I love soup on a cold day. Instead of cans of soup, make a big pot, divide into servings and freeze until you want it.

3) Shop the perimeter first — and fill your cart with F&V (local and organic), meats (grass-fed) and eggs (free-range, no antibiotics, etc.). Then only shop the isles for items that fall under the above rules.

4) When it comes to nuts, seeds, spices and dried goods (coconut flakes, cocoa powder, quinoa, dates, etc.), always look for raw and organic to benefit from the most nutrients.

Remember: Your food is your medicine! Eat to live, not live to eat. Your body is a temple — treat it as so...and, L.O.V.E. your food. Your body will love you back! 🌍

*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](http://www.the-natural-mama.blogspot.com). You can also contact her at (561) 309-4543 or at [jenncohen79@yahoo.com](mailto:jenncohen79@yahoo.com).*



# THE AWESOME AVOCADO

## 11 Health Benefits You Should Know

by Sharon Quercioli



One of my favorite fruits, the avocado, has been cultivated for thousands of years. Native to Central America, avocado is not only delicious, but an important component of a healthy diet. In fact, some consider this amazing fruit to be an almost complete food – so much so that in certain parts of the world babies are weaned using mashed avocado.

Here are 11 good reasons why you should be eating the awesome avocado:

- 1 Reduces the risk of cardiovascular disease.
- 2 Helps in the prevention and treatment of prostate and breast cancers.
- 3 Contains a number of vitally important minerals like potassium, calcium, Vitamin C and K, folic acid, copper, sodium and dietary fibers.
- 4 Contains oleic acid that has been shown to lower LDL cholesterol levels.
- 5 Been shown to reduce the risk of high blood pressure and stroke.
- 6 Improves the ability of the body to absorb carotenoids.
- 7 Used to help people who have sexual problems.
- 8 Is a good antioxidant.
- 9 Used in the treatment of skin disorders.
- 10 Used to heal people who suffer from digestive and circulatory problems.
- 11 Pulp is believed by many to be anti-bacterial and anti-fungal.

Let me share with you one of my awesome avocado recipes!

### Avocado and Corn Salsa Recipe

#### Ingredients:

- 3 ripe avocados, peeled, pitted and diced into large cubes
- 3 ears of corn (about 2 cups of kernels), husked
- 1 red onion, finely diced
- 1 red bell pepper, finely diced
- ½ cup of olive oil
- ½ cup of lime juice
- ¼ cup of freshly chopped oregano
- ¼ cup of red wine vinegar
- 1 tablespoon of minced garlic
- 1 tablespoon of ground cumin
- 1 teaspoon of chili powder
- 1 teaspoon of Tabasco
- Salt and pepper, to taste

#### Preparation Instructions:

- 1 Blanch the corn in boiling water for 3 minutes, then drain and cool under cold water.
- 2 Cut the kernels off the cob and mix together with all the remaining ingredients in a suitably sized bowl.
- 3 Cover and refrigerate for up to 3 days.
- 4 Serve as desired (goes well with seafood such as shrimp). 🌎

*Don't forget that one avocado a day keeps the doctors away!*





# GOING GREEN TO SAVE GREEN!

*Where do I start? Choose the low hanging fruit first!*

*by Sean Cochrane*



*(Left to right) Sean Cochrane,  
Clare Cochrane and Chris Felton*

I'm often asked by people as to what changes they should make first when they embark upon a "greening" of their home or work place quest to save on power bill and to help the environment? This question can become tougher to answer when posed by someone on a tight budget. Let's face it; those who can least afford today's rising power bills need to make these changes the most.

This is a logical question especially when we are so readily bombarded by advertising and press articles about the Virtues of Going Green and buying solar panels to create power and using Green Wise, Energy Star or green certified products. So what does it all mean? In reality, not everybody is able to place five or six kilowatts of solar panels on their roof due to home orientation or if one lives in an apartment. However, from home and business owner's new incentive programs from the likes of FP&L and state and federal rebates/tax credits, around half of the product cost can now be offset!

So, solar panels and wind turbines are now definitely worth looking into for those wishing to create their own power and never worry about rising energy prices ever again. However, what do you do if you rent your home or live in an apartment when solar power panels are not a practical solution?

The short answer is "start small" and as the old adage goes, "Look after the pennies and the dollars will follow." So, let's start with the low hanging GREEN fruit and go for the easy green changes that can be simply made. Some of these changes can even be applied by those who are renting!

Switch electrical items off at the power board or unplug them altogether when not in use to reduce "vampire power drain." Just like vampires leach blood, appliances that are left plugged in can drain as much power per annum





as the actual device uses when it is activated. Culprits are: phone chargers, clothes washers, tumble dryers, VCR/ DVDs and computers. For example, an average microwave is used for less than 10 minutes per day but vampires' standby power lasts for 23 hours and 50 minutes each day. Solution = Unplug or use power boards. This alone can save an average household up to \$112 a year. For businesses this figure can be multiplied, depending upon the number of electrical items drawing standby power.

Change out incandescent light bulbs to compact fluors (CFLs) or better still, light emitting diodes (LEDs). Think about it! If an average home can change out 20 to 40 100-watt incandescent bulbs for 10 – 30 watt LED or CFL lights, bills can be cut by around 70%. Prices for these products have become quite affordable of late and can be easily switched out if you move regularly. Savings have been shown to be dramatic in some households.

**Fit a Skylight** – Great for businesses as a few modern tubular skylights can easily halve a lighting bill. At home, kitchens, laundries, studies, robes and all dark areas benefit from natural light brought in by skylights. Well-lit buildings not only save energy and money, but also appear larger, more inviting and are great home improvement options.



**Insulate** – If your building is not already insulated or if you have less than R38 Insulation (12-inches thick), it is time to upgrade. Extra batts can easily be fitted over the top of existing ceiling insulation or spray foam can be retrofitted in some cases. (Rebates and incentives are on offer here as well, so it is worth looking into.) The savings made on heating and cooling bills will often repay the outlay within a year or two.

Simply put, a green makeover can be as small or as large as you wish it to be. The key points to remember are:

- A)** Taking even small green steps is better than taking none at all.
- B)** Energy saving or energy creating products will pay for themselves.
- C)** The planet and future generations will benefit from your actions.
- D)** Incentives and tax credits are on offer for a limited time. So, don't miss out! 🌍

*For more advice on Going Green or information on solar power, wind power, energy-efficient water heating, solar ventilation, skylighting or insulation products, please visit our state-of-the-art showroom at 3583 Northlake Blvd. and check out our website at [www.supergreensolutions.com](http://www.supergreensolutions.com) or call 888-9-SUPER-G.*





# GET GAS!



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# HANGING AROUND DURING THE SUMMER

by Sandra Frens



Finally, the summer is here and in full swing! You thought this was going to be a peaceful summer, but guess again. The kids are home from school, and guests are frequently coming and going. On top of that, there are cookouts and a whole assortment of summertime functions. So, how is one to keep up with it all?

One cute and clever way to help you keep up with the ongoings in your home is to leave door hanger messages on your doors! Remind your kids that even though they are home from school they still need to rise and shine to enjoy the day. Let your houseguests know in a playful manner that although they are guests you are not their personal butler or maid during their stay! Inform any visitors about not over feeding your pets or letting them out of the house. Door hangers tell everyone pertinent information in a lighthearted way without making you seem like the bad guy.

More than just reminders, door hangers can also incite an evening of fun and adventure. Let the family know you're taking the night off to spend time with the girlfriends or leave messages of encouragement for the kids. Looking for a hostess present to bring to the neighbor's cook-off party? A door hanger is a simple, yet thoughtful, gift. With the many uses of door hangers, your summer is sure to be less of a nightmare and more like the peaceful dream you desire. 🌍

*Need a place to purchase some door hanger messages? Sprouts!, the plantable seed paper company, has dozens of eco-friendly door hanger options. Please visit [www.sproutem.com/category/Plantable-Door-Hangers](http://www.sproutem.com/category/Plantable-Door-Hangers) to see all the varieties of messages they have to offer. Have your own idea? Sprouts! can create custom door hangers, too! E-mail [info@sproutem.com](mailto:info@sproutem.com) for more information.*

**Click here to see what West Palm's WPTV Channel 5 says about Sprouts.**





## Plantable Favors and Tags



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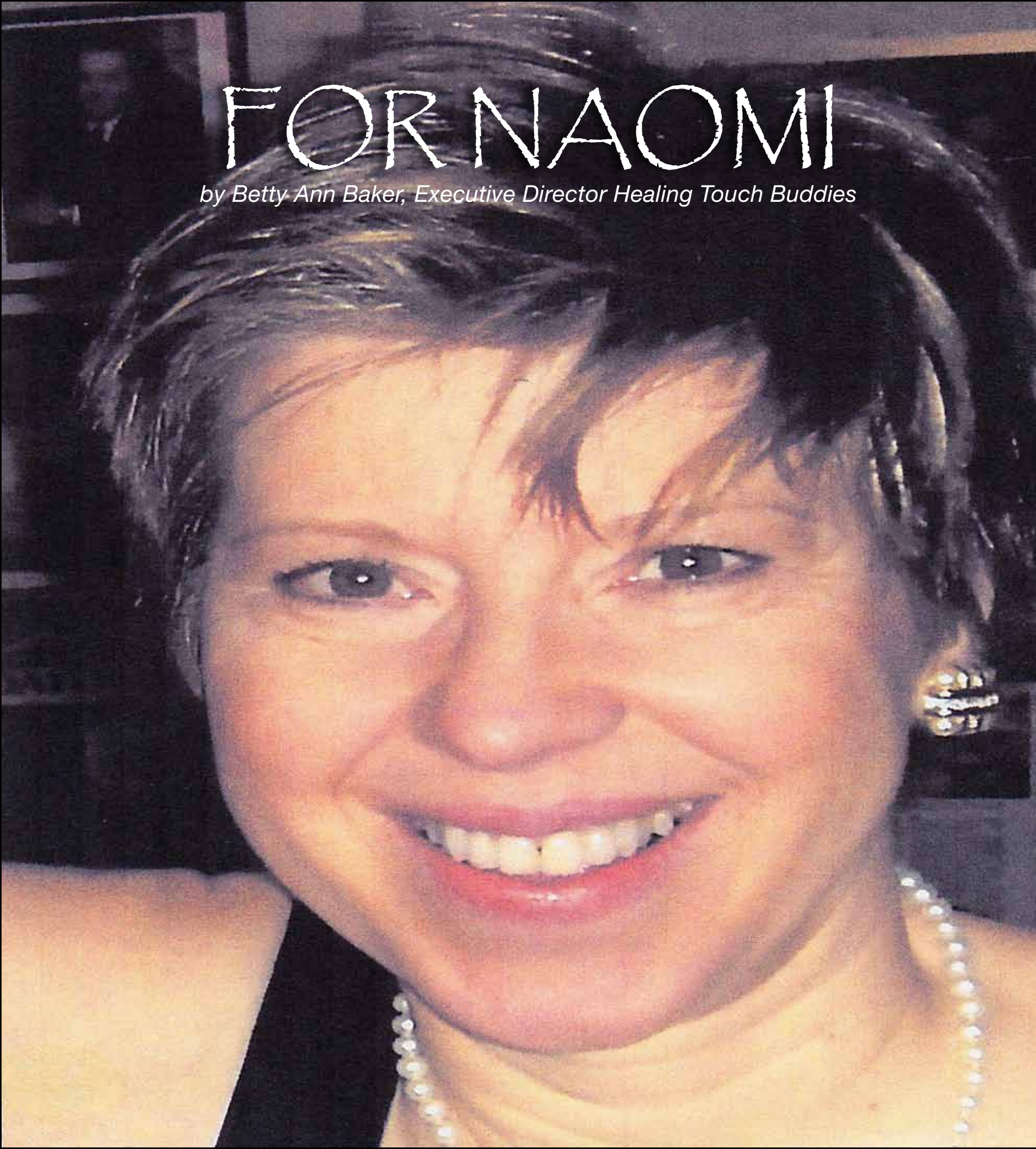
[www.nozzlenolen.com](http://www.nozzlenolen.com)  
1.800.22.Nolen





# FOR NAOMI

by Betty Ann Baker, Executive Director Healing Touch Buddies



Healing Touch Buddies gently guides clients in discovering meaningful ways to keep their hearts open during a challenging chapter in their lives.

Faced with the prospect of a serious life altering event, like a diagnosis of breast cancer, it's common for a client to react by recoiling, retreating, restricting. In the moment, they cannot conceive of how enjoyment, pleasure or passion can exist in the same soul that is rocking on its very foundation. Each person is unique in their character, their way of coping. Some are hit harder and take things harder, no matter the circumstance. Many feel a loss of control, a sense of diminished personal power over their situation.

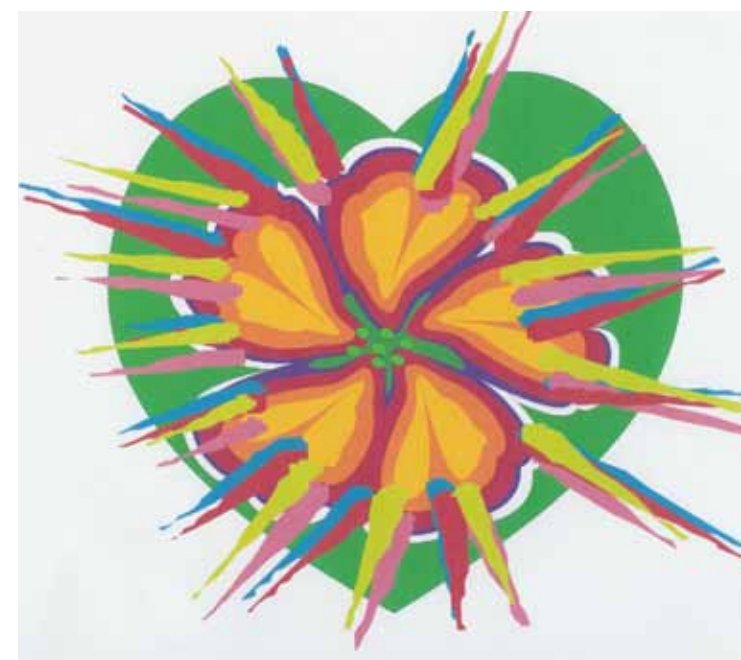
But then, with grace, they report seeing or hearing or touching something in a new way, with deeper feeling and appreciation than ever before. They will tell you that "A cardinal came to sing just for me this morning." They experience the sun rise at the beach, their arms flung wide, face to the new day, breathing in like it was their first breath. Sitting down to the piano, their fingers glide over the ivory keys, their music transcendent, taking them to a higher experience of emotion and heightened levels of performance.

Naomi was one such client. She told us often how the sessions she received as a Healing Touch Buddies client helped her to keep her heart open to the people and things she loved, even in her decline and her passing. Naomi was a woman of

high intellect, a lover of peace and social justice and an accomplished pianist. It is in her memory that we dedicate the proceeds from the next in our concert series to the Naomi Thomas Endowment for Healing Touch Buddies.

Please save the date for Roberto Larussi in the Our Wonderful World Media & Entertainment production of An American Songbook at the Eissey Theatre in Palm Beach Gardens. Visit [www.robertoiarussi.com](http://www.robertoiarussi.com) to hear this Andrea Bocelli Award-winning tenor.

*For more information about Healing Touch Buddies services or to inquire about sponsorship for the event, please contact Betty Ann Baker at (561) 741-1671 or [htbuddiesinc@cs.com](mailto:htbuddiesinc@cs.com).*





# ***Radio Green Earth...* wants you to know more about our mission and how you can help!**

**We're part of the Green Earth Environmental Education Foundation**

*by John Poggi, Executive Producer  
of Radio Green Earth*

**The Green Earth Environmental Education Foundation is an IRS 501(c)(3)** nonprofit corporation promoting public awareness of environmental issues. We provide science-based knowledge about the environment, empowering people to facilitate positive change in their communities and their lives.

**The Green Earth Environmental Education Foundation (Foundation) utilizes:**

- ✓ Radio ("Radio Green Earth" — a weekly environmental program produced for public radio);
- ✓ Digital Online Media ("This Green Earth" — an online digital magazine);
- ✓ Video (Green Earth Media Productions); and an
- ✓ Online Website ([www.Radiogreenearth.org](http://www.Radiogreenearth.org)) to bring environmental education to the communities we serve.

The overarching goal of the Foundation is to address the public's ongoing — and growing — appetite for knowledge, interest and engagement with environmental issues and concerns confronting Florida and our nation. From green building and recycling to the Everglades and energy policy, environmental issues are becoming larger and more crucial components of our daily lives. The Foundation aims to educate our communities, both children and adults, on the importance of environmentalism through honest, credible and clear-headed science and reporting.

## **We Need Your Help — Contribute to the Foundation**

As an IRS non-profit 501(c)(3) organization, our operating costs are paid for by individual donors, corporate underwriters and foundations. Help us continue to bring the very best in science-based environmental education to our communities.

We depend upon your donations. PayPal is a safe and easy way for you to contribute to the Green Earth Environmental Education Foundation using your credit card.

Click on the "Donate" button directly below. You will be taken to Paypal's secure server where you can select your donation amount and enter your credit card information.

**Donate**



[www.geeef.org/contribute.html](http://www.geeef.org/contribute.html)







# THE SUSTAINABILITY SWEET SPOT

by Missy Strauss, Radio Green Earth Correspondent

What do a hard working single father with three beautiful children, a battery and tire company, Christian housing organization, green building nonprofit and Catholic high school all have in common? Give up? The answer is the first LEED-certified home built in Fort Pierce, Florida by the St. Lucie County Habitat for Humanity. As the Chair of the Palm Beach Branch of the U.S. Green Building Council South Florida Chapter and green building consultant, a LEED Habitat Home is a very exciting prospect for me, and being able to participate in this one was a dream come true.

All homes should be built with ongoing efficiency as a requirement, as well as solid construction with reduced environmental impact and improved indoor environmental quality for the occupants. But this home is even more special than that. This home is not only pursuing LEED Green Building Certification, but this project hits the sustainability sweet spot.

Let me explain...

This Habitat home was built in large part by high school students. Yes, high school students — and it's not their first time. Well, unless they were a freshman this year.

This year, 2011, for the fifth straight year in a row, the Miller family of St. Lucie Battery & Tire has donated \$50,000 to St. Lucie Habitat for Humanity to work in partnership with John Carroll Catholic High School (JCHS) to build a home for a deserving family in Fort Pierce. The Le Grandeur family will be the recipients of this incredible testament to the St. Lucie County and John Carroll community. Why do I say the John Carroll Community? Because Joe Miller, the major donor to





this project, is an alumni, as is his son, and his grandson attends John Carroll today. The main overseer of this project is a man who teaches religious studies at John Carroll High School named Dominick Scotto.

Scotto is not only the relayer of scripture and verse, but if you watch him on the construction site he teaches all life skills. His attitude embodies the idea that if you give a man a fish he will have food for one night, but teach a man to fish

and he will never go hungry. If Scotto's kids are hungry it is merely for more of his teaching for he teaches compassion, fairness, self-worth and equality to all of the students, as well as the adults on the project wise enough to learn from him.

Sustainability is defined by the Environmental Protection Agency (EPA) as meeting the needs of today while ensuring that future generations will be able to meet their needs tomorrow. The

concept in business terms is often depicted as a Venn Diagram in which three circles intersect in the sweet spot known as sustainability. The circles are made up of the three P's: People, Planet and Profit. People represent the Community in which a business, organization, or project exists, both the internal community and external. Planet refers to the environment and resources the business, organization or project utilizes to operate or affects with its end result, whether it is a product or service. Profit, of course, refers to the economics of the business, organization, or project. Keep in mind, if the economics are not positive and just create financial depletion, sustainability is impossible. The same holds true for the other two P's, Planet and People. The Habitat for Humanity project takes the concept of sustainability to its highest form.

First let's look at the People aspect of the project. As described in the opening paragraph, students, community leaders, businesses, nonprofit organizations and a family all came together to make this project happen. The Miller family and their employees as well as their customers all supported

and enabled this project to make it possible. Habitat for Humanity provided the vehicle to secure the property, build the home and

identify a deserving family in need of a better life. John Carroll High School supplied the manpower, the growth and educational opportunities for the students, and the interest of the Miller family to begin with. The US Green Building Council (USGBC) provided the knowledge to make the home green, the expertise of inspectors and the verification that a green, energy water and resource efficient home was achieved, as well as some suppliers that provided discounted materials and services. All of these stakeholders participated in the ways they could to provide the Le Grandeur family and the Fort Pierce community with a lovely place to call home.

The next circle in the Venn Diagram is Planet, or the environmental aspects of the project. This home was built using a tremendous amount of salvaged goods from the Habitat

Restore, giving second life to products that may have ended up in the landfill. A solar hot water heater, partially donated by Solaris Energy, was installed to take advantage of Florida's climate while reducing the amount of energy needed to heat the water provided to the home.

The air conditioning system has a SEER (energy efficiency) rating of 16, also contributing to reduced energy use when it comes to cooling the home. Two rain barrels were painted by the students in the







JCHS environmental club and installed for rain-water harvesting so the plantings on site could be irrigated without using precious potable water. All paints used on the project were low VOC (Volatile Organic Compounds) so that the painters and occupants of the home were not exposed to high limits of chemicals and toxins. This is very important, particularly if the occupants are sensitive to external contaminants. The construction and demolition debris was placed in a recycle bin so that each time it was

emptied as much as 92% of the waste was diverted from the landfill and reintroduced into the marketplace for reuse.

Finally we talk Profit. How is a project like this profitable? In reality, it's not; however, the profitability of this home lies in the reduced operating costs and the donated funding. Most homeowners have a deep understanding of the financial burden an inefficient home can have. A mortgage payment can be difficult enough to handle,

but the high cost of living these days adds a whole other layer of stress and bills. The strategies used in the design, construction, building materials and systems in the Le Grandeur home is projected to reduce operation costs by 35 – 40% from a standard home of similar size. That translates to hundreds of dollars in savings each year, which means more money to put towards other things such as food, clothing and education. As for the other stakeholders in the project, the students at JCHS have an understanding of how a house works, what is entailed in its construction and how it is meant to function, enabling them to be more cognizant of problems if and when they arise in their own homes one day. They also have developed a deep appreciation for giving to, and positively affecting, others.

St. Lucie Habitat for Humanity, an organization founded upon the principle of sustaining hard working families in need, has taken that foundation of sustainability to the next level — not only affording a home for a good family, but providing strategies for affordable operations and maintenance of the home. The Miller family and other business donors to the project are eligible for tax breaks tied to their incredible generosity.

Psychic income shouldn't be discounted either. That's the income one gets from feeling really good about something they've done. And finally, the US Green Building Council gets another green home to add to its portfolio and moves one step closer to their mission

of making green buildings available to everyone within a generation.

Sustainability is about taking all stakeholders into consideration and remembering that Mother Earth is a stakeholder in our actions, too. If every undertaking, business, project, organization, product, etc. was planned and developed while viewing each component under the lens of sustainability, undoubtedly we would not be in the economic crisis we are in today.

John Carroll High School (administration, teachers and students), the Miller Family, the US Green Building Council and St. Lucie Habitat for Humanity all achieved that sweet spot we call sustainability. But if you ask any JCHS student, they will tell you, the sweetest spot to the entire project is the spot the Le Grandeur Family will call home. 🌍

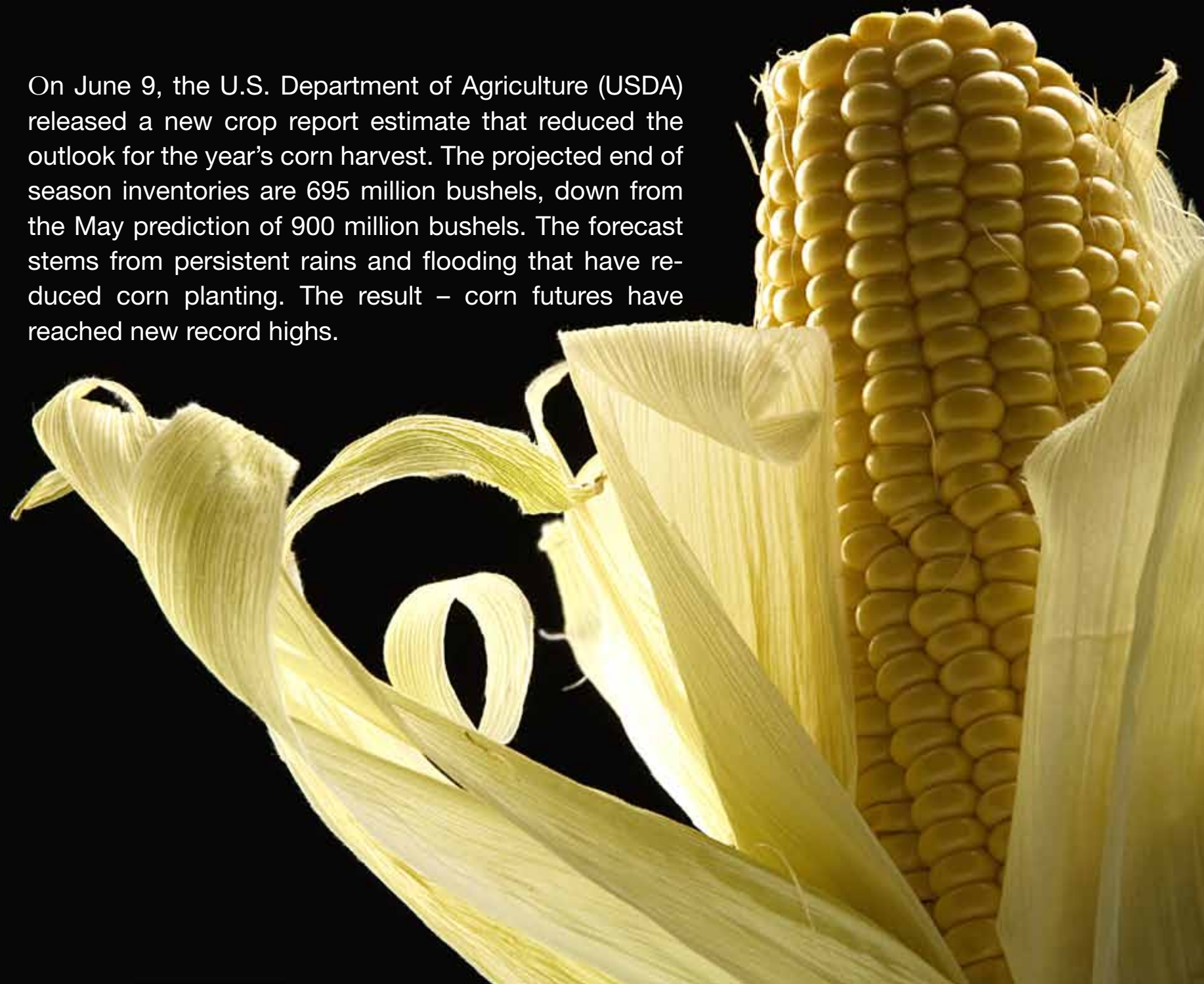




# IS CORN EATING YOUR FOOD BUDGET?

by Richard Hawkins

On June 9, the U.S. Department of Agriculture (USDA) released a new crop report estimate that reduced the outlook for the year's corn harvest. The projected end of season inventories are 695 million bushels, down from the May prediction of 900 million bushels. The forecast stems from persistent rains and flooding that have reduced corn planting. The result – corn futures have reached new record highs.



Corn is central to agriculture in the United States, and last year 81 million acres of corn was harvested. Corn receives more government subsidies than any other crop. In fact, between 1995 and 2006 corn growers received \$56 billion in federal subsidies — and the annual figure may soon hit \$10 billion. We are supporting corn production with our taxes.

“Corn is being criticized as being unsustainable based on the unusual amount of fertilizer, water and machinery required to bring it to harvest,” according to geobiologist Hope Jahren of the University of Hawaii. The greatest use of corn is still as animal feed. Our reliance upon corn-fed animals has resulted in widespread environmental degradation, including drained water supplies, degraded soils and a reliance upon fossil fuels for fertilizer, pesticides and farm machinery fuel according to Bob Lawrence, Director of the Center for a Livable Future at the John Hopkins Bloomberg School of Public Health.

Another factor that makes corn growing and use unsustainable is its use as an internal combustion engine fuel as ethanol. Almost 40% of corn goes to its production, even though it takes more energy to produce than it gives back as fuel energy. With most corn going toward animal feed and ethanol production, the inventory available for food production decreases and the price rises.

More expensive corn will likely trigger food

price increases this year. That could ultimately make everything from meat to cereal and soft drinks more expensive at the supermarket. Look at the label on the package to determine the ingredients of any processed food and more than likely you will see some type of ingredient derived from corn.

What about fast food? The beef or chicken being served was definitely fattened with corn, the soft drink was sweetened with corn and the French fries may even have been fried in corn oil.

Bottom line — food containing corn products will be making your wallet slimmer, but certainly not your waistline!

What to do? Shop for local or organic products, and try to avoid highly processed or fast foods. Start a garden and really know where your food is coming from and what is in it. Enjoy some homegrown corn on the cob, the same way corn has been used for centuries. Your financial and physical health will be better off!





# GREEN GOODIES

Sprouts! is pleased to present our latest creation — eco-friendly door hanger messages!

These door hangers feature cute and fun messages that are great for a little fun around your house or a clever gift for a friend. The door hangers are made from Sprouts! 100% recycled, handmade plantable seed paper that when planted grows into beautiful wildflowers. Each door hanger features the planting instructions and a bottom piece that can be trimmed off and planted.

To see the full selection of all the plantable door hangers Sprouts! has to offer, please visit [www.sproutem.com/category/Plantable-Door-Hangers](http://www.sproutem.com/category/Plantable-Door-Hangers). Have your own idea for a door hanger? Sprouts! is more than happy to customize any of our products for you. Please e-mail us at [info@sproutem.com](mailto:info@sproutem.com) for more information.



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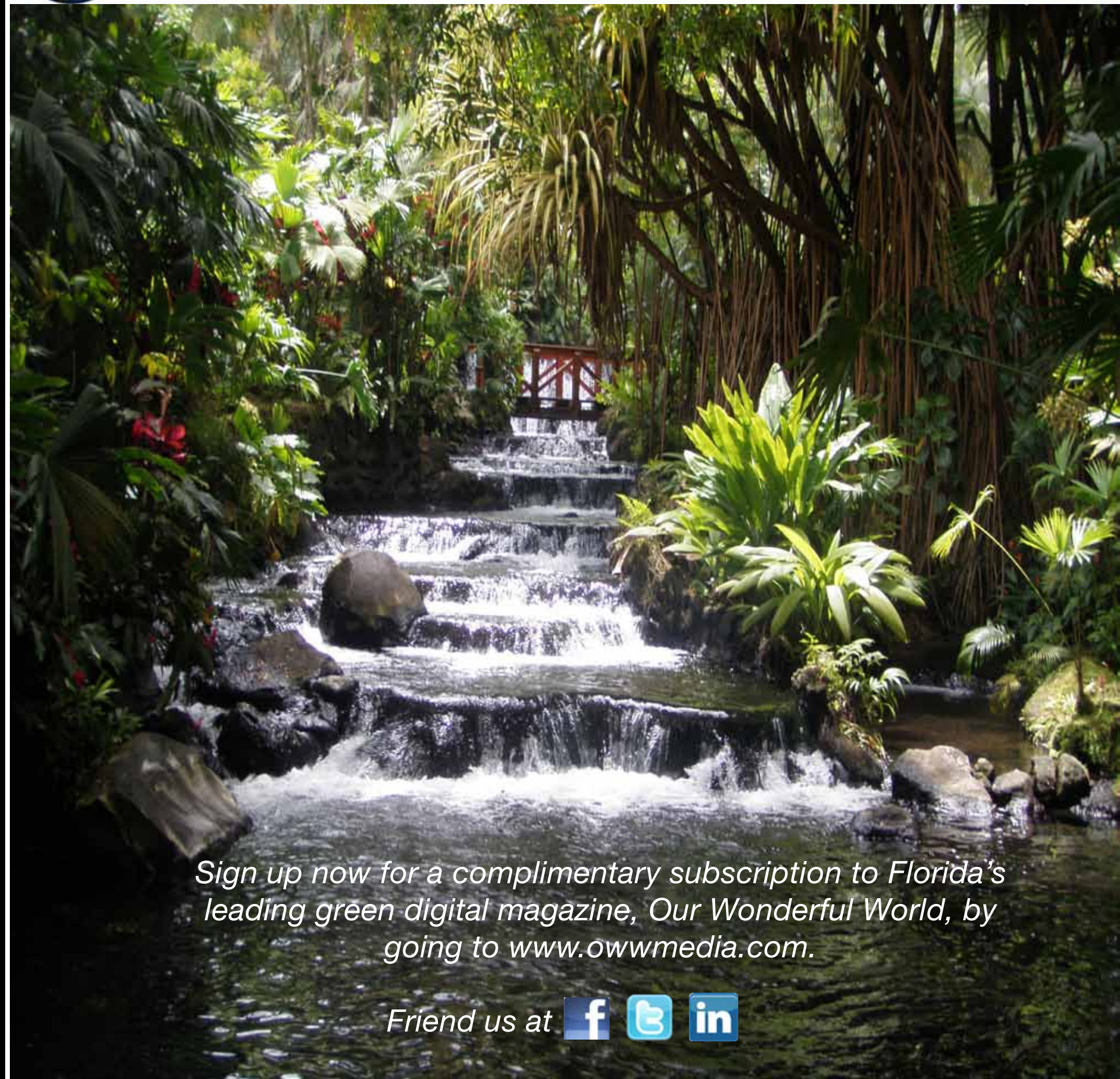
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with Joe Raineri  
Monday - Friday  
7 - 9 am





# 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