



# Our Wonderful World

September, 2011  
Volume 2 :: Number 9

## The Art of Living Green

EcoWeek  
Costa Rica

The Springs  
Resort

*Costa Rica's  
Dream Destination*

For the Love  
of Garlic

The Palm  
Beach Pops  
*Celebrates  
20 Years*

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Photography courtesy of Lee Banks



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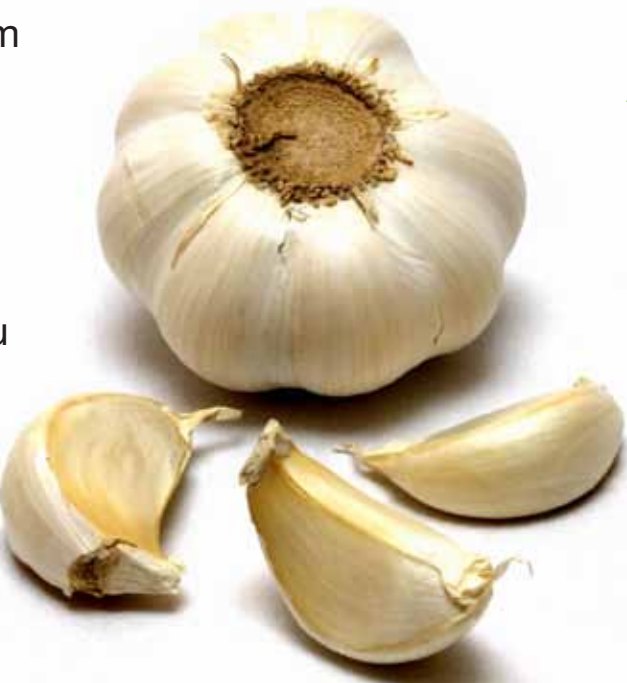
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# FROM THE PUBLISHERS

Welcome to the September, 2011 issue of Our Wonderful World, Florida's leading green digital magazine. Our cover story takes you to one of the world's finest vacation destinations—The Springs Resort & Spa in Arenal, Costa Rica. Featuring one of the world's seven most spectacular views according to CNN, this 165-acre hot springs resort is perched at the base of the Arenal volcano in the middle of a tropical rain forest.

Host of the sixth episode of ABC's The Bachelor, The Springs represents the dream of its owner and developer, Lee Banks, down to the very last detail and provides guests with nothing short of the ultimate vacation experience. This is a must read, largely due to some amazing photography courtesy of Lee himself.

This issue also represents the achievement of a major milestone for Our Wonderful World. From August 13 to August 20, Our Wonderful World Media & Entertainment served as the international media sponsor for EcoWeek Costa Rica 2011. This prestigious gathering of some of the most cutting-edge, environmentally conscious companies doing business in Central America offered our company the opportunity to meet some of the most brilliant "green" minds on the planet and to expose our publication to a host of international readers. To those of you far from the shores of South Florida, we welcome you to our family! So, be sure to check out EcoWeek Costa Rica in our Green Goings section.

Now that we approach the entertainment season in our region, we welcome back a good friend—The Palm Beach Pops. The "Pops" (as we lovingly call them in Palm Beach) is celebrating 20 years of bringing some of America's greatest music to thousands of discriminating listeners, including hundreds of students who would otherwise never have the opportunity of such a profound cultural experience. This season is another blockbuster with a host of superstar guest artists, accompanied of course by one of the nation's finest pop orchestras. Thanks again to Executive Director David Quilleon, Marketing Director Christine Stickney and the maestro himself, Bob Lap-pin, for your continued support.

Of course, we've got our usual interesting and informative columns: Pearls of Wisdom from the Green Goddess; Eating Well, Suzanne Kovi, Localecopia, Healing Touch Buddies and a whole lot of new and exciting stuff as well.

So, get comfy and start clickin'.  
Sincerely,



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*The magnificent Tabacon Springs  
at the Tabacon Grand Spa  
Thermal Resort*





# THE SPRINGS RESORT COSTA RICA'S DREAM DESTINATION

by Glenn R. Swift  
Photography courtesy of Lee Banks

Most know The Springs Resort & Spa in Arenal Costa Rica from television when it played host to the sixth episode of ABC's *The Bachelor* earlier this year. But for those of us who have actually stayed there, we feel like we have been somewhere else...

Like the closest you can get to Heaven, and still be very much alive.

Since opening in 2008, the world-class Springs Resort and Spa has become the bar by which all luxury resorts in Costa Rica are measured.

And few others can measure up...

Honored with the TripAdvisor Traveler's Choice 2011 Award as the #1 Relaxation/Spa Hotel in all of Central and South America, and featuring one of the world's Seven Most Spectacular Views according to CNN, the magnificent mountaintop resort is famed for every guest room's surreal, picture-perfect views of the nearby Arenal Volcano and surrounding tropical rainforest, and for its mineral-laden, artesian hot spring pools.

The property's stunning architecture and elegant interior design ideally complement the unique location and rainforest setting. They also reflect the one-of-a-kind personality and vision of its acclaimed owner and developer, Lee Banks, 43. In fact, everything in this extraordinary hotel, from the magnificent façade to the precise angle of the rounded edges of the mineral water pools and the exact length and width of the rail-





*The Springs is almost supernatural in its beauty.*





*The Springs Resort features one of the world's most magnificent views - the Arenal Volcano.*

ings in the main bar, belongs to Banks himself.

"I built everything. I was the contractor and the architect. In fact, I even wrote the signage and took the photos for the website," cracked Banks, who quickly conceded one small detail. "I did consult with a structural engineer."

Where does Banks find his inspiration? Let's just say that his mind never stops buzzing with ideas. Case in point...that railing in the main bar.

"I was in a gas station in South Florida and liked the design of the railing in the food court.... That became our railing."

Gas stations aside, Banks breaks the mold of most resort developers with regard to what stimulates his creative juices.

"I've borrowed far more design styles from fine homes than I have from other hotels, because a first-class resort is really an interpretive center...a place where you learn, where you absorb. You need to smell the guava and feel the hot water."

As for his managerial style, let's put it this way: Banks is no "Undercover Boss." He knows every one of his 300 Springs employees—and they know him.

That's a good thing...

A self-proclaimed micro-manager, Banks has





*The Arenal River offers fishing, cruising, kayaking and inner-tubing.*

the rare quality of being able to maintain a watchful eye on every nuance of his operation, yet still inspire loyalty and creativity in those around him.

This man isn't simply liked by his employees—he's revered. Something you don't find too often these days.

"I surround myself with can do, salt-of-the-earth type people," said Banks. "That's at the core of my success."

A graduate of one of the nation's oldest and most esteemed institutions of higher learning, the University of Virginia, Banks admits to going against the grain in terms of what he learned as a finance major in his days as a Cavalier.

"I've broken most of the sacred rules I had hammered into me in those management textbooks about delegating responsibility," laughed Banks.

As for the idea of working with consultants, Banks tends to stay away from most so-called paid "experts" as well.

"They're not stakeholders," said Banks, who also distances himself from the stock market. "Personal causation is what I'm all about. I like





*The Springs' main pool and swim-up bar*





*One of The Springs' magnificent mineral water pools and rock gardens*

to solve my own problems, but, most importantly, my management philosophy is to give the client the best possible service,” said Banks, who spends thirty minutes with every one of his rookie parking valets to teach them the best way to approach a guest as they drive up to the hotel.

Banks revealed yet another pearl of wisdom with regard to what has made The Springs and the Peace Lodge (his other signature resort a 90-minute drive south) arguably the two finest in Central America.

“You can’t simply immerse most American and European tourists in rustic surroundings in the heart of a primal rainforest,” Banks said. “They want the native atmosphere, but they also want those creature comforts. That’s a difficult balance to achieve, but I believe we have done a pretty good job.”

Of course, The Bachelor didn’t hurt either.

“That was a match made in Heaven,” said Banks, referring to the publicity garnered from ABC’s blockbuster show that placed The Springs in the living rooms of millions of Americans. “The show did a phenomenal job of capturing the ambience of The Springs, reflecting the true spirit of romance and adventure that’s at the heart of our resort experience.”

The notoriety brought a whole lot of “green” to the Arenal rainforest. Green of a different kind, that is.

“We booked a million dollars in reservations in the seven days following the show,” Banks said proudly.

A hopeless romantic, Banks is utterly committed to his





*Las Ventanas offers fine dining and extraordinary vistas.*

wife and three young daughters. Then again, he looks at his resorts in a manner reflective of a parent.

“Building a successful resort is a lot like having kids,” said Banks, who despite frequently putting in 18-hour work days, always draws a line with regard to what comes first in his life. “My family is my first priority,” said Banks, who recently cancelled a high profile appearance in Washington, DC to be with his five-year-old daughter for her first day of Kindergarten.

“Family has always been very important to me,” said Banks, who credits his father, accomplished South Florida real estate developer Walter Banks, for providing him the tools to be successful. “I learned so much from my dad,” said Banks of the man who rebuilt Fort Lauderdale’s famed Lago Mar Resort in 1970. “I love him and he is the basis for everything I am today.”

Apart from his obvious passion for family and his hotels, Banks has a soft heart for animals as well and has created an extensive wildlife preserve at The Springs.

“In conjunction with the Costa Rican Ministry of Environment and Energy we operate a preserve for native wildlife that has been confiscated from poachers or donated by other private preserves or individuals. We currently care for a puma, seven ocelots, twenty-three margays and two jaguarondis, along with capuchin monkeys, squirrel monkeys, sloths,





*Each guest room and villa at The Springs includes a private terrace with balcony and a picturesque view of the Arenal volcano.*





*Two young girls enjoying the healing waters of Tabacon Springs at the nearby Tabacon Grand Spa Thermal Resort.*

scarlet macaws, wild turkeys and an assortment of other animals. We plan on opening the preserve to our guests later this fall.”

To show you how passionate the man is about “his animals,” Banks related a story of how a raccoon recently gained access to a cage housing toucans due to the result of human error. Sadly, the preserve’s toucan population quickly decreased by two as a result of the employee’s mistake.

“I could hardly sleep that night thinking about those two toucans whose safety was ultimately my responsibility,” said Banks, who then added: “I would rather have lost \$5000 than those two toucans.”

In typical Banks style, a new procedure for securing the toucan cage was immediately enacted.

So, what keeps this incredibly successful businessman from choosing early retirement? That’s pretty simple.

“You have to love what you do,” said Banks. “And I’m very lucky. I’m living my dream.”

### **The Springs Resort & Spa**

The Springs Resort and Spa is a 165-acre luxury boutique, five-star hotel in La Fortuna, Arenal, Costa Rica, with the best view of the Arenal Volcano and the most onsite guest amenities, including a 14,000 sq. ft., full service spa, hot springs, more than a half mile of frontage on the Arenal River and a wildlife rescue preserve with 25 rescued jungle cats and monkeys. The Springs is nearly unsurpassable for bird watching in Arenal, along with hiking, river fishing, kayaking and wildlife tours.

With a spectacular view of the Arenal Volcano, natural hot and cold springs, four unique dining experiences and an impressive

*Photograph courtesy of Sharon Quercioli*





*The Green Goddess zip-lining under Antonio's watchful eye at nearby Los Canones on the grounds of the Los Lagos Hotel.*

full service spa, The Springs promises to overwhelm you in every aspect of quality, service and design.

The spectacular resort is a perfect honeymoon destination, but also a great family resort with numerous children's activities. The resort is located a 20-minute drive from the main town of La Fortuna in a secure, self contained and family-friendly resort atmosphere. In essence, The Springs is a true Costa Rica family resort and a romantic honeymoon hotel at the same time. And with 18 hot springs pools spanning over 4 acres of landscaped recreational area, there is plenty of room to spread out and relax.

If you choose to stay at a more moderately-priced hotel, The Springs offers the finest hot springs day tour in the Arenal area. Interestingly, chemical analysis of the minerals in the resort's hot springs shows that The Springs has the best hot springs in Arenal, with the highest parts per million of beneficial minerals. The Springs offers a two-day pass for only \$40 per person, which includes the hot springs tour and the wildlife rescue preserve Jungle Cats tour, as well as access to the resort's four great restaurants and five bars. Day visitors can also book horseback riding, ATV and kayaking tours at the hotel.

This Costa Rica luxury resort perches one thousand feet above the Arenal Valley on a mountain ridge four miles north of the active volcano, but safely outside the government declared danger zone. The resort's higher altitude relative to other hotels in the area allows not only for incomparable views of the Arenal Volcano, the lush valley and the surrounding towns that sparkle at night, but also access to the area's famous prevailing breezes. Fittingly, Arenal is an indigenous word meaning "Window of the Wind."

With an average daytime high temperature of 80°F in the shade and nighttime lows averaging 70°F, you are sure to enjoy countless comfortable hours in your balcony hammock, al fresco dining or sipping a frothy tropical cocktail in one of The Springs' 18 pools.

The resort's eighteen freeform, landscaped pools provide guests with great views of the volcano and a multitude of options. With temperatures ranging from 83°F to 103°F and environments that vary from raging waterfalls to tranquil forest experiences, guests can find the perfect pool for their mood and weather conditions. Tests of the resort's hot mineral springs reveal an ideal natural combination of high bicarbonate and high chlorides with relatively low sulfur content to provide a





*(Left to right) Our Wonderful World Media's Co-Founders Glenn Swift and Sharon Quercioli with The Springs owner and developer, Lee Banks*

safe and clean soaking experience.

#### **Pools/Las Lagunas (The Lagoons)**

Located at the base of the reception building, this area encompasses two acres of lush landscaping and an assortment of multi-level sun and shade terraces surrounding twelve pools. Four of the pools are fed directly by water pumped from the property's hot mineral springs, and the other eight are chlorinated but heated to various temperatures by the hot springs through a sophisticated heat exchange system. These pools range in temperature from 83°F to 103°F.

Perdido Springs (Lost Springs) is a connected system of trails and seven spring-fed pools located within a forest canyon just a short 100 meter walk from the lowest level of the Las Lagunas pools. The trail to these hot and cold springs, called the Heliconia Walk, is lined with 150 different species of flowering Heliconias along with beautiful rainforest trees, plants and vines. In the center of these pools is a small jungle bar called Los Perdidos (The Lost Ones) along with a water flume called the Monkey Slide. These pools range in temperature from 90°F to 101°F.

A second phase of pools down in the valley overlooks the Arenal River as well as a creek-fed, old fashioned, swimming hole with hot springs percolating up from the sand below. The more than half a mile of river frontage on the property lends itself

to a variety of activities, including swimming, inner-tubing, kayaking, fishing and hiking.

#### **The Springs Spa and Fitness Center**

The 14,000 sq. ft. full service spa encompasses an entire level of the hotel's reception building and reflects the resort's commitment to provide a complete treatment experience that replenishes your mind, body and soul. Massages, facials, body wraps, manicures and pedicures are offered in a luxurious and holistic setting administered by trained professionals with the latest technology. The treatment menu utilizes tropical botanical ingredients indigenous to the country as well as a variety of lab-tested, therapeutic volcanic clays harvested on the property near the hot springs. Be sure to ask about the resort's unique treatments including the "floating water massage" offered in the property's mineral springs.

For guests who enjoy staying in shape while on vacation, The Springs offers a comprehensive collection of state-of-the-art technology with its cardiovascular and strength equipment. To enhance your workout experience, the cardio room features an inspirational view of the volcano and surrounding valley.

Spa facilities include a common lobby with spectacular views where both male and female guests can enjoy lunch or a





*The Costa Rican culture is a unique blend of Latin, African and Native American influences. Here is an Indian crafts stand just across the street from the Tabacon Grand Spa Thermal Resort. Photo courtesy of Sharon Quercioli.*





*After tourism, agriculture is Costa Rica's next largest industry with bananas and plantains the largest cash crop followed by pineapples and coffee.*

relaxing break together between treatments, as well as separate ladies' and men's relaxation areas for added privacy between treatments. Of course, the locker rooms are equipped with steam and sauna rooms, as well as private showers and changing accommodations.

#### **Dining & Cocktails**

The Springs features a varied selection of dining options sure to please even the most discriminating palates. Whether you crave a chopped filet mignon hamburger served poolside at the Treetops Grill or a Seared Yellow fin Tuna Steak prepared with a unique Costa Rican/Asian fusion sauce at the resort's fine dining restaurant, Las Ventanas, The Springs

is sure to satisfy all your culinary desires.

#### **Off-Site Activities**

Fishing on the Arenal River  
Waterfall Rappel  
Costa Rica Sky Adventures Tours  
Canopy Tour  
Rafting  
Hanging Bridges  
Venado Caves  
Lake Arenal Pontoon Boat Fishing  
and Sightseeing  
ATV Tours

#### **Room Descriptions**

Each guest room and villa at The Springs includes a private terrace with balcony and picturesque volcano view, hammocks, rocking chairs, central air conditioning, luxurious marbled bathrooms with jacuzzi tubs and multiple head showers, satellite television with 37" flat screen TV, surround sound stereo with CD/DVD player and IPOD/MP3/USB connectivity, telephone, wireless internet access, wet bar, safe, mini-bar refrigerator and coffee maker.

*Located in the heart of a tropical rainforest at the base of an active volcano, this five-star luxury hotel offers discriminating travelers the ultimate vacation experience.* 🌍

*For more information about The Springs, please visit [www.springscostarica.com](http://www.springscostarica.com).*







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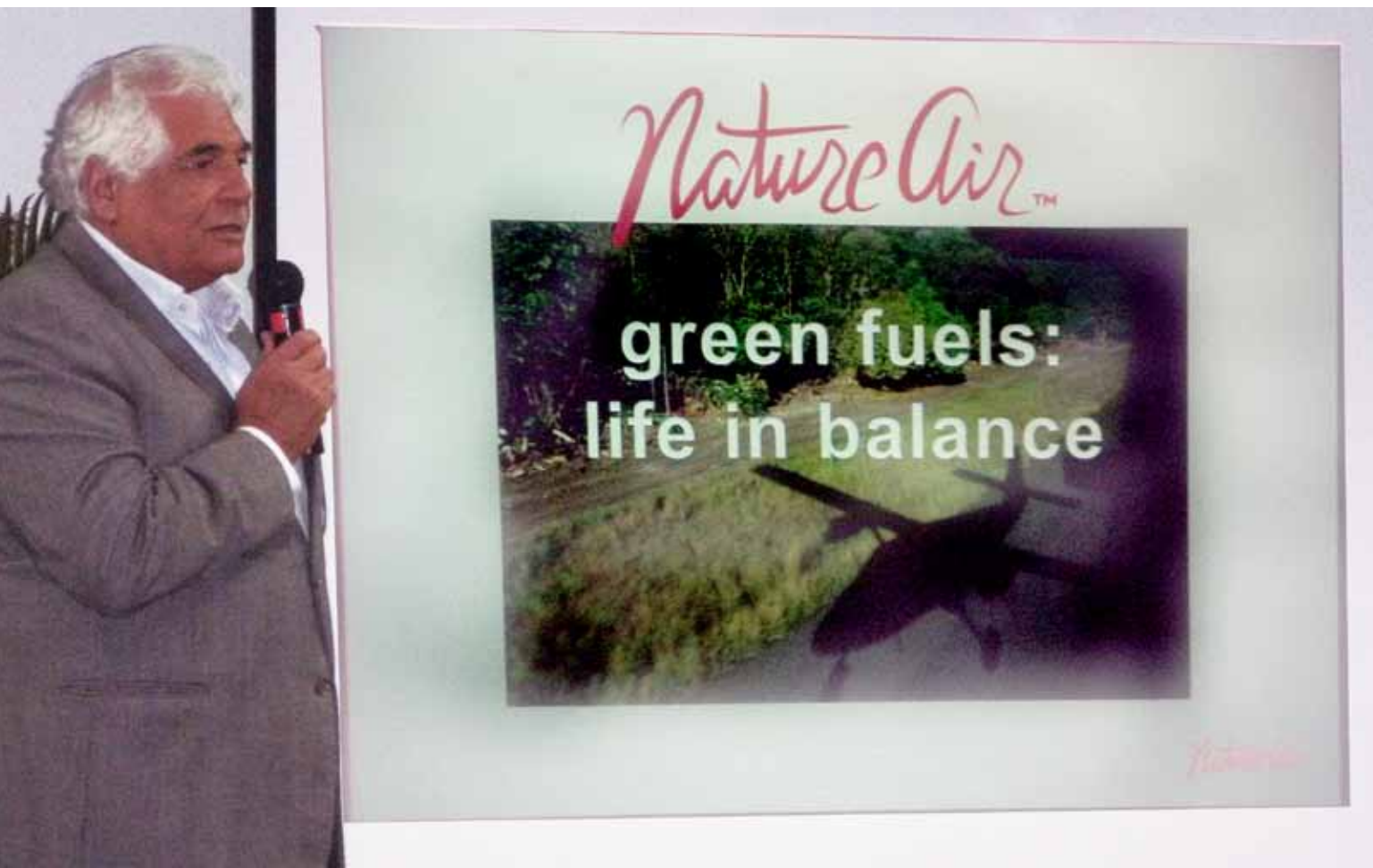
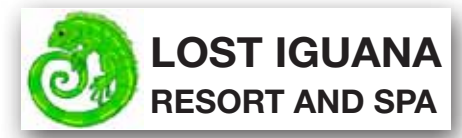
# ECOWEEK COSTA RICA

An Annual Celebration of the Environment and Culture of Costa Rica

by Glenn R. Swift  
Photography courtesy of Sharon Quercioli

From August 13 to 19 many of the leading environmentally conscious companies doing business in Costa Rica met at various locations throughout this Central American paradise to share their vision for a green future. Our Wonderful World Media & Entertainment served as an international media sponsor for the prestigious event, which kicked off at the Ramada Herradura in San José, the nation's capital. Others participating in EcoWeek Costa Rica included the Rainforest Alliance, National Geographic Snorkeler, Ocean Realm Society, X-Ray Mag, DiveIndustry, EcoGuide, Dive Photo Guide, Canatur, Boca Bachanal, Travel Expo, Lost Iguana Resort & Spa, Rainforest Radio, Natureair (the world's only carbon-neutral airline), FECOPT, Total Fusion, Marina Pez Vela, Logistica, Game Changer Solutions, Hacienda Pinilla and Eco-Nomic Solutions.

*EcoWeek Costa Rica was created to feature sustainable ecotourism in Costa Rica. For more information, please visit [www.ecoweekcostarica.com](http://www.ecoweekcostarica.com).*



*Natureair CEO and Founder, Alex Khajavi, addresses the audience.*



*Tim Hall EcoWeek, Sharon Quercioli Our Wonderful World President and popular Costa Rican singer, Bryam Zamora.*





*Glenn Swift Our Wonderful World Editor in Chief, Lucia Anreus-Hall EcoWeek Producer, Tim Hall EcoWeek*

*Costa Rica is well known for its rich folk singing traditions.*



*Richard Stewart EcoWeek Co-Producer and Rainforest Radio President Jani Schulz*





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# ART & WINE IN THE PROMENADE

## West Palm's Historic Northwood Village Hosts Summer Fundraiser

by Glenn R. Swift

Photography courtesy of Robby Antonio

On Friday evening, July 29, hundreds of enthusiastic patrons strolled the quaint streets of Northwood Village in West Palm Beach while enjoying complimentary wine, mouthwatering appetizers, live entertainment, a fashion show and a number of amazing local artists showcasing their signature pieces. The highlight of the evening was definitely the fashion show, which featured a number of local celebrities, including Jeri Muoio, Mayor of the City of West Palm Beach, and television host, author and Our Wonderful World contributing columnist, Suzanne Kovi.

Art & Wine in the Promenade was a fundraising event for Kings Sports Youth Athletic & Educational Program in West Palm Beach, a nonprofit sports management company that manages youth tournaments, youth leagues and online marketing solutions for sports organizations. Kings Sports is dedicated to promoting excellence and greatness in the lives of young people with morals and ethics by fostering and enriching their academic, athletic and emotional abilities. Kings has a proven track record of providing young people an environment based upon positive influences, encouraging self-confidence and developing self-esteem so that they can function effectively as responsible citizens and contributing members of society.

For more information about Kings Sports, please visit [www.kingssportsonline.net](http://www.kingssportsonline.net) or call (561) 594-4319.



Glenn Swift, Sharon Quercioli, Suzanne Kovi and Kevin Bates of Kings Sports

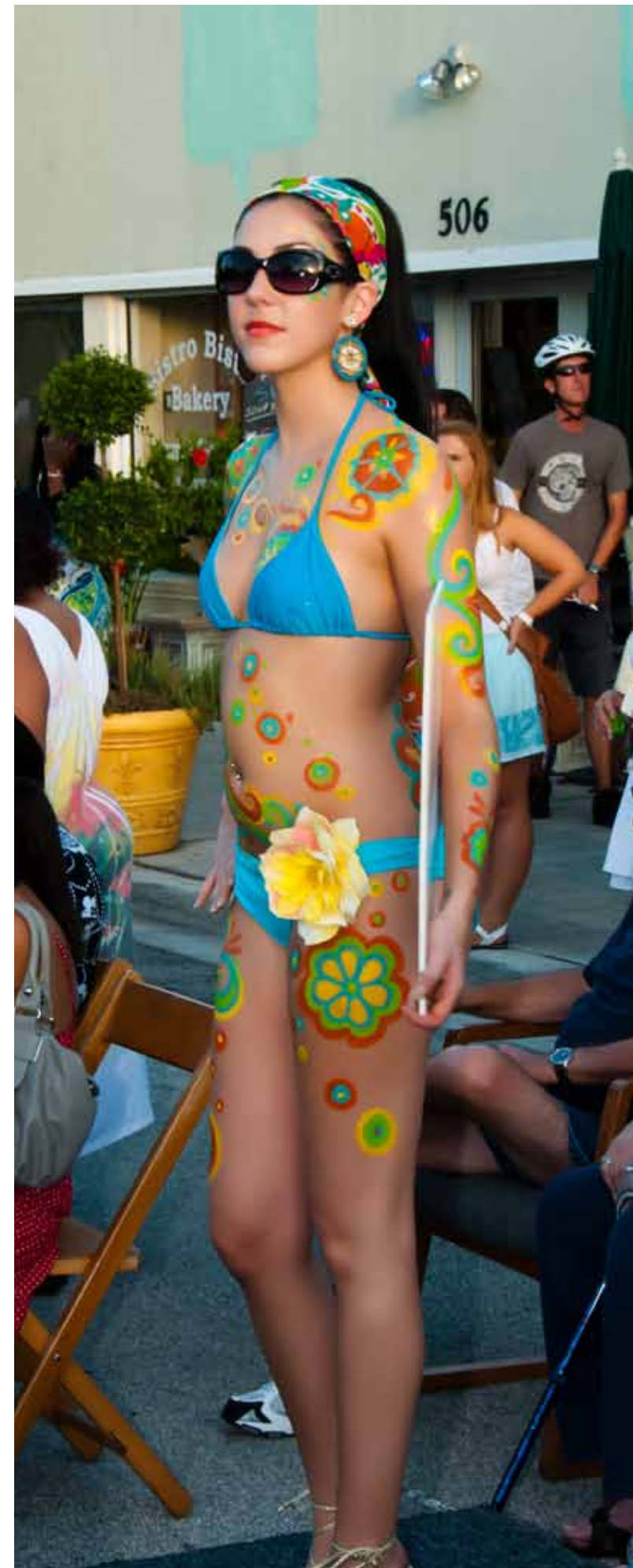
McCormick & Schmick's offering up some tasty hors d'oeuvres







Sheree Diamond (left) with family and friends







*Suzanne Kovi*



*Jeri Muoio, Mayor of West Palm Beach*



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# PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

*Quote of the Month:*

**“Solitude is the place of purification.”**

*(Martin Buber)*



## A Natural Alternative to Bug Spray!

Living in South Florida there is one thing you cannot escape—INSECTS! Mosquitoes, fire ants and a whole slew of other bugs that like to bite and sting just come with the territory. Thankfully, we rarely have to deal with too many of those pests in our urban areas, but if you enjoy being out in nature (as I do)—watch out! There are plenty of different bug repellents on the market, but many of them contain harsh chemicals that are not good for the environment, let alone our skin and bodies.

So, should our fear of being bitten or stung keep us from going outside and enjoy the natural beauty in our world? NO! There are natural essential oils you can use to deflect insects and keep from being bitten.

For my birthday, my girlfriends and I went on an excursion into the Everglades with Billie's Swamp Safari. (See our last issue of Our Wonderful World for the story.) Most of us know in the swamp you'll run into all kinds of bugs, including overgrown mosquitoes, but we did not enter unprepared! I went in armed with Young Living Purification mixed in a small spray bottle with water. The girls and I sprayed ourselves with the mixture and not one of us had a single bug bite when we left the Everglades.

The amazing blend of water and Purification came in handy again during my recent venture to Costa Rica. While hiking the hanging

bridges in the beautiful lush rainforest, we were protected by this natural and safe bug spray alternative. People could not believe that we were not bothered by any insects. Purification is good for more than just a natural and environmentally friendly bug repellent. Purification is one of the most fabulous oils that Young Living makes. I always keep a bottle in my purse and a bottle at home.

What is **PURIFICATION**? It's an antiseptic blend of Citronella lemongrass, rosemary, melaleuca, lavandin and myrtle formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

Here are a few more ways to use this powerful and natural oil:

- Spritz several drops of Purification oil mixed with water to repel insects. It works great!
- Put a drop of Purification oil on insect bites to cleanse and stop the itching.
- Diffuse Purification oil to clean the air and neutralize foul or stale odors.
- Put several drops of Purification oil on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
- While traveling, inhale Purification oil during flights to protect you from pathogens found in the recirculated air.





*This is what can happen if you don't use Purification!*

- Apply a drop of Purification oil on blemishes to clear the skin.
- Rub a drop of Purification oil on the outside of a sore throat when it is first beginning.
- Rub a drop of Purification oil on a blister to cleanse and disinfect.
- Put 2 drops of Purification oil on two cotton balls and place in the toes of smelly sneakers to combat odors.
- Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
- Dilute Purification oil with V-6 Vegetable Mixing Oil and swab the nasal cavity to ward off the flu.
- Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab, and rub just inside the ear to eliminate ear mites in cats and dogs.
- Put several drops of Purification oil on a cloth to rub out mold.



*Purification Essential Oil - 15 ml*

Remember, if you want a natural way to repel insects along with many other natural remedies, carry a bottle of Purification in your purse. You will never be sorry.

*To purchase Young Living Purification and other Young Living products, go to [www.youngliving.org/owwmedia](http://www.youngliving.org/owwmedia).*



# KEOLA HEALTH & WELL-BEING STUDIOS PALM BEACH GARDENS

The Ultimate Therapeutic Innovation Created through Global Collaboration

by George Thomas



Many experts estimate that 90% of diseases are due to stress, and Keola Health & Well-Being Studio in Palm Beach Gardens has come up with some great ways to reduce the ill-effects of stress—and stress itself.

Keola is a Hawaiian word meaning The Life, The Health and The Well-Being. Keola Health is committed to help reduce stress and improve your quality of life through therapeutic techniques

combining exercise, hydration and eco-friendly massage to achieve optimum health, happiness and well-being. A membership program incorporates ROM QuickGym, TurboSonic, and the MIGUN Massage. Keola also has different health alternatives for your feet. The shoes and the membership program combine for a complete wellness routine by maximizing health while minimizing stress.

The Migun Thermal Massage Bed uniquely inte-

grates thousands of years of traditional Eastern medical wisdom with the technological advancements of Western medicine to provide you with an unforgettable massage. Simply lie back and relax and let Migun do the work for you. Each experience utilizes the principles similar to acupressure, acupuncture, moxibustion, far infrared rays and chiropractic to replenish your strength and clarity. Migun is more than a massage. Migun is Beautiful Health. Proven techniques. Powerful results.

All massages are not the same. The Migun Thermal Massage System is the culmination of a new medical era. The result is a synergy between the holistic approaches of Eastern medicine, the science-based methods of Western medicine and the advanced technology of Migun's extraordinary system to create the most comprehensive massage in the world.

Keola's unique approach to wellness integrates the following techniques with the Migun Thermal Massage bed:

## CHIROPRACTIC INSPIRED

The simple principle that the body can heal itself when its systems are properly aligned and allowed to operate without impediment, signified by the health and proper alignment of the spine as the core of the entire body is at the core of the Keola philosophy.

## HEAT-THERAPY (MOXIBUSTION)

The Migun utilizes heat to stimulate blood

flow and tissue response. It also encourages overall muscle relaxation, relieves pain and releases pollutants trapped in the musculature.

## ACUPUNCTURE INSPIRED

The Migun massage beds utilize a unique combination of helium gas bulbs and jade massage heads to create infrared rays that stimulate acupressure points 7 centimeters deep in tissues.

## ACUPRESSURE INSPIRED

Hand and finger pressure applied to specific "pressure-points" temporarily block chi, restoring proper pathways and flushing out toxins that have built up during the imbalance. Migun uses the body's own weight to achieve this same effect.

## MASSAGE

The simple, ancient practice of muscle manipulation as a means of promoting proper blood-flow, muscle relaxation and flexibility is at the heart of the Keola philosophy. Massage is well known by all medical practitioners to ease chronic muscle pain, speed recovery from injuries, improve rest and concentration, and promote a general sense of well-being. 🌍

*For more information about Keola Health & Well-Being Studios in Palm Beach Gardens and their cutting-edge approach to helping the body to heal itself, please visit ([www.keolahealth.com](http://www.keolahealth.com)).*



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*Relaxing  
Healing  
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Massage*



## Far Infrared Rays and Migun Beds

The far infrared rays have outstanding effects on caloric consumption and weight control, burning 600 to 2,400 calories in a 30 minute Migun bed session. The infrared thermal system stimulates the consumption of energy equal to that expended in a 6 to 9 mile run. The far infrared rays also flush out toxins from the lymph areas and from the largest organ of elimination, the skin, and restores a healthy body.

## Health Improvements:

- Back or leg pain
- Muscle aches
- High blood pressure
- Diabetes
- Energy
- Stress reduction
- Blood circulation
- Detox
- Migraines
- Weight loss
- Liver and Kidney
- Asthma and Allergies

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HEALTH & WELL-BEING STUDIOS

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# COURAGEOUS COMMUNICATION

The Power to Transform Your Life through Words

by Suzanne Kovi, Author, Speaker, TV Host

**H**ave you ever been in a situation where you felt you weren't being heard? It may have been a fight with a loved one or a confrontation at work, and, no matter what you said, the volume got louder and nothing was accomplished. You walk away feeling powerless to change anything—and you accept it. What does it take for a person to stand strong when life's circumstances seem too difficult to bear? It takes Courageous Communication to transform our lives and relationships from a place of fear and uncertainty to a place of compassion and healing.

I coined Courageous Communication years ago and define it as saying what needs to be said, to whom it needs to be said and in such a way that creates win/win results. Simple, right? Not always. In moments of conflict, we may think we are being courageous when we SPEAK our mind, or yell it for that matter. Being reactionary only adds fuel to the fire, so how do we develop our Courageous Communication in such a way it empowers us and helps our relationships progress forward? We work on ourselves first by trying to understand why we choose certain words and then ask if what we are about to say really needs to be said. Who is it going to serve?

It takes a certain level of control to be able to sit back for a moment and think about the next best thing to say when all we can think about is, "I'm right!" It is our deep, unconscious desire to be right that lies at the root of

all outbursts.

Let me explain my reasoning...

When we are in a heated debate (and I had many in debate class during high school—not my favorite subject), we think about what we want and how we **MUST** be heard and understood. This choice shuts down our most effective communication tool—listening. When we master the skill (and it is a skill) of listening and without judgment, we can hear the underlying message. We can hear pain, need and love. When we can hear, we can respond effectively. Open, courageous dialogue is healthy. It nurtures progress and establishes an environment full of possibilities.

Maintaining healthy relationships is a team effort, both personally and professionally. Keep in mind, however, we cannot change another person's ability to communicate well, but we can be the example of how another human being deserves to be spoken to, and with that we can transform lives. 🌍



*To learn more about Suzanne Kovi and her Power and Performance Coaching, as well as booking her for your next event,*

*visit [www.IgniteYourLifeChoices.com](http://www.IgniteYourLifeChoices.com) and [www.StagingYourSuccess.com](http://www.StagingYourSuccess.com).*



A close-up photograph of a green ceramic bowl filled with sliced garlic cloves. A small sprig of fresh basil leaves is placed on top of the garlic. The bowl is set on a dark, reflective surface, creating a clear reflection of the bowl and its contents. In the background, a red decorative object and some wooden chopsticks are partially visible.

# FOR THE LOVE OF GARLIC

by Sharon Quercioli

Having garlic in the kitchen has been a longstanding tradition in many Italian households for generations. Being half Italian, I can never recall a time from my childhood when we didn't have garlic as an ingredient in our meals. Even today, I always have at least two bulbs on hand for cooking. I was taught early on that garlic is good for the body, but I've always wondered what about it makes it so special.

Garlic has long been touted as a super-healthy food, and there are many groups, fan clubs, festivals, restaurants (even the whole town of Gilroy, California) devoted to this beloved "stinking rose." It's also supposed to ward off vampires! So, I've looked into the spicy world of garlic to find out why. What I've found is that in addition to being a vital part of good cooking, it's very good for you nutritionally. Here's why...

## What's in a clove?

Nutritionally speaking, you'd need to eat several cloves of garlic before you started seeing a lot of vitamins and minerals. Three cloves give you 5% of your vitamin C and 6% of your vitamin B6 for the day, as well as some calcium and manganese. The big benefit, however, comes in the form of sulfur-containing compounds—this translates into antioxidants—which help scrub your system clean of various destructive agents, including those that may cause cancer.

There have been a variety of large-scale

studies conducted in the last few decades, examining between 20,000 and 40,000 patients over a span of several years, which have concluded that the regular consumption of garlic—whether in raw/natural form or the much more socially acceptable odorless capsule form—has been shown to reduce stomach and colon cancer, as well as other forms of cancer, by 35 to 40%.

Allicin is the main player among these sulfur-containing compounds; it's what gives garlic not only its famous odor, but also many of its beneficial, healing properties. Allicin and garlic have been studied extensively and are shown to have definite antifungal, antimicrobial and antibacterial properties. It's also had a history of being used as a vermifuge or antiworm medication. According to some studies, regular consumption of garlic (at least a few cloves a day) has been shown to reduce high blood pressure, high cholesterol and heart disease.

## Cold killer?

Garlic is one of nature's most effective healers. From eating it raw to using garlic poultices on everything from boils to poison ivy to acne, hundreds if not thousands of websites, published books and advice columns are devoted to explaining all the ways garlic can be used to heal whatever ails you. However, it's almost universally agreed that cooked garlic won't have the same healing properties—it's gotta be raw and reeking to work its magic.





At the first sign of a cold or flu, true believers chop up a few cloves of fresh raw garlic and hastily proceed to consume the believed-to-be healing remedy within a few minutes. Incidentally, these same believers insist that the garlic must be chopped, sliced or crushed to release the healing properties of allicin and other nutrients.

Traditional Chinese medicine recommends it as a cure for everything from dysentery to whooping cough.

#### **Easy ways to eat garlic.**

Because raw garlic can be so overpowering in both taste and odor, there are a number of creative ways to consume it without experiencing the burning-tongue torture that can result from eating it straight. Mixing a fat dollop of crushed garlic into guacamole or salsa seems to be pretty popular; placing thin slices of the stinking rose between slices of an apple is a bit more innovative. (The sweetness of the apple tastes surprisingly good paired with the pungent garlic.) Mixing coarsely chopped garlic into peanut butter just sounds flat-out gross to me, but that's another popular option.

The one thing most people do agree on (believers and disbelievers alike) is that once “treatment” has begun, it's best to try to stay away from other people, as massive garlic odor will be fuming out of not only your mouth, but every other orifice and pore of your body as well. As one garlic fan put

it, “It's best to do a garlic treatment along with your partner, or whoever is going to be around you the most. Otherwise, it's like you have a garlic force field surrounding you—no one can get too close!” (Maybe that's how it kept the vampires away.)

Of course, you could just go to any health food store and buy the stuff in pill form. No muss, no fuss, and perhaps best of all, no impenetrable wall of stink! There are many popular garlic supplements on the market with varying dosages—it's best to experiment and adjust your intake to whatever feels right.

Paul Pitchford, author of *Healing with Whole Foods: Asian Traditions and Modern Nutrition*, suggests taking the highest dosage recommended on the label of whatever brand you choose. Indeed, there's no danger of overdosing on garlic or garlic extracts, unless you're already aware if you have an allergy or sensitivity to garlic. Most sources suggest that you shouldn't consume a huge dose of garlic on an empty stomach, as it can sometimes cause a bit of irritation—it is quite spicy in all its raw loveliness. Most supplements have an enteric coating, which means that even if you do take them without food, your tummy will be safe.

So all-in-all garlic is a very powerful tool (no pun intended) on your quest for better health. Give it a try and see for yourself how garlic can improve your general well-being. 🌍



# BUILDING GREEN CONSTRUCTION CAREERS

Palm Beach State College Delivers the “Sweet Spot” in Construction Education

by Joyce Edelstein

**W**hy is the Empire State Building a hot topic for students enrolled in the Sustainable Construction programs at Palm Beach State College? America's favorite skyscraper is undergoing a \$15 million green building retrofit that will save 38% in energy usage and \$4.4 million in operating costs annually—just the type of project that requires the green building skills these students are learning.

Green retrofits like the Empire State Building

project pay off quickly, and property owners like the math. They also like the additional incentives of President Obama's Better Buildings Initiative that seeks to increase energy efficiency 20 percent in commercial buildings by 2020. Indeed, green building is the sweet spot in the construction industry. By 2015, nonresidential green building is projected to triple, generating \$120-\$145 billion in new construction (40%-48% of the nonresidential market) and \$14-\$18 billion in green retrofit/renovation projects, according to the *Green Outlook 2011: Green*


*Trends Driving Growth* report by McGraw-Hill Construction.

“Green building is the future of construction because it is a proven method of operating buildings at a lower expense,” says Roland Holt, professor and manager of the College's Sustainable Construction programs, which launched in fall 2010. Holt, who developed the programs, has 30 years of construction management experience and holds the LEED Accredited Professional credential, the highest in the industry. LEED, or Leadership in Energy and Environmental Design, is the certification program developed by the U.S. Green Building Council (USGBC) that's become the internationally recognized green benchmark for both professionals and buildings.

The College's Sustainable Construction programs consist of two college credit certificates, Sustainable Building Specialist and Drafting for Sustainable Construction, which both transfer into an Associate in Science degree in Sustainable Construction Management. Students learn the current green building principles, technologies and practices that will prepare them for the USGBC's LEED Green Associate exam, qualifying them for the industry's first crucial credential. “We're getting students ready to participate in this expanding sector of the market, and we welcome those who already know the ‘sticks and bricks’ of construction, but need green skills,” says Holt. Classes are held in the evening to accommodate those who work, and

instructors are active and licensed contractors, engineers, architects, building officials and master technicians.

Palm Beach State started “greening” their construction curriculum in 2006 by offering continuing education courses. Now the Center for Green Construction & Energy (aka Green Institute) offers more than 20 noncredit courses in everything from solar installation and water treatment operations to LEED exam prep and sustainability for business. On the credit side, in addition to the Sustainable Construction programs, the College's Trade & Industry division will soon introduce certificate programs in solar photovoltaic systems and green building trades to provide hands-on training for those who want to become solar technicians or work in the electrical, plumbing and insulation trades using the best green practices.

“It's actually the perfect time to retool your credentials and acquire green building skills,” comments Holt. “It's where the jobs are and will be.” 

*Got questions about the Sustainable Construction programs? E-mail Roland Holt at [holtr@palmbeachstate.edu](mailto:holtr@palmbeachstate.edu).*

*Save the Date! 4th Annual Green Expo Join us Saturday, October 15 at the Lake Worth campus for Palm Beach State College's annual green living expo with free workshops.*

GOING GREEN





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# SUPERGREEN SOLUTIONS HOLDS TESLA TEST DRIVE DAY

by Clare Cochrane



On Saturday, July 9 more than 30 electric vehicle enthusiasts test drove the new Tesla Roadster sports car from outside the SuperGreen Solutions Store on Northlake Blvd. in Palm Beach Gardens.

William Nicholas, Florida's Sales Advisor for Tesla Motors (based in Miami), said that the event had the makings of a great success with a few solid prospects produced by the day and that a second test day could be scheduled for the near future. Nicholas added that SuperGreen Solutions and Tesla had a similar clientele as they were all interested in reducing greenhouse gas emissions and protecting the environment.

SuperGreen Solutions markets a wide range of energy-efficient products such as Solar Power (PV panels), Wind Turbines and Electric Vehicle Charging Stations. Sean Cochrane, owner of the local SuperGreen store, said that EVs (Electric Vehicles) and Charging Stations such as the units made by NOVA Charge will be the way of the future. "We believe that combining USA-made products such as NovaCharge, Charging Stations with Electric Vehicles such as Tesla with our PV (Photo Voltaic) Solar Panels make perfect sense. After all, if we merely charge all the EVs with power generated by burning fossil fuels, we have not really achieved much. However, if we could create the power required for the Electric Vehicle Charging Stations from renewable resources such as wind and solar, then those EVs will truly be saving on energy derived from fossil

fuels, save money and help to clean the air that we all breath," Cochrane said.

Joe Vumbaco, Vice President of Sales and Channel Management for NovaCharge, LLC, was onsite for the event and demonstrated his new Charging Stations. Vumbaco foresees a time in the near future when there will be more electrically powered vehicles on the road than combustion engine-powered vehicles. "With the converging factors of the price of gas perpetually increasing and the battery range for EVs increasing to up to 300 miles, overlaid with more and more EVs and Charging Stations being deployed, I think we will begin to see an accelerated adoption of EVs into mainstream modes of transport," Vumbaco said.

Judging from the interest in green products as a whole, and the amount of "green jobs" being created by this ever-growing green sector, it is becoming increasingly hard to ignore the benefits and cost savings of this growing market trend. 🌍

*For more information about SuperGreen Solutions, please visit [www.supergreensolutions.com](http://www.supergreensolutions.com).*

***Click here to watch a video of the Grand Opening for SuperGreen Solutions held on Friday, August 5:***  
***[www.youtube.com/watch?v=0AiwNV4Olig](http://www.youtube.com/watch?v=0AiwNV4Olig)***



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# A Reflection of You

by Sandra Frens



## **Your Business Card — A Reflection of You**

Did you ever stop to think just how important your business card is? That little piece of paper has more power than any other marketing tool in your arsenal—even in the digital age! The first words out of a new contact's mouth are almost always, "Do you have a card?" Your card is how this potential client is going to remember you, so how do you want to come across?

The card and its presentation are not only a reflection of your business, but a reflection of you. In Asian business culture your card is seen as quite literally a physical extension of you with its face equaling your face. This idea changes the perception from what a business card is to who is this business card; are you like your card, cheap and flimsy or strong and qualified? A good business card takes everything about it into account from the information it gives and the type face on the card, to the paper it is printed on and more. All aspects need to be considered, and it is best to go to a design professional for assistance.

Another significant factor to consider (especially today) is whether or not your cards reflect any green initiative? Many people choose who they do business with depending upon how green the company is. Business cards are a great way to show how eco-conscious you are, even if your business is not in a particularly green-centric field. Many print shops offer eco-friendly cardstock, but an even better option is to have your cards printed on seed paper (like the seed paper printed on by Sprouts!, [www.sproutem.com](http://www.sproutem.com)).

By having business cards printed on seed paper that grows into wildflowers, you plant the idea that you are both environmentally sound and can help their business grow in a brand-savvy manner.

When presenting a card to someone, appropriate business card etiquette is mandatory, especially when dealing with those of other cultural backgrounds. The Asian custom (which has become the norm for international business and now spreading domestically) calls for the card to be handed to the recipient with the right-hand having the information facing them. Never give a business card with the left-hand as it is a sign of disrespect because in a number of cultures it is seen as unclean. Another no-no with business cards is never to write on the face of the card. As mentioned earlier, the face of the card is the representation of the face of the person who gave it to you. You need to treat the business card with the same respect as you would the actual person. This means that when a card is handed to you examine it for a moment and maybe even make a comment about it before putting it away. When you do put it away, it should go into a briefcase, purse, business card holder, or in a breast pocket—never place it in a wallet that is placed in a back trouser pocket. It can be seen as rude by other cultures!

Remember your card and how you present it and receive another's card is a reflection of you. Display your best with your card, always be conscientious and courteous, and you'll receive a solid return on your investment. 🌍



# Grow Your Green with Plantable Business Cards!



A business card is a company or organization's first impression with many clients—don't you want it to be a green impression? Sprouts! plantable business cards are a great way to show your eco-friendly commitment and deliver the right message to your customers.

Sprouts! plantable business cards are made from 100% handmade recycled paper embedded with wildflower seeds. The end of the card is designed to be clipped off so it can grow the wildflowers while the other side maybe retained with the vital information about your business.

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# FLORIDA EARTH FOUNDATION

**Bringing the United Nations to Florida**

*by Stan Bronson*



During the first and second week of June, Florida Earth Foundation hosted its sixth class of students from the prestigious UNESCO-IHE Institute for Water Education. UNESCO-IHE is located in Delft, Holland and awards Masters and PhD degrees to students primarily from developing countries. Florida Earth Director Dr. Garth Redfield and Executive Director Stan Bronson spent the last week of May in Delft lecturing students about what they would see in the United States and then rendezvoused with the students in West Palm Beach, after they spent two days in Tampa studying water systems there.

The fourteen students were from China, Columbia, Bangladesh, Ethiopia and a rare student from the United States by way of Senegal. While in Florida the students were treated to a tour of the Kissimmee River Restoration Project as well as the Lake Okeechobee Dike Reinforcement Project, both hosted by the US Army Corps of Engineers Director of Planning, Stuart Appelbaum. Other field experiences for the international group were a morning on Biscayne National Park and an afternoon at Everglades National Park. Other highlights of group's two weeks in Florida included a trip to Kennedy Space Center on Cape Canaveral and a series of hands on lectures at South Florida Water Management District as well as two days at the US Geological Survey office in Fort Lauderdale.

Over 100 students from over 30 countries

have participated in the program in the last six years. Showing how water is handled in Florida helps prepare these future "hydroinformatic (modeling)" professionals to bring very practical knowledge back to their home country after graduating from UNESCO-IHE. As a part of their fellowship with UNESCO-IHE, 90% of the student body is obligated to go back to their country of origin for at least five years to help solve that country's water challenges. Considering that UNESCO-IHE chooses 200 students out of the 2000+ applicants that apply there, these students represent the best and brightest in the world. Next year, Florida Earth anticipates its largest class ever with over thirty hydroinformatic students scheduled to enjoy their time in South Florida as they prepare to make significant progress in solving the world's water problems. 🌍

*For more information about this and other Florida Earth Foundation programs, please go to [www.floridaearth.org](http://www.floridaearth.org) or call (561) 686-3688.*





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

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# HEALING TOUCH BUDDIES OUTREACH

by Betty Ann Baker, Executive Director Healing Touch Buddies

**T**uesdays are now the favorite night of the week for a group of us in North Palm Beach County. No, it's not "ladies drink free" night or "senior discount day" at the department store. It's the night a healing circle gathers with a simple intent: to create a time and a place for anyone from the community to come for Healing Touch.

Hosted by Healing Touch Buddies and housed by the Unity Church at 550 Bush Road in Jupiter, the Healing Touch Community Group meets each Tuesday evening, beginning promptly at 7pm. Welcomed to the circle, participants are offered a brief explanation of what Healing Touch is and how the evening will proceed. The facilitator then leads the circle in a brief meditation, allowing everyone an opportunity to quiet the noise and bustle of the day, clearing the way for peace, relief and comfort that comes from a Healing Touch session.

The Healing Touch providers, many of whom also volunteer in our Healing Touch Buddies program, offer sessions first to the public and then enjoy being "on the table" themselves. A majority of the Healing Touch volunteers are busy in private practice, are nurses, massage therapists, physicians or clergy and their life's work is dedicated to giving. This opportunity for our endlessly generous volunteers to also recharge and have a dedicated time to receive has made this outreach project an immediate success.

Healing Touch Buddies breast cancer clients who have "timed out" after their year of free service with our program say that attending gives them a wonderful sense of continuity and continued support. Other participants from the area who have experienced Healing Touch before come with a friend in tow who is experiencing pain, anxiety or grief, hoping that they can help their friend find a friendly,

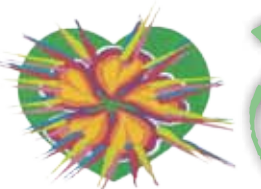
open, safe space to seek relief.

In these times of turbulence, both and personally globally, this gathering together of people to lift one another up is truly a gift. For the suggested love offering of \$5, which is split between Healing Touch Buddies and our host, the Unity Church, you can join us for a most enriching evening.

Healing Touch uses gentle placement of hands on and around the body to promote balance, harmony, healing and relaxation. Benefits of Healing Touch include pain relief, relaxation, lessening of anxiety, grief assistance, increased clarity of thought, increased physical energy and spiritual enhancement.

For more information about the Healing Touch Community Group or Healing Touch Buddies, contact Betty Ann Baker, Executive Director at [htbuddiesinc@cs.com](mailto:htbuddiesinc@cs.com) or call (561) 741-1671. 🌍

*Thank you for your tax deductible donations to Healing Touch Buddies. Visit [www.healingtouchbuddies.org](http://www.healingtouchbuddies.org) for a secure donation site.*



*Healing Touch Buddies is a nonprofit health and education organization, dedicated to improving the quality of life of those challenged with breast cancer; providing patients with Healing Touch and volunteer practitioners with instruction and support.*



# CAN A LOCAL ECONOMY MEAN A MORE STABLE ECONOMY?

by Richard Hawkins

**T**his summer is proving to be a wild economic ride. The American and global markets are increasingly unpredictable. It seems to be more and more challenging to figure out how best to weather these financial storms. The constant bombardment of information from financial “experts” doesn’t seem to provide a clear path towards stability.

When Geoff Sagrans and I worked on developing Localecopia, our goal was to create a venue that promotes our local economy with a focus upon local food systems. We determined that there were a myriad of benefits to be reaped through local commerce.


In August, 2009 I attended the Florida Small Farms Conference in Kissimmee. At the end of the conference, I joined a group of like-minded individuals in a meeting to form the Florida Food Policy Council. The vision of the FFPC: to make possible the growth of functional, local community foodsheds that brings communities throughout the state of Florida closer to true food security. This seemed to be a good alliance for Localecopia and certainly mirrored many of our goals.

A short-term goal of the council is to support an economic impact study that will demonstrate the true impact of the localization of our Florida food system. The council plans on hiring Michael Shuman for this task. Shuman is the author of *The Small-Mart Revolution*, and he is the Director of Research and Public Policy at the Business Alliance for Local Living Economies (BALLE). He has led several community based economic development efforts. Shuman has created similar reports for Northeast Ohio, Santé Fe, NM and Detroit.

There is a great opportunity for economic improvements and investment opportunities through localized food systems.

“We found we could create 27,000 new jobs, enough to employ one out of eight unemployed people in the region,” Shuman said. “We also found that this could increase state and local tax collections by \$126 million per year. And we can say with confidence that it would provide lots of healthier, fresher food in

food deserts where there is limited access to stores. It can bring down obesity and diabetes, reduce unemployment and welfare costs, and it could have some impact on carbon emissions tied to food transportation. You can rehabilitate urban lots with farming. In rural areas, you can give existing farmers a reason to stabilize and get larger, and it could promote a new era of urban and rural collaboration.” I am not an economist, but this seems to make a lot of sense. We live in an agricultural state, and if similar gains are possible here, we certainly could benefit from them.

A comprehensive study of this nature will require a significant investment, but the returns could certainly be worth it. The report will be an effective tool to move us forward. We could use your help. You can support this project by becoming a member of the FFPC or donating directly to this project. 



For more information about FFPC, please visit [FloridaFoodPolicy.org](http://FloridaFoodPolicy.org).

For more information about Localecopia, please visit [www.locaecopia.org](http://www.locaecopia.org).



# GREEN GOODIES

With untold numbers of sea turtles in jeopardy in the Gulf of Mexico due to the recent catastrophic oil spill, Loggerhead Marinelifelife Center of Juno Beach, Florida is gearing up to meet the challenge. A 501(3)(c) nonprofit corporation, LMC's mission is to promote conservation of Florida's coastal ecosystem through education, research and rehabilitation, with a special focus on threatened and endangered sea turtles.

One way you can support this leading oceanographic research institution is through the purchase of Sprouts plantable seed paper notecards that have been customized designed for LMC. These beautiful cards feature the images of actual sea turtles that have been rehabilitated at the Center during the past year. Sprouts! Inc.,

the West Palm Beach-based manufacturer, donates a portion of the proceeds from the sale of each box of cards back to the Center. 🌱

*One of the sea turtles depicted below is Morgan, a loggerhead sea turtle who was released from the LMC on March 27, 2010. Morgan is LMC's first sea turtle patient to be equipped with a satellite transmitter, which provides valuable data such as water temperature and Morgan's location. You can track Morgan by going to the Home Page of [www.marinelife.org](http://www.marinelife.org).*

*For more information about the partnership between Sprouts! and the Loggerhead Marinelifelife Center, go to [www.sproutem.com/category/Loggerhead-MarineLife-Center](http://www.sproutem.com/category/Loggerhead-MarineLife-Center).*

*Here are some of the beautiful notecards designed by Sprouts! for the Loggerhead Marinelifelife Center:*



Shredder



Mother



Kent



Ichabod



Morgan



Hammish

*To purchase these cards and support Loggerhead Marinelifelife Center, go to [www.sproutem.com/category/Loggerhead-MarineLife-Center](http://www.sproutem.com/category/Loggerhead-MarineLife-Center).*



# GREEN GOODIES



## Healthy CFL Light Bulbs

Healthy CFLs are Engery-Star Certified light bulbs with built-in air purifiers that reduce energy usage and remove particles like mold spores, dust mites, pet dander and even tobacco smoke from your home air - all for less than the cost of replacing an air filter!

To purchase or for more information, please visit [www.purelyproducts.com](http://www.purelyproducts.com).

## Nature's Boundaries

Nature's Boundaries Washed Away Organic Soaps and Lotions consist of oils that work together to create a mild bar or cream with good cleaning and moisturizing properties that help protect, restore and hydrate the skin!

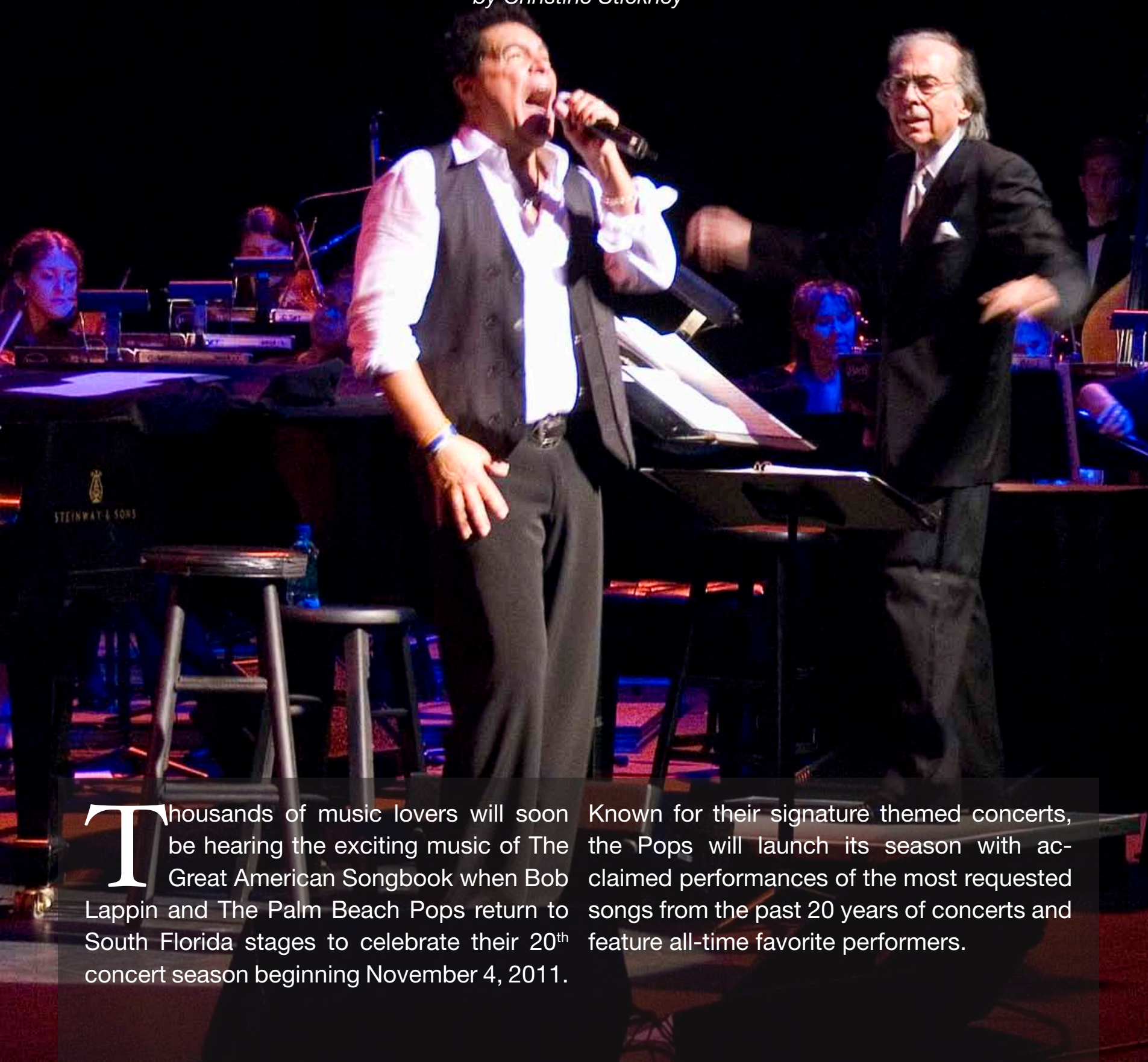
To purchase or for more information, please visit [www.naturesboundaries.com](http://www.naturesboundaries.com).





# PALM BEACH POPS CELEBRATES 20 YEARS!

by Christine Stickney



Thousands of music lovers will soon be hearing the exciting music of The Great American Songbook when Bob Lappin and The Palm Beach Pops return to South Florida stages to celebrate their 20<sup>th</sup> concert season beginning November 4, 2011.

Known for their signature themed concerts, the Pops will launch its season with acclaimed performances of the most requested songs from the past 20 years of concerts and feature all-time favorite performers.

Music Director and Conductor Bob Lappin will lead the orchestra with six commemorative concert series at the Kravis Center in West Palm Beach, The Carole and Barry Kaye Auditorium at Florida Atlantic University in Boca Raton and the Eissey Campus Theatre at Palm Beach State College in Palm Beach Gardens.

"We are thrilled to celebrate and share our 20<sup>th</sup> anniversary season with the entire community. Over the last two decades, we have performed with many great entertainers, including Mel Torme and Lena Horne to even Kenny Rogers, but the Palm Beach Pops musicians are the true stars," said David Quileon, Executive Director.

The season kicks off with The Great American Songbook Spectacular, a concert featuring all-time audience favorites including music by Harold Arlen, Irving Berlin, Jerome Kern, Frank Sinatra and Judy Garland. The concert will feature world-famous Big Bands songstress, Lynn Roberts, and The Palm Beach Pops Big Band.

Beginning November 28, the Pops pays tribute to The Music of Burt Bacharach, Cole Porter and More with hits like "Alfie," "Night and Day," "What The World Needs Now," "Let's Fall in Love" and "Wives & Lovers." This series features the lead singer for Mr. Bacharach for over 15 years, soulful tenor John Pagano.

In January, An Evening with Superstar En-

tertainer Clint Holmes will kick off the exciting new year as he premieres his brand new show, *INSPIRED*, only with the Pops.

The Palm Beach Pops will perform Wonderful World: A Salute to Louis "Satchmo" Armstrong in February. They will honor the Armstrong legacy with beloved music "Hello Dolly," "A Wonderful World" and "Mack the Knife." Hailed by critics as one of the world's finest trumpet players, Longineu Parsons returns for this memorable tribute along with Broadway superstar and Tony Award-winner, Lillias White.

In March, the Pops celebrates The Genius of George and Ira Gershwin, whose compositions like "Rhapsody in Blue" bridged the world of Tin Pan Alley, Broadway and Hollywood as well as symphony halls around the world.

Finally, in April enjoy The Magic of Broadway & Disney Favorites, featuring Broadway singing stars Lea Salonga, Tony and Drama Desk winner, best known as the singing voice in Disney movies and for her amazing leading roles in *Miss Saigon* and *Les Miserables*, and audience favorite David Burnham of *Wicked* and the winner of the 2007 Helen Hayes Award. 🌍

Tickets are on sale and may be purchased by calling (561) 832-7677. For more information, visit [www.palmbeachpops.org/season](http://www.palmbeachpops.org/season).





# BOB LAPPIN & THE PALM BEACH POPS 20<sup>th</sup> ANNIVERSARY



# Bob Lappin & The Palm Beach Pops

## 2011-2012 Concert Tickets Now On SALE



### American Songbook Spectacular November 4-5 and 7-10, 2011

Kicking off the 20th anniversary celebration with your favorites from the Great American Songbook including songs by Harold Arlen, Irving Berlin, Jerome Kern, Frank Sinatra, Doris Day, Judy Garland and more. With world famous Big Bands songstress, LYNN ROBERTS & Palm Beach Pops Big Band



### The Music of Burt Bacharach, Cole Porter & More Nov. 29-30 and Dec. 1-2 & 4-5, 2011

Showcasing the music of American composers Burt Bacharach and Cole Porter in a concert that is sure to be a favorite with hits like *Alfie*, *Night and Day*, *What The World Needs Now*, *Let's Fall in Love* and *Wives & Lovers*. Featuring lead singer for Bacharach for over 15 years, JOHN PAGANO.



### An Evening with Clint Holmes January 6-11, 2012

Back by popular demand, CLINT HOLMES will join us for a night of standards from the Great American Songbook. An outstanding entertainer, Clint is sure to engage our audience again with his magnetic personality and incredible charisma on stage.



### Wonderful World: A Salute to Louis Armstrong February 6-8 & 10-12, 2012

Join The Palm Beach Pops in honoring the legacy of Louis "Satchmo" Armstrong with *Hello Dolly*, *Wonderful World* and *Mack the Knife*. Hailed by critics as one of the world's finest trumpet players, LONGINEU PARSONS joins us along with Broadway superstar and Tony Award Winner, LILLIAS WHITE.



### The Genius of George and Ira Gershwin February 29 and March 1-3 & 5-6, 2012

The Palm Beach Pops will *Strike Up The Band* and celebrate the *Fascinating Rhythm* of the brilliant brothers whose compositions like *Rhapsody in Blue* bridged the world of Tin Pan Alley, Broadway, Hollywood as well as Symphony Halls.



### The Magic of Broadway & Disney Favorites March 29-31 and April 1-3, 2012

A Palm Beach Pops tradition, delight in the music of Broadway's greatest hits featuring Broadway stars LEA SALONGA, Tony and Drama Desk Winner, known as the singing voice in Disney movies and for *Miss Saigon* & *Les Mis*, as well as audience favorite DAVID BURNHAM of *Wicked* & 2007 Helen Hayes Award winner.

**Tickets Start at \$29. Call 561.832.7677**  
Choose Your Seat - [www.PalmBeachPops.org](http://www.PalmBeachPops.org)

Kravis Center for the Performing Arts, West Palm Beach  
Eissey Campus Theatre (Palm Beach State College) Palm Beach Gardens  
Carole & Barry Kaye Auditorium at FAU, Boca Raton

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<b>Anne Murray</b>	<b>Johnny Mathis</b>	<b>The Carpenters</b>
<b>Simon &amp; Garfunkel</b>	<b>Barbra Streisand</b>	
<b>Neil Diamond</b>	<b>Perry Como</b>	

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# Meet the Team...

## SHARON QUERCIOLI

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

Co-Founder & President



## DORI BEELER

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

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